



COMMEMORATIVE DIGITAL EDITION



CULINARY CONNECTION RECIPE BOOK 2021

FEATURING WINNING RECIPES BY RENOWNED CHEFS
FROM PENNSYLVANIA AND BEYOND.

PAPREFERRED.COM

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 | | | | | | | | | | | | |
| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |



CULINARY CONNECTION RECIPE BOOK 2021

Welcome to this year's edition of the PA Preferred® Culinary Connection Recipe Book. This is the first time the recipe book is being offered in a totally virtual format. Here you will find recipes demonstrated during the 2021 virtual Pennsylvania Farm Show, as well as some of our favorites from years past. The recipes were inspired by Pennsylvania-grown ingredients and created by renowned chefs.

Follow us on Instagram! [@PAPreferred](https://www.instagram.com/PAPreferred)

Copyright © 2021 Pennsylvania Department of Agriculture. All Rights Reserved.
No part of this publication may be reproduced or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the Pennsylvania Department of Agriculture.

Requests for permission to reproduce any portion of this publication must be made to:
Pennsylvania Department of Agriculture, PA Preferred program
at 717-772-1429 or ra-markets@pa.gov.

[PAPREFERRED.COM](https://www.papreferred.com)

CONTENTS

COOKING WITH PENNSYLVANIA MUSHROOMS

| | |
|--|----|
| Classic Blended Burger | 10 |
| Mushroom Flatbread Pizza | 10 |
| Mushroom, Fennel, Onion, Asiago Crostata | 11 |
| Pennsylvania Mushroom Ragout with Parsnip Gnocchi. | 12 |
| Pennsylvania Crimini and Spinach Ravioli | 13 |
| Mushroom Sauté à la Vince. | 15 |
| Mushroom and Goat Cheese Tarts. | 16 |
| Tredici Mushroom Toast | 17 |
| Pennsylvania Mushroom Strudel. | 18 |
| Pennsylvania Mushroom Risotto. | 19 |

COOKING WITH PENNSYLVANIA VEGETABLES

| | |
|--|----|
| Maple Whip. | 21 |
| Roasted Root Tacos with Carrot Top Chimichurri. | 22 |
| Vegetarian Caldo Verde | 23 |
| Quinoa Squash Chili Salad with Chipotle Lime Crème | 24 |
| Smoky Red Beet Hummus. | 25 |
| Butternut Squash and Apple Soup | 26 |
| Mini Frittatas with Leeks and Asparagus | 27 |
| Kale and White Bean Caesar | 28 |
| Eggplant Meatballs with Marinara Sauce | 29 |
| Vegetable Stir Fry with Spaghetti Squash Lo Mein | 30 |
| Smoke Signal Root Vegetable Gratin | 31 |
| Buddha's Delight. | 32 |
| Cast Iron Roasted Brussels Sprouts | 33 |
| Kimchi Pancakes. | 34 |

COOKING WITH THE GIANT® COMPANY PRODUCTS

Mixed Berry Roll-Ups36

Honey Rice Krispy Balls.36

Herb Crusted Venison Medallions, with Edamame Succotash, Brown Rice, and
Blueberry BBQ Sauce37

Broccoli Cheddar Soup with Butternut Squash.38

Weeknight Chicken and Dumplings.39

Pan Seared Half Chicken with Brussels Sprouts40

French Chicken with Braised Apples and Swiss Chard41

Meaty Lamb Chili42

Apple Cinnamon Crunch Cake.43

Duck Rillettes44

Crispy Duck Breast with Balsamic Greens45

Orange-Caramel Chiffon Cake.46

COOKING WITH PENNSYLVANIA POTATOES

Ranch Potatoes.49

Handmade Tater Tots with Bacon Marmalade50

Bacon Tater Tots51

Pennsylvania Dutch Grated Potato Pancakes.52

Peruvian Purple Gnocchi with a Leek and Golden Potato Whip53

Potato and Cheese Pierogi with Brown Butter Sabayon and Chive Oil54

Potato and Vegetable Lasagna55

Sweet Duchesse Potatoes with Maple, Jalapeños, and Candied Pecans56

Roasted Potato Gnocchi with PA Mushrooms and Leeks57

Seared Striped Bass with Sauce Soubise, Potato Latke and Broccolini58

COOKING WITH PENNSYLVANIA DAIRY PRODUCTS

Cheesy Quiche60

Classic Cheesecake with Sweet Potato and Pecan Caramel Topping61

Apple Pie with a Cheddar Cheese Crust62

Roasted Sweet Potato and Goat Cheese Blintz63

Lemon Chiboust Tart64

Fresh Cow’s Milk Mozzarella.65

Fresh Ricotta Cheese66

Bacon Ricotta Crostini67

Cavatappi Pasta with Kennett Square Mushroom Sauce68

Ah Ha Mac and Cheese69

Cheese, Leek and Mushroom Bread Pudding.70

COOKING IN SALUTE TO PENNSYLVANIA’S MILITARY SERVICES MEMBERS

Apple Pie Bites72

Beef Flat Iron with Hollandaise Sauce, Roasted Potatoes and
Autumn Spiraled Veggies73

Chicken Marsala with Lazy Pierogis.74

Maple Glazed Salmon and Apple Salad with Honey Apple Vinaigrette75

Chicken Pot Pie, Pennsylvania Dutch Style.76

Barbacoa Tacos, Chihuahua Style77

Apple Crostada.78

Hunter’s Style Roasted Duck Stew79

Caramel Apple Filled Pretzel Streusel with a Brown Butter Ice Cream80

COOKING WITH PENNSYLVANIA PORK

BBQ Pulled Pork Pizza with Caramelized Onions, Arugula, Provolone Cheese and Shaved Butternut Squash83

Pork Carnitas Tacos with Fresh Pico de Gallo85

Korean Pork Steamed Buns87

Roasted Pork Tenderloin with a Thyme Shallot Apple Compote.88

Rettland Farm Pork Scallopini with Spinach, Capers, Lemon, and IPA Pickled Mustard Seeds89

Pork Roast with Apples and Caramelized Onions90

Smoked Pork Belly with a Potato Pancake, Braised Red Cabbage, and a Hard Cider Glaze.91

COOKING WITH PENNSYLVANIA BEEF & VEAL

Tex-Mex Meatballs.94

Veal Milanese with Roasted Sweet Potatoes and Arugula Salad95

Stout Braised Pot Roast with Roasted Vegetables96

Portuguese-Style Skirt Steak97

Gaisburger Marsch98

Veal Osso Buco alla Milanese.99

Cajun Dusted Beef Tenderloin with a Caramel Mushroom Whiskey Sauce.100

Low and Slow Baked BBQ Short Ribs101

Italian Winter Roulade with Roasted Sweet Potatoes and Creamed Kale102

Spicy Beef Salad with Peppers, Onions, and Fresh Herbs103



COOKING WITH PENNSYLVANIA **MUSHROOMS**



GIANT
NUTRITIONIST
DIETITIAN TIP

Mushrooms are a great source of potassium, B vitamins and are beneficial for gut health. Eating them raw, sauteing them quickly over high heat or simmering them over low heat helps to preserve its beneficial nutrients. Try sautéing chopped mushrooms in olive oil with garlic powder and use as a side dish with chicken or salmon.

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

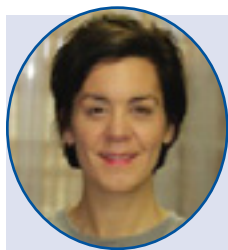
- B vitamins
- Niacin
- Potassium
- Complex carbohydrates (including fiber)
- Selenium
- Pantothenic acid
- Ergothioneine
- Copper



Mushrooms: PA's #1 Crop

 [@pamushrooms](https://www.facebook.com/pamushrooms)

CLASSIC BLENDED BURGER AND MUSHROOM FLATBREAD PIZZA



presented by
Gale Ferranto
[Buona Foods](#)
and
Alexander Ciarrocchi
Landenberg, PA



CLASSIC BLENDED BURGER

Yield: 2 burgers

½ lb. Buona Foods Gourmet Crumble, 100% mushrooms
1 lb. ground beef
Salt and pepper, as needed
2 hamburger buns
Toppings of choice

Combine the Gourmet Crumble with the ground beef. Mix well, adding salt and pepper to taste. Form the mushroom and beef mixture into 2 patties. Preheat a large sauté pan over medium heat and add the burgers. Brown on each side until the burgers reach an internal temperature of 155°F. Place the cooked burgers on hamburger buns with your favorite toppings and serve.

MUSHROOM FLATBREAD PIZZA

Yield: 4-6 servings

2 naan flatbreads
4 oz. Boursin cheese
8 oz. Buona Foods' Gourmet Crumble, 100% mushrooms
1 cup shredded mozzarella cheese
½ cup grated Parmesan cheese
2 sprigs fresh basil, torn

Preheat the oven to 350°F.

Spread the Boursin cheese on each flatbread and place on the baking sheet. Top with the mushrooms, mozzarella, and Parmesan cheese. Bake for 10 to 12 minutes or until the cheese is a golden brown. Finish with the freshly torn basil. Slice each flatbread into 4 to 6 pieces.

MUSHROOM, FENNEL, ONION, ASIAGO CROSTATA



presented by
Kurt Wewer
Executive Chef
Central PA Chef Consultants
Harrisburg, PA

Yield: 1 crostata

1 Tbsp. butter, unsalted
8 oz. PA mushrooms, sliced (any variety)
½ fennel bulb, julienned, no core
½ medium red onion, julienned
½ Tbsp. fresh thyme leaves
1 Tbsp. finely chopped Italian parsley
1 premade pie dough
¼ cup shredded Asiago cheese
Olive oil, as needed
Salt, as needed
Black pepper, as needed
1 egg beaten with 1 tsp. cold water

Preheat an oven to 425°F.

Heat the butter in a large skillet or frying pan over medium heat. Add the fennel and mushrooms and cook for 5 minutes, stirring constantly. Add the red onion and cook, stirring constantly, for approximately 15 minutes, or until the fennel and onion are both softened slightly, and the liquid in the pan is mostly evaporated. Remove from the heat and add salt and pepper to taste. Stir in the thyme leaves and parsley, and pour out onto a cold plate or pan. Allow to sit for 10 minutes at room temperature.

Lightly flour a work surface or counter top. Turn out your pie shell onto the work surface and flour the top of the pie shell and the rolling pin. Roll out the dough to approximately 14" round. Place on a sheet tray that has been either sprayed with cooking spray, brushed with olive oil, or lined with parchment paper.

Place the mushrooms in the center 10" to 11" of the pie dough. Leave approximately 3" uncovered. Sprinkle the mushroom mixture with the Asiago cheese. Fold the 3" to 4" of plain pie dough up onto the mushroom mix to partially cover. If the dough cracks where you fold it, just pinch it to secure. The uncovered center should be about 5" to 6" across. Brush the folded over portion of the pie dough with the beaten egg mixture.

Place into the oven for 15 to 18 minutes or until golden brown. Rotate 180° after 7 minutes.

Remove from the oven and allow to cool slightly before slicing into triangles to serve.

PENNSYLVANIA MUSHROOM RAGOUT WITH PARSNIP GNOCCHI



presented by
Barry Crumlich
Executive Chef
Pennsylvania Governor's Mansion
Harrisburg, PA

Yield: 4-6 servings

PENNSYLVANIA MUSHROOM RAGOUT

3 Tbsp. olive oil
2 small shallots, minced
3 garlic cloves, minced
2 lbs. assorted PA mushrooms of choice
1 cup brown chicken stock
¼ cup heavy cream
1 cup diced tomatoes
2 fresh rosemary sprigs, minced
Sea salt, to taste
Black pepper, to taste
2 Tbsp. butter

Preheat a 6-quart saucepot over medium heat. Add the olive oil, garlic and shallots. Cook until tender, about 2 to 3 minutes. Quarter the mushrooms and add to the garlic and shallots. Cook until tender, about 10 to 15 minutes. Add the diced tomatoes and simmer for 5 minutes. Add the chicken stock and simmer to reduce the liquid by half. Add the heavy cream and simmer to reduce the liquid by half. Add the minced rosemary and season with sea salt and black pepper to taste. Simmer for 5 minutes more. Remove from the heat and add the butter, stir to incorporate.

PARSNIP GNOCCHI

1 lb. parsnips
½ cup grated Parmesan cheese
1 ½ cups all-purpose flour
Fresh chopped herbs, optional

Peel and cut the parsnips into large pieces. Place in a medium-size pot of boiling water and cook until tender. Strain the parsnips and let cool slightly. Place the parsnips into a bowl of a food processor or food mill and puree until smooth.

Place the pureed parsnips into a large mixing bowl. Mix in half of the Parmesan cheese, reserving the remaining cheese to garnish at the end. Sift the flour over the parsnip puree and mix to form a soft dough. If using fresh herbs, mix into the dough just enough to incorporate.

On a lightly floured surface, roll the dough into ¾" diameter tubes. Cut the gnocchi to the desired size. Then, roll the individual gnocchi off the back of a dinner fork to make light indentations into the dough. Carefully lower the gnocchi into a pot of boiling water and cook for 2 to 3 minutes, or until the gnocchi floats for 1 minute. Remove the gnocchi from the pot onto a plate lined with paper towels.

In a preheated sauté pan over medium-high heat, sauté the gnocchi in butter until golden brown.

PLATING

Place a bed of ragout on a serving dish. Layer the gnocchi in the center of the ragout and garnish with the remaining Parmesan cheese.

PENNSYLVANIA CRIMINI AND SPINACH RAVIOLI



presented by
Andrew Masciangelo
 Co-Owner and Executive Chef
[Savona Restaurant](#)
 Gulph Mills, PA

Yield: 4 servings

SPINACH PASTA DOUGH

4 oz. spinach
 2 eggs
 2 tsp. extra virgin olive oil
 1 tsp. kosher salt
 2 cups all-purpose flour

Quickly blanch the spinach in salted boiling water for 15 seconds and cool quickly in a water bath. Remove the spinach from the water bath and squeeze in a clean kitchen towel to remove as much liquid as possible. Transfer to a food processor and add the eggs, olive oil, and salt; blend until smooth. Add the blended spinach mixture to a mixer bowl with the dough hook attachment. On low speed, slowly add the flour until the dough starts to form a ball and pulls away from the hook. You might need to stop occasionally to scrape down the sides of the bowl. When the dough comes together, form it into a ball, wrap it in plastic, and let it rest at room temperature for 30 minutes.

RAVIOLI FILLING

¼ cup olive oil, divided
 2 cups sliced PA crimini mushrooms
 ½ Tbsp. finely chopped garlic
 ½ Tbsp. finely chopped shallot
 ½ cup dry white wine
 1 cup fresh ricotta cheese
 ¼ cup finely grated Parmigiano-Reggiano cheese
 ½ Tbsp. finely chopped thyme
 1 Tbsp. finely chopped flat parsley
 1 Tbsp. chopped chives
 1 egg
 1 tsp. salt
 ½ tsp. pepper

Place a large sauté pan on the stove over medium-high heat. Add two tablespoons of olive oil to the pan. When the oil starts to smoke, add the mushrooms. Using a wooden spoon or a high-temperature rubber spatula, keep the mushrooms moving so they don't stick to the bottom of the pan. When the liquid starts to come out

of the mushrooms, add the chopped garlic and shallots. Keep cooking the mushrooms until all of the liquid evaporates. At this point, add the rest of the olive oil and keep sautéing the mushrooms until they become crispy on the outside. Remove the pan from the heat and add the dry white wine. Place the pan back on the stove and reduce the heat to low, simmering until all of the liquid is evaporated. Set the mushrooms aside and allow to cool.

Place the mushrooms into the food processor and pulse to a coarsely chopped consistency. In a separate mixing bowl, place the cheeses, fresh herbs, egg, and chopped mushrooms. Fold together with a rubber spatula until all of the ingredients are evenly mixed throughout the filling. Season with salt and pepper.

To make the ravioli, first roll out the dough. This can be done using a pasta attachment for a mixer, a pasta sheeter, or done by hand. Work with small portions of the dough at a time. Roll out the dough into ⅛" thick sheets. Dollop a teaspoon of the filling onto the dough for each ravioli, spaced 2" apart. Brush the pasta sheet with egg wash around the filling and place another sheet of dough on top. Gently press the sheets together, making sure to get as many air pockets out as possible. Use a knife or a ring cutter to cut out the individual raviolis. Crimp the edges of the dough, trying to make them as thin as the rest of the dough to make the cooking time even throughout. Place the prepared ravioli on a floured, parchment-covered baking tray until needed.

