



CULINARY CONNECTION
RECIPE BOOK
2024

— S —
FEATURING WINNING RECIPES BY RENOWNED CHEFS
FROM PENNSYLVANIA AND BEYOND.

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Seasonal Calendar

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples	●	●	●	●	●	●	●	●	●	●	●	●
Asparagus				●	●	●						
Beans (Lima)							●	●	●	●		
Beans (Snap)						●	●	●	●	●		
Beets						●	●	●	●	●	●	●
Blackberries								●				
Blueberries						●	●	●	●			
Broccoli					●	●	●	●	●	●	●	
Cabbage						●	●	●	●	●	●	●
Cantaloupe							●	●	●			
Carrots						●	●	●	●	●	●	●
Cauliflower						●	●		●	●	●	
Celery	●	●				●	●	●	●	●	●	●
Cherries (Tart)							●					
Cherries (Sweet)						●	●					
Cucumbers						●	●	●	●	●		
Corn (Sweet)							●	●	●	●		
Eggplant						●	●	●	●	●		
Grapes									●			
Lettuce	●	●	●	●	●	●	●	●	●	●	●	●
Mushrooms	●	●	●	●	●	●	●	●	●	●	●	●
Nectarines								●	●			
Onions					●	●	●	●	●	●	●	●
Peaches							●	●	●			
Pears							●	●	●	●		
Peas					●	●						
Peppers						●	●	●	●	●	●	
Plums								●	●			
Potatoes	●	●	●	●				●	●	●	●	●
Pumpkins									●	●	●	●
Radishes					●	●	●	●				
Raspberries							●	●	●			
Spinach			●	●	●	●	●	●	●	●	●	●
Squash (Summer)						●	●	●	●	●		
Squash (Winter)							●	●	●	●	●	●
Strawberries					●	●						
Sweet Potatoes								●	●	●	●	
Tomatoes				●	●	●	●	●	●	●	●	●
Turnips	●	●					●	●	●	●	●	●
Watermelon							●	●	●	●		



CULINARY CONNECTION
RECIPE BOOK
2024



**RECIPES INSPIRED BY PENNSYLVANIA GROWN INGREDIENTS
AND CREATED BY RENOWNED CHEFS.**

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This year's PA Preferred® Culinary Connection at the 2024 Pennsylvania Farm Show includes more than 80 recipes featuring local chefs cooking with Pennsylvania grown and produced ingredients. It's a showcase of the Commonwealth's finest ingredients by some of the most talented people in the industry. We hope you enjoy this farm-to-table experience.

Refer to the 2024 PA Preferred Culinary Connections Recipe Book when you want to recreate recipes from the 2024 demonstrations. And while shopping for ingredients, remember to choose PA Preferred and support Pennsylvania farms. Visit papreferred.com for more information.



*Wine pairings courtesy of
the Pennsylvania Winery Association.*



RECIPE BOOK 2024

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PARTICIPATING CULINARY ARTS PROGRAMS AND
FACULTY

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SATURDAY, JANUARY 6, 2024
BEEF & VEAL DAY



GIANT
DIETITIAN TIP

As a protein powerhouse, one 3-ounce serving of beef provides our body with an excellent source of many vitamins and minerals, including zinc and vitamins B6 and B12. Zinc supports our immune system, while vitamins B6 and B12 are important for our brain and energy levels. Select lean cuts of beef like sirloin, top round, and eye of round steaks to add to your plate.

SAUTÉED SWEETBREADS



presented by **Mike Ditchfield**
Chef Instructor
PA College of Technology
Williamsport, PA

Yield: 4-6 servings

6 oz. sweetbreads	4 Tbsp. all-purpose flour
1 Tbsp. cider vinegar	2 Tbsp. vegetable oil
1 tsp. salt	1 Tbsp. butter

Soak sweetbreads in cold water for about one hour. Add sweetbreads to cold water, vinegar and salt and slowly heat to a boil. Simmer for 5 minutes. Strain, drain and cool in ice water briefly. Remove skin and sinew.

Pat dry, dust in flour and add to a preheated pan with hot oil. Brown on one side, then turn over. Add butter to flavor and brown and finish cooking.

This is a simple recipe, but there are many variations with the addition of wines, stocks, etc. You are free to customize based on your taste and menu.

WINE PAIRING Hungry Run Wine Cellars - Green Apple Riesling

HUNGARIAN VEAL GOULASH



presented by **Mike Ditchfield**
Chef Instructor
PA College of Technology
Williamsport, PA

Yield: 4-6 servings

2 lbs. boneless veal, trimmed and cut into 1" cubes	10 fl.oz. tomato puree
2 fl.oz. vegetable oil	Kosher salt, to taste
½ lb. onions, small diced	Ground black pepper, to taste
½ lb. Hungarian bell peppers	1 sachet (6 bay leaves, ½ tsp. caraway seeds, 6 parsley stems)
2 tsp. Hungarian paprika	6 oz. cooked spaetzli
2 Tbsp. all-purpose flour	Sautéed Sweetbreads (optional garnish; see recipe above)
42 fl.oz. veal stock or broth	

Use enough oil to coat the bottom of the pan. Heat the oil in the pan. Sauté the veal cubes and brown the onions and peppers. Add paprika, stir and then add flour. Cook slightly until it begins to brown. Add stock and puree. Add sachet, bring to a boil then cover and braise in a 350° F oven

until tender. Remove sachet. Adjust the thickness. Serve with cooked spaetzli. Can add sautéed sweetbreads.

WINE PAIRING Hungry Run Wine Cellars - Green Apple Riesling

PHILLY CHEESESTEAK STUFFED PORTOBELLO MUSHROOM CAPS



presented by **Rob Wood**
Executive Chef
Jon Bon Jovi Soul Kitchen
Community Restaurant, NJ

Yield: 4 servings

1 lb. boneless ribeye	2-3 sprigs thyme
4 large portobello mushrooms, stems and gills removed	2-3 sprigs oregano
1 green bell pepper, julienned	4 Tbsp. butter
1 red bell pepper, julienned	4 Tbsp. canola oil
1 large yellow onion, julienned	¼ cup beef stock
3 garlic cloves, minced	2 tsp. finely chopped parsley
½ cup mayonnaise	Kosher salt, to taste
2 ½ cup shredded provolone	Fresh ground pepper, to taste

Preheat an oven to 375°F.

Put a cast-iron pan over high heat. Lightly oil ribeye and season generously with salt and pepper; press seasoning into meat. Test pan to ensure it is hot enough to sear. Add ribeye to hot cast-iron pan and sear each side, about 1 to 2 minutes. Before the second side is done searing, add 2 tablespoons of butter, thyme and oregano. Baste ribeye with melted butter. Remove ribeye from pan, top with aromatics and melted butter and let rest. Put cast-iron pan over medium heat and add 1 tablespoon of oil, followed by the thinly julienned onions and peppers. Season with salt and pepper. Sauté until onions are slightly translucent, about 5 to 6 minutes. Add garlic and stir, ensuring garlic does not burn. Deglaze pan with beef stock and reduce au sec (until the pan is almost dry); add 2 tablespoons of butter and sauté until melted. Remove contents of pan into a medium mixing bowl.

Lightly oil and season portobello mushroom caps with salt and pepper on both sides. Place on parchment-lined half-sheet tray with undersides of caps facing up and put in preheated oven.

Remove thyme and oregano from ribeye and thinly slice steak against the grain. Trim large pieces of fat if needed. Add sliced ribeye into mixing

bowl with onions, peppers, and garlic (make sure you add any of the juices from the meat to the bowl as well). Add 1 ½ cups of shredded provolone and ½ cup mayonnaise to the ribeye and vegetable mixture. Combine until evenly distributed.

Remove portobello caps from oven and evenly top each one with cheesesteak mixture. Top the stuffed portobello caps with remaining cheese and return to oven for 10 to 15 minutes, until cheese is fully melted and portobello caps are tender. Remove from oven, garnish with parsley and serve while hot and melty.

WINE PAIRING Jackson Square Vineyard - 2020 Chambourcin

SAUTEED VEAL MEDALLION WITH STOLL & WOLFE PA RYE WHISKEY MUSHROOM CREAM SAUCE



presented by **John Moeller**
Owner
Greenfield Restaurant & Bar
Author of Dining at the White House

Yield: 6 servings

6, 4 oz. veal tenderloin medallions, pounded flat	1 Tbsp. minced shallots
¼ cup rice flour	1 clove garlic, finely minced
¼ cup vegetable cooking oil	¼ cup PA rye whiskey, such as Stoll & Wolfe
¼ pound king trumpet mushrooms, sliced and sautéed	¼ cup heavy cream (may not need all)
¼ pound shiitake mushrooms, sliced and sautéed	¼ cup demi-glace
Salt and pepper	1 Tbsp. finely minced fresh fine herbs, which is an equal amount of chives, parsley and tarragon
2 Tbsp. butter	

Heat a sauté pan to a medium-high temperature. Season the veal with salt and pepper, then dredge in rice flour that has been seasoned with salt and pepper. Add vegetable oil to just cover the bottom of the pan, then place the veal side by side in the pan to sear without crowding the pan. After one to two minutes per side, remove and place the veal on a plate to cool for a few minutes. Now add a tablespoon or so of the butter to the pan along with the shallots. Stir and sauté for a minute or so, then add a teaspoon of chopped garlic and continue to cook for one more minute. The pan should not be too hot.

Use caution for the next step, which is deglazing the pan. Remove the pan from any direct flame and add the whiskey. You need to take care and let the pan cool for a moment before placing it back over any flames. It will ignite, so please do not stand right over the cooking area. You want to cook out the alcohol and reduce for a minute, then add the demi-glace and cream. Bring this to a boil and check the seasoning, then add the sautéed mushrooms along with any mushroom jus that might be on the plate with it. You can now add the veal back to the pan along with any meat juices and simmer for a minute or so. Check one last time for seasoning and finish by adding the mixture of chopped fine herbs. For plating, I like to remove the meat and place this on the plate, then ladle the sauce over everything.

WINE PAIRING La Vigneta Winery

BRAISED BEEF SHORT RIBS



presented by **Josh Short**
Corporate Executive Chef
Harvest Seasonal Grill and Wine Bar
PA

Featuring beef short ribs from Eleven Oaks Farm, Newville, PA

Yield: 6 servings

6 bone-in beef short ribs	8 garlic cloves, smashed
½ cup tomato paste	2 bay leaves
3 cups carrots, rough chopped	½ cup red wine
3 cups celery, rough chopped	1 ½ quarts vegetable stock
3 cups Spanish onion, rough chopped	Kosher salt, to taste
6 fresh thyme sprigs	Freshly ground black pepper, to taste
6 fresh rosemary sprigs	

Preheat oven to 325 ° F.

Pat short ribs dry with paper towels. Season short rib pieces on all sides with salt and pepper. Lightly coat the bottom of a large Dutch oven and heat over high heat. When pan and oil are hot, add short ribs to bottom of the pan and sear them for 3 minutes on each side. Remove seared short ribs and set aside. Add carrots, celery, onion and garlic cloves to same roasting pan and sauté for 5 to 6 minutes, stirring frequently. Add rosemary sprigs, thyme sprigs and bay leaves. Continue to sauté for about 1 minute. Add red wine to deglaze pan, scraping brown bits from bottom of pan. Add vegetable stock. Rub all sides of the seared short ribs with tomato paste. Place seared short ribs, bone side down, in roasting pan so that each piece is sitting on top of vegetables and liquid comes up halfway

on the short ribs, making sure that they are not touching. Bring liquid to a boil and remove from heat. Cover with Dutch oven lid and place in the oven for about 2 ½ to 3 hours or until the ribs start to fall apart. Use a fork to test by inserting into meat and twist. Fork should easily twist when they are done.

WINE PAIRING Armstrong Valley Winery - 2020 Cabernet Sauvignon

BEEF BACON WITH GARLIC HUMMUS



presented by **Ben Horning**
Executive Chef
Tröegs Brewing Company
Hershey, PA

Yield: 6 servings

GARLIC HUMMUS

1, 15 1/2 oz. can chickpeas	3 Tbsp. tahini
1 ½ fl.oz. lemon juice	1 garlic confit (garlic that has been cooked in oil slowly to soften)
2 oz. aquafaba (water from the cooking process of chickpeas—save from can)	1 tsp. salt
	2 oz. olive oil

Put all ingredients except for oil in a small, medium, or large container (batch sizes accordingly). Using a stick blender, blend until smooth. Slowly pour in oil to emulsify. Place in an airtight container and place in fridge.

BEEF BACON

2 lbs. beef belly (navel)	1 Tbsp. pickling spice
¾ cup curing salt (wear gloves while handling this product)	1 Tbsp. minced garlic
½ cup white sugar	1 tsp. finely chopped fresh rosemary
¼ cup brown sugar	

Combine garlic and rosemary leaves; pulse in food processor until minced. Combine all ingredients in a stand mixer and whisk until evenly mixed. Cut beef into 10" x 10" pieces and rub cure evenly over all pieces. Change gloves and wash hands after handling curing salt; it's toxic. Let cure for at least 3 days (but up to 7 for a more consistent product) in an airtight food-safe container. Fill a large bowl with water. Place beef in bowl and wash off the cure. Some spices or herbs may stick; this is acceptable. Make sure to wash your hands after handling any cured meats.

Place washed beef into an empty pan. Pat the bellies dry. Smoke bellies at 250° F until internal temperature reaches 145° F. Set a timer for 1 hour. After

1 hour, check temperature. If it is less than 145° F, add an additional 15 minutes to the timer and check again. After bacon is smoked, place another smoker rack on the highest position of a speed rack, and a clean sheet pan on the lowest position. Hang bellies on the top rack and allow to cool.

CRISPY CHICKPEAS

1, 15 1/2 oz. can chickpeas	1 tsp. chili powder
1 oz. olive oil	¼ tsp. cayenne
½ tsp. cumin	1 tsp. kosher salt

Drain garbanzo beans. Rinse and dry thoroughly. Toss dried beans in pan with extra-virgin olive oil and salt. Spread on sheet tray. Bake at 400° F with the oven fan on a low setting for 30 to 45 minutes until crispy. Stir every 10 minutes during baking. Mix remaining ingredients with the chickpeas. Place on sheet pans for cooling and set aside.

CUCUMBER MANGO SALSA

4 oz. fresh mango, diced	½ jalapeño, de-seeded and diced
½ red bell pepper, diced	2 tsp. lime juice
2 oz. English cucumber, diced	1 pinch salt
1 ½ oz. red onion, diced	

Cut mango, red pepper, and cucumber into ¼” pieces and add to large bowl. Finely dice red onion and jalapeño and add to bowl. Rough chop fresh cilantro and add it to bowl. Add remaining ingredients to bowl and stir to combine.

ASSEMBLY

½ cup Hummus	¼ cup Cucumber Mango Salsa
4 oz. Beef Bacon	2 Tbsp. Crispy Chickpeas

For a serving, place a large spoonful of hummus on a plate. Using the back of the spoon, evenly spread the hummus around to ensure the rest of the components can fit on it. Cut the beef bacon into strips as thin as you can manage. Place the bacon in a pan and fry until crispy, flipping several times during the cooking process. Once the bacon is cooked and starting to crisp, place the strips over the plated hummus. Twist and turn the strips to give them more height. Place a few spoonfuls of salsa evenly over the bacon. For the final garnish, add a few crispy chickpeas over the dish.

BEER PAIRING Troëgs

REUBY CON CARNE



presented by **Reuben Asaram**
Owner of Pop Up with Chef Reuben
Philadelphia, PA

Yield: 4–6 servings

5 dried ancho chiles	
2 dried guajillo chiles	1 Tbsp. cumin
2 dried pasilla chiles	1 tsp. dried Mexican oregano
8 cups room-temperature beef stock or broth	3 bay leaves
4 lbs. beef chuck	Flaky sea salt, to taste
Kosher salt and freshly ground black pepper, to taste	½ medium red onion, thinly sliced, for serving
2–3 Tbsp. vegetable oil	Cilantro leaves and lime wedges, for garnish
6 garlic cloves, minced	Serve with flour or corn tortillas (or even white rice)
1 Tbsp. fresh sage leaves, thinly sliced (or 1 teaspoon ground)	

Remove stems and seeds from dried chiles. Heat a Dutch oven over medium-high, add chiles and toast, turning frequently, until fragrant and darkened, 1 to 1 ½ minutes.

Pour the beef stock or broth over chiles to halt toasting. Bring to a brief boil, then remove from heat. Cover Dutch oven and let chiles soften for 30 to 60 minutes.

Transfer rehydrated chiles to a blender and let cool slightly. Add 3 cups of the soaking liquid and blend until smooth. Transfer remaining soaking liquid to a bowl and set aside.

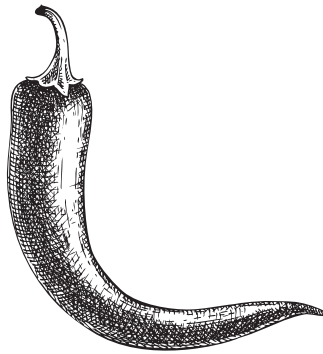
Wipe out Dutch oven, add oil and heat over medium-high. Season the beef chuck generously with salt and pepper. Working in batches to avoid overcrowding the pot, make sure the beef gets a nice hard sear, 5 to 7 minutes per batch. Transfer to a sheet pan or platter.

Remove Dutch oven from heat. Add garlic and sage and cook, stirring, until fragrant, about 1 minute. Add cumin and oregano. Add about 1 cup reserved soaking liquid and return Dutch oven to medium heat. Deglaze the bottom of the Dutch oven, scraping with a wooden spoon to remove browned bits.

Return the chuck to Dutch oven. Add chili puree, bay leaves, and remaining soaking liquid. Bring to a boil, reduce heat to medium, and simmer, covered, until the chuck is very tender, 40 to 60 minutes. Check the chuck as it cooks and adjust heat to maintain a simmer, if needed. Alternatively, bake, covered, in a 225 ° F oven for 6 to 8 hours.

Remove lid and simmer uncovered for 10 minutes more, until the concoction is a beautiful, thick, smooth mahogany color. The sauce should be thick enough to coat the back of a spoon. Taste and season with salt and pepper as needed.

Serve topped with a sprinkle of flaky salt, sliced red onion, cilantro, lime wedges and tortillas or even rice.





SUNDAY, JANUARY 7, 2024

VEGETABLE DAY



GIANT DIETITIAN TIP

In addition to the many vitamins and minerals found in vegetables, they also provide different flavors, colors, and textures to meals and snacks. Adding veggies to sauces, soups, casseroles, or smoothies can be an easy way to help meet the recommended 2–3 cups per day.

TRI COLOR ROASTED BEETS SALAD WITH CRISPY GOAT CHEESE



presented by **Walter David Figueroa**
Executive Chef
Englewood Brewing
Hershey, PA

Yield: 6 servings

2 red beets	4 oz. seasoned panko
2 yellow beets	1 cup red wine vinegar
2 candy stripe beets	1 shallot, peeled and minced
3 oz. plus 2 cups vegetable oil	1 Tbsp. Dijon mustard
Salt and pepper, to taste	3 oz. local PA honey
8 oz. baby arugula	8 sprigs thyme
8 oz. goat cheese, chilled	

Preheat oven to 350° F. Rub beets with oil, salt and pepper. Roast in a covered baking dish in oven until fork-tender, about 45 minutes. Remove, place in bowl and cover in plastic wrap while beets are still hot. This will make them easier to peel.

Meanwhile, make the dressing for the salad. Combine red wine vinegar, shallot, mustard, 2 sprigs of chopped thyme and local honey in a blender. Blend for a minute to combine, then lower the speed and drizzle in the 2 cups of vegetable oil. Season with salt and pepper. Set aside.

Take cold log of goat cheese and slice into ½” coins. Chop 6 sprigs thyme and combine with the seasoned panko breadcrumbs; toast breadcrumbs in a sauté pan with a little vegetable oil, then let cool.

Carefully place goat cheese in breadcrumbs and press into cheese. Set aside.

Now that beets are cool enough to handle, take out of bowl and rub with kitchen towel to remove the skin. Slice all beets into thin circles.

To assemble, place beets on plate, alternating colors to show the beauty. Toss the arugula with vinaigrette and place on top in a hand-sized mound. Place coins of goat cheese around and drizzle with more local PA honey.

WINE PAIRING Englewood: Beer Pairing from Englewood

CARROT RISOTTO



presented by **Chris Scott**

Finalist on Season 15 of Bravo's Top Chef

Author of *Homage*

Competitor on OWN's The Great Soul Food Cook Off

Judge on Beat Bobby Flay, Bobby Flay's Triple Threat and more on the Food Network

Yield: 6 servings

4 cups chicken stock, plus more if needed

1 cup carrot juice

1 pinch saffron threads (optional, see notes)

5 Tbsp. butter, softened, divided

1 medium onion, finely chopped

1 ½ cup arborio

½ cup dry white wine or water

¼ cup heavy cream

1 cup freshly grated Parmesan cheese

1 tsp. salt, plus more to taste

Freshly cracked black pepper, to taste

1 cup carrot juice (see recipe, below)

"CARROT" JUICE

¾ cup coconut milk

1 red pepper, seeded and roughly chopped

1 Tbsp. cardamon powder

Simmer all ingredients until red pepper is tender, then puree smooth. This is your carrot juice mixture.

To a large rondeaux (or wide-bottomed pot) over medium-high heat, add the butter and the arborio. Constantly stir with wooden spoon until rice is slightly toasted. Add the onion and cook until translucent. Add the saffron threads and cook 3 to 5 minutes more. Deglaze with the white wine, and continue stirring until almost evaporated. Add the stock and the carrot juice mixture and stir until rice is cooked and just past al dente but still loose. Add cream and cheese, stir until incorporated and serve risotto while it is still hot.

BLACK-EYED PEA SCRAPPLE



presented by **Chris Scott**

Finalist on Season 15 of Bravo's Top Chef

Author of *Homage*

Competitor on OWN's The Great Soul Food Cook Off

Judge on Beat Bobby Flay, Bobby Flay's Triple Threat and more on the Food Network

Yield: 6 servings

2 Tbsp. vegetable oil	¼ cup buckwheat flour
½ cup finely chopped onion	4 cups vegetable stock
1 tsp. garlic powder	2 Tbsp. liquid smoke
2 cups black-eyed peas, cooked and drained	1 bunch fresh sage, chopped
¾ cup yellow corn meal	Salt and freshly ground pepper, to taste

Grease a 9" loaf pan. In a large skillet, heat the oil over moderate heat, add the onion and sauté until the onion is golden. Add the garlic powder and stir 1 or 2 minutes more. Add the black-eyed peas, stock, liquid smoke and sage and stir well. Cook for 30 minutes, remove from heat and puree. Add puree back into skillet and slowly whisk in cornmeal and buckwheat flour. Turn the mixture into the loaf pan. The consistency should be that of a very thick gruel.

Press the mixture firmly in the pan. Cool and then chill the loaf. Cut into slices and fry in vegetable oil or butter as you would corn meal mush or scrapple.

WINE PAIRING Paradox Vineyard: Pinot Gris

FOCACCIA



presented by **Alisha Howell Summa**

Owner

Lynn Sandy's Bakery

Scranton, PA

Yield: 6 servings

Note: This recipe needs about 18 hours to complete.

500 g white bread flour	5 g (1 tsp.) honey
420 ml warm water	15 ml (1 Tbsp.) extra-virgin olive oil
4 grams (1 tsp.) instant yeast	10 g (2 tsp.) fine sea salt

Note: if using dry active yeast, you must add 1 gram more. Mix yeast with water and honey and let bloom 5 to 10 minutes until frothy.

Optional Ingredients for garnish:

Rosemary

Garlic

Tomatoes

Asparagus

Red onions

Preheat the oven to 425° F.

Mix warm water, yeast, honey, olive oil and salt in a bowl. Whisk until combined. Add in flour using a spatula; mix until combined (dough will be VERY sticky). Use spatula to scrape down sides and cover bowl with towel. Let rest for 10 minutes.

After ten minutes do first “fold and stretch.” Wet your hand and grab side of dough and fold into center; repeat this process until you go around entire dough ball (roughly 5 folds). Cover and let rest 10 minutes.

Do second set of “fold and stretch”; once finished, drizzle ball with olive oil, rub into top and cover bowl with cling wrap. Place into the fridge overnight or for up to 72 hours (16 hours is my preference).

Spray 13” x 18” pan with grease or coat in butter. Place parchment paper in pan, then add 3 to 5 tablespoons of olive oil on top (this aids in browning and helps to keep from sticking—do not skip this part). Gently turn dough into pan, stretch and fold over itself twice and place in pan seam side down (it should look like a giant burrito). Cover with a baking sheet and allow final proof for 2 hours.

After 2 hours, if dough doesn't fill pan, gently lift and pull to edges. Drizzle with olive oil, then dimple bread with fingertips (this is the fun part!). Top with coarse sea salt and oiled rosemary or any other toppings you would like: roasted tomatoes, peppers, garlic, onion, everything bagel seasoning, anything! Bake 22 to 25 minutes at 425° F until top and bottom are golden brown.

BOILED PEANUT POTLIKKER



presented by **Chris Scott**

Finalist on Season 15 of Bravo's Top Chef

Author of *Homage*

Competitor on OWN's The Great Soul Food Cook Off

Judge on Beat Bobby Flay, Bobby Flay's Triple Threat and more on the Food Network

Yield: 6 servings

1 lb. raw peanuts in the shell (not roasted)

1/3 cup coarse sea salt (if you like your peanuts saltier, you can increase to 1/2 cup)

Water

Sort through the peanuts, removing any debris. Rinse peanuts well and place into the Instant Pot.

Add salt to the Instant Pot.

Add enough water to cover the peanuts and stir. Keep in mind that they will float, so you will need to place a weight on top of them to keep them submerged. I simply place the trivet that came with the Instant Pot on top of the peanuts, then place a small Pyrex bowl (if you don't have Pyrex, any heatproof bowl or mug should work) on top of the trivet to keep it weighted down. Be sure to not overfill the Instant Pot; refer to your particular model's guidelines on maximum fill.

Lock the lid in place and close the vent. Using the manual setting, cook on high pressure for 80 minutes.

When cooking is complete, turn the pressure cooker off the Keep Warm setting and allow the pressure to completely release naturally.

If you prefer your peanuts to be even softer, you can increase the cook time by 10 to 20 minutes, but I find 80 minutes to be soft enough for my taste.

Feel free to get creative with seasonings, using Cajun seasoning, garlic powder, etc.

BLACKENED OYSTER MUSHROOMS



presented by **Chris Scott**

Finalist on Season 15 of Bravo's Top Chef

Author of *Homage*

Competitor on OWN's The Great Soul Food Cook Off

Judge on Beat Bobby Flay, Bobby Flay's Triple Threat and more on the Food Network

Yield: 6 servings

2 Tbsp. salted butter

¼ tsp. blackening spice

16 oz. sliced oyster mushrooms

Fresh cracked black pepper, for serving

Melt the salted butter in a large, preferably nonstick skillet over medium-high heat.

Add the sliced mushrooms and the spice to the skillet. Stir to coat in the butter and spread the mushrooms out in an even layer, with as much surface area in contact with the skillet as possible.

Allow the mushrooms to cook without stirring for about 5 minutes, until much of the liquid has been drawn out of the mushrooms and has almost fully evaporated.

Stir the mushrooms, trying to flip them over as much as possible (but not being obsessive about it). Spread them in an even layer again and allow them to cook for another 2 to 3 minutes without stirring.

Stir one more time and allow to cook for another 2 to 3 minutes, until mushrooms are deeply browned and there is almost no liquid in the pan.

Adjust seasoning if needed, adding black pepper if desired. Serve as-is or use in other recipes such as pasta or quiche.

CARAWAY AND RYE DUMPLINGS



presented by **Chris Scott**

Finalist on Season 15 of Bravo's Top Chef

Author of *Homage*

Competitor on OWN's The Great Soul Food Cook Off

Judge on Beat Bobby Flay, Bobby Flay's Triple Threat and more on the Food Network

6 large eggs

3 tsp. toasted caraway seed

3 cups all-purpose flour

1 tsp. baking powder

1 cup rye flour

6 Tbsp. milk

Beat eggs in a bowl and set aside. Sift flour, seeds and baking powder together. Set aside.

Add milk to eggs, and gently fold in dry ingredients until a dough forms. Let rest 20 minutes.

Roll out dough into a long log and cut into ½” pieces, gnocchi style.

In a pot of simmering water, pre-blanch the dumplings until cooked through, about 5 to 8 minutes.

Lay on a sheet tray to cool.