FINISHING

Parmesan Cream Sauce, recipe follows
Extra virgin olive oil, as needed for serving
Freshly grated Parmigiano-Reggiano cheese, as needed for serving

For service, place the ravioli in boiling water until the ravioli float, about 4 to 5 minutes. Drain off the water and immediately move the ravioli to the Parmesan Cream Sauce and gently toss together. Plate the ravioli, finishing with extra virgin olive oil and freshly grated Parmigiano-Reggiano.

continued next page

continued from previous page

PARMESAN CREAM SAUCE

1 tsp. olive oil
1 tsp. minced garlic
½ cup sliced PA crimini mushrooms
¼ cup dry white wine
1 cup chopped spinach
½ cup heavy cream
⅓ cup finely grated Parmigiano-Reggiano cheese
½ tsp. salt
¼ tsp. pepper
2 tsp. butter

Heat a medium saucepan and add the olive oil and garlic. Sauté until the garlic just begins to become fragrant, then add in the mushrooms and cook until they begin to release their liquid. Once the liquid absorbs, deglaze the pan with white wine. Add in the spinach and allow it to cook down. Add in the cream, Parmesan, salt, pepper, and butter and stir while the sauce reduces down to the desired consistency.

PA WINE PAIRING Mazza Vineyards: Merlot



MUSHROOM SAUTÉ À LA VINCE



presented by
David A. Santucci
 Regional Sales Manager
[Country Fresh Mushrooms](#)
 Avondale, PA

Yield: 4 servings

- 1 lb. fresh PA mushrooms (any variety—white, baby bellas, shiitakes, oysters)
- 2 Tbsp. unsalted butter
- 1 pinch garlic salt
- 1 pinch black pepper, freshly ground
- ¼ cup chopped fresh parsley
- 1 Tbsp. grated Parmesan cheese

Rinse the mushrooms and slice into ¼” thick slices. Smaller mushrooms may be quartered, and oyster mushrooms should be separated into individual leaves. Heat half the butter in a large skillet over medium heat. Add the mushrooms and sauté for 2 minutes over medium-high heat, just until their water evaporates. For shiitake or oyster mushrooms which have less moisture, add 2 tablespoons of water or chicken stock during the sautéing process. Add the parsley, garlic salt, black pepper and the remaining butter for the last 30 seconds of sautéing. Off the heat, sprinkle with Parmesan cheese on top and serve as a side dish or as a topping for steak or pasta.

WINE PAIRING Seven Mountains Wine Cellars Chardonnay



MUSHROOM AND GOAT CHEESE TARTS



presented by

Gina Neely

Star of Food Network's hit shows
"Down Home with the Neelys" and
"Road Tasted"

Author of *Down Home with the Neelys*,
Road Tasted with the Neelys, and *The
Neelys' Celebration Cookbook*

Yield:: 6 servings

CRUST

9" tart pan, sprayed with nonstick spray

1 box refrigerated pie dough

Preheat oven to 350°F. Spray a 9" tart pan with nonstick spray. Roll out one purchased refrigerated pie crust and press it into the tart pan. Line the pan with aluminum foil and fill with pie weights, rice or beans and bake until golden, approximately 15 to 20 minutes. Cool.

MUSHROOM FILLING

8 oz. mushrooms, cleaned and thickly sliced

2 Tbsp. olive oil

1 clove garlic, minced

1 shallot, diced

1 Tbsp. fresh thyme leaves

1 tsp. salt

¼ tsp. freshly ground pepper

1 Tbsp. balsamic glaze

5 oz. soft goat cheese

1 egg, lightly beaten

4 oz. cream cheese, softened

¼ cup shaved Parmesan cheese

1 Tbsp. chives, chopped

Preheat an oven to 350°F. Sauté the mushrooms, shallots and garlic in olive oil over medium high heat until the mushrooms are browned and the liquid has evaporated. Add the thyme, salt, pepper and balsamic glaze and stir. In a separate bowl, beat the cream cheese, goat cheese and egg together until light and fluffy. Spread the cheese mixture in the bottom of the tart shell. Top with the mushroom mixture. Sprinkle the Parmesan cheese on top. Bake until puffed and lightly browned, about 10 to 15 minutes. Garnish with chives.

WINE PAIRING Mazza Vineyards Dry Riesling



TREDICI MUSHROOM TOAST



presented by
Kristina Wisneski
 Executive Chef
[Enoteca Tredici](#)
 Philadelphia, PA

Yield: 6–8 servings

TOPPING

1 lb. PA maitake mushroom
 1 lb. PA oyster mushroom
 Blended oil, as needed
 1 shallot, minced
 ¼ bunch thyme, minced
 Salt and pepper, to taste
 1 Tbsp. lemon juice

Cut the stems off of each mushroom; save for the Mushroom Cream. Using your hands, peel the mushrooms apart into smaller pieces, similar to shredding them. Heat the blended oil in a very hot sauté pan, and sauté the mushrooms until golden brown and crispy in small batches. Once the mushrooms are half way cooked, toss in the minced shallot and thyme. Season with salt and pepper. To finish, deglaze with lemon juice and place on a rack to cool.

MUSHROOM CREAM

2 Tbsp. unsalted butter
 1 lb. PA mushroom stems
 1 shallot, chopped
 4 thyme sprigs, chopped
 1 Tbsp. lemon juice
 ¼ cup PA white wine
 1 cup heavy cream
 Salt and pepper, to taste

While cooking the mushrooms, heat the butter in a sauce pot and sauté the chopped shallots with the mushroom stems and thyme. Deglaze with the white wine and lemon juice. Add in the heavy cream and simmer until the stems are soft. Season with salt and pepper. Cool slightly and transfer to a blender; blend until smooth.

PLATING

1 loaf sourdough bread, sliced 1" thick
 Mushroom topping
 Mushroom cream
 ¼ cup crème fraîche
 ¼ cup grated Grana Padano
 1 tsp. finely chopped chives
 1 Tbsp. olive oil

Grill or hard sear the sourdough in a pan. It should be crispy on the outside while remaining soft on the inside. Top this seared bread with the mushroom cream. Place on a baking sheet and top with the sautéed mushrooms. Bake in a 400° F oven until the mushrooms are hot and the crust is nice and crispy. Remove from the baking sheet and place on a cutting board. Cut into 3 pieces and drizzle with crème fraîche. Top with grated Grana Padano and finish with olive oil and chives.

WINE PAIRING Mazza Vineyards Bare Bones Red



PENNSYLVANIA MUSHROOM STRUDEL



presented by
Paul Mach
 Chef Instructor
[Pennsylvania College of Technology](#)
 Williamsport, PA



Yield: 4 servings

¼ cup clarified butter
 1 Tbsp. shallots, chopped
 ½ cup fresh morel mushrooms, stemmed, sliced
 2 cup fresh cremini mushrooms, stemmed, sliced
 1 cup fresh chanterelles, stemmed, sliced
 1 cup fresh oyster mushrooms, stemmed, sliced
 ½ cup Bock or Marzen beer, or cream sherry
 1 tsp. fresh thyme, stripped
 ¼ cup fresh parsley, chopped fine
 ½ cup breadcrumbs
 Salt, to taste
 Ground black pepper, to taste
 1 sheet puff pastry, thawed
 1 large egg, beaten well, for egg wash
 Fresh thyme, stripped, as needed
 Coarse ground black pepper, as needed

In the butter in a large sauté pan, sweat the shallots with all the mushrooms until the mushrooms weep and there is some moisture in the pan. Add the beer or wine and herbs and simmer for 5 minutes. Add just enough breadcrumbs to absorb any extra liquid that collects in the pan. Adjust the seasonings, move the mushroom mixture to a bowl and cool completely.

Lay on mushroom filling evenly lengthwise on the puff pastry. Roll up and brush the outside layer with the egg wash. Sprinkle with thyme and pepper

Bake in a low-sided cookie sheet for 10 minutes at 375 °F until the strudel is browned completely. Allow to cool for 5 minutes so the strudel firms up, then slice and serve hot.

WINE PAIRING Sand Castle Winery '06 Pinot Noir

PENNSYLVANIA MUSHROOM RISOTTO



presented by
Darryl Harmon
 Executive Chef
 The Water Works Restaurant and
 Lounge
 Philadelphia, PA

Yield: 6 servings

3 oz. oyster mushrooms, quartered
 3 oz. shiitake mushrooms, roughly chopped
 3 oz. crimini mushrooms, quartered
 1 Tbsp. garlic, peeled and finely chopped
 1 Tbsp. shallots, peeled and finely chopped
 3 oz. petite pois, blanched
 3 oz. diced red pepper, roasted with sliced garlic and fresh thyme
 16 oz. chicken stock
 8 oz. heavy cream
 3 oz. Parmigiano Reggiano, shaved
 12 oz. Arborio rice, par-cooked with onions, thyme, and chicken stock
 1 oz. extra-virgin olive oil
 Assorted chef's blend micro greens, to taste
 Salt and pepper, to taste

Heat a medium sauté pan. Coat pan with extra-virgin olive oil. Sauté mushrooms, red pearl onions, shallots, and garlic until translucent. Add risotto and stir ingredients together. Add chicken stock and heavy cream. Let reduce until risotto is fully cooked. Add roasted peppers, petite pois, and 2 ounces of shaved Parmigiano Reggiano. Add salt and pepper to taste. Plate risotto in 3" ring molds. Garnish with micro greens and remaining Parmigiano Reggiano.



WINE PAIRING Sand Castle Winery '06 Pinot Noir



COOKING WITH PENNSYLVANIA VEGETABLES



GIANT
NUTRITIONIST
DIETITIAN TIP

Enjoy the variety of flavors, colors, and textures from vegetables for the best source of vitamins, minerals, and fiber in a low-calorie food. Experiment by adding veggies to sauces, soups, casseroles, or smoothies in order to achieve the recommended 2-3 cups of veggies per day while potentially lowering your risk of inflammation, weight gain, type 2 diabetes, cardiovascular disease, and some cancers.

MAPLE WHIP



presented by
Landis Crawford
[PA Maple](#) Ambassador

Yield: 3 cups

8 oz. cool whip

8 oz. cream cheese

1 cup pure PA maple sugar

2 Tbsp. pure PA maple syrup

For easy whipping, have the cream cheese and cool whip out at room temperature.

With a mixer, whip the cream cheese until smooth. Add the maple sugar and the maple syrup. Continue to beat until well blended and smooth. Lastly, fold the cool whip in until mixed. Serve with your favorite fruit, cracker or pretzel!



ROASTED ROOT TACOS WITH CARROT TOP CHIMICHURRI



Presented by
Mandisa Horn
Owner and Executive Chef
[Horn O' Plenty](#)
Bedford, PA

Yield: 4 servings

ROASTED ROOT TACOS

Yield: 5 cups of your favorite root vegetables

½ red onion, ¼" slices
¾ cup chopped carrot, ¾" pieces
1 ½ cups chopped sweet potato, ¾" pieces
½ cup chopped parsnip, ¾" pieces
1 cup chopped beet, ¾" pieces
½ cup quartered radishes
1 Tbsp. oil
½ Tbsp. salt
1 ½ tsp. cumin ground and toasted
½ Tbsp. coriander seed ground and toasted
Pinch of onion powder
Fresh ground black pepper, to taste
Pinch of Spanish paprika
8, 5" corn tortillas
Carrot Top Chimichurri, recipe follows

Preheat oven to 350°F.

In a medium bowl, place the oil and toss the roots in batches to lightly coat, then place roots onto a sheet pan in a single layer. Bake the roots until they are tender and golden, stirring about halfway, for about 45 minutes.

Slightly toast both sides of tortilla shells on a hot pan. Divide the roots into 8 and stuff each shell and top with the Carrot Top Chimichurri, recipe follows.

CARROT TOP CHIMICHURRI

1 bunch of carrot greens, washed and patted dry, about 4-5 small carrot tops
1 ½ cups fresh parsley and cilantro, washed and patted dry
½ cup walnuts
2-3 garlic cloves, peeled
1 serrano or other fresh chili pepper, sliced
½ cup oil
2-3 Tbsp. lime juice
1 tsp. salt, or to taste
Fresh ground black pepper, to taste

Separate the tender leafy carrot fronds from the stem. Finely mince the tender carrot leaves and the parsley/cilantro mix.

To toast the walnuts, heat a skillet over medium-low heat and add the walnuts. Cook stirring occasionally for about 8 minutes until fragrant. Be careful to not burn them. Allow them to cool and set aside.

Using a mortar and pestle, add the garlic, sliced chili pepper with or without the seeds (according to your taste for heat) and add the carrot tops and parsley/cilantro mix. Pound the herbs together to bruise against the garlic and chili pepper. When the mixture looks appropriately shaggy and the juices from the garlic and pepper moisten the mass, add the walnuts and crush to a desired consistency. Stir in the oil and lime juice. Add salt and pepper to taste.

Alternatively to a mortar and pestle, you can also use a blunt end of a rolling pin in a bowl, or use a food processor and pulse to the desired consistency.

VEGETARIAN CALDO VERDE



Presented by
Mandisa Horn
Owner and Executive Chef
[Horn O' Plenty](#)
Bedford, PA

Yield: 4-6 servings

- 1 lb. whole collard greens or whole green kale leaf
- 1 large onion, chopped
- 1 ½ Tbsp. minced garlic
- 1 large potato, peeled, chopped and rinsed
- 1 quart vegetable broth
- 3 cups water
- 1 tsp. ground sausage seasoning, or substitute a mixture of ½ tsp. ground fennel, ½ tsp. coriander, and a pinch of allspice
- Pinch of red pepper flakes
- 4 sundried tomatoes in olive oil, julienne
- Salt, to taste
- Fresh ground black pepper, to taste

To prepare the greens, cut away the ribs and stalks from the leaves. Wash the leaves and stack them on top of each other in a few small piles. With a sharp knife, julienne the

piles of leaves by slicing long thin strips so that you end up with thin ribbons. Set aside.

On medium heat in a heavy bottom pot, add the onions and a dash of oil from the sundried tomatoes. Sauté the onions stirring occasionally until they are translucent, then add the minced garlic and finish sautéing to cook the garlic, but don't burn. Add in the potatoes, a dash of salt, sausage seasoning, vegetable broth and water and bring to a simmer. Simmer until the potatoes are cooked and soft all the way through. Turn the heat down to low.

With an immersion blender, blend the ingredients in the pot until the potatoes are smoothed. You can also accomplish this by putting the potatoes into a blender and blending then adding back to the pot, or by simply using a potato masher and mashing the potatoes in the pot. Add the red pepper flakes and stir the pot. Add the julienne greens and cook for only a few minutes until the greens turn bright green. You may want to add a little more water or broth at this point to get a more brothy soup, according to your tastes. Turn off the heat.

To garnish the soup, finish with the sundried tomatoes strips, along with a dash of the flavored olive oil the tomatoes were in.



QUINOA SQUASH CHILI SALAD WITH CHIPOTLE LIME CRÈMA



Presented by
Mandisa Horn
Owner and Executive Chef
[Horn O' Plenty](#)
Bedford, PA

Yield: 4-6 servings

½ acorn squash, reserving the seeds
Pinch smoked paprika
3 unpeeled garlic cloves
1 cup uncooked quinoa
1 ½ cups water or vegetable stock
1 serrano, or other spicy chili
½ red onion, diced
1 can black beans, drained and rinsed
½ cup chopped parsley
5 green onions, sliced
¼ cup can of chipotle peppers in adobo sauce
½ cup avocado oil
2 ½ Tbsp. lime juice, more as needed
½ Tbsp. ground cumin, toasted
½ Tbsp. ground coriander, toasted
½ cup sour cream or yogurt
Salt and fresh ground pepper, to taste

Preheat an oven to 350°F.

Cut the acorn squash into ½” wedges and place on a sheet pan along with the 3 garlic cloves and the squash seeds. Sprinkle the seeds with a pinch of salt and pepper and smoked paprika. Bake until almost soft, about 15 minutes. Set aside and let cool.

Add the quinoa to a heavy bottom sauce pot and place over medium heat. Stir the quinoa until it is toasted and smells nutty. Add the water or vegetable stock, whole serrano pepper, diced onions, drained black beans, and a dash of salt and pepper. Bring to a rolling boil then turn the heat down low and cover the pot with a lid. Cook for about 15 minutes, until the broth has absorbed and the quinoa is tender. Turn off the heat, lift the lid off and let rest. Fluff with a fork.

Meanwhile, cut the acorn squash away from the skin into ½” pieces and toss them into the cooked, fluffed quinoa. Add the parsley and green onions and toss.

In a blender, add the chipotle peppers and sauce, avocado oil, lime juice, cumin and coriander. Unpeel the roasted garlic and add to the blender. Blend well, until the ingredients are smooth. Add salt and pepper to taste and more lime juice if needed.

Spoon out 4 tablespoons of the chipotle sauce and toss into the quinoa, mixing well. Transfer to a serving dish. Add the sour cream to the rest of the chipotle sauce and mix to combine. Spoon the chipotle sauce on top of the quinoa salad and garnish with the roasted squash seeds.