WINE PAIRING Shade Mountain Winery: Chardonnay

VEGETARIAN CHILI WITH ROASTED POBLANO CORNBREAD



presented by **Mike Dinan**
Chef de Cuisine
Le Jeune Chef Restaurant
Williamsport, PA

Yield: 4-6 servings

VEGETARIAN CHILI

6 oz. brown rice	8 oz. fire-roasted tomatoes
6 oz. dried lentils	1 pint vegetable stock
6 oz. barley	2 oz. tomato paste
6 oz. Spanish onion	2 tsp. chili powder
2 oz. jalapeño peppers	2 tsp. cumin
4 oz. celery	1 tsp. smoked paprika
4 oz. green bell peppers	½ tsp. ground cinnamon
4 oz. red bell peppers	½ tsp. cayenne pepper
4 oz. carrots	½ tsp. cocoa powder
2 oz. garlic, chopped	¼ cup sugar to taste
1 cup lager	Kosher salt and black pepper, to taste

ROASTED POBLANO CORNBREAD

1 ½ cups yellow cornmeal	2 large eggs
1 ½ cups all-purpose flour	6 Tbsp. melted butter
1 Tbsp. baking powder	¾ cup roasted and chopped poblano peppers
½ tsp. baking soda	1 cup corn kernels
1 tsp. kosher salt	1 cup shredded cheddar cheese
3 Tbsp. granulated sugar	
1 ¼ cups buttermilk	

VEGETARIAN CHILI

Rinse the brown rice, lentils and barley. Add them to a saucepan with more than enough salted water—maybe 3 or 4 cups. Bring to a boil, then reduce to a simmer. Cook until the grains are done, then strain out any excess water and spread the grains on a cookie sheet to cool.

Small dice the onions, carrots, and bell peppers. Mince the jalapeños and garlic. Sweat the onions, carrots, and bell peppers in a stock pot until they begin to brown. Make a well in the center of the pot and add the jalapeño and garlic and allow to cook an additional minute. Add the dry spices and cook for 3 minutes, then add the tomato paste and cook for an additional 3 to 5 minutes. Deglaze the pan with the beer, then add the diced tomatoes and vegetable stock. Simmer for 30 to 45 minutes. Add the grains just before serving.

CORNBREAD

Prepare a 9” baking pan with butter and flour. Preheat your oven to 400° F. In a mixing bowl, combine the dry ingredients. In a separate bowl, whisk together the buttermilk, eggs and melted butter. Slowly add the wet ingredients to the dry ingredients and stir until combined. Don’t overmix. Slowly fold the corn, poblanos and cheese into the batter. Add the batter to the prepared pan and bake for 20 to 30 minutes, until a butter knife or toothpick inserted in the middle comes out clean.

WINE PAIRING Nissley Vineyards: Masquerade



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MONDAY, JANUARY 8, 2024

THE GIANT COMPANY DAY

—  —
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GIANT.
DIETITIAN TIP

Join our dietitians for FREE virtual classes that provide fresh and fun inspiration to make your real-life wellbeing easier. Learn more about these classes and our team by visiting giantfoodstores.com/wellness.

SWEET POTATO PANCAKES WITH PUMPKIN-CRANBERRY GRANOLA



presented by **Joni Rampolla, MBA, RDN, LDN**
and Shanna Shultz, RD, LDN
Registered Dietitians
The GIANT Company

Yield: 4 servings

1 cup GIANT all-purpose flour	2 large eggs
1 cup GIANT cottage cheese, small curd, 1% milkfat	2 tsp. ground cinnamon
1 cup GIANT canned cut yams or sweet potatoes, drained	¼ tsp. salt
2 Tbsp. GIANT canola oil	GIANT cooking spray
	¼ cup GIANT nonfat Greek yogurt

PUMPKIN-CRANBERRY GRANOLA (RECIPE BELOW)

To a blender add the flour, cottage cheese, sweet potatoes, oil, eggs, cinnamon, salt and 1 tablespoon water. Blend until smooth. If batter is too thick, add another 1 tablespoon water and blend. Coat a 12” nonstick skillet with cooking spray and heat on medium. Add the batter, ¼ cup at a time, to form pancakes and cook 1 to 2 minutes, until edges begin to set and bubbles start to form. Flip pancakes and cook another 1 minute, until bottoms are golden brown. Repeat with remaining batter. Serve with the Greek yogurt and Pumpkin-Cranberry Granola as desired.

PUMPKIN-CRANBERRY GRANOLA

Yield: 15 servings

¾ cup GIANT pecans, chopped	1 cup Nature’s Promise unsweetened flake coconut
6 Tbsp. GIANT honey	¾ cup GIANT pepitas
2 Tbsp. GIANT sunflower oil	1 cup GIANT dried cranberries
3 ½ cups GIANT old-fashioned rolled oats	

Preheat the oven to 350°F. Mix the chopped pecans, honey, oil, oats, and coconut in a bowl. Sprinkle the mixture onto a baking sheet lined with parchment and bake for about 30 minutes until crisp, stirring every 10 minutes. Remove the granola from the oven and set on a wire rack to cool for 1 hour. Mix the cooled granola with cranberries and pepitas. Store in a sealed jar. The granola will keep for 2 weeks.

WINE PAIRING KingView Mead, Wine, & Cider - Cabernet Franc

BUTTERNUT CHEESE PIE WITH EVERYTHING KALE SALAD



presented by **Barry Crumlich**
Executive Chef
The Pennsylvania Governor's Residence
Harrisburg, PA

Yield: 6 servings

BUTTERNUT-CHEESE PIE

4 cups butternut squash, coarsely shredded (about 1 lb.)	2 oz. Parmesan cheese
¼ cup uncooked bulgur	¼ cup chopped fresh mint
½ tsp. salt	½ tsp. ground black pepper
1 tsp. olive oil	10–12 sheets phyllo dough, separated
1 cup diced sweet onion	Olive oil spray
3 oz. crumbled feta cheese	

Combine the first 3 ingredients in large bowl, cover and chill for 30 minutes.

Preheat oven to 350°F. Heat olive oil in a medium skillet over medium-high heat. Add onion; sauté for 3 minutes. Add onion, feta, Parmesan cheese, mint, and black pepper to squash mixture, stirring to combine.

Working with 1 sheet of phyllo dough at a time (cover remaining dough to prevent drying), place first 2 sheets into a 9" x 13" baking dish. Gently press dough into baking dish, allowing sheets to extend over edges of dish; lightly coat dough with olive oil spray. Repeat process with an additional 2 sheets of dough, placing dough to form a crisscross design. Place final 2 sheets of dough into baking dish and coat lightly with olive oil spray. Spoon squash mixture over phyllo dough. Place the final two sheets of dough over squash mixture and coat with olive oil spray. Fold in the overhanging edges of dough to fit the baking dish and form a slight rim. Bake at 350°F for 40 minutes or until golden brown.

EVERYTHING KALE SALAD

1 small butternut squash, peeled,
seeded and small diced
1-2 Tbsp. olive oil
Kosher salt
Black pepper
1 lb. curly kale, stemmed and torn into
bite-sized pieces

1 lb. green cabbage, shredded
¾ cup dried figs, chopped
¾ cup dried blueberries or cranberries
1 cup pomegranate seeds
1 cup pecans, toasted

DRESSING

⅓ cup olive oil
⅓ cup balsamic vinaigrette
2 Tbsp. maple syrup

2 Tbsp. honey
2 tsp. Dijon mustard
Kosher salt

Preheat oven to 400°F. Line baking tray with sheet of parchment paper.

Toss diced butternut squash with olive oil, salt and pepper. Spread evenly on baking tray. Bake for 20 to 30 minutes or until golden brown and tender.

Place all dressing ingredients except olive oil into a medium mixing bowl and stir to blend. Slowly whisk olive oil into balsamic mixture to create an emulsified dressing.

Place the remaining salad ingredients into a large mixing bowl. Shortly before serving, add dressing and toss to coat evenly.

WINE PAIRING Armstrong Valley Winery - Oaked Chardonnay

PRETZEL-CRUSTED CHICKEN STRIPS WITH BUTTERNUT SQUASH AND CARROT FRIES



presented by **Jena Wood, MS, RD, LDN**
and **Crystal Joiner, MS, RD, LDN**
Dietitians
The GIANT Company

Yield: 4 – 6 servings

CHICKEN STRIPS

GIANT cooking spray
⅓ (16 oz.) bag pretzel sticks, broken up
½ cup GIANT all-purpose flour

1 lb. pkg Nature's Promise chicken
breast tenders, cut into strips
lengthwise
2 large eggs

Preheat oven to 425°F. Place a wire rack inside a rimmed baking sheet. Coat rack with the cooking spray. Add the pretzels to a food processor and pulse until very finely crushed. Transfer to a shallow dish. Add the flour to another shallow dish. Season with salt and pepper. Add the chicken strips to flour, tossing to coat. Add the eggs to a small baking dish and season with salt and pepper. Whisk until smooth. Add chicken strips to egg mixture, tossing until well coated. Dredge each chicken strip in pretzel crumbs, pressing to adhere. Arrange in single layer on the wire rack, spacing 2" apart. Coat chicken with cooking spray. Bake chicken 15 to 20 minutes, until golden brown and cooked through. Season with salt to taste.

BUTTERNUT SQUASH AND CARROT FRIES

1 small butternut squash (approximately 2 ½ lbs.)	1 (1 oz.) pkt Nature's Promise ranch salad dressing mix, divided
3 medium carrots	½ cup GIANT nonfat Greek yogurt
2 Tbsp. GIANT olive oil	Salt and pepper
2 tsp. grated Parmesan cheese	

Preheat oven to 425°F. Peel the butternut squash and carrots. Remove seeds from the squash. Cut carrots into 1" sticks and butternut squash into ½" sticks for fries. Pat vegetables dry with paper towels. In a large bowl, toss vegetables with the oil, Parmesan, and 1 tablespoon ranch dip mix. Season with salt and pepper. To a large, rimmed baking sheet lined with parchment, add vegetables in a single layer. Bake for 30 to 35 minutes, until tender and crispy, flipping halfway through. To air-fry the vegetables, toss only in olive oil and cook, in batches, at 400°F for 10 to 15 minutes, shaking occasionally.

In a small bowl, combine the Greek yogurt and remaining ranch dip mix. Season with salt and pepper. Serve vegetable fries with dip.

WINE PAIRING Jackson Square Vineyard - Surrender

OATMEAL CHOCOLATE CHUNK COOKIES & CHERRY MOON MILK



presented by **Shanna Shultz, RD, LDN**
Dietitian
The GIANT Company

OATMEAL CHOCOLATE CHUNK COOKIES

Yield: 4-8 servings

6 oz. dark chocolate

3 large and very ripe bananas

1 tsp. GIANT vanilla extract

¼ cup GIANT canola oil

2 cups gluten-free old-fashioned oats

⅔ cup gluten-free Nature's Promise
almond flour

⅓ cup Nature's Promise unsweetened
flake coconut

½ tsp. cinnamon

¼ tsp. salt

1 tsp. baking powder

Preheat oven to 350° F. Line 2 baking sheets with parchment paper. Chop the chocolate into small chunks. In a large bowl, mash bananas until smooth. Whisk in the vanilla and oil. In a medium bowl, combine the oats, almond flour, coconut, cinnamon, salt, and baking powder. Add to bowl with bananas and stir until combined. Fold in chopped chocolate. With a tablespoon measure, drop dough onto lined pans, spacing 1" apart. Press tops to flatten. Bake 12 to 14 minutes, until golden brown around edges. Cool on a wire rack.

CHERRY MOON MILK

Yield: 1 serving

1 cup GIANT 1% milk

1/3 cup + 1 Tbsp. tart cherry juice

Splash of vanilla

In medium saucepan on medium-low heat, whisk milk, tart cherry juice, and vanilla. Steep for 10 minutes. Serve with cookies as desired.

WINE PAIRING Courtyard Winery - Sassy Blue

MUSHROOM SOUP WITH PESTO



presented by **Jena Wood, MS, RD, LDN**
Dietitian
The GIANT Company

Yield: 4 servings

MUSHROOM SOUP

2 cups button mushrooms	1 Tbsp. minced fresh ginger
1 cup baby bella mushrooms	1 tsp. dried thyme
1 cup shiitake mushrooms, stems removed	¼ cup GIANT all-purpose flour
3 Tbsp. GIANT olive oil	4 cups GIANT vegetable stock
1 cup chopped red onion	½ cup pesto
1 Tbsp. Nature's Promise minced garlic	

Quarter the mushrooms. Heat 3 tablespoons of olive oil in a large saucepan and sauté the onion for 3 minutes. Add the garlic, ginger, and thyme and cook for 1 minute. Add the mushrooms and sauté for about 3 minutes or until they begin to soften. Season with salt and pepper.

Sprinkle the flour over the veggie-mushroom mixture and stir to combine. Cook for 1 minute. Whisk in half of the vegetable stock and bring to a simmer, stirring until soup begins to thicken slightly. Add the rest of the broth and simmer for about 5 minutes, or until mushrooms are cooked. Ladle the soup into bowls and top each serving with 2 tablespoons pesto.

PESTO

1 (5 oz.) container Nature's Promise salad baby spinach & spring mix	2 Tbsp. lemon juice
½ (16 oz.) package GIANT frozen peas, thawed	½ cup grated Taste of Inspirations Parmesan cheese
1 cup GIANT olive oil	

Add the spinach and spring mix to a large microwave-safe bowl. Cover with plastic and microwave for 2 minutes, until wilted. To blender add wilted greens, peas, olive oil, lemon juice and Parmesan cheese. Blend until mostly smooth. Season with salt and pepper.

WINE PAIRING Paradox Vineyard - Barn Red

KOREAN STICKY CHICKEN WITH CABBAGE STIR FRY



presented by **Mike Dinan**
Chef de Cuisine
Le Jeune Chef Restaurant
Williamsport, PA

Yield: 4-6 servings

KOREAN STICKY CHICKEN

1 oz. vegetable or canola oil
4 boneless, skinless chicken thighs

Salt and pepper, to taste

STICKY SAUCE

1 Tbsp. soy sauce
1 Tbsp. rice vinegar
2 Tbsp. gochujang
2 Tbsp. ketchup
3 Tbsp. honey

1 Tbsp. light brown sugar
1 tsp. sesame oil
3 cloves garlic, minced
½ oz. ginger, minced
½ lemon, juiced

STIR FRY

2 oz. canola oil
1 tsp. sesame oil
6 oz. white cabbage, sliced thin
4 oz. red bell pepper, julienned
4 oz. Spanish onion, julienned
3 oz. carrots, julienned
3 oz. snow peas, julienned

3-4 scallions, sliced (reserve green for garnish and white for sauté)
1 clove garlic, sliced
½ oz. ginger, minced
1 Tbsp. soy sauce
2 tsp. sugar
½ lemon, juiced

GARNISH

1 Tbsp. sesame seeds
¼ cup chopped cilantro

Reserved scallion greens

KOREAN STICKY CHICKEN

Heat the oil in a large skillet on medium-high heat. Slice the chicken thighs into strips and season with the salt and pepper. Sear the chicken in small batches to ensure even browning. While the chicken is cooking, whisk together the sauce ingredients except for the lemon juice. Return any reserved chicken to the pan and add the sauce. Simmer the chicken and sauce together for 2 to 4 minutes until the sauce thickens. Adjust seasonings and add the lemon juice.

CABBAGE STIR FRY

Have all the ingredients sliced and prepped for your stir fry. In another large skillet, heat the oils on medium-high, closer to high heat. Begin by sautéing the cabbage, bell pepper, carrots and onion. Cook for about 5 to 6 minutes, stirring frequently, then create a small well in the center of the pan. Add the garlic, ginger and scallion whites and stir to toast lightly. Mix everything together, then add the soy, sugar and lemon juice. Turn the heat to low and keep warm until serving.

ASSEMBLY

Place some of the Cabbage Stir Fry in the center of a bowl. Top with a portion of the Sticky Chicken. Garnish with the scallion greens, cilantro, and sesame seeds.





TUESDAY, JANUARY 9, 2024

POTATO DAY



GIANT DIETITIAN TIP

Did you know there are more than 100 types of potatoes available in the US? They all contain fiber and potassium, which are important for heart health. The skin contains most of the nutrients, so be sure to keep it on. Whether you love them mashed, baked, steamed, or boiled – there is a recipe for everyone. Try them in veggie-filled soups, warm salads, or topped with broccoli and cheddar cheese.

There are lots of ways to enjoy this versatile tuber!

LOADED BAKED POTATO CASSEROLE



presented by **Ben Billingham**

Sous Chef

The Mill in Hershey

Hershey, PA

Yield: 6 Servings

5 lbs. russet potatoes

1 lb. unsalted butter

2 cups heavy cream

1 lb. cream cheese

¼ cup grated Reggiano Parmesan
cheese

3 Tbsp. Lawry's Seasoned Salt

3 cups shredded sharp cheddar cheese

½ cup green onion

Scrub all the potatoes and cut into even-sized pieces.

In a heavy-bottomed stockpot, add the cut potatoes and submerge them in enough cold water to cover to a depth of ½" over the potatoes. Be sure to season the water with kosher salt (the water should taste like the ocean).

Turn the burner to high heat and bring water to a boil. Once a rolling boil has begun, reduce heat by a quarter and continue to cook the potatoes until they are fork-tender. Strain the potatoes and return to the pot.

Add the butter and cream cheese to the potatoes. Using any sort of hand mixer, work the potatoes until the butter and cream cheese are fully incorporated.

Add the heavy cream and Parmesan cheese and mix until fully incorporated.

Add the seasoned salt 1 tablespoon at a time until the desired level of seasoning has been found (I have a saltier palate and want my potatoes to be almost the color of the Lawry's Seasoning Salt).

Preheat the oven to 350° F. Place the potato mixture in a greased 9" x 13" cake pan. Top with the sharp cheddar cheese and bake for 25 minutes or until the cheese is completely melted and golden brown.

ROASTED FINGERLINGS



presented by **Ben Billingham**

Sous Chef

The Mill in Hershey

Hershey, PA

Yield: 6 servings

5 lbs. fingerling potatoes

1 lb. red onion

6 hard-boiled eggs

5 scallions

3 cups mayonnaise

1 cup sherry vinegar

½ cup Dijon mustard

½ cup honey

2 Tbsp. chives

Vegetable oil, as needed

Kosher salt and black pepper, to taste

Toss the fingerlings in vegetable oil and season with kosher salt and cracked black pepper.

Place the potatoes on a baking sheet and cook for 30 minutes at 350° F until fork-tender.

Once the potatoes are cooked, pull them from the oven and place in the refrigerator to cool.

While waiting for the potatoes to cool down, small dice the red onion, hard-boiled egg and scallions. Set aside.

To make the dressing, place mayonnaise, mustard, salt, pepper, honey, and sherry vinegar in a mixing bowl and mix until all the ingredients are fully incorporated. Set aside.

Pull the fingerlings from the fridge and cut them into bite-sized pieces. Add the potatoes, onion, scallions and egg into a large mixing bowl and toss them together. Add the dressing (suit the amount to your preference) and mix until all the ingredients are fully incorporated. Taste and adjust the seasoning with kosher salt and black pepper. Garnish with chives if desired.

WINE PAIRING La Vigneta Winery - Bianco Delizioso

POTATO AND CHORIZO TACOS



presented by **Jen Zavala**

Chef-Owner

Juana Tamale

Philadelphia, PA

Contestant on Bravo TV's Top Chef

Co-Host of the 86ers podcast

Yield: 6 servings

3 lbs. Mexican pork chorizo, uncased	1 green onion, chopped
½ cup vegetable oil	1 bunch cilantro, chopped
5 medium-sized white potatoes, medium diced (½" cubes)	2 limes, cut in wedges
1 poblano pepper, medium diced	1 ½ tsp. cumin seed
1 large yellow onion, divided in half; dice one half medium, the other half small	1 ½ tsp. chili powder
2 cloves garlic, chopped	1 tsp. onion powder
	1 package corn tortillas
	Cotija cheese (optional)

Put a sauté pan on medium heat. Add ½ cup vegetable oil to the hot pan. Once the oil gets hot, then add potatoes. Stir potatoes around the pan to coat with oil and add a liberal pinch of salt. Once the potatoes have softened (around 10 minutes), add your medium-diced yellow onions, peppers, garlic, and seasonings. Stir to combine and turn heat to medium-low. Once everything is married in the pan (another 8 to 10 minutes), add the chorizo. Allow fats to release from the chorizo, stir to combine and cook for 5 to 7 minutes, stirring frequently. This allows the potatoes to soak up some of the flavorful fats and the chorizo to gain some texture.

Place another flat pan or skillet over low heat. Place one of your tortillas in the pan, heat 30 seconds, flip over and heat an additional 30 seconds. Remove from pan and repeat with remaining tortillas. This steams and softens the tortillas, making them more pliable and less prone to splitting or breaking.

Mix and check the ingredients in your sauté pan for texture and remove from heat. We are going to use 2 tortillas per taco, so arrange them stacked in pairs, 3 sets per plate. Scoop about 1 tablespoon of your potato and chorizo mix onto the center of each taco; use the back of the spoon to spread the mix evenly along the center of the tortilla. Sprinkle on some of your more finely diced yellow onion, cilantro, green onion and some cotija cheese if you wish, and serve with lime wedges to squeeze over top and your favorite hot sauce or salsa. Enjoy!

WINE PAIRING University Wine Company - Sangria

MRS. P'S PIEROGIES



presented by **Matt Berger and Rob Strickler**
Chefs
C&J Catering at the Farm Show Complex
Harrisburg, PA

Yield: 6 Servings

DOUGH

5 cups all-purpose flour	¼ lb. butter
2 tsp. salt, to taste	2 cups water

FILLING

1 ½ lbs. russet potatoes	⅓ lb. Cooper sharp cheese (white)
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PRESENTATION

¼ lb. butter	8 oz. sour cream
2 sweet onions	2 oz. chives

DOUGH

In a large mixing bowl combine the flour and salt. In a sauce pot heat water and butter until boiling. Combine in a mixing bowl and start mixing immediately with a spoon. Once the dough has come together, turn out onto the lightly floured table and knead until the dough is smooth.

FILLING

Peel and dice potatoes. Boil potatoes until tender and drain. Combine cooked potatoes with Cooper cheese (freshly shredded is best). Mash and mix until all the cheese is melted and the mixture is smooth.

Roll your dough out flat and cut into circles about 2" in diameter. Lightly roll out individual dough circles and place about 1 tablespoon of the potato mixture into the middle. Fold dough in half and pinch the pierogi to seal in the mixture. It's best to work the dough while it is still warm.

Place finished pierogies in boiling water and cook for about 5 minutes or until they float. Immediately pan fry in butter with sliced onions until golden brown and delicious. Serve with sour cream and garnish with chives.

For later use you can lay pierogies flat on a sheet tray and place them in the freezer by spraying your tray and the pierogies on the tray with nonstick spray. Once completely frozen, bag them up for later use.

POTATO PAVE



presented by **Matt Berger and Rob Strickler**
Chefs
C&J Catering at the Farm Show Complex
Harrisburg, PA

Yield: 6 Servings

5-6 gold potatoes

2 cups heavy cream

1 Tbsp. kosher salt

1 tsp. coarse black pepper

1 ½ Tbsp. dried thyme

¼ cup chives, finely chopped

1 lb. unsalted butter, between room temperature and melted

2 Tbsp. finely chopped garlic

Vegetable oil, as needed

In a large mixing bowl, mix heavy cream, salt, pepper, thyme, chives and garlic. Mix well. With a mandolin, finely slice (barely more than paper-thin) gold potatoes into the cream mixture. Make sure to mix potatoes into cream often to prevent oxidation.

Once all potatoes have been sliced, spray a 9" x 13" baking pan with pan spray. Lay a piece of parchment paper into the pan. Make sure to leave excess parchment over sides to lay over top of potatoes at the end and spray parchment paper with pan spray. Begin laying potatoes in the pan, working left to right from the top left corner, slightly overlapping each potato. Continue laying rows left to right, from top to bottom of pan. Once the bottom layer is completed, begin a second layer following the same format. When the second layer is complete, lightly drizzle with melted butter, about 1-2 tablespoons, and lightly sprinkle with salt and pepper. Repeat this process until all potatoes are layered or baking pan is full.

Once full, cover with excess parchment paper and tightly wrap with aluminum foil. Bake in oven at 350° F for about 90 minutes, then check to see if potatoes are easily pierced with a knife or fork. If not, cook in 10-minute increments until potatoes are soft. Once cooked, let sit at room temperature. After 20 minutes, place a second pan over the potatoes and place weights in the pan (soup cans work well). Place in refrigerator overnight.

Once potatoes have cooled overnight, use a spatula to loosen the sides of the potatoes from the pan. Flip pan of potatoes over onto a cutting board. Allow potatoes to fall onto the cutting board. Remove all parchment paper. Using a straight edge, another cutting board works well, trim sides of pave to make an even rectangle. Once trimmed, cut into desired number of pieces; about 16 to 20 work for this size pan.

In a sauté pan, heat at medium-high heat with enough vegetable oil to cover the pan. Once hot, sear the cut side of the pave and continue to flip to sear all the sides. Serve immediately and enjoy.

WINE PAIRING KingView Mead, Wine, & Cider - Golden Mead

POTATO & BEAN SOUP



presented by **Aaron Fowler**
Executive Sous Chef
Canopy by Hilton Philadelphia Center City
Philadelphia, PA

Yield: 6 servings

⅓ cup olive oil	1 lb. carrots, peeled and small diced
½ lb. bacon	2 ½ quarts chicken stock
6 oz. onions, peeled and small diced	½ lb. tomato puree
1 lb. cannellini beans, cooked	1 sachet (2 bay leaves, 2 rosemary sprigs, 4 thyme sprigs, 3 garlic cloves)
½ lb. zucchini, small diced	1 Tbsp. kosher salt
1 lemon, juiced	½ tsp. ground pepper
½ lb. spinach, julienned	6 oz. Parmesan cheese, grated
1 ½ lbs. Yukon Gold potatoes, peeled and small diced	

Heat the oil in a soup pot over medium-high heat and add the bacon. Cook the bacon until highly browned, stirring frequently, 5 to 6 minutes. Remove bacon with slotted spoon and set aside to drain on a paper towel. Remove excess fat from the pan, leaving about ¼ cup.

Reduce the heat to low and add the onions to the pan, cooking until softened (about 4 to 5 minutes).

Add the beans, zucchini, potatoes, spinach, carrots, tomato puree, stock, sachet, salt, pepper, and bacon. Simmer for 20 minutes.

Remove sachet.

Squeeze 1 lemon into soup and stir.

Whisk in Parmesan and serve.

WINE PAIRING Paradox Vineyard - Vidal Blanc

POTATO BOXTY WITH SMOKED TROUT SALAD



presented by **Claire Dacko**
Chef Instructor
Dauphin County Technical School
Harrisburg, PA

Yield: 4 servings

POTATO BOXTY

- | | |
|---|---------------------------------------|
| 1 cup cold mashed potatoes (can be made well in advance); use a starchy/mealy variety such as russets | ½ tsp. baking soda |
| 1 cup grated raw potato; use a starchy/mealy variety such as russets | ¾ cup buttermilk, plus more as needed |
| 1 cup all-purpose flour | 2 scallions, thinly sliced |
| 1 tsp. kosher salt | ½ cup grated sharp cheddar cheese |
| | Butter or bacon grease, for frying |

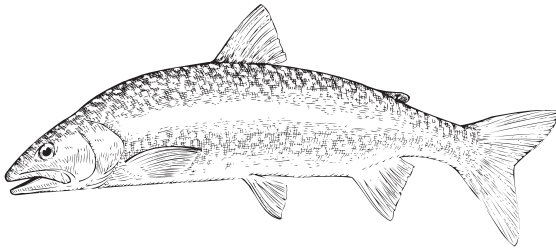
Boil, drain and mash the potatoes until smooth. Chill until cold or overnight. In a small bowl, combine the flour, baking soda and salt, then set aside. Grate the potatoes, place them on a clean kitchen towel and wring out as much liquid as you can. Place the cold mashed potatoes, grated potatoes and flour mixture in a large mixing bowl. Add the buttermilk and stir to combine. If the mixture is too thick/dry, add a little extra buttermilk until the desired texture is achieved. Stir in the scallions and cheddar cheese. The mixture should look like thick pancake batter. Heat a couple of tablespoons of butter or bacon grease in a heavy pan over medium-high. Scoop the potato mixture into the pan to form individual patties, pressing down to flatten them. Fry until the bottom is nicely browned and then flip them over to brown the second side. Be careful not to cook the boxty too fast or they will become browned before the raw potato is cooked. Drain the boxty on a paper towel-lined tray and hold in a warm oven. Repeat the frying process with the remaining batter. Serve the warm boxty topped with Smoked Trout Salad (recipe below).