SMOKY RED BEET HUMMUS



presented by
Kristin Messner-Baker
Owner
[The Vegetable Hunter](#)
Harrisburg, PA

Yield: 4 servings

2 medium red beets
15 oz. can chickpeas, drained and rinsed
Juice of 1 lemon
Zest of 1 lemon
2 garlic cloves
2 Tbsp. tahini
¼ tsp. red pepper flakes
½ tsp. smoked paprika
1 tsp. sea salt
2 Tbsp. extra virgin olive oil
¼ cup chopped dill

Preheat the oven to 375°F.

Wrap the beets in aluminum foil and place in a baking dish. Roast in the oven until very tender when pierced with a fork, 40 to 60 minutes. Unwrap the foil and let the beets cool. While the beets roast, add the chickpeas, lemon juice, lemon zest, garlic, tahini, red pepper flakes, smoked paprika, sea salt, and olive oil to the bowl of a food processor. Set aside. When the beets are cool enough to handle, peel and dice them. Add the diced beets to the food processor and puree until smooth. Add the additional lemon juice, garlic, salt, olive oil to adjust taste to liking. Serve in a bowl and garnish with fresh dill. Serve with crackers or toasted pita bread.



BUTTERNUT SQUASH AND APPLE SOUP



presented by
Claire Dacko
Culinary Arts Instructor
[Dauphin County Technical School](#)
Harrisburg, PA

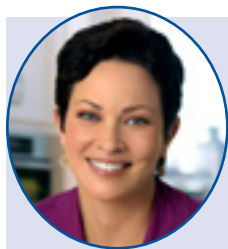
Yield: 4, 8 oz. servings

1 oz. butter, unsalted
1 ½ lbs. butternut squash, medium dice
4 oz. onion, small dice
3 oz. carrot, small dice
Kosher salt, to taste
¼ cup white wine
1 cup apple cider
1 tsp. ground cinnamon
¼ tsp. ground nutmeg
½ tsp. freshly minced thyme
½ tsp. freshly minced sage
1 bay leaf
1 quart vegetable stock
2 Tbsp. maple syrup
1 cup heavy cream
2 tsp. sherry vinegar
Crème fraîche, as needed for garnish
Toasted pumpkin seeds, as needed for garnish
Butternut squash ribbons, as needed for garnish

Melt the butter in a large heavy-bottomed saucepan. Add the squash, onion, and carrot and sweat for approximately 5 minutes over medium-heat until the vegetables begin to soften. Season to taste with salt. Add the white wine and the apple cider and reduce the liquid by half. Add the cinnamon, nutmeg, thyme, sage, and bay leaf. Stir in the vegetable stock and maple syrup. Bring the soup to a boil, then reduce to a simmer. Simmer the soup for 30 to 40 minutes, or until the carrots and squash soften and the flavors combine. Remove the soup from the heat and discard the bay leaf. While still warm, blend the soup with an immersion blender until very smooth. Blend in the heavy cream and sherry vinegar until combined. Taste to adjust the seasonings. Ladle the soup into warm soup bowls. Garnish each portion of soup with crème fraîche, toasted pumpkin seeds, and squash ribbons, as desired.



MINI FRITTATAS WITH LEEKS AND ASPARAGUS



presented by

Ellie Krieger

Host of “Healthy Appetite with Ellie Krieger” on Food Network and “Ellie’s Real Good Food” on PBS

Author of *You Have it Made: Delicious, Healthy Do Ahead Meals*

Recipes from You Have it Made: Delicious, Healthy Do Ahead Meals (Houghton Mifflin Harcourt)

Yield: 6 servings, 2 mini frittatas each

Cooking spray

1 Tbsp. olive oil

1 medium leek, white part only, chopped (2 cups)

1 bunch asparagus (1 lb.), sliced on the bias into ½” pieces (2 cups)

6 medium white button mushrooms, sliced (4 oz.)

7 large eggs

¼ cup 1% low-fat milk

¼ cup grated Parmesan cheese

½ tsp. salt

⅛ tsp. freshly ground black pepper

Preheat the oven to 375°F. Spray a muffin pan with cooking spray.

Heat the oil in a medium skillet over a medium heat. Add the leek, asparagus and mushrooms and cook, stirring occasionally, until the vegetables have softened, about 6 minutes. Allow to cool slightly.

Meanwhile, in a medium bowl, whisk the eggs and milk together. Stir in the Parmesan cheese, the cooked vegetables, salt and pepper.

Distribute the mixture evenly into the muffin pan. Bake until set in the center, 18 to 20 minutes. Serve warm or at room temperature.

Per serving: Calories 150; Total Fat 9g (Mono Fat 4.8g, Poly Fat 1.5g, Sat Fat 2.8g); Protein 11g; Carb 8g; Fiber 2g; Cholesterol 220mg; Sodium 340mg

PA WINE PAIRING Seven Mountains Wine Cellars: Riesling



KALE AND WHITE BEAN CAESAR



presented by
Melissa d'Arabian

Cookbook Author and Host of Food Network's Cooking Series "Ten Dollar Dinners with Melissa d'Arabian" and "Drop 5 lbs with Good Housekeeping"

Yield: 4 servings

Supported by the Pennsylvania Department of Health's Bureau of Women, Infants & Children (WIC) and the Pennsylvania Department of Agriculture's Farmers Market Nutrition Program.

CAESAR DRESSING

1 tsp. Dijon mustard

Juice of 1 lemon

1 small garlic clove, very finely chopped or pressed through a garlic press

2 Tbsp. olive oil

Pinch of red pepper flakes

½ tsp. kosher salt

⅛ tsp. ground black pepper

In a small bowl, whisk together the mustard, lemon juice, and garlic. While whisking, slowly drizzle in the olive oil. Add the red pepper flakes, salt, and black pepper. Add 1 to 2 tablespoons of water if needed.

SALAD

1 ¼ cups cooked white beans, (if canned, rinse)

4 cups kale, tough ribs removed, leaves stacked and thinly sliced crosswise into ribbons

½ cup grated Parmesan cheese

Divide the beans among four mason jars and top with the dressing. Add the kale and then top with the Parmesan cheese. Cover tightly and refrigerate. Shake to dress the salad before serving.

WINE PAIRING Bee Kind Winery, Bone Dry White



EGGPLANT MEATBALLS WITH MARINARA SAUCE



presented by
Melissa d'Arabian

Cookbook Author and Host of Food Network's Cooking Series "Ten Dollar Dinners with Melissa d'Arabian" and "Drop 5 lbs with Good Housekeeping"

Yield: 4 servings

Supported by the Pennsylvania Department of Health's Bureau of Women, Infants & Children (WIC) and the Pennsylvania Department of Agriculture's Farmers Market Nutrition Program.

- 1 large eggplant (about 12 ounces)**
- 1 large egg, lightly beaten**
- ½ cup cooked white beans, rinsed, if canned, smashed with a fork**
- 1 large garlic clove, very finely chopped or pressed through a garlic press**
- ½ cup finely chopped fresh basil leaves or flat-leaf parsley**
- ½ cup finely grated Parmesan cheese, plus extra for sprinkling**
- ¾ tsp. kosher salt**
- ½ tsp. ground black pepper**
- 1 cup whole wheat panko-style bread crumbs**
- Olive oil mister or nonstick pan spray**
- 2 cups marinara sauce (homemade or store-bought)**

Preheat the oven to 375°F. Line a rimmed baking sheet with aluminum foil and place the eggplant on top. Use a fork to prick the eggplant 4 times, then place the eggplant in the oven and roast it until it has completely collapsed and a paring knife easily slips into the center, 40 to 50 minutes. Cool the eggplant for 20 minutes. Leave the oven on.

Slice the eggplant in half lengthwise and use a spoon to scoop out the flesh, discard the skin. Place the roasted eggplant in a medium bowl and stir in the egg and beans. Add the garlic, basil, ½ cup Parmesan cheese, the salt, and pepper and stir to combine, then mix in the bread crumbs.

Again, line the rimmed baking sheet with a clean sheet of aluminum foil and lightly mist it with spray. Shape the eggplant mixture into balls about the size of a golf ball (you should get about 16). Place them on the prepared baking sheet and lightly mist the top of the balls with spray. Bake the eggplant balls until they are golden brown and firm, about 20 minutes. While the meatballs cook, warm the marinara sauce in a small saucepan. Remove the meatballs from the oven, sprinkle with a little extra Parmesan, and serve with the marinara sauce.

WINE PAIRING Mazza Vineyards, Bare Bones Red



VEGETABLE STIR FRY WITH SPAGHETTI SQUASH LO MEIN



presented by
Chris Grove
 Chef Instructor
 Hospitality Management/
 Culinary Arts
[Pennsylvania College of Technology](#)
 Williamsport, PA

Yield: 4 servings

SPAGHETTI SQUASH LO MEIN

1 spaghetti squash
 4 garlic cloves, peeled
 2 Tbsp. sesame oil
 Kosher salt to taste
 Ground black pepper, to taste

SAUCE

2 garlic cloves, minced
 1 oz. ginger, peeled and minced
 8 fl. oz. soy sauce or tamari
 2 fl. oz. hoisin sauce
 1 Tbsp. sriracha
 1 fl. oz. rice wine vinegar
 2 fl. oz. sesame oil

STIR FRY VEGETABLES

2 oz. carrots, peeled, halved and thinly sliced
 2 oz. celery, sliced
 2 oz. baby corn, rinsed if canned, thawed if frozen
 2 oz. white onion, peeled, halved and thinly sliced
 2 oz. snow peas, snapped and trimmed if needed
 2 oz. water chestnuts, rinsed
 2 oz. bell peppers, julienne
 2 oz. button mushrooms, sliced
 2 fl. oz. sesame oil
 1 Tbsp. sesame seeds
 1 oz. scallions, sliced

Cut off the top of the spaghetti squash, then cut it in half and scoop out the seeds. Place cut side up on a sheet tray and brush with sesame oil. Season with salt and pepper and put the peeled garlic cloves in the center of the squash. Roast in a 375° F oven for 30 to 45 minutes or until the flesh is easily pierced with a fork. Allow it to cool enough to touch. Using two forks, begin to fluff up the flesh and pull it away from the skin. Do this until all of the flesh is pulled away from the skin and all the pieces are separated, leaving you with separated “noodles.”

Add all the sauce ingredients to a large bowl and whisk to combine.

Preheat a wok or sauté pan and add the sesame oil. Add the vegetables in order of how long it will take to cook them: carrots, celery, onions, bell peppers, mushrooms, snow peas, baby corn and water chestnuts. Stir continuously to avoid burning. Once the vegetables have slightly caramelized, add the stir-fry sauce and continue to stir, making sure that all of the vegetables are coated with the sauce. Once the vegetables are tender and the sauce has reduced slightly, add the spaghetti squash and stir to combine. Once the squash is thoroughly reheated and has absorbed some of the sauce, turn off the heat and transfer to a large bowl for family style service. Garnish with sesame seeds and sliced scallions.

WINE PAIRING Seven Mountains Wine Cellars: Riesling



SMOKE SIGNAL ROOT VEGETABLE GRATIN

Featuring Calkins Creamery in Honesdale, PA



presented by **Jason Viscount**
Executive Chef and General Manager
Greystone Public House
Harrisburg, PA

Yield: 6-8 servings

1 lbs. parsnips
1 lbs. carrots
1 lbs. celery root
1 ½ lbs. rutabagas
2 ½ cups heavy cream
1 Tbsp. thyme leaves
1 pinch nutmeg
1 cup chicken stock
4 garlic cloves, minced
1 tsp. minced fresh thyme or ¼ tsp. dried
¾ cup Calkins Creamery Smoke Signal, crumbled
Salt and pepper, to taste

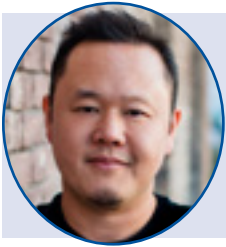
Preheat oven to 425°F. Butter a 9x13x2" baking dish.

Peel the parsnips and carrots and cut into ¼"-thick slices. Peel the root vegetables, cut in half, then cut into ⅛"-thick half rounds. Bring the cream, stock, garlic, nutmeg and thyme to a simmer in large saucepan. Add the rutabagas, cover, and simmer for 5 minutes. Add the carrots, celery root and parsnips to the cream and simmer 5 minutes longer. Season with salt and pepper.

Transfer the vegetables and cream mixture to the prepared dish. Bake uncovered until the vegetables are tender and the liquid thickens, about 45 minutes. Sprinkle the Smoke Signal cheese over the top and bake 10 minutes longer. Cool 15 minutes before serving.

WINE PAIRING Mount Hope Winery, Pinot Noir

BUDDHA'S DELIGHT



presented by

Jet Tila

Host of “Iron Chef America” on Food Network and “Authentically Asian” on FB Watch

Author of *101 Epic Dishes*

Yield: 4 servings

Chef's Note: This is a light, healthy but super flavorful vegetable stir fry. I'd serve it with brown rice for times you just want a satisfying lighter meal. The tip here is to cut all the vegetables into ¼" strips and keep smaller vegetables like snow peas and bean sprouts whole.

SAUCE

⅓ cup (90 ml) chicken or vegetable stock

3 Tbsp. (45 ml) oyster sauce

1 Tbsp. (15 ml) soy sauce

½ tsp. brown sugar

1 tsp. sesame oil

1 tsp. cornstarch

Pinch white pepper

Stir together all the sauce ingredients in a small bowl and set aside. Make sure the cornstarch is dissolved well.

STIR-FRY

2 Tbsp. (30 ml) vegetable oil for stir frying

12 fresh crimini mushrooms, sliced

1, 14 oz. package (420 g) firm tofu, large diced

4 oz. (95 g) bamboo shoots, canned, sliced

6 water chestnuts, canned, sliced

1 cup (240 g) bean sprouts

½ cup (120 g) carrots, julienned

1 cup (240 g) napa cabbage leaves, shredded

2 oz. (95 g) snow peas, tailed

2 tsp. (10 g) ginger, thinly sliced

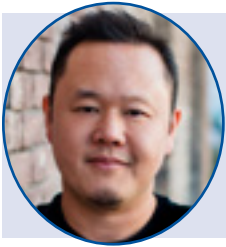
Heat a wok or a large skillet over medium-high to high heat. Swirl in 2 tablespoons of oil to the heated wok and coat the bottom. When you see wispy white smoke, add the tofu and stir-fry until light brown on the edges, about 2 minutes. Add the minced ginger and stir-fry it until aromatic, about 30 seconds. Add all the remaining vegetables and keep it all moving while searing! Don't be scared to scrape the pan and fold the vegetables over many times. Cook for about 1 to 2 minutes or until the napa cabbage gets bright green and starts to soften.

Stir in the sauce, coat all the vegetables and tofu, and bring the sauce to a boil. The cornstarch will start to thicken into a glaze. Remove from the heat and serve immediately.

WINE PAIRING Mazza Vineyards: Bare Bones White



CAST IRON ROASTED BRUSSELS SPROUTS



presented by
Jet Tila
 Host of “Iron Chef America” on
 Food Network and “Authentically
 Asian” on FB Watch
 Author of *101 Epic Dishes*

Yield: 4 servings

1 lb. (475 g) Brussels sprouts
 4 Tbsp. (60 ml) extra virgin olive oil, or bacon drippings
 3-4 garlic cloves, peeled and smashed
 ½ tsp. (3 g) kosher or flaked sea salt
 ¼ tsp. (1 g) black pepper, freshly ground
 2 thyme sprigs
 2 slices thick cut bacon, cut into bite-size pieces
 2 Tbsp. (30 ml) balsamic vinegar
 1 Tbsp. (15 ml) lemon juice, freshly squeezed

Preheat the oven to 400°F (200°C). Trim the bottom of each Brussels sprout, then slice each in half from top to bottom. Heat the olive oil (or bacon drippings, if using) in a cast iron pan over medium-high heat until it shimmers, 425°F (220°C). Put the sprouts, cut side down in one layer, in the pan. Put in the garlic, sprinkle with salt and pepper, and add the thyme sprigs.

Cook, undisturbed, until the sprouts begin to turn golden brown on the bottom. Add the precooked bacon pieces and transfer the whole cast iron pan into the oven. Continue to roast, shaking the pan every 5 minutes, until the sprouts are quite brown and tender, about 15 to 18 minutes. Pierce the stem core of a few sprouts with the tip of a paring knife to check for tenderness.

Add the balsamic vinegar and lemon juice, and stir to coat. Remove the thyme sprigs. Taste, and adjust with more salt and pepper if necessary. Serve hot or warm.

CHEF'S NOTES

- Cast iron is the best for deep browning and finishing in oven.
- You can start with oven-baked bacon and/or bacon drippings.