SMOKED TROUT SALAD

8 oz. smoked trout, skin removed	¼ cup celery leaves
2 oz. bacon, cooked and crumbled	½ tsp. lemon zest
2 tsp. capers, drained and roughly chopped	1 tsp. whole-grain mustard
1 Tbsp. red onion, fine julienned	½ lemon, juiced
¼ cup Italian flat-leaf parsley leaves	1 Tbsp. extra-virgin olive oil
	Salt and pepper, to taste

Flake the trout into bite-size pieces. Place the trout in a small mixing bowl. Stir in the remaining ingredients to combine. Season to taste with salt and pepper.

WINE PAIRING Nissley Vineyards - Seyval Blanc



Mushroom Nutrition

Long celebrated as a source of powerful nutrients, fresh mushrooms are a healthy addition to your plate. Mushrooms provide many of the same nutritional benefits as vegetables, as well as attributes commonly found in meat, beans and grains.



The Facts



Mushroom Benefits

- B vitamins
- Niacin
- Potassium
- Complex carbohydrates (including fiber)
- Selenium
- Pantothenic acid
- Ergothioneine
- Copper



Mushrooms: PA's #1 Crop

 @pamushrooms



WEDNESDAY, JANUARY 10, 2024

MUSHROOM DAY



GIANT DIETITIAN TIP

Mushrooms are known as the meat of the veggie world due to their essence of umami. This savory taste profile helps create a hearty depth of flavor in broths, chilis, stir-fries and pasta dishes while minimizing the need for an abundance of added salt or fat.

LION'S MANE MUSHROOM "STEAKS" AND PURPLE POTATOES



presented by **Christa Barfield**
Owner
Viva Leaf Tea and FarmerJawn Greenhouse
Philadelphia, PA

Yield: 4-6 servings

LION'S MANE MUSHROOM "STEAKS"

Yields 6-8 servings

2 large lion's mane mushrooms, cleaned and trimmed	1 Tbsp. balsamic vinegar
2 Tbsp. olive oil	1 tsp. smoked paprika
2 cloves garlic, minced	Salt and pepper, to taste
1 Tbsp. tamari (for a gluten-free option)	

GARLIC HERB BUTTER SAUCE

2 Tbsp. vegan butter	½ lemon, juiced
2 cloves garlic, minced	Salt and pepper, to taste
1 Tbsp. chopped fresh parsley	
1 tsp. chopped fresh thyme	

In a small bowl, whisk together the olive oil, minced garlic, tamari, balsamic vinegar, smoked paprika, salt and pepper to create a sauce and set aside. Heat a large skillet or frying pan over medium-high heat. Add a bit of olive oil to prevent sticking. Place the lion's mane mushrooms in the skillet and cook for about 5 to 7 minutes on each side, or until they become tender and develop a nice golden brown color. During cooking, you can baste them with the sauce you made. In the same skillet, melt the vegan butter over low heat. Add the minced garlic, chopped parsley, chopped thyme, lemon juice, salt and pepper. Cook for 1 to 2 minutes until the garlic is fragrant. Once the lion's mane "steaks" are done cooking, drizzle the garlic herb butter sauce over them.

PURPLE MASHED POTATOES

1 lb. red and blue (or purple) potatoes 2 Tbsp. butter (or dairy-free butter for
2 cloves garlic, minced a vegan option)
¼ cup milk (you can use dairy or non- Salt and pepper, to taste
dairy milk)

Wash and scrub the purple potatoes to remove any dirt and then cut them into evenly-sized chunks. Place the potato chunks in a large pot and cover them with cold water. Add a pinch of salt to the water. Bring the water to a boil over high heat, then reduce the heat to medium and simmer the potatoes for about 15 to 20 minutes or until they are fork-tender. While the potatoes are cooking, in a separate small saucepan heat the milk and minced garlic over low heat. Simmer gently for a few minutes, allowing the garlic to infuse into the milk. Remove from heat. Drain the cooked potatoes and return them to the pot. Mash the potatoes using a potato masher or a hand mixer on low speed, gradually adding the infused milk and butter as you mash until you reach your desired creamy consistency. Season with salt and pepper to taste. If the mashed potatoes are too thick, you can add a bit more milk to reach desired creaminess. Garnish the mashed purple potatoes with chopped fresh chives for a burst of color and flavor.

WINE PAIRING Juniata Valley Winery: Traminette

CREAMY MUSHROOM SPAGHETTI SQUASH



**presented by David Santucci
and Heather Santucci**

Giorgio Fresh
Avondale, PA

Yield: 6 servings

3, 2–3 lb. spaghetti squash	3 Tbsp. sour cream
6 Tbsp. butter	1½ tsp. rosemary
3 Tbsp. minced fresh garlic	Crushed red peppers, to taste
6 medium yellow onions	Salt and pepper, to taste
24 oz. whole or sliced Baby Bella Giorgio Mushrooms	¾ cup sliced Parmesan cheese
6 Tbsp. cream cheese	12 oz. spinach

Preheat oven to 350° F. Slice squash in half, remove seeds and place on baking sheet. Brush 2 tablespoons olive oil on both sides of the squash, then place face-down in the oven for 45 minutes. While squash is roasting, in a large skillet melt butter and a drizzle of oil over medium-high heat. Add onions, stirring occasionally until almost translucent, then add sliced

Giorgio's mushrooms and garlic and cook thoroughly. After squash is done cooking, remove squash from oven and allow 10 minutes to cool. Then use a fork to remove "spaghetti" from squash and place in skillet. Mix in rosemary, salt, pepper and crushed red peppers to taste. Add cream cheese and stir to incorporate, then lower heat and add sour cream and Parmesan. After cream is well mixed, add spinach to wilt. If desired, serve with additional Parmesan sprinkled on top and enjoy!

Note: To loosen up cream sauce, you can add a splash of water or vegetable broth prior to adding spinach.

WINE PAIRING Benigna's Creek Vineyard & Winery: Hessian Red

WILD MUSHROOM BRUSCHETTA



presented by Jay Varga

Executive Chef

The JDK Group Catering & Events

Camp Hill, PA

Yield: 6 servings

1 lb. mixed wild mushrooms

1 tsp. sugar

3 Tbsp. olive oil

1 Tbsp. thyme leaves

2 Tbsp. balsamic vinegar

1 clove garlic, minced

Heat oil in large fry pan or skillet over high heat.

Toss mushrooms and garlic into pan and sauté quickly, about a minute or two.

Add the balsamic and sprinkle sugar over, then stir for another 30 seconds or so to let the balsamic and sugar caramelize. Add thyme and season with salt and pepper. Remove the mushrooms from heat and serve, drizzled with extra olive oil. Best to go on top of a crostini with burrata.

MARSALA MUSHROOMS



presented by Jay Varga

Executive Chef

The JDK Group Catering & Events

Camp Hill, PA

Yield: 6 servings

1 lb. cremini mushrooms

4 Tbsp. salted butter

2 Tbsp. minced shallots

2 Tbsp. minced garlic

2 Tbsp. light brown sugar

1 tsp. salt

½ tsp. pepper

¾ cup Marsala wine

1 Tbsp. thyme leaves

Make sure to rinse and clean your mushrooms first. Dry them off and then slice them. In a sauté pan, add in half the butter (2 tablespoons) and turn the heat to high. Add your mushrooms and cook until they start to sweat. Season with salt, pepper and brown sugar. Reduce to medium heat and cook an additional 10 minutes or until most of the liquid has been absorbed. Add in the remaining butter and cook and stir for another 3 to 5 minutes. You want the mushrooms to start to brown. Toss in the garlic and shallot and cook an additional 1 to 2 minutes until they soften. Add Marsala wine and turn the heat back to medium-high to get the wine to start to boil. Immediately reduce heat to medium-low and simmer for 10 minutes or until most of the wine has evaporated. Remove from heat and stir in fresh thyme. Serve on top of your favorite protein or add to your pasta dish!

WINE PAIRING Broad Mountain Vineyard: Black Creek

MEDITERRANEAN STUFFED MUSHROOMS



presented by Jay Varga

Executive Chef

The JDK Group Catering & Events

Camp Hill, PA

Yield: 6 servings

32 cleaned button mushrooms, stems removed and finely chopped

2 Tbsp. olive oil

2 red bell pepper, small diced

1 onion, small diced

4 garlic cloves, minced

4 cups spinach, chopped

1 Tbsp. Gazebo Room Greek dressing

½ cup feta cheese

½ cup grated Parmesan cheese

½ tsp. salt

½ tsp. pepper

Heat olive oil in a sauté pan. Once oil in pan is hot, sauté red pepper, onion, mushroom stems and garlic until soft. Add in chopped fresh spinach and cook until wilted. Set aside to cool. Once cooled, mix veggies with feta, salt, pepper and dressing. Stuff mushrooms with mixture, about 1 tablespoon per mushroom cap. Top mushrooms with grated Parmesan and bake at 375° F for 8 to 10 minutes.

VEGETARIAN MUSHROOM SOUP



presented by Kevin Tucker

Chef

Mountain Laurel Catering

Harrisburg, PA

Featuring William Pedilla-Brown, Mushroom Grower, Mycosymbiotics, New Cumberland, PA

Yield: 6 Servings

2 shallots, brunoised	3 Tbsp. salted butter
4 cloves garlic, minced	2 Tbsp. vegetable oil
Fresh herbs, poultry blend:	1½ quarts heavy cream
Leaves from 1 sprig rosemary, finely minced	2 oz. Sartori Black Pepper Bella Vitano cheese
Leaves from 12 sprigs of thyme	1½ tsp. ground cumin
Sage, chiffonaded	1½ tsp. smoked paprika
16 oz. cremini/baby bella mushrooms	½ tsp. ground coriander
3½ oz. shiitake mushrooms	½ tsp. mustard powder
1 Tbsp. Better than Bouillon vegetable bouillon	½ cup Natura Rosé

Brunoise shallots and mince garlic. Strip thyme leaves from stems, chiffonade sage leaves, and finely mince one sprig of rosemary leaves, stripped from the stem. Mix together and set aside. Thinly slice all mushrooms. Remove all of stem from shiitakes.

Heat saucepan on medium heat. Add butter and mix shallots, garlic and fresh herbs into the butter. Add a pinch of salt and pepper. Stir until shallots become transparent. Add mushrooms, then the vegetable oil and mix. Add a pinch of salt and pepper. Once mushrooms become softened, add bouillon, cumin, smoked paprika, mustard and coriander. Continue to stir occasionally until mushrooms begin to caramelize. Unless you're using a nonstick pan, some of the mushrooms may begin sticking to the pan; this is fine for now (just don't let them burn). Deglaze pan with rosé, stirring well until all alcohol has cooked off. Add heavy cream. Bring to a rolling boil and then pull back to a heavy simmer. I serve this soup rustic, but if your guests are mushroom-averse, feel free to use a stick blender and blend

until smooth. Add in grated or chunked cheese, being sure to mix until all the cheese is incorporated into the soup. Stir regularly until soup is at desired viscosity. Finish with salt and pepper to taste.

WINE PAIRING Seven Mountains Wine Cellars: Rattlehead Red

PORTABELLA LASAGNA



presented by Autumn Patti

Program Director and Assistant Professor of Culinary Arts & Baking and Pastry Arts

HACC, Central Pennsylvania's Community College
Harrisburg, PA

Featuring Samantha Snyder from ToJo Mushrooms in Avondale, PA

Yield: 6–8 servings

LASAGNA SHEETS

1 lb. box lasagna sheets

1 Tbsp. kosher salt

SAUTÉED PORTABELLAS

2 Tbsp. olive oil

1 tsp. finely chopped thyme

2 lb. portabella mushrooms,
sliced $\frac{3}{4}$ " thick

$\frac{1}{2}$ Tbsp. kosher salt

2 garlic cloves, thinly sliced

Freshly cracked pepper, to taste

CHEESE FILLING

15 oz. ricotta cheese

2 eggs

2 garlic cloves, minced

1 Tbsp. finely chopped basil

2 cups shredded mozzarella cheese

1 tsp. kosher salt

$\frac{1}{4}$ cup grated Parmesan cheese

$\frac{1}{8}$ tsp. finely ground black pepper

ASSEMBLY

Cooked lasagna sheets

below

Sautéed portabellas

4 cups shredded mozzarella cheese

Cheese filling

$\frac{1}{2}$ cup grated Parmesan cheese

Roasted Garlic Alfredo Sauce, recipe

PLATING

Remaining sauce

2-3 thyme sprigs

1 oz. freshly grated Parmesan cheese

Bring a saucepot of salted water to a boil. Add the lasagna sheets and lower the heat to maintain a simmer. Cook the pasta until al dente, about 10 to 12 minutes. Drain and run under cold water to cool. Cover until needed.

Heat the oil in a large sauté pan over medium-high heat. Add the mushrooms and garlic, tossing in the oil to coat. Sauté for 2 minutes, stirring constantly. Season with fresh thyme, salt and pepper. Remove from the heat and let sit at room temperature until you are ready to assemble the lasagna.

Combine the ricotta, mozzarella and Parmesan cheeses in a mixing bowl. Add the garlic, eggs, basil, salt and pepper. Stir well to combine.

Preheat an oven to 350°F. Gather the lasagna sheets, mushrooms, cheese mixture and sauce. Combine the remaining mozzarella cheese and Parmesan cheese. Spray a 9" x 13" baking pan with nonstick spray.

Add 1 cup of sauce to lightly coat the bottom of the pan. Add a layer of lasagna sheets, slightly overlapping to cover the bottom of the pan. Add half of the cheese filling mixture and spread evenly over the pasta. Add half of the mushroom mixture and top with half of the shredded cheese. Ladle 2 cups of sauce over the cheese. Repeat with another layer of pasta, the remaining cheese mixture, mushrooms, and shredded cheese. Top with a final layer of pasta. Add enough sauce to coat the top pasta layer. Reserve the remaining sauce for plating.

Transfer to the oven, uncovered, and bake for 50 minutes. Remove from the oven and allow the lasagna to rest 15 to 20 minutes before plating.

Ladle a small amount of sauce in the base of each serving bowl. Place a portion of the lasagna in the center. Top with freshly grated Parmesan cheese and thyme.

ROASTED GARLIC ALFREDO SAUCE

Yield: 2 quarts

1 head of garlic

1½ quarts heavy cream

1 Tbsp. olive oil

8 oz. grated Parmesan cheese

2 oz. butter

Salt and pepper, to taste

2 Tbsp. all-purpose flour

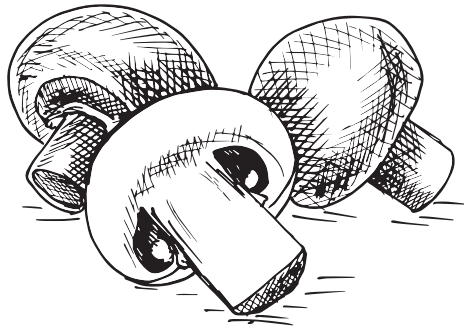
Preheat an oven to 400°F.