WINE PAIRING Mazza Vineyards: Bare Bones White



KIMCHI PANCAKES



presented by
Chris Cho
 Owner and Executive Chef
[Seorabol Center City](#)
 Philadelphia, PA

Yield: 2-4 servings

½ cup all-purpose flour
 ½ cup potato starch
 ⅓ cup kimchi juice
 ⅓ cup water
 1 egg
 ¼ tsp. minced garlic
 ¼ tsp. sesame oil
 1 cup kimchi
 ¼ onion, chopped
 2 scallions, chopped
 ½ cup pork butt, chopped
 Salt, to taste
 1 Tbsp. vegetable oil

In a bowl, make the pancake batter by adding the flour, potato starch, kimchi juice, water, egg, garlic, sesame oil and salt together. Whisk well to combine. Add the kimchi, onion, scallions, and pork butt. Mix well.

Heat the frying pan for about 15 seconds on high heat. Add the vegetable oil and make sure it is spread evenly through the pan. Evenly spread the pancake mixture on the pan with a ladle to make a perfect circle shape. Cook the pancake on high heat for 1 to 2 minutes until lightly browned. Flip over the pancake with a spatula and push it down so it spreads with an even thickness. Cook the other side until it is lightly browned. Lower the heat and flip the pancake every minute until the center is fully cooked. Lightly poke into the pancake to see if it makes a crispy sound. When cooked, remove the pancake from the pan and slice into 8 pieces like a pizza. Serve with the dipping sauce, recipe follows.

DIPPING SAUCE

2 Tbsp. soy sauce
 1 Tbsp. water
 ¼ Tbsp. vinegar
 ¼ Tbsp. red pepper flakes
 ½ Tbsp. sugar
 Sesame seeds, optional
 Chopped scallions, optional

Combine all ingredients in a bowl and mix well.

WINE PAIRING Happy Valley Vineyards: Riesling





COOKING WITH

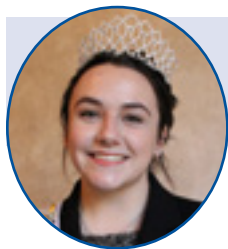
THE GIANT[®] COMPANY PRODUCTS

The logo for The Giant Company, featuring the word "GIANT" in a bold, red, sans-serif font. A small registered trademark symbol (®) is located at the bottom right of the word.

GIANT
NUTRITIONIST
DIETITIAN TIP

Pandemic meal fatigue is a real thing and if you're experiencing burnout in the kitchen, we got you covered! The GIANT Company's team of nutritionists are here to inspire you with simple and quick dinners that your family will love and fun activities to engage kiddos in the kitchen. Check out upcoming virtual classes at thegiantcompanynutritionists.eventbrite.com.

MIXED BERRY ROLL-UPS AND HONEY RICE KRISPY BALLS



presented by
Lucy Winn
PA Honey Queen

HONEY RICE KRISPY BALLS

Yield: 10 balls

- ½ cup peanut butter
- ½ cup powdered sugar
- ½ cup mini chocolate chips
- ½ cup honey
- 2 cups Rice Krispies

Combine all the ingredients in a large bowl and mix well. Next, form the mixture into 1" balls. Place the finished balls on a cookie sheet lined with parchment paper. Refrigerate for 1 hour until firm. Enjoy!

MIXED BERRY ROLL-UPS

Yield: 4 roll-ups

- 1 cup strawberries, chopped
- 1 cup blueberries, cut in halves
- 1 cup raspberries, cut in halves
- ½ cup honey
- 4 flour tortillas
- ¼ cup cream cheese, softened

Combine the fruit with the honey and mix well. Spread about ¼ of your cream cheese mixture on each of the flour tortillas. Spread about ¾ cup of the fruit down the center of your tortilla. Then, roll it up!



HERB CRUSTED VENISON MEDALLIONS, WITH EDAMAME SUCCOTASH, BROWN RICE, AND BLUEBERRY BBQ SAUCE



Presented by
Keith Rudolf
Team Chef
The Philadelphia Phillies
Philadelphia, PA

Yield: 4 servings

HERB CRUSTED VENISON MEDALLIONS

2 lbs. venison medallions
Salt and pepper, to taste
1 Tbsp. Dijon mustard
1 tsp. chopped rosemary
2 tsp. chopped thyme
2 tsp. chopped parsley
1 tsp. minced garlic

Season the medallions with salt and pepper. Spread the Dijon all over the medallions. Use as much as needed to just barely coat them. Combine the chopped herbs with the garlic and roll the medallions as to coat them completely. Heat a heavy bottom pan over medium-high heat. Coat the bottom of the pan with avocado oil. Add the venison and sear lightly on all sides, about 2 minutes per side so you don't burn the herbs. Continue to sauté for about 5 minutes until the medallions have a uniform crust and are about a medium temperature inside, 120°F. Remove the medallions from the pan and let rest on a platter.

EDAMAME SUCCOTASH

1 Tbsp. avocado oil
½ yellow onion, small dice
1 red bell pepper, small dice
1 green bell pepper, small dice
1 jalapeño, seeded, brunoise (very small dice)
2 tsp. minced garlic
1 lb. corn kernels (fresh or frozen)
1 cup vegetable stock or water
2 Tbsp. unsalted butter
1 lb. edamame beans (or lima beans)
1 bunch parsley, chopped
Salt and pepper, to taste

In a heavy bottom pot, coat the bottom with avocado oil, and add the onion and peppers. Begin sweating the vegetables over medium-high heat. Once the onions are translucent, roughly 5 minutes, add the garlic

and continue to sweat. Season with salt and pepper aggressively. Add the corn kernels and continue sweating the vegetables. Add the stock or water and bring to a boil. Allow to reduce by half. Add the butter and stir to combine. The butter will emulsify with the stock and juices from the vegetables to make a thick sauce. Add the edamame. Taste and correct the seasoning. Finish with the chopped parsley.

BROWN RICE

1 Tbsp. avocado oil
½ yellow onion, small diced
1 Tbsp. minced garlic
1 tsp. adobo spice
Salt and pepper, to taste
3 cups water
2 cups brown rice

Coat the bottom of a heavy pot with avocado oil, and add the diced onion. Sweat until translucent, roughly 5 minutes. Add the garlic and sauté until soft, but before browned. Season with salt, pepper, and adobo spice. Add the water and bring to a boil. Slowly whisk in the rice, and continue to stir. Once the rice begins to absorb the water, turn the heat down to a low simmer and put a lid on for about 15 minutes. Once the water has all been absorbed, turn off the heat, stir the rice, and keep the lid on for another 10 minutes.

BLUEBERRY BBQ SAUCE

1 Tbsp. avocado oil
½ yellow onion, brunoise
2 jalapeños, seeded, brunoise
6 Tbsp. maple sugar
1 quart blueberries, cleaned
½ cup apple cider vinegar
½ cup ketchup
Splash of your favorite hot sauce
Salt and pepper, to taste
Your favorite BBQ rub seasoning, to taste

Coat the bottom of a sauce pot with avocado oil and add the onion and jalapeño. Sweat the vegetables until softened. Add the maple sugar and allow to caramelize briefly. Add the blueberries and sauté until they start breaking down. Add the cider vinegar, ketchup, and hot sauce. Season as needed. Cook at a low simmer for about 30 to 35 minutes. Puree with an immersion blender or carefully in a blender.

BROCCOLI CHEDDAR SOUP WITH BUTTERNUT SQUASH



presented by
Shanna Shultz, RD, LDN
Cooking School Manager and
Nutritionist
[The GIANT Company](#)
Camp Hill, PA

Yield: 4 servings

2, 14 oz. packages GIANT precut butternut squash
2 celery stalks
2 Tbsp. olive oil
¼ cup diced onion
1 Tbsp. minced garlic
2 tsp. mustard powder
4 cups Nature's Promise vegetable broth
½ tsp. ground cayenne pepper
1, 12 oz. package frozen GIANT broccoli florets
1 cup shredded GIANT sharp cheddar cheese
Salt and pepper, to taste

Cut the squash into smaller pieces and thinly slice the celery. In a large pot, heat the oil on medium-high heat. Add the onion and garlic and cook for 5 minutes, until golden, stirring often. Add the mustard powder and vegetable broth and heat to a boil on high heat. Season with salt and pepper. Add the squash, celery, and cayenne to the pot. Reduce the heat and simmer for 8 minutes, stirring occasionally. Add the broccoli and cook another 10 minutes until the squash is soft. Using an immersion blender or working in batches in a countertop blender, blend the soup until mostly smooth. Pour the soup back into the pot and stir in the cheese, one handful at a time, until melted. Season with salt and pepper.



WEEKNIGHT CHICKEN AND DUMPLINGS



presented by
Shanna Shultz, RD, LDN
Cooking School Manager and
Nutritionist
[The GIANT Company](#)
Camp Hill, PA

Yield: 4 servings

5 slices GIANT low sodium bacon, chopped
1 ½ lbs. boneless, skinless chicken thighs
1 ¾ cup GIANT all-purpose flour, divided
1, 8 oz. container GIANT diced celery and onions
4 cups Nature's Promise low sodium chicken broth
1 cup water
1 cup frozen GIANT peas, thawed
1 ¼ cups buttermilk, divided
1 ½ tsp. baking powder
1 egg

In a large Dutch oven, cook the bacon on medium-high heat for 5 to 6 minutes, until the fat has rendered. Season the chicken with salt and pepper and dredge in ¼ cup of flour. With a slotted spoon, transfer the bacon to a small bowl. In a separate bowl, reserve 2 tablespoons of the rendered bacon fat. Add the chicken to the pot. Cook 4 minutes per side, until browned. Transfer the chicken to a cutting board.

Add the celery and onions to the same pot and cook for 3 minutes while stirring. While the vegetables cook, thinly slice the chicken. Add the broth, water, peas, chicken, and bacon to the pot, scraping any browned bits from the bottom of the pot. Heat to a boil on high. Stir in ½ cup of buttermilk. Season with salt and reduce the heat to a simmer.

In a large bowl, whisk the baking powder, remaining 1 ½ cups of flour, ½ teaspoon of salt, and ¼ tsp of black pepper. In another bowl, whisk the remaining ¾ cup of buttermilk and egg. Add the egg mixture to the flour, along with the reserved bacon fat. Stir until just combined. With a tablespoon, drop the dough into the simmering broth, spacing slightly apart. Cover and cook 7 minutes, until the dumplings are cooked through.



PAN SEARED HALF CHICKEN WITH BRUSSELS SPROUTS



presented by
Will Shaw
Sous Chef
Bear's Den at the Hershey Lodge & Convention Center
Hershey, PA

Yield: 2-4 servings

2 Tbsp. blended oil, divided
1 PA farm raised whole chicken, split in half
4 garlic cloves, sliced thin, divided
½ cup dry PA white wine
4 cups chicken stock (made from bones or store bought)
1 hot pickled cherry pepper, seeded and sliced
1 Tbsp. butter, unsalted
10 fresh parsley leaves, optional
1 lb. Brussels sprouts, halved
½ lb. bacon, sliced
1 shallot, sliced
Salt and pepper, as needed

Preheat an oven to 400°F.

In a large sauté pan, heat up half of the oil over high heat. Once the oil is hot, place the chicken in the pan, skin side down. Lower to a medium heat after 30 seconds in pan, and sear until golden brown. Once the chicken is golden brown, pull the chicken out of the pan, place on a baking sheet, and put into the oven.

In the same pan the cooked chicken was in, on a low heat, add half of the sliced garlic and really brown. Once that is achieved, deglaze your pan with the white wine. Simmer the white wine until there is about a tablespoon left in the pan. Once the wine is reduced, add in all of your chicken stock to the pan and reduce about half way. Add in the sliced pickled hot cherry peppers. Continue reducing the liquid until it becomes a thicker consistency. Whisk in the butter and whole parsley leaves. Remove from the heat.

Place the remaining blended oil into a large sauté pan on high heat. Once the oil is hot, add the Brussels sprouts to the pan. Cook until the Brussels sprouts start to become golden brown. Once the Brussels are browned, add the bacon to the pan and stir. Continue to cook allowing the bacon to get crispy. Once the bacon is crispy, add the shallots and garlic to the pan and cook until toasted. Pull the pan off the heat and season with salt and pepper.

Remove the chicken from the oven once it reaches an internal temperature of 165°F. Slice the chicken and transfer to a serving dish. Pour the sauce over top. Serve with the Brussels sprouts.



FRENCH CHICKEN WITH BRAISED APPLES AND SWISS CHARD



presented by
Thomas J. Long, CEC, AAC
Director of Dining Services
The Chef's Apprentice at
[HACC, Central Pennsylvania's
Community College](#)
Harrisburg, PA

Yield: 6 servings

2 oz. vegetable oil or drawn butter
 $\frac{3}{4}$ cup all-purpose flour
 $\frac{1}{2}$ tsp. kosher salt
 $\frac{1}{2}$ tsp. ground black pepper
3 eggs, beaten
6, 6 oz. boneless skinless chicken breasts, trimmed and
pounded to $\frac{1}{4}$ " thick
 $\frac{1}{2}$ lb. PA applewood smoked bacon, cut into $\frac{1}{2}$ " dice
 $\frac{1}{2}$ cup diced white onion
2 large PA golden delicious apples, cored and $\frac{1}{2}$ " diced
(about 3 cups)
1 $\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup apple cider vinegar
 $\frac{3}{4}$ cup water
1 $\frac{1}{2}$ tsp. cornstarch
2 small bunches Swiss chard, washed and cut into 1" pieces
(about 3 cups)
8 oz. shredded cheddar cheese

Preheat an oven to 350°F.

Heat the oil in a large skillet. Season the flour with salt and pepper. Dredge the chicken in flour and dip into the beaten eggs. When the oil is hot, place the chicken into the pan and brown on both sides. Place on a cookie sheet or small sheet pan.

In separate 10" frying pan, brown the bacon over medium to high heat. Once the bacon is crisp, add the onion and apple and stir fry for 1 to 2 minutes. Combine the sugar, vinegar, water, and cornstarch together and add to the bacon-apple mixture. Cook over low heat until thickened. Add the chard and cook for 3 to 4 minutes, until the chard wilts. Top each chicken breast with $\frac{1}{2}$ cup of the mixture and sprinkle 3 tablespoons of cheese on each cutlet. Place in oven for 5 to 6 minutes to melt cheese and finish cooking the chicken.



MEATY LAMB CHILI



presented by
**John and Sukey
Jamison**
Owners
[Jamison Farm](#)
Latrobe, PA



Yield: 8-10 servings

- 2 lbs. ground PA lamb
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 Tbsp. olive oil
- 1, 28 oz. can diced tomatoes
- 2 cups medium salsa
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 2 tsp. crushed basil
- 1 Tbsp. ground black pepper
- 2 Tbsp. salt
- 2, 16 oz. cans kidney beans, drained
- ½ cup water, as needed

In a soup pot, sauté the chopped onion and garlic in the olive oil until soft, not brown. Add the ground lamb, stirring to crumble the meat while it browns, until it loses pink color. Add the remaining ingredients except the beans. Cook for 30 to 45 minutes to allow the flavors to blend. Add the beans and continue cooking for another 15 minutes. Adjust the spices, adding more if a hotter taste is desired. Add water if the chili is too thick. Serve with your favorite toppings such as grated cheese, chopped onion, chopped tomato, shredded lettuce and avocado.



APPLE CINNAMON CRUNCH CAKE

Featuring Three Springs Fruit Farm in Aspers, PA



presented by
Cher D. Harris, CEPC
Executive Pastry Chef
[The Hotel Hershey](#)
Hershey, PA

Yield: 1- 10" spring form pan

CINNAMON CRUNCH CRUMBLE

6 oz. sugar
1.3 oz. vegetable shortening
1 oz. light corn syrup
1 Tbsp. cinnamon

Blend all the ingredients together in a mixer with a paddle attachment until it reaches a uniform crumble. Set aside until assembly.

APPLE FILLING

3 PA Granny Smith apples, peeled and sliced
4 oz. light brown sugar
1 tsp. cinnamon
½ tsp. nutmeg

Toss all the ingredients together in a bowl. Set aside until assembly.

SOUR CREAM CAKE BATTER

4 oz. butter
8 oz. sugar
11 oz. sour cream
1 Tbsp. vanilla
2 eggs
10 oz. all-purpose flour
¾ tsp. baking soda
¾ tsp. baking powder
⅛ tsp. salt

In a mixer, cream together the butter and sugar with the paddle attachment. Add the vanilla, sour cream and eggs. Blend and scrape the sides of the bowl. Sift the dry ingredients, add all at once, and pulse with the mixer until fully incorporated. Spray a 10" spring form pan well.