Slice the top of the garlic head off horizontally to expose the cloves. Coat with the oil and season with salt and pepper. Place the top back on the garlic head and wrap in aluminum foil. Roast for 20 minutes.

Remove the garlic from the foil to cool, reserving any oil. Once cooled enough to handle, gently squeeze the bulb to release the roasted garlic cloves. Transfer to a food processor and add the reserved oil. Puree to a smooth paste.

Melt the butter in a medium saucepan over low heat. Add the flour and stir to combine. Allow the roux to cook for 2 minutes, stirring occasionally so as not to develop much color. Slowly whisk in the heavy cream, being careful to incorporate all the roux. Add the roasted garlic and cheese, whisking to blend the ingredients together well. Season lightly with salt and pepper. Bring to a light simmer over low heat, stirring often to ensure the cheese doesn't burn to the bottom edges of the pan. Remove from the heat. Season to taste with salt and pepper.

WINE PAIRING Cassel Vineyards of Hershey: Winners Circle Red Reserve





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THURSDAY, JANUARY 11, 2024

MILITARY APPRECIATION DAY

FEATURING HOMEGROWN BY HEROES



GIANT. DIETITIAN TIP

Adequate hydration is essential to help us soldier through the day as both our brain and our muscles are approximately 75% water. Not a fan of plain water? Try adding a pop of flavor using produce. Combinations like lemon + basil, orange + mint, and cucumber + rosemary will provide a splash of natural sweetness to help meet hydration needs.

PAN SEARED LAMB CHOPS



presented by **TSgt Tyler Russo**
Air Force Executive Dining Facility
United States Air Force

LAMB CHOPS

Yield: 4 servings

8 lamb chops (individually cut from rack)	2 Tbsp. butter
$\frac{3}{4}$ tsp. salt	2 Tbsp. minced garlic
$\frac{3}{4}$ tsp. black pepper	1 tsp. fresh thyme
2 tsp. olive oil	1 tsp. finely chopped fresh rosemary

Pat lamb chops dry with paper towels. Season both sides of lamb with salt and pepper. Heat olive oil in iron skillet until smoking hot. Sear lamb chops, 3 to 4 minutes on the first side and 2 to 3 minutes on the second side. Do not overload skillet; you may need to cook the lamb in batches. Once you flip the lamb chops, add butter, garlic and fresh herbs to the skillet. As the butter melts, spoon the mixture over each lamb chop. Remove from heat and let rest for 5 minutes before serving.

CHIMICHURRI SAUCE

Yield: 6 servings

1 $\frac{1}{2}$ Tbsp. shallot	$\frac{1}{4}$ cup chopped cilantro
1 Tbsp. red pepper flakes	$\frac{1}{8}$ cup chopped parsley
1 tsp. salt	1 Tbsp. oregano
3 Tbsp. minced garlic	$\frac{1}{2}$ cup plus 2 Tbsp. olive oil
$\frac{1}{4}$ cup red wine vinegar	

Mix all ingredients except oil in a blender or food processor. Drizzle in oil until combined. Set aside for plating.

MASHED RED POTATOES

Yield: 4 servings

$1\frac{1}{4}$ lbs. small red-skin potatoes (peeled or unpeeled as desired)	$\frac{1}{4}$ cup milk
$\frac{1}{4}$ cup butter	Salt and pepper, to taste

Cut potatoes into cubes. Bring a small pot of lightly salted water to a boil. Add red potatoes and cook until tender but still firm, about 6 to 10 minutes, and then drain. Transfer potatoes into a mixing bowl; add butter, milk, salt and pepper. Mash together until smooth.

FRESH SEASONED GREEN BEANS

Yield: 4 servings

1/2 lb. fresh green beans

Salt and black pepper, to taste

1 1/2 Tbsp. olive or cooking oil

Blanch green beans and shock in ice water. Heat oil in a skillet over medium heat. Add green beans and season with salt and black pepper. Cook while stirring for 5 to 6 minutes or until green beans are heated thoroughly.

ASSEMBLY

Portion 1/4 of mashed potatoes on the plate. Place 2 lamb chops partially atop the mashed potatoes. Plate the green beans along the side of the mashed potatoes and lamb. Drizzle a small amount of chimichurri sauce over the lamb and potato.

WINE PAIRING ReKlaimed Vines Winery - Pennsylvania Apple Wine

GREEN POZOLE



presented by **Felicia Juarez, CS1**
United States Coast Guard

Yield: 6 servings

POZOLE

1, 5-7 lb. pork butt (boneless), cubed
into bite-size or spoon-sized pieces

4 cups hominy

¼ cup dried oregano

12 cloves garlic

1 tsp. cumin

2 white onions, medium diced

2 Tbsp. chicken base, powdered or
paste

5-10 jalapeños

Salt, to taste

7 limes, juiced

Pepper, to taste

1 cup of love

2 bunches cilantro

PEPPER SAUCE

1 habanero pepper

8-10 tomatillos

2 serrano peppers

4 tomatoes

7 cloves garlic

Salt, to taste

4 jalapeño peppers

Pepper, to taste

In a large sauce pot, combine hominy, onions, garlic, oregano, chicken base, salt, pepper and pork.

Cover all ingredients with water, bring to a boil and then reduce for a simmer for several hours, until pork is cooked through and fork-tender.

In a mixer, combine a bit of the broth from your boiling stew, jalapeño, serrano, habanero, garlic, onion, tomato and tomatillo (can be roasted). Season with salt and pepper, lemon juice, cilantro and cumin and blend.

Taste your green sauce and adjust accordingly. Once the green sauce is to your liking, add it straight to your pot that has the pork and hominy and allow to simmer for approximately 30 minutes together. Taste and serve.

Soup can be served with a variety of accompaniments which include (but are not limited to) tostadas, red radish, fresh onion, avocado slices, limes and cabbage. Pork can also be substituted for chicken.

Note: You can mix and match some flavors, but the procedures are the same; for example, if you like your soup spicy, you can add more jalapeño or serrano or even a habanero to your chile mix. If it is too spicy, you can tone it down with tomatoes, tomatillos, or bell peppers.

WINE PAIRING Cassel Vineyards of Hershey - Cabernet Franc Reserve

STEWED RABBIT LOIN WITH SPICED GRAVY, MASHED POTATOES AND GLAZED CARROTS



presented by **Sarah Server, CS1**
United States Navy

Yield: 6 servings

RABBIT MARINADE

1 whole rabbit	2 shallots
1 cup water	2 sprigs rosemary
1 cup dry red wine	2 sprigs thyme
1 cup apple cider vinegar	1 tsp. juniper berries
2 bay leaves	¼ tsp. allspice
4 cloves	1 Tbsp. kosher salt
4 garlic cloves	1 Tbsp. sugar

STEWED RABBIT LOIN

2 Tbsp. olive oil	1 sprig thyme
⅓ cup all-purpose flour	1 sprig rosemary
4 oz. onion	1 bay leaf
1 Tbsp. sugar	

CRISPY BACON LARDONS

4 slices Stoltzfus Bacon

MASHED POTATOES

2 lbs. russet potatoes	1 Tbsp. garlic powder
1 cup heavy cream	½ bunch parsley
4 Tbsp. butter	Salt and pepper, to taste

VEGETABLES

2 carrots, diced	Salt and pepper, to taste
Olive oil, as needed	

STEWED RABBIT LOIN

Combine marinade ingredients and bring to a boil. Allow liquid to cool, cut rabbit into smaller pieces and leave in marinade for 48 hours. Remove rabbit from marinade and reserve the liquid for later use. Heat oil in Dutch oven over medium heat. Coat rabbit in flour mixture. Cook until rabbit browns. Remove rabbit from the pan. Lower the heat to medium, add oil and onions and sweat the onions. Add in reserved liquid and 1 tablespoon of sugar. Return browned rabbit to pan, then add in sprigs of rosemary and thyme and one bay leaf. Cover the pot and place in the oven for 1 hour, until the liquid reduces and the rabbit pulls from the bone.

MASHED POTATOES

Bring a stock pot of water and potatoes to a boil. Cook potatoes in boiling water. Mince parsley. Remove potatoes from water to strain. Add butter and cream to a pot and heat. Add in potatoes to cream and butter mixture. Add in seasoning and mash potatoes.

CARROTS

Wash and peel carrots, then slice on a bias. Blanch carrots. Remove from water. Season with salt and pepper.

BACON

Render in oven or on stove top. Set aside. Assemble the dish by placing mashed potatoes on plate, then carrots and rabbit. Sprinkle some bacon on top and enjoy!

WINE PAIRING Black Dog Wine Company - Keelboat Red

CHICKEN BRUSCHETTA WITH PASTA



presented by **Master Sergeant Shanna Berkheimer**
Pennsylvania Air National Guard

Yield: 4-6 servings

4-6 chicken cutlets	1 Tbsp. sugar
1 Tbsp. Italian seasoning	Salt to taste
3 Tbsp. olive oil	Freshly ground black pepper, to taste
2 Tbsp. garlic, minced	16 oz. dry spaghetti
2 Tbsp. chives, thinly sliced	1 cup shredded mozzarella cheese
1 Tbsp. parsley, chopped	4 fresh plum tomatoes, chopped (can substitute 1, 14.5 oz. can diced tomatoes)
8 Tbsp. butter	
6-8 Tbsp. balsamic vinegar	

Preheat oven to 425°F. Bring a large pot of salted water to a boil. Meanwhile, finely chop chives, mince garlic, chop parsley and dice tomatoes.

Season chicken with salt, pepper and 1 tablespoon of Italian seasoning. Heat a large frying pan with 2 tablespoons of olive oil on medium-high heat. Once pan is hot, add chicken and cook until browned, about 2 to 3 minutes on each side. Once browned, transfer chicken to a baking sheet. Top with ½ cup of shredded mozzarella cheese and place in the oven. Cook about 9 to 11 minutes, or until internal temperature reaches 165°F.

Once the water is boiling, add dry pasta and cook for about 8 to 10 minutes, or until pasta is al dente. Drain pasta and reserve ⅔ cup of pasta water.

In the same pan used for the chicken, add 1 tablespoon of olive oil, diced tomatoes, and the rest of the Italian seasoning. Cook tomatoes for a few minutes until softened. Add balsamic vinegar and sugar. Cook until the sauce starts to thicken. Reduce heat to low and add chives, parsley and 2 tablespoons of butter. Turn off heat once the butter has melted.

In the same pan used for the pasta, heat over medium and melt the rest of the butter. Add garlic and cook until fragrant. Add cooked pasta and

reserved pasta water, tossing until garlic, water and butter are combined with noodles. Then add salt and pepper to taste.

Divide the pasta in serving bowls, place a piece of chicken on top of pasta, and top with tomato sauce and remaining shredded mozzarella cheese. Enjoy!

WINE PAIRING Hungry Run Wine Cellars - Vidal Blanc

CHALLAH FRENCH TOAST WITH BACON



presented by **Master Sargent Jacob Ferger**
Pennsylvania Air National Guard

Yield: 4-6 servings

CHALLAH

4 cups of flour

1 Tbsp. instant/rapid-rise yeast

2 tsp. salt

$\frac{3}{4}$ cup warm water

$\frac{1}{4}$ cup and 2 Tbsp. vegetable oil

$\frac{1}{4}$ cup and 2 Tbsp. honey

3 eggs, room temperature

1 egg yolk, room temperature

Combine the flour, yeast and salt in a bowl and mix for 30 seconds. In a separate bowl, combine warm water, oil, honey, 2 of the eggs and the egg yolk. Add both bowls together and knead until you have a sticky dough that clings to the bottom of the bowl, approximately 5 to 7 minutes. The dough should look wet.

Powder your hands with flour and scrape the dough out onto a lightly floured surface. Powder the top of the dough with flour and knead into a ball. Grease a large bowl with oil. Put the dough in the bowl, flipping it over one time so the top is lightly oiled. Cover the bowl with plastic wrap. Allow the dough to rise in a warm spot until it has doubled in size. This should take around 2 to 3 hours.

Flour a work surface and remove the dough from the bowl. Invert the dough onto a lightly floured work surface and dust with flour. The dough will deflate. Cut the dough into four even pieces and then stretch and roll each piece into a rope about 18" to 22" long. Lay them next to each other. Pinch the top tightly together and then fan them out.

Weave them together, starting on the right, into a pattern toward the left through the other strands using an over, under, over pattern. Repeat the pattern, starting with the strand farthest to the right, until the whole loaf is braided. Finish by tucking the ends in the same manner as the top.

Transfer the loaf to a parchment-lined baking sheet. Cover loosely with plastic wrap and let rise until it enlarges to 1 ½ times the size. This should take approximately 1 to 2 hours. Before the end of the rising time, preheat the oven to 350°F and set an oven rack in the middle position.

Before putting it in the oven, beat the remaining eggs in a bowl and brush the beaten egg generously over the risen dough. If desired, you can sprinkle sesame or poppy seeds on after you brush it with egg. To prevent the bottom from browning too much, you can add an additional baking sheet. Bake for 25 to 35 minutes until the crust is a rich brown color. Remove the bread from the oven and move it from the baking sheet to a cooling rack.

Note: When baking yeast breads, rising times will vary based on temperature, humidity, and the process in which you knead the dough.

FRENCH TOAST AND BACON

Yield: 4–6 servings

6 eggs	1 loaf day-old challah
¾ cup low-fat milk	1 ½ Tbsp. unsalted butter
¾ cup heavy cream	1 ½ Tbsp. vegetable oil
2 Tbsp. honey	1 quart strawberries
1 ½ tsp. vanilla extract	3 cups whipped cream
2 tsp. cinnamon	Maple syrup, as desired
¼ tsp. salt	Thick strip bacon

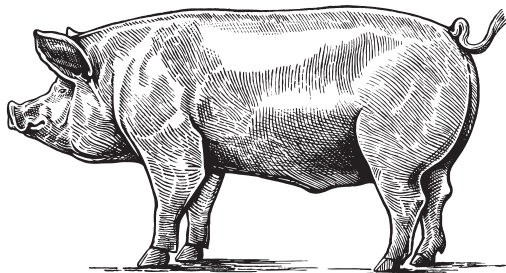
Using a baking dish, whisk together the eggs, milk, cream, honey, vanilla, cinnamon and salt.

Cut strawberries to desired size for later use. Prepare bacon for frying.

Cut the challah bread into 1" to 1 ½" pieces. Place a few slices in the custard and let soak, flipping occasionally until saturated but not falling apart (depending on how moist you like your French toast).