ASSEMBLY

Add half of the batter to the sprayed pan, spread to the edges. Layer half of the apple mixture across the middle. Sprinkle ⅓ of the crunch mixture over the apples. Add the remaining batter and spread to edges. Spread the remaining apples over the top. Sprinkle the remaining crunch over the top. Bake at 350°F for approximately 1 hour. Serve warm or at room temperature with the Maple Crème Anglaise sauce, recipe follows.

MAPLE CRÈME ANGLAISE

1 quart heavy whipping cream
1 vanilla bean
4 oz. maple syrup
8 oz. yolks
8 oz. sugar

Heat the first three ingredients until simmering. In a separate bowl, whisk the yolks and sugar to combine. Slowly stir in the warm mixture. Blend fully and return to the heat. Stir continuously over medium heat until the sauce just coats the back of a spoon.

Strain and cool.

WINE PAIRING King View Mead, Honey Tongue Golden

DUCK RILLETTES

Featuring Rooster Run Farm in Newville, PA



presented by
Wes Trout
Sales Manager and
Culinary Trainer
BOSCH and Thermador Appliances

Yield: 4, 4 oz. jars

- 2 lbs. PA duck legs
- ¼ cup fresh thyme leaves
- ¼ cup kosher salt
- 2 Tbsp. minced fresh ginger
- 2 quarts chicken stock
- 1 Tbsp. peppercorn medley, crushed by a pan
- 2 bay leaves
- 1 small piece ginger, grated
- 1 cup duck fat
- 3 Tbsp. brandy
- 3 Tbsp. fresh chopped parsley
- 1 Tbsp. blood orange zest
- ½ tsp. ground cloves

Combine the thyme, salt, and ginger together. Rub the duck legs with the mixture. Wrap the duck legs in plastic and refrigerate overnight. Remove the duck from refrigeration and wipe off the excess brine. Place the duck, stock, peppercorns, bay leaves, and ginger in a medium pot; heat to a boil. Reduce the temperature and simmer for 1½ to 2 hours, until tender. Remove from the heat and let cool in the stock until room temperature. Once it is cool enough, cover and place in the refrigerator overnight. The next day, remove the duck from the refrigerator and skim off the fat on the top and set aside. Pick the meat, shredding it finely into a bowl and discarding the bones and skin. Reserve the stock. Strain the stock and add ½ cup back to the shredded meat. Keep the remaining stock for other uses. Melt the top fat with 1 cup of additional duck fat and set aside. Add the brandy, parsley, orange zest and cloves to the meat and mix well to combine. Pack the meat mixture tightly into the 4 mason jars. Cover with the melted fat. Cover the jar tightly and refrigerate until the fat is solid. Serve with crostinis, toast points, crackers and pickled vegetables. Keep refrigerated for up to 2 weeks.

WINE PAIRING Broad Mountain Vineyard: Dornfelder



CRISPY DUCK BREAST WITH BALSAMIC GREENS

Featuring Rooster Run Farm in Newville, PA



presented by
Wes Trout
Sales Manager and
Culinary Trainer
BOSCH and Thermador Appliances

Yield: 4 servings

- 2 PA duck breasts, skin on
- ¼ cup Razz's Shagbark Hickory Syrup
- 1 Tbsp. mirin
- ¼ cup soy sauce
- ¼ lb. bacon, rough chopped
- 1 small onion, diced
- 1 lb. collard greens, or greens of your choice, roughly chopped
- 1 cup duck or chicken stock
- 1 Tbsp. mirin
- 1 Tbsp. soy sauce
- 2 Tbsp. butter
- Balsamic glaze, used to taste

Preheat an oven to 400° F. Preheat a cast iron skillet on high heat. Dry the duck breasts and score the skin. Place the duck in the skillet, skin-side down, to render the fat.

Baste the breast with the rendering fat until the meat is browned, about 6 to 8 minutes. Place the skillet in a preheated oven to finish. Combine the syrup, mirin and soy sauce in a small bowl and baste the duck every 2 to 3 minutes, cooking until the internal temperature reads 135° F in the thickest part. Remove from the oven and set aside on a cutting board to rest.

Heat a second cast iron pan on medium-high heat. Add the bacon to render the fat and cook for 2 to 3 minutes. Add the onion and reduce to medium heat; cook until translucent. Add the greens and toss to coat with the rendered fat. Add the stock, soy sauce, and mirin and cover tightly. Cook until the greens are wilted but not mushy. Uncover and reduce until the liquid is almost gone. Remove from the heat and add the butter. Taste and season with salt and pepper.

Place the greens on the plate and drizzle with balsamic glaze to taste. Slice the duck breast on the bias and place on top of the greens. Ladle the pan jus from the greens around the greens and duck. Serve with rice or any grain of your choice.

WINE PAIRING Broad Mountain Vineyard: Dornfelder



ORANGE-CARAMEL CHIFFON CAKE



presented by
Lou Sackett
 Culinary Arts Instructor
Dauphin County Technical School
 Harrisburg, PA

Yield: 1, 9" round layer cake; 12 servings

ORANGE CHIFFON CAKE

Yield: 2 (9" x 2") round cake layers

Pan coating spray, as needed

5 oz. cake flour

¼ oz. baking powder

Pinch salt

4 oz. granulated sugar

2½ fl. oz. canola oil

4 egg yolks

3 fl. oz. orange juice

1 fl. oz. water

5 egg whites

Pinch cream of tartar, optional

2½ oz. granulated sugar

Have all ingredients at room temperature. Preheat an oven to 375°F. Spray 2, 9" circles of parchment paper with pan coating and then fit them into 2, 9" round cake pans, sprayed-side up. Do not coat the sides of the pans.

Sift together the flour, baking powder, salt, and the 4 ounces of sugar into the bowl of an electric mixer and fit it with the paddle attachment. On medium speed, gradually beat in the oil, egg yolks, orange juice, and water. Scrape down the inside of the bowl periodically. In a dry, grease-free bowl, whip the egg whites and cream of tartar to soft peaks, then whip in the remaining sugar in a thin stream. Continue whipping until they reach firm peaks. Fold the beaten egg whites into the batter just until homogenous. Divide the batter between the two prepared pans. Bake 20 to 25 minutes until golden brown, springy, and a tester comes out clean. Cool 15 minutes in the pans, and then turn the cakes out onto a cooling rack. Cool to room temperature.

VANILLA ITALIAN BUTTERCREAM

Yield: 2 ½ lbs.

1½ cups granulated sugar

⅓ cup water

6 egg whites, room temperature

21 oz. unsalted butter, cool room temperature, medium dice

1½ tsp. pure vanilla extract

Combine the sugar and water in a saucepan and bring to a boil without stirring. Meanwhile, place the egg whites in the dry, grease-free bowl of an electric mixer and fit with the whip attachment. When the syrup reaches 235°F, begin whipping the egg whites on high speed. When they reach soft peaks, the syrup should be at 238°F. Immediately pour the hot syrup into the whipping egg whites in a thin stream, and then continue beating for 5 to 10 minutes. The resulting meringue should be very thick and glossy. When the meringue has cooled to room temperature, lower the speed to medium and whip in the butter one or two chunks at a time. If the icing is lumpy, continue whipping until it gradually warms and becomes smooth and shiny. Whip in the vanilla.

CARAMEL FILLING

Yield: ¾ lb.

4 cups sugar

¼ cup light corn syrup

¼ cup water

2 cups heavy cream

8 oz. salted butter, medium dice

Combine the sugar, corn syrup, and water in a large, heavy saucepan and bring to a boil. Do not stir, but swirl the pan to wash down sugar crystals that may form on its sides. Boil until the syrup thickens and begins to turn brown. Meanwhile, in a small saucepan, heat the cream until just under a boil and hold hot. When the syrup acquires a rich, amber color, remove from the heat and whisk in the hot cream. Stir until smooth. Return to medium heat and cook, stirring, until a thermometer reaches 238°F. Cool to lukewarm, and then stir in the butter chunks one or two at a time. Hold the caramel filling in a warm place until ready to fill the cake.

continued next page

continued from previous page

ASSEMBLY AND DECORATING

2 Orange Chiffon Cake layers, 9" x 2" round

2 ½ lbs. Vanilla Italian Buttercream

¾ lb. Caramel Filling

2 cups toffee baking bits

Decorator's paste colors: orange, pink, yellow, green, as needed

Place the bottom cake layer on a 9" round cake board, and place it on a turntable. Using a #843 star tip, pipe a "levee," or border, of buttercream around the top rim. Add the caramel filling, applying it evenly out to the levee. Place the top layer onto the cake and press to firm. Using a speed icer, or very large basket-weave tip, coat the sides of the cake with the icing, extending it about ¼" above the rim. Next, coat the top of the cake with the speed icer. Using an offset spatula, smooth the icing to achieve a cylindrical shape. Side mask the cake with toffee bits. Transfer the cake to a round tray or onto a 10" round display cake board. Reserve about 2 cups of uncolored buttercream and then color the rest as desired. Using a flower nail and tips of choice, create icing flowers and place them on the cake as desired. Add green leaves and tendrils as desired. A drop-string piping message may be added. Using the star tip, pipe a shell base border around the bottom of the cake and a shell crown border around the rim.





COOKING WITH PENNSYLVANIA POTATOES



GIANT
NUTRITIONIST
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 or baked, potatoes can be a part of a healthy diet. Try them in veggie-filled soups, warm salads, or roasted with your favorite lean meat. There are lots of ways to enjoy this versatile tuber!

RANCH POTATOES



Presented by
Nathan Tallman
Principal CEO
[The Pennsylvania Co-Operative
Potato Growers](#)
Kempton, PA

Yield: 4 servings

1 lb. all purpose white or yellow PA potatoes

4 oz. butter, melted

1 dry packet of Hidden Valley Ranch powder

Preheat an oven to 375°F.

Cut the potatoes into $\frac{1}{2}$ " to $\frac{3}{4}$ " cubes. Coat the potatoes with the butter and transfer to a 9" x 13" glass dish. Bake for 45 minutes to an hour, or until the potatoes are soft. Add the Hidden Valley Ranch powder and stir until all pieces are coated. Serve.



HANDMADE TATER TOTS WITH BACON MARMALADE



Presented by
Barry Crumlich
Executive Chef
Pennsylvania Governor's Mansion
Harrisburg, PA

Yield: 2-4 servings

HANDMADE TATER TOTS

1 ½ lbs. PA russet potatoes, peeled and cut into 1" dice
1 ½ tsp. kosher salt
1 tsp. black pepper
½ tsp. onion powder
½ tsp. garlic powder
1 Tbsp. cornstarch
2 Tbsp. minced parsley
2 cups peanut or canola oil

Place the diced potatoes into a medium sauce pot and cover with cold water. Bring to a boil over high heat and cook potatoes just until slightly tender but still firm, approximately 6 to 8 minutes. Place the remaining ingredients, except the oil, in a medium mixing bowl and set aside. Once the potatoes are cooked, strain and allow to cool slightly. Place the potatoes into the bowl of a food processor. Pulse the potatoes 8 to 10 times to coarsely chop them into ¼" to ½" chunks.

Place the potatoes into the mixing bowl with the other ingredients. Mix just until combined. Roll the potato mixture into 1" cylinders and place onto a baking tray or platter.

Place the oil into a medium saucepot and heat to 350°F. Carefully place 8 to 10 tots at a time into the hot oil. Fry the tots for 3 to 4 minutes or until golden brown.

TOPPINGS AND CONDIMENTS

Melted cheddar cheese
Minced chives or scallions
Yum Yum Sauce, recipe follows
Bacon Marmalade, recipe follows
Sour cream

YUM YUM SAUCE

Yield: 1 ¼ cup

1 cup mayonnaise
2 Tbsp. tomato paste
1 Tbsp. rice vinegar
1 tsp. paprika
1 tsp. garlic powder
1 Tbsp. sugar
1 Tbsp. melted butter
Salt and pepper, to taste
2-3 Tbsp. water

Place all ingredients into a mixing bowl and mix until well combined.

BACON MARMALADE

Yield: 1 quart

2 lbs. smoked bacon,
diced into ½" pieces
2 sweet onions, diced into ¼" pieces
3 garlic cloves, minced
½ cup bourbon
6 Tbsp. dark brown sugar
½ cup apple cider vinegar
½ cup molasses
2 cups dark roast coffee
Black pepper, to taste

Preheat a large sauté pan over medium-high heat. Place the diced bacon into the pan and cook until brown and crisp. Drain the cooked bacon and set aside. Place 2 to 3 tablespoons of bacon grease back into the pan that was used to cook the bacon. Place the diced onions and garlic into the pan and cook until tender. Place the remaining ingredients into the pan along with the reserved bacon. Reduce the heat and simmer for 1 ½ to 2 hours or until the liquid is reduced and thickened.

BACON TATER TOTS

Presented by **Annabella and Nina Patti**, Harrisburg, PA

Yield: 2 servings

20 frozen tater tots
5 slices of thick-sliced bacon
½ cup finely shredded Colby cheese
1 bunch green onions, chopped

WHITE DIPPING SAUCE

¼ cup sour cream
1 Tbsp. mayo
1 tsp. mustard
½ tsp. Ranch seasoning
¼ tsp. Italian seasoning
1 Tbsp. chopped green onions
Salt, to taste

Preheat an oven to 400°F.

Place the bacon strips on a baking tray, leaving room in between each to place the tater tots. Add the tater tots and bake in the oven for 10 to 15 minutes until the bacon is crisp and the tater tots are golden brown.

To make the white sauce, add all the ingredients to a bowl and mix to combine. Add a pinch of salt and taste. Add more salt if needed.

When the tater tots are cooked, put them on a serving plate. Sprinkle with the shredded cheese on top. Crumble the bacon and add on top of the cheese. Finish with the chopped green onions on top. Serve with the White Dipping Sauce on the side.



PENNSYLVANIA DUTCH GRATED POTATO PANCAKES



presented by
Dawson “Chief Chili” Flinchbaugh
 Co-Owner
[Flinchy's Steak & Seafood House](#)
 Camp Hill, PA

Yield: 2 dozen pancakes

2 cups grated PA potatoes
 1 small onion, chopped finely
 4 Tbsp. flour
 2 eggs, beaten slightly
 ½ tsp. sugar
 1 tsp. baking powder
 2 Tbsp. finely chopped parsley
 2 tsp. salt
 1 tsp. pepper
 1 Tbsp. Crisco, more as needed
 Optional garnishes: sour cream, applesauce, black caviar

Add the potatoes, onions, eggs, flour, sugar, baking powder, parsley, salt and pepper, and mix well. In an iron skillet, heat 1 tablespoon of Crisco until hot. Put 1 heaping tablespoon of the mixture in a skillet (enough to do a 3” round thin pancake). Do as many as will fit in the pan. Cook the pancakes until the edges are crispy and the center bubbles. Flip and cook until crisp and brown on the second side. Repeat, adding Crisco if needed, until all the batter is used. Serve on a platter, topping some with the sour cream, some with applesauce, and the remaining with the caviar.



PERUVIAN PURPLE GNOCCHI WITH A LEEK AND GOLDEN POTATO WHIP

Featuring Stermann Masser Potato Farms in Sacramento, PA



presented by
Rosemarie "Qui Qui" Musarra
Owner and Executive Chef
[Mangia Qui](#), [Suba](#), and [Rubicon](#)
Harrisburg, PA

Yield: 6–8 servings

PERUVIAN PURPLE GNOCCHI

2 lbs. purple potatoes
2 cups durum wheat flour
¼ tsp. nutmeg
Salt and pepper, to taste

Boil the potatoes in salted water with their skins on until fork tender. Peel the potatoes while steaming hot and pass them thru a food ricer twice. Make sure they are lump free. Spread them out and cool. Once cooled, sprinkle the flour on top with the nutmeg, salt and pepper. Combine to form a dough. Pinch off small balls and roll evenly into ½" logs. Cut with a crinkle cutter on the bias every ½". Once all the dough is cut, parboil the gnocchi in salted water and hold until service. Just before serving, reheat the gnocchi in boiling water until they float, plus 2 minutes longer.

LEEK AND GOLDEN POTATO WHIP

1 ¼ lbs. sliced leek whites
¼ lb. butter
12 oz. chicken stock
12 oz. PA gold potatoes
¼ lb. butter
10 oz. heavy cream
¼ tsp. salt, plus more to taste
10 oz. heavy cream, warmed
Pepper, to taste

In a large saucepan, sweat the leeks in the butter until tender. Add the chicken stock and simmer for about 10 minutes. Boil the potatoes in salted water with skins on until fork tender. Peel the potatoes while steaming hot and pass them thru a food ricer twice. Make sure they are lump free. In a separate saucepan, melt the butter into the heavy cream, adding the salt, more to taste as needed. Whip the liquids into the potatoes. Put the leek mixture in a blender and add the warmed heavy cream. Blend until velvety smooth. Incorporate the whipped potatoes and blend until a very fluffy consistency. Season with salt and pepper.