Heat two skillet over medium heat. Heat the butter and oil in the skillet used for the toast and lightly oil the skillet for the bacon. Cook the first batch of soaked bread until golden brown, about 2 to 3 minutes on each side. At the same time, cook the bacon to your preferred taste and texture. If cooking for a large group, you can warm your oven to 200° F and place the completed bacon and toast in the oven to keep them warm until ready to serve.

Plate the French toast and garnish with whipped cream and strawberries. Maple syrup can be added as desired.



FRIDAY, JANUARY 12, 2024

PORK DAY

PA PORK

GIANT DIETITIAN TIP

Pork is the perfect protein to pair with produce. Whether it's apples, citrus, tropical fruits, or a tangy cabbage, this combination packs a flavorful and nutritious punch in tacos, on skewers, or topping a pizza.

STICKY BBQ RIBS WITH CANDIED SWEET POTATO PUREE, SPICY COUNTRY COLLARDS AND BACON NUGGETS



presented by **Bryan Sanders**
Chef-Owner
Mellie Bellies Southern Barbecue
Harrisburg, PA

Yield: 6 servings

RIBS

8 lbs. baby back pork ribs (1 rack)	½ tsp. cumin
2 tsp. garlic powder	1 tsp. chili or cayenne powder (optional)
1 tsp. onion powder	¼ cup brown sugar
2 tsp. paprika	2 tsp. olive oil
2 tsp. salt	
2 tsp. cracked black pepper	

TRADITIONAL MOP SAUCE

2 cups blackberry barbecue sauce or sauce of choice	¼ cup apple cider vinegar
3 tsp. minced garlic	¼ cup balsamic vinegar
2 Tbsp. sweet chili	¼ cup sherry cooking wine
1 Tbsp. Worcestershire sauce	¼ cup lime juice
½ cup guava nectar	1 tsp. kosher salt
½-1 Tbsp. cayenne pepper (for heat)	

Rub down your cleaned rack of ribs and preheat your smoker of choice to 225° F. If you prefer to use an oven, preheat to 350° F. Combine garlic powder, onion powder, paprika, salt, pepper, cumin, and chili. Add cayenne for heat. Sprinkle seasoning over ribs evenly and drizzle with oil. Rub the seasoning all over the ribs on both sides. Bake in your oven for 2 hours at minimum. Ribs are done when meat pulls easily from the bone. During the last 5 minutes of cook time, mix sauce ingredients. Pull ribs from the oven, remove foil, and spread the tops of the ribs with the barbecue sauce mixture.

Increase oven temperature to 460° F. Return ribs to the oven, uncovered, and bake for a further 10 minutes. Change oven settings to broil (or grill) on medium-high heat to moderately char and caramelize the edges, about 3 minutes. Rest for 10 minutes to allow the juices to recirculate back into the meat before slicing.

COUNTRY COLLARDS

2 bunches fresh collard greens
½ cup finely diced onions
½ cup green peppers
1 Tbsp. minced garlic
½ tsp. red pepper flakes
4-5 cups chicken broth (can replace
1 cup with water if desired)

1 smoked turkey leg or wing
(about 13 oz.)
1 Tbsp. apple cider vinegar
Kosher salt and black pepper, to taste
Chipotle or additional crushed red
pepper for heat (optional)

Prepare the collard greens bath by filling your kitchen sink with cool water. Remove the collard greens from the stem by folding them in half lengthwise and pulling the leaf away from the stem. You may discard the stems or use them to make stock. Place the collard greens into the prepared sink and swish them around a few times. Let the collard greens soak for 5 to 10 minutes. Repeat as many times as needed until the water is free from any dirt or grit. After the final soak, drain the water. Tear the greens into medium-sized pieces and set aside.

In a large pot, fill with water and add desired smoked or cured meat. Add garlic, onions and red pepper flakes and cook until garlic is fragrant. Whisk in chicken base or prepared broth. Add vinegar to help tenderize collards. Bring to a boil. Add collard greens and reduce heat to a simmer. Cover and cook collards for 3 to 4 hours (or longer, depending on your desired tenderness), stirring regularly. Once done, stir and then taste the broth and the greens. Add a little water if the broth is too bold for your liking.

Note: Stir in vinegar, smoked salt and black pepper if desired to adjust flavor.

CANDIED SWEET POTATO PUREE

5 lbs. sweet potatoes
2 quarts heavy cream (to cover
potatoes)
2 quarts water (to cover potatoes)
¼ cup cinnamon
1 tsp. nutmeg

1 cup brown sugar
2 cups white sugar
2 sticks unsalted butter
1 tsp. salt

Peel and cut large-sized sweet potatoes. Add sweet potato to medium-sized sauce pot and cover cut sweet potatoes with half water and half heavy cream, just enough to cover the potatoes. Add cinnamon, nutmeg, brown sugar, salt and butter. Bring to a boil, then simmer immediately. Cook until fork-tender and shut heat off. Add mixture to blender or use an immersion blender until pureed smooth. Color should be a bright orange; adjust to your taste for the perfect amount of sweetness.

WINE PAIRING The Vineyard at Hershey - Pink Catawba

SOY SAUCE-BRAISED BONELESS PORK BUTT WITH SHIITAKE MUSHROOMS



presented by **Cromwell Palicte**
Corporate Chef
The Restaurant Store
Camp Hill, PA

Yield: 6 Servings

2 lbs. boneless pork butt, cut into medium-sized cubes	6 medium-sized shiitake mushrooms
½ cup soy sauce	6 garlic cloves
2 Tbsp. dark soy sauce	3 bay leaves
¼ cup rice wine vinegar	2 cups water
3 Tbsp. light brown sugar	Vegetable oil, as needed

Add vegetable oil to a hot wok or pan, then sauté minced garlic. Add pork, stirring every minute for 5 minutes. Add soy sauce, vinegar, brown sugar and bay leaves, stirring occasionally for another 5 to 7 minutes. Add water, bring to a boil, then reduce heat to medium and continue to simmer for 30 minutes. Add shiitake mushrooms, then continue to simmer for another 5 to 7 minutes.

Remove from the heat and add scallions on top. Serve with jasmine rice or steamed vegetables.

WINE PAIRING Juniata Valley Winery - White: Traminette

MUSTARD BBQ GLAZED PORK LOIN, SMOKED GRITS, AND APPLE SALAD



presented by **Ben Beaver**
Executive Chef
Ever Grain Brewing Co.
Camp Hill, PA

Yield: 4 servings

2-6 lbs. pork loin

MUSTARD BBQ

¾ cup yellow mustard	2 tsp. Worcestershire sauce
½ cup honey	1 tsp. garlic powder
¼ cup brown sugar	Pinch or more of cayenne
½ cup apple cider vinegar	½ tsp. salt
2 Tbsp. ketchup	Dash of hot sauce

Mix all ingredients and whisk well so no chunks are left. All sugar should dissolve.

SMOKED GRITS

1 medium shallot, minced	1 cup stone-ground grits
1 Tbsp. minced garlic	4 oz. cheddar cheese
2 Tbsp. canola oil	8 oz. smoked Gouda
4 Tbsp. butter	Salt and pepper, to taste

Start by sweating your shallots, garlic and canola oil. Season garlic and shallots with salt to help pull moisture out. Once shallots and garlic are cooked, add grits and milk and cook on medium-low heat. Whisk continuously until the grits are not crunchy, about 10 to 15 minutes. If you do not whisk it, it will burn on the bottom, so please make sure to whisk frequently. Once grits are cooked, turn off heat and add cheese and butter. Season generously with salt and pepper. Give one last stir to make sure the cheese is mixed through.

APPLE SALAD

1 Granny Smith apple, sliced	1 Tbsp. lemon juice
1 Honeycrisp apple, sliced	1 Tbsp. Dijon mustard
1 jalapeño, julienned	1 tsp. celery salt
¼ red onion, julienned	Pinch of black pepper
2 Tbsp. mayonnaise	

Combine mayonnaise, lemon juice, Dijon mustard, celery salt, and black pepper into a medium-sized mixing bowl and mix well. Lightly fold the rest of ingredients together to ensure the apples are not bruised or broken. This should be done right before serving.

WINE PAIRING Happy Valley Vineyard and Winery - Teroldego

PA DUTCH HAM POT PIE



presented by **Bobby Miller**
Chef Instructor
Cumberland Perry Area Career and Technical Center
Mechanicsburg, PA

Yield: 10 servings

HAM

5 lbs. ham hocks or bone-in ham product	½ lb. carrots, small diced
Water to cover	½ lb. celery, small diced
3 lbs. russet potatoes, medium diced	1 Tbsp. butter
1 lb. yellow onions, small diced	1 bunch parsley

HOMEMADE EGG NOODLES

5 cups flour	½ cup reserved ham broth
5 eggs	1 ½ tsp. salt

Place ham in large pot and cover with water. Boil to make ham broth until ham is fork-tender. Cool ham and pull.

In large mixing bowl, mix flour, eggs and ham broth to form soft dough. You may need to add a little more broth for desired dough consistency. Roll dough to your desired thickness, between ⅛" and ¼". Cut dough into 1" by 3" rectangles. Let the dough rest while you prepare the vegetables.

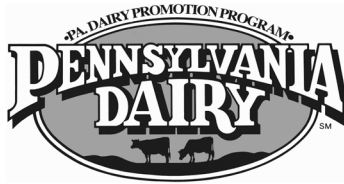
In a pot or Dutch oven, melt butter and sweat onions. Add carrots and celery and cook for 1 minute. Add in ham broth and potatoes and cook until three-quarters done. Drop dough into broth one piece at a time. Cook until dough and potatoes are cooked through. Add pulled ham. Season with salt and pepper to taste. Add parsley for color.

WINE PAIRING Happy Valley Vineyard and Winery - Happy Valley White



SATURDAY, JANUARY 13, 2024

DAIRY DAY



GIANT DIETITIAN TIP

Did you know that milk provides us with more than just calcium? There are actually 13 essential nutrients, including potassium, protein, vitamin D, phosphorus to help build strong bones and teeth, support our immune systems, and maintain a healthy heart. Try these simple snack pairings to meet the recommended 3 servings of dairy each day: milk + almonds, string cheese + whole grain crackers, or Greek yogurt + berries.

ROASTED CAULIFLOWER AND SMOKED GOUDA MAC AND CHEESE



presented by **Kaiden (Kai) Reynolds**
Special Events and Catering Chef
Philabundance
Philadelphia, PA

Yield: 4 servings

CAULIFLOWER

1 ½ cups cauliflower florets, cut small	½ Tbsp. garlic powder
½ tsp. salt	½ Tbsp. honey
½ tsp. black pepper	¼ cup olive oil

Preheat oven to 400° F. Toss cauliflower florets with salt, pepper, garlic, honey, and oil. Spread evenly on baking sheet and bake for 10 minutes or until cauliflower is lightly toasted. Let cool and keep aside. While you are waiting for the cauliflower to finish, start the sauce.

CHEESE SAUCE

2 Tbsp. butter	1 ½ cups shredded smoked Gouda (½ cup reserved)
½ cup all-purpose flour	¼ tsp. salt
1 ½ cups whole milk	¼ tsp. granulated garlic
1 ½ cups shredded cheddar cheese (½ cup reserved)	

First, prepare the roux by heating a large pot over medium/high heat. Add butter. When the butter is melted, add flour, and whisk until the butter and flour form a crumble or paste.

Slowly add milk to the pot, whisking constantly. Continue to whisk the roux over medium/high heat for about 4-6 minutes or until the roux thickens. When the roux is thick, remove from heat and add 1 cup of shredded cheddar cheese and 1 cup of smoked Gouda. Whisk until the cheese has melted. Add granulated garlic, salt, and pepper to the cheese sauce. Mix well.

ASSEMBLY

8 oz. cooked cavatappi or elbow noodles	½ cups reserved shredded cheddar
Cheese sauce	½ cups reserved smoked Gouda
Roasted cauliflower	

Preheat oven to 375° F. In a large bowl, mix noodles, cheese sauce, roasted cauliflower, ¼ cup of the reserved smoked Gouda and ¼ cup reserved

shredded cheddar cheese. Place macaroni mixture evenly in a 1-quart oven-safe casserole dish and cover the top with the remaining cheese. Cover and place in oven and bake for 15 to 20 minutes.

Uncover and finish baking for approximately 5 minutes or until the cheese on top is completely melted.

WINE PAIRING Courtyard Winery - Cabernet Franc

ROASTED BEETS WITH WHIPPED ROSEMARY GOAT CHEESE



presented by **Amy Hyers**
Sous Chef
Di Bruno Brothers Rittenhouse Square
Philadelphia, PA

Yield: 6 servings

2 lb. red beets, medium diced	1 cup walnuts
¼ cup vegetable oil	½ tsp. cayenne pepper
Salt and pepper, to taste	1 tsp. garlic powder
3 sprigs rosemary	½ tsp. cinnamon
¼ cup heavy cream	½ tsp. allspice
2 lb. goat cheese	¼ cup honey

Peel beets, toss with oil, salt and pepper and roast beets at 350° F until tender, but still with a bite to them. Set aside to cool. Combine chopped rosemary, cream, salt, pepper and goat cheese in small tabletop mixer with whisk attachment. Whip goat cheese until light, fluffy and spreadable. Set aside.

Toss walnuts with cayenne, garlic powder, cinnamon, allspice and a little vegetable oil. Roast walnuts in 350° F oven until walnuts are golden brown and crunchy.

Start with a nice spoonful of goat cheese; top with beets and roasted walnuts. Drizzle with warm honey and enjoy.

WINE PAIRING The Vineyard at Hershey - Crimson Fox

BUBBLE AND SQUEAK



presented by **Scott Calhoun**
Chef-Owner
Ember & Ash
Philadelphia, PA

Featuring Ben Wenk, Owner, Ploughman Cider and Three Springs Fruit Farm, Adams County, PA

Yield: 6 servings

6 Yukon Gold potatoes	200 g butter
¼ head cabbage	Grapeseed oil, as needed
Kosher salt, to taste	1 head Savoy cabbage
200 g heavy cream	

SPICE SALT MIX

15 g toasted kombu	3 g celery seed, toasted
5 g dill seed	200 g salt
7 g black peppercorns, toasted	

SPICE MIX

Place kombu in oven to toast until the color lightens slightly and it is dry and crunchy to the touch, about 10 minutes (we do this over the embers on our grill and it crackles and puffs within seconds). Place into a blender and blend on high until it is pulverized into a fine powder. In an oven, toast the rest of the spices together until fragrant. Cool and blend together to a slightly coarser grind than the kombu. Mix all together with the salt.