PLATING

Leek and Golden Potato Whip
Peruvian Purple Gnocchi
Fresh sage leaves, as needed
Butter, as needed

To plate, start with the Leek and Golden Potato Whip on the bottom. Place the gnocchis in the middle, and brown fresh sage leaves in butter to finish.

WINE PAIRING Olivero's Vineyard: Pinot Grigio



POTATO AND CHEESE PIEROGI WITH BROWN BUTTER SABAYON AND CHIVE OIL



presented by
Jason Clark
Executive Chef
Messiah Lifeways at Messiah Village
Mechanicsburg, PA

Yield: 6 servings

POTATO AND CHEESE PIEROGI

4 cups all-purpose flour
1 ½ cups sour cream
2 large eggs
½ cup extra virgin olive oil
2 lbs. PA russet potatoes, peeled, and cut into 1" pieces
12 oz. sharp Cheddar cheese, grated
Salt and pepper, to taste
4 Tbsp. butter

In a bowl, combine the flour, sour cream, eggs, olive oil and 1 teaspoon salt. Mix until the ingredients bind together. Place the dough on a lightly floured surface and knead for a couple minutes, or until smooth. Wrap in plastic wrap and let rest for 30 minutes.

Place the potatoes and ½ teaspoon salt in a large pot and fill with cold water to cover the potatoes. Bring the water to a boil over high heat, then reduce heat to medium-low. Simmer for 10 to 15 minutes or until the potatoes are tender when pierced with a fork. Drain the potatoes and mash. Allow to cool slightly. Combine the mashed potatoes and cheese. Season with salt and pepper.

On a lightly floured surface, roll out the dough to about ⅛" thickness. Using a 3" round cutter, cut out 12 to 15 rounds. Brush the edges of each round lightly with water, then place 1 tablespoon of filling on one side of the rounds. Fold the dough over, making half-moon shapes, pressing out the air. Press and crimp the edges to seal the pierogi.

Bring a large pot of salted water to a rolling boil. Cook the pierogis for 3 to 5 minutes, or until tender, drain.

Heat the butter in a large skillet over medium heat. The butter will foam, then settle down. Continue to cook until the butter just begins to brown and develop a toasty nut aroma. Add the pierogis to the skillet and sear each side for about 1 minute or until golden. Serve warm with the Brown Butter Sabayon and Chive Oil, recipes follow.

BROWN BUTTER SABAYON

Yield: 2 cups

5 ¼ oz. brown butter
1 ¾ oz. butter
8 ½ oz. white wine
1 egg
3 egg yolks
1 oz. lemon juice
½ tsp. salt

Heat a water bath to 145°F. Combine both butters in a saucepan and heat over low heat until melted and warmed through. Remove from the heat and keep warm. Heat the wine to a simmer and reduce by ¾. Remove the pan from the heat and keep warm. Combine the egg and egg yolks in a mixing bowl and whisk to combine. Using an immersion blender, slowly blend in the warm reduced wine, lemon juice, and salt. Be careful not to scramble the eggs. Once combined, slowly blend in the warm butters, continuing to blend until fully emulsified. Place the sabayon in an ISI gun and charge twice with CO₂ cartridges. Cook the sabayon in the water bath for 45 minutes. Keep warm until ready to use.

CHIVE OIL

Yield: 1 ½ cups

1 ½ cups chives
1 cup canola oil

Bring a large pot of water to a boil and put together an ice bath. Blanch the chives in the hot water for about 15 seconds. Remove and shock them in ice water instantly. Squeeze out all the excess water from the chives and place in a blender with oil and blend on high for about 2 minutes. Do not allow it to blend for too long as the oil will begin to warm up and discolor the oil. Strain through a chinois and place in a sauce bottle. Refrigerate until needed.

WINE PAIRING Benigna's Creek: Traminette

POTATO AND VEGETABLE LASAGNA



presented by
Dave Gurdus, CEC
 Operations Manager at Food and
 Nutrition Services
 Sodexo Healthcare Services at
 PinnacleHealth System

Yield:: 4-6 servings

- 1 lb. golden potatoes, thinly sliced
- 1 lb. sweet potato, peeled and thinly sliced
- 8 oz. butter, separated
- 1 lb. fresh spinach, wilted, drained, squeezed dried and chopped
- 2 leeks, thinly sliced
- 1 tsp. chopped fresh garlic
- 2 large carrots, grated
- 1 large green zucchini, grated
- 1 cup flour
- 2 cups milk
- 2 cups ricotta cheese
- 2 eggs
- ¼ cup chopped mixed fresh herbs- basil, thyme, tarragon
- 2 ½ cups shredded white cheddar cheese
- Salt and pepper, to taste

Wash and slice the golden potatoes. Wash, peel, and slice the sweet potatoes. Reserve both in separate containers and cover with water.

In a pan or Dutch oven on medium heat, melt 4 ounces of the butter and wilt the spinach. Remove and drain in a colander. In the same pan, add 1 ounce of butter and sweat the leeks for 4 to 5 minutes until translucent and sweet. Add the garlic, carrots, and zucchini and continue to cook for another 3 to 4 minutes. Add the flour into the vegetables and cook on low heat to form a roux, 4 to 5 minutes. Whisk in the milk and bring slowly to a simmer, whisking frequently. Simmer an additional 5 minutes until thickened. Season with salt and pepper.

While the sauce is simmering, squeeze and chop the spinach. Add it back into the sauce. Add the cheddar cheese while on low heat to make a thick vegetable cheese sauce. Remove from the heat and allow to cool slightly.

Mix the ricotta and eggs and herbs in a separate bowl, reserving 1 tablespoon of herbs for garnish. Coat an oven safe casserole dish or pan with pan spray. Cut the remaining butter into small pieces. Drain all the potatoes. Alternately layer golden and sweet potatoes slices with vegetable mixture and ricotta cheese, dotting with butter pieces, finishing with potatoes on top. Bake the casserole at 375° F for approximately 40 minutes. Top with the remaining cheddar cheese and bake an additional 5 to 10 minutes or until the cheese is browned. Allow to rest 10 minutes before serving. Garnish with a sprinkle of the reserved fresh herb mixture.

WINE PAIRING Cassel Vineyards of Hershey Unoaked Chardonnay

SWEET DUCHESSE POTATOES WITH MAPLE, JALAPEÑOS, AND CANDIED PECANS



presented by
David T. Mills III
 Owner, Butcher
 Smoke and Pickles
 Artisan Butcher Shop
 Mechanicsburg, PA
 Former Chef Instructor
[HACC, Central Pennsylvania's
 Community College](#)
 Harrisburg, PA

Yield: 6 servings

CANDIED PECANS

4 oz. pecan pieces
 1 oz. salted butter
 1 oz. brown sugar
 1 oz. pure maple syrup

Put all of the ingredients in a sauce pan and heat until the butter and sugar are melted and the pecans are toasted. Remove from the heat and set aside.

POTATO MIXTURE

3 lb. sweet potatoes, peeled and diced
 ½ lb. salted butter
 3 oz. heavy cream
 4 oz. pure maple syrup
 To taste, salt and pepper
 6 jalapeños, brunoise
 4 whole eggs

Boil or steam the potatoes until fork tender and drain. Place them in a mixer with the paddle attachment on slow speed with butter, heavy cream, maple syrup, salt and pepper. Once the above ingredients are incorporated, add one egg at a time. Switch the paddle attachment to the whip attachment and put the mixer on high speed until the potatoes are smooth. Remove the seeds from the jalapeños and brunoise. Put the mixer on a slow speed and add the raw jalapeños and candied pecans. Once incorporated, put the mixture in a pastry bag with a star tip. Cover a cookie sheet with parchment paper and pipe the potatoes in the traditional duchesse style. Bake in an oven at 400° F until the edges start to brown.

WINE PAIRING Tamamend Winery Irresistible



ROASTED POTATO GNOCCHI WITH PA MUSHROOMS AND LEEKS



presented by
Mike Isabella
 Bravo's Top Chef All-Stars Runner-Up
 Chef/Owner
[Graffiato](#)
 Washington, DC

Yield: 4 servings

GNOCCHI

4 large PA russet potatoes, washed
 1 ½ cups all-purpose flour
 2 large egg yolks, beaten
 ¼ cup zested Parmesan cheese
 1 tsp. salt

PA MUSHROOMS AND LEEKS

2 Tbsp. canola oil
 1 Tbsp. extra-virgin olive oil
 1 lb. PA mushrooms, cleaned and cut into 1" pieces
 ½ tsp. coarse kosher salt
 1 medium-large leek
 3 Tbsp. butter
 2 sprigs lemon thyme
 ¼ cup zested Parmesan cheese

GARNISH

2-3 borage flowers

Preheat the oven to 425°F.

Prick each potato several times with a fork and place on baking sheet. Bake for 1 hour.

Remove the potatoes from the oven and let cool for 10 to 12 minutes, just until you can handle them.

Cut each potato open lengthwise and scoop out the flesh. Pass the flesh through a potato ricer into a mixing bowl.

Stir in 1 cup of all-purpose flour with the egg yolks, Parmesan cheese and salt. Using your hands, mix until all ingredients are just combined, but make sure not to overwork the dough or the gnocchi will become tough.

Roll the mixture out into 12" by ¾" ropes, sprinkling with the remaining flour so it does not stick.

Cut into ¾" pieces. Place them on a flour-dusted sheet tray and refrigerate until you are ready to cook.

Bring a large pot of salted water to a boil.

Meanwhile, heat the canola oil and extra-virgin olive oil in a large sauté pan over medium high heat. Once the oil is hot, add the mushrooms and toss to evenly coat and then season with the kosher salt. Let the mushrooms sear for around 1 minute before stirring. Stir every so often for approximately 15 to 20 minutes, or until the mushrooms are cooked and tender.

While the mushrooms are cooking, rinse the leeks under cold running water. Cut them in half lengthwise and then in ½" slices, creating half moon shape pieces. Place the cut leeks in a colander and rinse under cold running water again to remove any remaining dirt. Pat dry with a paper towel.

Add the leeks to the mushrooms and cook for 2 to 3 minutes longer.

Meanwhile, drop the gnocchi in the water and cook until they all float, approximately 1 to 2 minutes. Remove with a slotted spoon and set aside.

Add the butter to the mushrooms and leeks and let melt slightly. Then add the cooked gnocchi along with ¼ cup cooking water and the lemon thyme leaves. Toss to combine and transfer to a large serving dish. Garnish with the zested Parmesan cheese and borage.

WINE PAIRING Flickerwood Wine Cellars Pinot Grigio

SEARED STRIPED BASS WITH SAUCE SOUBISE, POTATO LATKE AND BROCCOLINI



presented by
John Breth
Executive Chef
[Altoona Grand Hotel](#)
Altoona, PA

Yield: 4 servings

SEARED STRIPED BASS

4 striped bass fillets
Salt and pepper, to taste
1 Tbsp. vegetable oil

Preheat an oven to 400°F. Season the flesh side of the bass with salt and pepper. Preheat a large sauté pan on high heat. Sear the fillets on both sides, then transfer to the oven to finish cooking.

SAUCE SOUBISE

2 PA russet potatoes, 6-7 oz. average
1 Tbsp. butter
½ jumbo yellow onion, julienne
2 garlic cloves, minced
1 quart heavy cream
2½ tsp. minced fresh thyme
Salt and pepper, to taste

Clean and peel the potatoes, then cut into a medium dice. Heat the butter in a medium saucepot and add the onions, garlic, and potatoes. Sweat the mixture until the onions are translucent. Add the cream and bring to a boil. Reduce to a simmer and cook until the potatoes are soft. Add the fresh thyme and transfer to a blender. Blend on high until smooth. Season with salt and pepper.

POTATO LATKE

4 PA russet potatoes, 6-7 oz. average
½ jumbo yellow onion, grated
1 garlic clove, minced
½ tsp. minced fresh thyme
¼ cup minced fresh parsley
Salt and pepper, to taste
Vegetable oil, as needed

Preheat an oven to 400°F. Clean and peel the potatoes. Using a box grater, grate the potatoes into a large metal bowl. Add water to the bowl until the potatoes are covered and set aside. Remove the grated potatoes from the water and drain the water, being careful to save the milky white substance at the bottom of the bowl. This is the potato starch. Combine the grated potato, reserved starch, grated

onion, garlic, thyme and parsley into the large bowl and mix. Be sure to season the mixture with salt and pepper. Preheat a skillet on medium-high heat and coat with the oil. Form the potato mixture into small, thin rounds, approximately ½" to ¾" thick by 6" in diameter. Sear the potato cakes in the skillet until golden brown. Flip the cakes and sear the other side. Transfer the latkes to the oven and bake until cooked through.

BROCCOLINI

1 bunch broccolini
2 Tbsp. butter, melted
Salt and pepper, to taste

Blanch the broccolini in boiling water until tender. Remove and toss in a sauté pan with melted butter. Season with salt and pepper.

ASSEMBLY

Place the finished latke on the bottom of your serving dish. Next, add 4 to 5 pieces of cooked broccolini. Place the seared bass, skin side up, on top of the broccolini. Using a small ladle, put 2 to 3 ounces of the Sauce Soubise on the center of the bass, letting it flow down the sides. Garnish with minced parsley and voilà!

WINE PAIRING Reids Orchard & Winery: Chardonnay





COOKING WITH PENNSYLVANIA DAIRY PRODUCTS



GIANT NUTRITIONIST DIETITIAN TIP

With protein, calcium, vitamin D and more found in delicious dairy products, reach the recommended 3 daily servings by adding ricotta cheese and your favorite toppings to whole grain toast at breakfast, enjoying Greek yogurt with fruit as a balanced snack, or relaxing with a glass of milk and a handful of almonds before bed to promote positive sleep patterns.

CHEESY QUICHE



Presented by
Kristin Johns
2020-2021 [Pennsylvania Alternate Dairy Princess](#)
Berks County, PA

Yield: 1 quiche

1 Tbsp. butter
2 cups spinach
1, 9" unbaked pie shell
8 slices bacon, fried and chopped
1 ½ cups shredded Gouda cheese
3 eggs
2 cups half and half
½ tsp. salt
½ tsp. garlic powder
Ground pepper, to taste

Preheat an oven to 375°F.

Heat the spinach in a skillet with the butter until wilted; drain. In an unbaked pie shell, layer the spinach, bacon and cheese. In a small bowl, beat together the eggs, half and half, salt, garlic powder, and pepper. Pour over top of the cheese into the pie shell. Bake at 375°F for 30 minutes. Let stand 10 minutes before serving.



CLASSIC CHEESECAKE WITH SWEET POTATO AND PECAN CARAMEL TOPPING



Presented by
Van French
Assistant Executive Pastry Chef
[The Hotel Hershey](#)
Hershey, PA

Yield: 1, 10" x 3" cheesecake

CRUST

8 oz. graham cracker, crushed
4 oz. unsalted butter, melted
4 oz. granulated sugar

CHEESECAKE FILLING

32 oz. cream cheese, room temperature
13 oz. granulated sugar
¼ tsp. salt
1 Tbsp. vanilla extract
3 oz. heavy cream, room temperature
3 oz. sour cream, room temperature
6 large eggs, room temperature

SWEET POTATO LAYER

1, 15 oz. can sweet potatoes
¾ cup half and half
½ cup brown sugar
1 tsp. orange zest
½ tsp. ground cinnamon
¼ tsp. ground ginger
¼ tsp. fresh grated nutmeg
½ tsp. salt
2 eggs

Preheat an oven to 350°F.

For the crust, combine the graham crackers, melted butter and sugar together in a bowl and mix by hand until blended. Place parchment paper into the bottom of a spring form pan. Place the graham cracker filling on top of the paper, pressing the filling tightly in the bottom of the pan. Bake the crust for 5 minutes. Remove from the oven to cool and proceed to make cheesecake filling. Reduce the oven temperature to 335°F.

Place the cream cheese in the bowl of a mixer and cream on low until smooth and lump free. Add the sugar and continue to cream until smooth and no lumps. Scrape down the sides of bowl to ensure there are no lumps. Add the sour cream and heavy cream and blend on low

until smooth. Add the eggs, one at a time on low, waiting until they are completely blended before adding the next. Scrape the bowl after each addition.

Wrap two layers of tin foil around the spring form pan and fold down the top edges. Make sure there are no tears or holes. Add the cheesecake batter on top of the crust and freeze until firm to the touch.

Prepare the sweet potato layer. Place the sweet potatoes in a food processor and process until smooth. Add the remaining ingredients and process until smooth. Add the sweet potato mixture on top of the firm cheesecake batter.

Bake for 60 minutes or until the center reaches an internal temperature of 150°F. Add the Pecan Caramel Topping, recipe follows, to the top and allow to rest before slicing.

PECAN CARAMEL TOPPING

2 cups sugar
½ cup water
1 cup heavy cream
4 oz. unsalted butter, cut into chunks
½ cup sour cream
1 tsp. fresh lemon juice
Pinch of fleur de sel (sea salt)
3 cups chopped pecans, roasted

In a medium saucepot, cook the sugar and water until a deep amber color. Remove from the heat and add the heavy cream. Mix to combine. Add the butter and sour cream and mix to combine. Add the lemon juice, fleur de sel, and fold in the chopped pecans.



APPLE PIE WITH A CHEDDAR CHEESE CRUST

Featuring McCleaf's Orchard in Biglerville, PA



presented by
Elizabeth Miller
Executive Pastry Chef
[Nemacolin Woodlands Resort](#)
Farmington PA

Yield: 1 pie

CHEDDAR CHEESE CRUST

20 oz. all-purpose flour
1 tsp. sugar
½ tsp. kosher salt
8 oz. butter, cold and cubed
6 oz. PA cheddar cheese, shredded (white or yellow)
½ cup water, cold

Combine the cold butter and dry ingredients together, except the cheddar cheese, in a mixer bowl. Mix with the paddle attachment until the butter is pea-sized. Add the cheddar and mix until evenly distributed. Add the water and mix until just combined.

Separated the dough into 2 equal parts. Wrap in plastic wrap and allow to rest for 1 hour.

APPLE FILLING

1 ¼ lb. sliced PA Granny Smith apples
2 ½ oz. brown sugar
2 ½ oz. granulated sugar
1 tsp. cinnamon
½ tsp. allspice
1 oz. cornstarch
½ oz. lemon juice
½ oz. vanilla extract

Combine the apples, sugars and spices together in a pot. Cook on medium heat until the juices start being released from the apples. Whisk together the cornstarch, juice, and extract. Add to the apples and cook on medium heat until the liquid reaches a boil. Reduce the heat and cook until the apples are slightly tenderized but still have a bite. Remove from the heat and chill.

ASSEMBLY

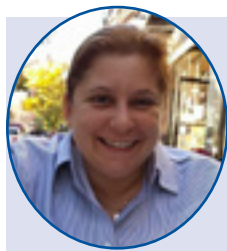
2 prepared dough pieces
Apple filling
Eggwash, 1 egg mixed with 1 tsp. water
Kosher salt, as needed
Pearl sugar, as needed

Roll out both pieces of dough, ¼" thick. Lay one piece of dough into a buttered 9" pie pan. Trim the dough so it is 1" over the rim. Fill with the cooled apple filling. Brush the edge of the dough with eggwash. Cut the other sheet of dough into 2" strips. Create a lattice pattern on top of the apple filling. Trim the strips to be the same size as the bottom edge. Roll the top and bottom layers of dough under. Brush the top of the pie with egg wash and sprinkle with salt and pearl sugar. Bake at 325 °F until golden brown.

PA WINE PAIRING Courtyard Winery: Razzle



ROASTED SWEET POTATO AND GOAT CHEESE BLINTZ



presented by
Stephanie Gelberd
 Executive Chef
 SAVOR
 PA Farm Show Complex &
 Expo Center
 Harrisburg, PA

Yield: 8–10 servings

1 cup all-purpose flour
 1 tsp. salt
 1 Tbsp. sugar
 3 eggs
 1 cup milk
 2 Tbsp. plus 1 Tbsp. extra-virgin olive oil
 1 ½ lb. sweet potatoes, peeled and medium diced
 1 Tbsp. blended oil
 Salt and pepper, as needed
 ¼ cup sweet onion, thin julienne
 1 garlic clove, minced
 ½ lb. Misty Creek Kid Chego, grated
 1 bunch cilantro, chopped, divided
 2 limes, juiced, divided
 ½ cup walnuts, plus more for garnishing
 1 cup Greek yogurt
 ¼ tsp. chipotle pepper in adobo
 ¼ lb. butter
 1 lb. Misty Creek Chevre

To make the batter, combine the flour, sugar and salt. Add the eggs, milk and 2 tablespoons of extra-virgin olive oil. Whisk until no lumps remain. Rest the batter in the refrigerator for at least 1 hour to let the gluten relax.

Toss the diced sweet potato in the blended oil, salt, and pepper. Roast in an oven at 400° F for 20 minutes. Heat the remaining tablespoon of olive oil in a large sauté pan over medium heat. Add the onions and a pinch of salt. Sauté just until soft, about 3 to 5 minutes. Add the garlic and sauté for one minute. Add the roasted sweet potatoes, Kid Chego cheese, half the cilantro, and the juice of 1 lime. Stir until the cheese is melted. Transfer to a large bowl and mix together, smashing the potatoes. Leave some pieces; do not make it smooth. Add the walnuts and stir to combine.

To make the cilantro cream sauce, combine the yogurt, chipotle pepper, the remaining half of the cilantro, juice from 1 lime, and salt in a food processor until smooth. Add a little olive oil to the sauce if you want a thinner consistency. Set aside.

To make the blintzes, butter a 9" nonstick pan with a thin coat of butter over medium high heat. Pour ¼ cup of batter into the pan to coat the bottom. Swirl the pan to coat evenly. After about a minute, the ends will begin to curl up. Do not flip. Slide the blintzes onto parchment paper to allow them to cool. Spread a spoonful of goat cheese towards the bottom of each blintz, then layer with a heaping tablespoon of the sweet potato filling. Fold the bottom of the blintz up to cover the filling and then fold the sides in and roll over.

Add a tablespoon of butter back to the medium nonstick pan over medium high heat. Cook the blintzes on each side until golden brown, about 1 to 2 minutes per side. Drizzle the cilantro cream sauce over the blintzes and sprinkle with more walnuts and cilantro for garnish.

WINE PAIRING Paradox Vineyards Vidal Blanc



LEMON CHIBOUST TART



presented by
Cassandra Callahan
 Owner and Executive Pastry Chef
[Raising the Bar](#)
 Harrisburg, PA

Yield: 6–8 servings

TART DOUGH

1 lb. butter
 4½ oz. sugar
 4 eggs
 1½ lbs. all-purpose flour

Cream the butter and sugar together until light and fluffy. Scrape the bowl occasionally. Add the eggs and combine. Add the flour until just incorporated. Allow to chill for at least 30 minutes before using. Roll out to an even ¼" thickness and form into a tart pan. Dock the dough with a fork and prebake in a 350° F oven for 7 to 10 minutes, until golden brown.

LEMON CURD

16 egg yolks
 2½ cups sugar
 1 cup fresh lemon juice
 6 oz. butter

Cook the first three ingredients over a double boiler. Whisk occasionally until thick, like a pudding. Remove from the heat and add the butter. Whisk until smooth and strain.

CHIBOUST

8 oz. lemon curd
 2 gelatin sheets or 1 oz. powdered gelatin
 2 oz. water
 5 oz. sugar, and as needed for dusting
 5 egg whites

Soften the gelatin and whisk into the warm curd. Set aside to cool. Make an Italian meringue: place the water and sugar in a saucepan and boil until it reaches 240° F. When the mixture is at 220° F, start whipping the egg whites in a clean, dry bowl. Once the syrup reaches 240° F, slowly drizzle it into the egg whites while continuing to whip. Whip the mixture until cooled down and medium peaks form. Gently fold the meringue into the lemon curd. Transfer the Chiboust into the prepared tart shell. Dust the top with sugar and burn with a blowtorch until lightly caramelized.

WINE PAIRING Christian W. Klay Raspberry Frost



FRESH COW'S MILK MOZZARELLA



presented by
Chad Brumbaugh
 Chef Instructor
[HACC, Central Pennsylvania's
 Community College](#)
 Harrisburg, PA

Yield: 1 lb.

¼ vegetable rennet tablet
2 fl. oz. distilled or bottled water
1 gallon PA whole milk, preferably raw
2 tsp. powdered citric acid
¼ cup non-iodized fine salt

Crush the rennet tablet and dissolve it in the water. Begin warming the milk over moderate heat. Stir in the citric acid. When the milk reaches 88°F, stir in the rennet solution. Continue stirring over moderate heat until the milk reaches 105°F. At that temperature, curds will form. Immediately remove the pan from the heat and scoop out the curds with a spider or perforated lifter. Place the curds in a bowl. Return the pot to the heat and stir in the salt. Bring the whey to 185°F and hold it at that temperature.

Put on a pair of clean, heatproof rubber gloves and form the hot curds into a ball of cheese. Place the cheese in the spider and lower it in the whey for about 10 seconds. Return the curd ball to the bowl and knead it like bread dough for about 30 seconds. Return the curd ball to the whey and heat it for 10 seconds more. Return the cheese to the bowl, and knead again. Pull on the cheese and try to stretch it like taffy. If the cheese will stretch and is pliable and shiny, form it into large or medium size balls, a twisted braid, bite-size balls (Bocconcini), or other desired shape. If it does not stretch, repeat heating in whey and kneading until the correct consistency is achieved. Place the cheese in the bowl, cover it with a clean, wet towel, and cool it to room temperature. Use immediately or place the cheese in a freshly sanitized covered container submerged in cool water.

The fresh mozzarella can be served plain or used in various dishes. Refrigerate up to 1 week.

WINE PAIRING Happy Valley Vineyard & Winery Happy Valley Red



FRESH RICOTTA CHEESE



presented by
Wesley Hellberg
 Former Executive Chef
[Babe's Grill House](#)
 Palmyra, PA

Yield: 1 lb.

3 quarts PA whole milk, raw or pasteurized
1 tsp. sea salt
3 Tbsp. lemon juice

Mix the milk and salt in a saucepot. Cook over medium-high heat, stirring every few minutes, until the milk reaches 185°F. If you don't have a thermometer, bring the milk to a simmer, but do not let it boil. Stir in the lemon juice and lower the heat to medium. Let sit for one minute. As soon as you stir in the lemon juice, you'll see the milk start to curdle and separate into curds and whey. Gently stir again and turn off the heat. Let sit without stirring (it's hard not to keep checking it!) for 10 minutes. While the pot sits, line a colander with several layers of cheesecloth. Place the colander in a bowl to catch the whey. The whey is the liquid byproduct of making the cheese, and you know I'm not going to let that go down the drain! Pour the contents of the pot into the colander. Pull opposite corners of the cheesecloth together and tie a knot. Repeat with the other corners, then hang this little bag-o-cheese on the handle of a wooden spoon suspended over the dirty pot to catch any drips. Allow to drain for a couple of hours, then transfer your homemade ricotta cheese to a glass container and refrigerate.



continued next page

BACON RICOTTA CROSTINI



presented by
Wesley Hellberg
 Former Executive Chef
[Babe's Grill House](#)
 Palmyra, PA

Yield: 30 crostini

1 baguette
 2-3 Tbsp. olive oil
 Kosher salt and freshly cracked pepper, to taste
 ½ lb. thick-cut bacon
 15 oz. Fresh Ricotta Cheese, from previous recipe, room temperature
 ½ cup honey

Preheat an oven to 375°F. Use a serrated knife to cut the baguette into about 30 slices. Spread the bread out onto a large baking tray, not overlapping. Use a pastry brush to brush the tops of the slices with olive oil. Sprinkle with salt and fresh cracked pepper. Bake for 5 minutes. Rotate the baking tray and cook another 3 to 4 minutes. Let the toasts cool for a few minutes.

Finely chop the raw bacon. Cook it in a heavy skillet until it is crispy, then remove it to a paper towel-lined plate.

When the toasts are cool enough to handle, add a dollop of ricotta to the center of each toast. Top with a sprinkle of bacon. Season with freshly ground pepper and more salt, if desired. Drizzle with honey.



CAVATAPPI PASTA WITH KENNETT SQUARE MUSHROOM SAUCE



presented by
Wesley Hellberg
Former Executive Chef
[Babe's Grill House](#)
Palmyra, PA

Yield: 4–6 servings

- 2 Tbsp. extra virgin olive oil
- ½ medium red onion, finely chopped
- 2 garlic cloves, minced
- ½ lb. assorted Kennett Square mushrooms, trimmed and sliced
- 1 marjoram sprig, plus more for garnish
- 1 cup Mushroom Stock, recipe follows
- 1 cup heavy cream
- Salt and freshly ground black pepper, to taste
- 1 lb. cavatappi pasta
- 4 oz. Fresh Ricotta Cheese, from previous recipe

In a large stock pot, bring salted water or leftover whey from making the ricotta to a boil. In a large sauté pan, over high heat, heat the olive oil. Add the onion and garlic and sauté for 1 minute, just until they begin to turn translucent. Add the mushrooms and sauté until they begin to brown and release their liquid, about 5 minutes.

Add the marjoram and sauté for 1 minute. Add the stock and reduce for 5 minutes. Add the cream and reduce for about 5 minutes, or until the sauce begins to thicken. Season with salt and pepper to taste.

Cook the pasta until al dente. Drain and quickly toss with the mushroom sauce. Sprinkle with ricotta cheese. Divide onto serving plates and serve immediately garnished with fresh marjoram sprigs.

MUSHROOM STOCK

Yield: 1 cup

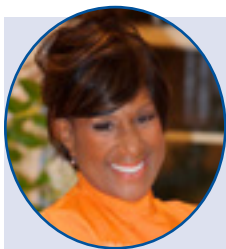
- 2 cups chicken stock
- ½ cup mushroom trimmings, stems, or pieces

Combine the chicken stock and mushrooms in a saucepan. Bring to a simmer and cook until reduced by half. Strain.

WINE PAIRING Brookmere Winery & Vineyard: Chardonnay



AH HA MAC AND CHEESE



presented by
Delilah Winder
 Former Director of the Center for
 Culinary Enterprises
 Philadelphia, PA
 and Author of *Delilah's Everyday Soul:
 Southern Cooking with Style*

Yield: 6 servings

½ Tbsp. olive oil
 1 lb. elbow macaroni
 6 eggs
 ½ cup cubed Velveeta cheese
 ¼ lb. butter (1 stick, melted)
 3 cups half-and-half, divided
 2 cups of grated sharp Cheddar cheese, divided
 1 cup of extra sharp white Cheddar cheese
 ¾ cup shredded mozzarella cheese
 ½ cup grated Asiago cheese
 ½ cup grated Gruyère cheese
 ½ cup grated Monterey Jack cheese
 ½ cup grated Muenster cheese
 ¼ tsp. salt
 ½ Tbsp. black pepper

Preheat the oven to 325°F. Bring a large saucepan of salted water (pinch of salt) plus ½ tablespoon of olive oil to a boil. Add the macaroni and cook until al dente, about 10 minutes. Drain and set aside to keep warm. Whisk the eggs in a large bowl until frothy. Combine the melted or soft Velveeta, butter, and 1 cup of the half and half in a large bowl. Add in each cheese, except one cup of yellow cheddar; mixing well. Add the warm macaroni and toss until the cheese is melted and the mixture is smooth. Add the remaining half and half and the salt and pepper, tossing until completely combined. Pour the mixture into a 4" x 6" casserole or baking dish and bake for 30 minutes. Sprinkle the remaining 1 cup of yellow cheddar cheese and bake until golden brown on top, about 20 minutes more. Serve hot.

WINE PAIRING Ten Gallon Hat Winery Chardonnay

CHEESE, LEEK AND MUSHROOM BREAD PUDDING



presented by
Todd Lewis
 Chef Instructor
 PA Department of Corrections
 Harrisburg, PA

Yield: 10 servings

2 lbs. leeks
 1 Tbsp. butter
 4 oz. diced bacon
 1 lb. sliced button mushrooms
 ¼ cup chopped flat leaf parsley
 Kosher salt and freshly ground black pepper, to taste
 2 ½ cups PA half and half
 8 large eggs
 2 Tbsp. Dijon mustard
 ½ tsp. finely grated lemon zest
 8 cups sourdough bread, 1" cubes
 8 oz. coarsely grated PA Swiss cheese, about 2 ½ cups

Position a rack in the center of the oven and preheat to 350°F. Butter a 9"× 13" baking dish. Cut the leek, white part only, to a medium dice. Soak in plenty of water to allow the sand and grit to wash to the bottom of the bowl. Drain well. In a large skillet, heat the butter over medium heat. Add the bacon and render over medium-low heat. Remove the bacon and reserve, and leave the rendered fat in the pan. Add the leeks and cook, stirring occasionally, until the leeks are very tender. Add the mushrooms and cook until all the liquid has evaporated. Add the parsley, salt, and pepper to taste. Allow to cool slightly.

In a large bowl, whisk the half and half, eggs, mustard, zest, ½ teaspoon salt, and ¼ teaspoon pepper. Add the bread, cheese, cooked bacon, and the leek and mushroom mixture. Toss well and let set for 30 minutes. Transfer to the prepared dish and bake until golden brown and set in the center, about 1 hour. Let rest 10 minutes before serving.