MASHED POTATOES

Peel and cut the potatoes into medium dice. Place in a pot with just enough cold water to cover by 1"; season the water with salt to taste. Cook the potatoes until tender and strain them, laying them out to dry briefly. While the potatoes are cooking, cut the cabbage into small dice and season lightly with grapeseed oil and salt. Place in a wire basket and char over a bed of red-hot coals. Lay out flat in a single layer to cool and set aside; the cabbage will continue to cook. While still hot, place the potatoes and cabbage in a mixer fitted with a paddle. Fold in the cream and butter and season to taste with the spice salt mix. Cool the potato mix below 70° F and set aside for later use.

MUSSEL VELOUTÉ

2000 g white wine, such as Franzia
crisp white or Sauvignon blanc
10 lbs. mussels

225 g butter, room temperature
25 g smoked paprika

Place the wine into a heavy-bottomed pot and reduce to a maple syrup-like consistency.

Clean the mussels of their beards and any barnacle matter on the outer shells.

Steam the mussels open in a perforated pan over a well-lit bed of coals, removing them in waves as they open. Place them into a bowl and cover it with plastic wrap to allow them to steam. Pick the mussels from their shells, reserving the liquid from the mussels. Place the mussels and the reduced wine into a blender with the paprika and 75 grams of the mussel liquid (be sure to pass this through a fine mesh strainer for shells). Blend on high until a smooth puree forms, about 2 to 3 minutes. Fold the butter into the puree while the blender is running at medium speed until it is fully incorporated and the sauce has thickened. Pass the sauce through a fine mesh strainer, pressing with a ladle to extract as much liquid as possible. Taste for salt and season more if necessary. Place in a bowl over ice and stir with a spatula to cool down before setting aside for later use.

CABBAGE

Cut the core out of the cabbage at the bottom and carefully remove the nice big outer leaves. Reserve the middle for the char in the mash. Blanch the cabbage leaves in boiling salted water until translucent and tender, then shock in an ice bath. Lay out on towels to dry.

PAPRIKA OIL

250 g grapeseed oil
30 g smoked paprika

6 g salt

Place in a blender and blend on high until the oil is hot and starts to steam in the blender. Strain through a fine mesh strainer lined with a coffee filter and allow to hang over a pan overnight to collect the oil.

ASSEMBLY

Press the mash into a 2" medium ring mold. Take a piece of the cabbage and wrap completely around the mash, tucking and folding the seam side into a neat flat surface. Sear the cabbage on the non-seam side until browned, then flip, making sure that the cabbage leaf does not open. Heat the sauce gently and cover with a lid to keep warm. On a warm plate, place the sauce in the middle and paprika oil around the sauce in a tight circle

(use a squeeze bottle for this). Once the cabbage is seared and the mash inside is hot, pat on a paper towel, top with some lemon juice and sea salt, and place on the center of the plate in the middle of the sauce.

WINE PAIRING Ploughman - Ploughman Hard Cider

CINNAMON PANCAKES WITH WHIPPED RICOTTA AND WARM BERRY SAUCE



presented by **Amber Denmon, MS, RDN, LDN**
and **April Miller, MA, RDN**
Penn State Extension Educators

Yield: 6 servings

4 eggs	4 tsp. baking powder
3 cups old-fashioned rolled oats	2 tsp. ground cinnamon
1 ½ cup unsweetened applesauce	½ tsp. allspice
½ cup nonfat milk	½ tsp. nutmeg
2 tsp. vanilla extract	Vegetable oil, for cooking
2 Tbsp. maple syrup	

Add eggs to a blender or food processor. Rewash hands after handling raw eggs. Add remaining ingredients and blend on high until completely smooth, about 30 seconds to 1 minute. If preferred, grind oats into flour using a food processor or blender and mix with remaining ingredients in a medium bowl. If batter is too thick to pour, add extra milk, one tablespoon at a time.

Lightly coat a griddle with vegetable oil and heat to medium. Add ½ cup of batter to the griddle for each pancake. Cook until pancakes puff up and bubble, about 2 to 4 minutes.

Flip pancakes and cook until golden brown on underside. If pancakes are browning too quickly, lower the heat. Repeat with more oil and remaining batter.

CRANBERRY ORANGE AND WHITE CHOCOLATE MUFFINS



presented by **Stephanie and Hayley Painter**
Co-Owners and Co-CEOs
Painterland Sisters Organic Skyr Yogurt
Westfield, PA

- | | |
|--|-----------------------------|
| 2 cups all-purpose gluten free flour* | ¼ tsp. baking soda |
| ½ cup granulated sugar | 2 large eggs |
| 1 orange, zested and juiced | 1 tsp. vanilla extract |
| ¼ cup Painterland Sisters plain organic skyr | 1 cup dried cranberries |
| ½ cup milk | 1 cup white chocolate chips |
| 2 ½ tsp. baking powder | 6 Tbsp. butter, melted |

Set out dairy ingredients to come to room temperature. Preheat your oven to 400° F. Combine wet ingredients: eggs, sugar, butter, orange zest, orange juice, milk, skyr and vanilla. Add in dry ingredients: flour, baking powder, baking soda. Then fold in the dried cranberries and white chocolate chips. Scoop into a muffin pan with liners and bake for 20 minutes.

**Gluten free flour can be substituted for all-purpose flour.*





CULINARY CONNECTION

PARTICIPATING CULINARY ARTS PROGRAMS AND FACULTY

DAUPHIN COUNTY TECHNICAL SCHOOL



The Culinary Arts program at Dauphin County Technical School prepares students to enter the world of work in quality food service operations or for advanced study in associate's degree or bachelor's degree culinary programs. This competency based, dual instructor program is taught in a state-of-the-art commercial

foodservice facility including a restaurant kitchen and dining room, bakeshop, and demonstration theater. Culinary Arts combines professional cooking and baking, restaurant service, culinary math, and foodservice management to start students on the path to becoming well-rounded foodservice professionals with 21st century skills.

CLAIRE DACKO

Instructor, Culinary Arts

Chef Claire Dacko is a Culinary Arts instructor at Dauphin County Technical School in Harrisburg, PA. Chef Dacko has a diverse background in the field of culinary hospitality and foodservice management. She received her bachelor's degree in Culinary Arts and Service Management from Paul Smith's College and has held a variety of culinary positions in New York and Pennsylvania over the past fifteen years. Her education and work experience in restaurants, hotels and institutions led her to the teaching profession. Chef Dacko's passion for the foodservice industry has never diminished, and has now been coupled with her love of working with the next generation of young culinarians. She enjoys working with students from diverse cultural backgrounds and learning about foods from all over the world. Chef Dacko is currently pursuing a M. ED from The Pennsylvania State University and she looks forward to growing in her role as a culinary educator. When she is not immersed in her work in the kitchen and classroom, she enjoys spending time with her two young children, Harrison and Eleanor, and her husband, Chef Robert Dacko.



HACC, CENTRAL PENNSYLVANIA'S COMMUNITY COLLEGE

The Benjamin Olewine III Center for the Study of Culinary Arts and Baking and Pastry Arts at HACC, Central Pennsylvania's Community College, provides distinctive educational options to become

professionals, including associate degree, certificate, and diploma programs. They also have supervised on-the-job experiences through Bricco, a commercial restaurant in downtown Harrisburg, The Hilton Harrisburg, and The Chef's Apprentice, HACC's new campus restaurant.

CHAD BRUMBAUGH

Chef Instructor

Chef Chad Brumbaugh is a graduate of the Culinary Institute of America in 1998. He has held various sous chef and executive chef positions throughout Central Pennsylvania. His passion for teaching evolved through working with interns in professional kitchens. Chef Chad joined the team at HACC in 2015 as a chef instructor. He is currently one of the culinary and hospitality students' most impactful mentors and a club advisor. His role involves overseeing the hands-on industry experience classes held at Bricco, Hilton Harrisburg, and the Chef's Apprentice at HACC. He also teaches various other culinary and beverage classes. For Chef Chad, the biggest reward in his profession is being given the opportunity to help students grow and set them up for success in the culinary field.

AUTUMN PATTI

Program Director, Assistant Professor, Culinary Arts, Baking and Pastry Arts Programs

Chef Autumn Patti first found her passion for food while working at Yoko Sushi in southern California as a young teenager. She continued to work in the industry and came to HACC in 1998, working towards a medical profession. She worked in several restaurant kitchens and dining rooms to support herself while earning her Liberal Arts of Life Science AA degree in 2000. She decided to pursue her passion and enrolled in the Culinary Arts program at HACC. In 2002, she earned her Culinary Arts AA degree, Restaurant Foodservice Management AA degree, and a Catering diploma. In 2001, she opened a small catering business with her classmate, Diane Brown. Creative Quisine thrived for 15 years keeping her skills and industry experiences fresh. She entered into a newly established position in January 2003 as a lab teaching assistant at HACC part-time while remaining in local kitchens to gain experience. Chef Patti began teaching the hands-on culinary classes in 2004 and found her true passion for education. In 2006, she helped establish and accepted a new position of

the Kitchen Manager, Purchasing Agent, and Special Events Coordinator for the Hospitality programs while continuing to teach various classes as an Adjunct Instructor. In 2014, she became the Program Director and has led the Culinary team thru kitchen relocations, program restructuring, a new restaurant endeavor, and most importantly, providing exceptional education to the future of our Hospitality Industry. In 2016, she was awarded with HACC's President Award, HACC Club Advisor of the Year award, and the Chef Educator of the Year award by the local American Culinary Federation chapter, of which she serves as Treasurer.



Pennsylvania College of Technology

A Penn State Affiliate

PENNSYLVANIA COLLEGE OF TECHNOLOGY

Pennsylvania College of
Technology is a national leader

in applied technology education and an affiliate of The Pennsylvania State University. Degrees offered represent more than 100 career fields ranging from manufacturing, design, transportation, construction, and natural resources to hospitality, health, business, and communication. Students in Pennsylvania College of Technology's Culinary Arts Technology major are training for food preparation and supervisory positions in hotels, resorts, and restaurants. The College's main campus is located in Williamsport, PA. The team of Penn College culinary students is led by Chef Mike Dinan, Instructor, Culinary Arts.

MIKE DINAN

Chef Instructor, Culinary Arts, Sous Chef at Le Jeune Chef

From Williamsport PA, Chef Dinan is currently a Chef Instructor and the Sous Chef at Le Jeune Chef restaurant at the Pennsylvania College of Technology. He operates the lunch service and assists in coordinating ordering and operations in the kitchen and culinary program. He is also currently attending the school to further his education and experience. He has 23 years of experience ranging from institutional to catering to fine dining. He thoroughly enjoys the honor of guiding and developing the skills of future culinarians. His greatest passion and joy in life is cooking with his kids and family. He enjoys making different soups on a regular basis and is fascinated with the science behind cooking.

MIKE DITCHFIELD

Instructor (Retired) Hospitality Management/Culinary Arts

Chef Michael J. Ditchfield has earned his MS in Education from Wilkes University and a BS from the Pennsylvania College of Technology in Culinary Arts Technology. Chef Ditchfield was awarded the Excellence in Teaching, Distinguished Teaching Award in May 2011. Prior to his retirement in 2023, Chef Mike taught Regional American Cuisine,

Catering, Meat Fabrication, Advanced Dining Room Management, and a class on Food Sustainability. He was also an internship coordinator. Chef Mike works extensively with organic and sustainable farmers, considering them to be primary sources of the fine ingredients needed to prepare excellent cuisine. His classes often involved trips to an organic farm, trout nursery, a winery, food demonstrations at local growers' markets, harvest dinners, and sourcing out quality food and producers.



CUMBERLAND PERRY AREA VOCATIONAL SCHOOL

Culinary Arts is a program that offers a broad range of skills and knowledge concerning the selection, preparation, and handling of foods. Skill development will center around: safety

and sanitation; dining room service; preparation of food; buffet service; meat cutting; baking; store room procedures; and basic management skills. Unlike the home economics courses offered by most general high schools, the instruction and on-the-job training will be conducted in a fully equipped, student-run kitchen and restaurant at Cumberland Perry Area CTC--the Cumberland Cafe! Culinary Arts students will also have the opportunity to be placed in a culinary establishment during their third year; this individualized arrangement gives the student the chance to obtain entry-level experience. For a student who is eager to learn and work, there is unlimited opportunity for employment and advancement in the Culinary Arts industry. The Culinary Arts program is accredited by the American Culinary Federation.

ROBERT MILLER

Culinary Arts Instructor

Chef Miller attended Carlisle High School, graduating from the Culinary Arts program. He studied at the Pennsylvania Culinary Institute where he earned his associate's degree. He completed his externship at Mama Melrose in Disney World and worked as the Executive Chef at Market Cross Pub. Chef Miller loves spending time with his family.

PHILABUNDANCE

Driving hunger from our communities

PHILABUNDANCE COMMUNITY KITCHEN (PCK)

Established in 2000, the Philabundance Community Kitchen (PCK) supports low-income adults by providing free, high-quality job training. The program is designed for students with limited work experience and significant personal challenges—including a history of unemployment, mental illness, or incarceration. Through professional-level training, life skills development, and ongoing support for two years after graduation,

PCK prepares adults to confidently enter the workforce and retain employment while preparing 350,000 annual meals for community members in need from its production kitchen.

PCK enrolls 80 to 100 qualified low-income adults annually. Students in this 16-week program complete a two-week internship in the culinary industry, prepare meals for those in need, have the opportunity to earn their ServSafe certificate (the industry-standard training certificate and a requirement for management positions), and receive employment support and retention services from PCK staff for two years after graduation.

Since its inception, PCK has graduated more than 1,000 students and produced more than 5 million contract meals for agencies serving vulnerable populations. PCK directly impacts the community by providing critical workforce development training, creating meal production jobs, and producing high-quality, healthy meals for community members.

KAIDEN (KAI) REYNOLDS

Special Events and Catering Chef, Chef Instructor

Chef Kaiden (Kai) Reynolds has dedicated his career to developing memorable and creative dishes throughout Philadelphia and Southern New Jersey. His current role as the Special Events and Catering Chef/Chef Instructor with Philabundance Community Kitchen, is the culmination of over 15 years of hands-on culinary experience. In working alongside some of the best chefs on the east coast and running from-scratch kitchens as an Executive chef, Chef Kai found his love for inspiring the next generation of culinary professionals. He strives to ignite passion and cultivate the same love for food and community in his students as he did throughout his career, while also working to reduce overall food insecurity in the greater Philadelphia Area.

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