WINE PAIRING Spring Gate Vineyards: Riesling





COOKING IN SALUTE TO PENNSYLVANIA'S MILITARY SERVICE MEMBERS



COMCAST
NBCUNIVERSAL

GIANT
NUTRITIONIST
DIETITIAN TIP

Starting the day with a balanced breakfast is the perfect way to fuel your body and perform at your best. By combining three food groups (whole grain + protein/dairy + fruit/vegetable) you'll feel full, focused, and ready to take on whatever comes your way! Try these easy and affordable breakfast ideas, like whole grain waffle + peanut butter + sliced bananas or oatmeal + walnuts + chopped apples.

APPLE PIE BITES



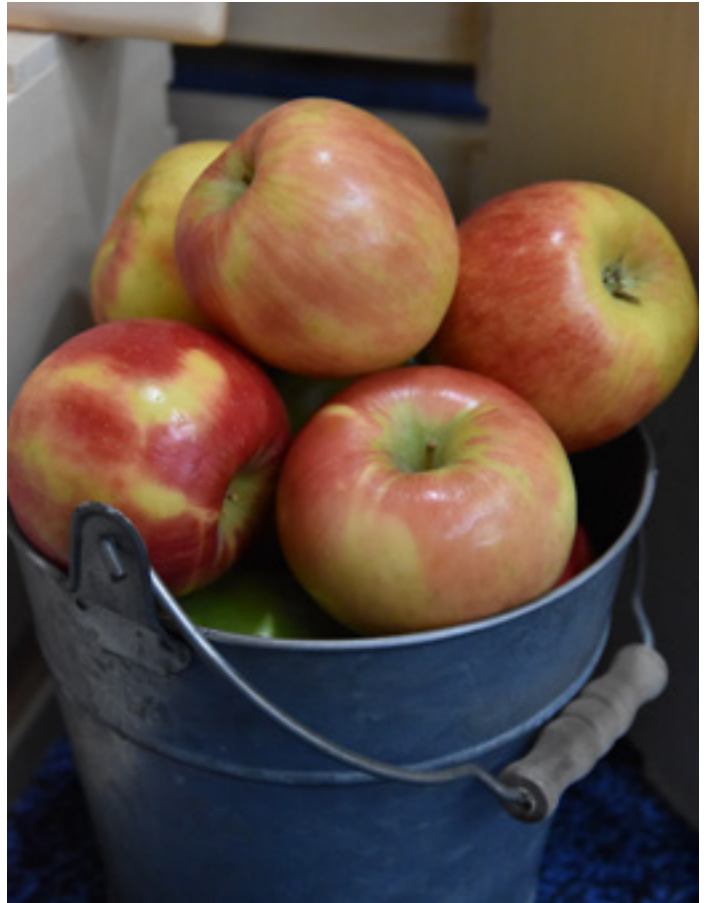
presented by
Allison Dunlap
PA Apple Queen

Yield: 8 bites

½ cup brown sugar
2 tsp. cinnamon
Pinch of nutmeg
3 Tbsp. melted butter
1 container refrigerated croissant rolls
1 PA Honeycrisp apple, cut into 8 pieces

Preheat an oven to 375°F.

Start by combining the brown sugar and cinnamon. Next, open your container of croissant rolls. Lightly butter both sides of the croissant and sprinkle both sides with the sugar mixture. Start with one croissant. At the wide end, place an apple slice on top. Roll the croissant and apple, forming the dough around the apple. Place on a sheet pan lined with parchment paper. Continue with the remaining apples and croissants. Bake in the oven for 10 to 15 minutes until golden brown. Enjoy!



BEEF FLAT IRON WITH HOLLANDAISE SAUCE, ROASTED POTATOES AND AUTUMN SPIRALED VEGGIES



Presented by
TSgt Paige Thiessen
Air Force Executive Dining Facility
United States Air Force

Yield: 4 servings

2 lbs. Beef Flat Iron
1 tsp. salt
1 tsp. pepper
4 oz. Herbed Butter, recipe follows

Trim the beef flat iron, if not already trimmed. Remove excess fat and silverskin. Optionally, chill the flat iron, uncovered, over night to dry out the surface. This will give the flat iron a delicious crust on the outside. Pull the flat iron from the cooler and season with salt and pepper. Sit at room temperature for at least 30 minutes.

Preheat an oven to 425°F. Heat the olive oil in a large cast iron skillet and sear the flat iron on all sides for 3 to 5 minutes per side. Cover the flat iron with the Herbed Butter and transfer to the oven. Roast for 10 to 15 minutes, or until the desired internal temperature is reached. Let rest before slicing.

HERBED BUTTER

Yield: 4 servings

½ cup unsalted butter
½ tsp. minced rosemary
1 tsp. minced basil
½ tsp. minced oregano

Soften the butter by leaving it out of the refrigerator for a few hours or use the microwave on defrost for 30 seconds or until softened. Wash and mince the rosemary, basil, and oregano. Mix all ingredients together.

HOLLANDAISE SAUCE

Yield: 4 servings

3 egg yolks
¼ tsp. salt
Pinch of pepper
½ Tbsp. fresh lemon juice
½ cup unsalted butter

Combine the egg yolks, salt, lemon juice and pepper into a blender, or bowl if hand mixing. Blend for 5 to 10 seconds on medium speed, or mix by hand until well mixed.

Heat the butter in a saucepan until completely melted, bubbly and hot. Add the butter into the yolk mixture slowly in a thin stream while blending until smooth.

ROASTED POTATOES

Yield: 4 servings

8 small red potatoes
1 Tbsp. fresh Rosemary
1 tsp. salt
1 tsp. pepper
1 Tbsp. minced garlic
2 Tbsp. olive oil

Preheat an oven to 425°F.

Cut the potatoes into quarters. In a large bowl, combine the rosemary, salt, pepper, minced garlic and olive oil. Stir in the potatoes until evenly coated. Add more olive oil, if needed. Roast for 25 minutes or until fork tender.

AUTUMN SPIRALED VEGGIES

Yield: 4 servings

2 quarts water
1 tsp. salt
2 medium carrots
1 medium zucchini
1 medium yellow squash
1 ¼ cup thinly sliced red onions
1 Tbsp. minced garlic
2 Tbsp. olive oil
Zest from ½ lemon

Note: If you do not have a Spiralizer, you can use a julienne peeler.

Boil the water and half of the salt in large pot. Wash and cut the ends off of each vegetable. Process the carrots, zucchini, and squash through the spiralizer or use a julienne peeler to thinly cut them into spirals. Boil the veggies for 4 minutes, until slightly softened. Remove from the water and drain.

Combine the garlic, remaining salt, olive oil and lemon zest. Toss the veggies in the combined flavorings.

PLATING

Slice the rested flat iron and lay 3, 2-ounce slices nicely on each plate. Place 8 pieces of potatoes next to the steak. Then, evenly disburse the veggies among the 4 plates. Finally, drizzle the Hollandaise Sauce on each steak.

CHICKEN MARSALA WITH LAZY PIEROGIS



presented by
CSC Jason Rohrs
Commandant's Flag Mess Manager
United States Coast Guard

Yield: 6 servings

CHICKEN MARSALA WITH MUSHROOMS

6 boneless, skinless, chicken breasts
2 cups all-purpose flour, for dredging
1 tsp. kosher salt
½ tsp. fresh ground black pepper
6 bacon slices, cut into thin strips
1 shallot, diced
4 garlic cloves, minced
8 oz. PA mushrooms, quartered
2 Tbsp. all-purpose flour, for the sauce
½ cup Marsala wine
½ cup chicken stock
2 Tbsp. unsalted butter
Lazy Pierogis, recipe follows
¼ cup finely chopped flat-leaf parsley

Render the bacon strips in a large braising pan until crisp. Remove the bacon and keep the rendered fat in the pan.

Lightly pound the chicken breasts flat. Combine the flour, salt, and pepper in a bowl. Dredge the chicken breasts in the seasoned flour mixture. Heat the pan with the bacon fat over medium-high heat. Add the chicken to the pan in two batches, frying until golden on both sides. Remove the chicken. Lower the heat to medium-low, and add the mushrooms, shallot, and garlic. Sauté until the onions are translucent and the mushrooms are cooked. Add the 2 tablespoons of flour and stir until combined.

Add the Marsala and chicken stock and simmer for a few minutes until the sauce has reduced slightly. Stir in the butter, then return the chicken to the pan. Simmer for about 10 minutes or until the chicken is heated through. Adjust the seasonings if needed with salt and pepper.

Place the Lazy Pierogis equally on 6 plates. Cover with a chicken breast and the sauce. Garnish with the chopped parsley.

LAZY PIEROGIS (GNOCCHI)

2 lbs. medium-sized yellow potatoes
1 ¼ cups all-purpose flour
1 egg
2 garlic cloves, minced
1 tsp. kosher salt
1 tsp. black ground pepper
½ cup grated smoked cheese, optional
2 Tbsp. butter
Salt and pepper, as needed

Boil the potatoes with the skin on until tender enough to be easily pierced with a fork. Drain and let them cool slightly so you can peel the skin. Fill a large pasta pot with water and salt and bring to a boil. Use a potato masher and mash the potatoes while still warm. Fold in the flour, egg, garlic, salt and pepper, and cheese if using. Bring everything together into a dough consistency. Break the dough into 4 pieces and roll each into a ball. On a floured surface, roll each ball into a ½" to 1" thick rope. Cut the dough rope into ½" long pieces. Drop the gnocchi into the boiling water pot and gently stir. Let them rise to the top, about 1 minute. Strain the gnocchi once they float on the top and chill in an ice bath. Once fully chilled, drain the gnocchi well. Add the butter to a sauté pan and cook the gnocchi until golden brown. Season with salt and pepper.

Reserve for service.

MAPLE GLAZED SALMON AND APPLE SALAD WITH HONEY APPLE VINAIGRETTE



presented by
SSgt Lacey Howell
 NCIC Kitchen Operations Air Force
 Executive Dining Facility
 United States Air Force

Yield: 2 servings

- ½ cup maple syrup
- 1 Tbsp. soy sauce
- Pinch minced ginger
- 2, 6 oz. salmon fillets
- 5 oz. mixed greens
- 2 oz. chopped PA apple
- 2 oz. candied pecans, recipe follows
- 4 oz. feta cheese
- 2 oz. dried cranberries
- 4 oz. Honey Apple Vinaigrette Dressing, recipe follows

To make the maple glaze, add the maple syrup, soy sauce and ginger to a pot over medium heat until the sauce begins to simmer. Simmer for about 5 minutes, stirring occasionally. Glaze the salmon fillets with the maple glaze and grill on both sides. Build the salad by dividing the mixed greens onto 2 plates. Divide the the apples, candied pecans, dried cranberries and feta cheese between the two salads. Top with the salmon fillets. The dressing may be served on the side or drizzled on top of the salad.

HONEY APPLE VINAIGRETTE DRESSING

Yield: 12–14 servings

- 1 cup honey
- ½ cup apple cider vinegar
- 2 Tbsp. lemon juice
- 1–1 ½ cups olive oil
- Salt and pepper, to taste

Mix the honey, apple cider vinegar, and lemon juice in a blender. Blend for about 3 minutes. Slowly pour in the oil until it forms an emulsion. Add salt and pepper to taste.

CANDIED NUTS

Yield: 8 servings

- 1 lb. pecans or walnuts
- ½ cup sugar
- ¼ tsp. cinnamon
- ¼ tsp. cayenne pepper
- 2 oz. water

Toast the nuts in skillet on medium heat. Remove and set aside. Add the sugar, cinnamon, cayenne pepper and water to the skillet. Once the mixture begins to bubble, add the nuts. Toss to coat. Remove from the skillet and put on a baking pan lined with parchment paper and let cool.

WINE PAIRING Christian W. Klay Winery: Jumonville Red



CHICKEN POT PIE, PENNSYLVANIA DUTCH STYLE

© 2013 John Moeller & LifeReloaded Specialty Publishing, LLC
Dining at the White House Recipes



presented by
John Moeller
Owner and Executive Chef
Greenfield Restaurant & Bar
Author of *Dining at the White House—
From the President's Table to Yours*

Yield: 6 servings

Chef's Note: Chef John Moeller's Chicken Pot Pie, in the chicken-dumpling style of his hometown of Lancaster, PA, was a cold-weather favorite of Former Presidents Bill Clinton and George W. Bush.

STOCK

1 whole chicken, 3-4 lbs.
1 cup medium dice carrots
1 cup medium dice celery
1 cup medium dice celery
5 garlic cloves, chopped
3 bay leaves
1 Tbsp. black peppercorns

DUMPLING DOUGH

Pinch of salt
1 ¾ cups all-purpose flour, plus more for dusting
3 eggs

SOUP

4 Tbsp. unsalted butter
1 ½ cups large dice carrots
1 ½ cups large dice celery
1 ½ cups large dice onions
3 Tbsp. all-purpose flour
2 cups frozen peas
Salt and fresh milled black pepper, to taste

Place the chicken in a soup pot and cover with cold water. Add the carrots, celery, onion, garlic, bay leaves and peppercorns. Bring to a boil, and then reduce heat to a simmer for 1 ¼ to 1 ½ hours, skimming impurities from the top throughout.

Remove the chicken from the stock, split in half and allow to cool on a sheet pan for 15 minutes. Remove the meat from the carcass and set aside. Return the bones to the simmering pot of stock and cook for one hour. Tear the meat into medium-large pieces and reserve.

While the stock is cooking, prepare the dumpling dough. In a medium bowl, combine the flour and salt. Add the eggs and mix until a soft dough forms. Wrap the dough tightly in plastic wrap and place in the refrigerator for at least an hour.

Strain the stock through a fine mesh strainer. Return to the pot and keep at a simmer. Discard the solids.

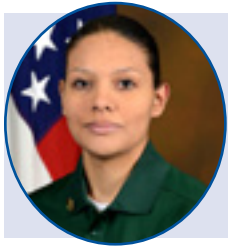
Remove the dough from the refrigerator. Dust a work surface and rolling pin with flour. Roll the dough out to ⅛" to ¼" thickness. Using a pizza cutter, cut the dough into ½" by 2 ½" strips of dough. Individually, drop the dough strips into the simmering stock and cook for about 10 minutes.

In separate large pot over medium low heat, melt the butter and add the remaining carrots, celery and onions. Sweat the vegetables for 4 to 5 minutes. Stirring constantly, sprinkle flour over the sweating vegetables and mix well. Add the stock with dumplings, stirring until well incorporated. Return to a simmer, stirring occasionally, for about 10 minutes or until the mixture thickens slightly.

Season with salt and pepper, add the reserved chicken and simmer until the chicken is heated through. Now add the peas at the last minute before serving to keep them green.

Fresh biscuits go nicely with this dish as well. Enjoy!

BARBACOA TACOS, CHIHUAHUA STYLE



presented by
SGT Itchel Zandateortiz
NCOIC Army Executive Dining
Facility
U.S. Army
Washington, DC

Yield: 4 servings

6 garlic cloves, minced, divided
4 chipotle peppers
4 guajillo peppers
3 ancho peppers
½ tsp. ground cumin
1 tsp. onion powder
1 Tbsp. soy sauce
1 Tbsp. dried oregano
¼ tsp. ground cloves
12 oz. Modelo beer
¼ Tbsp. sea salt
2 Tbsp. apple cider vinegar
2 cups beef broth
1 lime, juiced
2 limes, zested
3 lbs. beef chuck roast
4 Tbsp. pork fat
1 onion, sliced
Fresh chopped cilantro, as needed
12 Yellow corn tortillas
Avocado and Jalapeño Salsa, recipe follows

Add 4 garlic cloves, peppers, cumin, onion powder, soy sauce, oregano, cloves, beer, salt, vinegar, beef broth and lime juice and lime zest to a food processor. Pulse several times to blend, then pour over the chuck roast. Marinate up to 2 days.

In a pre-seasoned cast iron skillet, heat the pork fat, add the remaining garlic and a pinch of sea salt. Add some of the sliced onions. My grandma always told me to season the cast iron before to use it. Once the onions are lightly browned, brown your chuck roast on both sides to seal in the flavors, reserving the marinade.

Place the chuck roast in a slow cooker and add the reserved marinade to cover your roast. Cook on slow for 8 hours until fork tender.

Shred the chuck roast and remove the fat or gristle. Warm up your tortillas and spoon the meat into them. Top with onion, fresh cilantro, and the Avocado and Jalapeño Salsa, recipe follows.

AVOCADO AND JALAPEÑO SALSA

6 avocados, mashed
2 jalapeños, seeded and chopped
Salt and pepper, to taste
4 Tbsp. sour cream
1 lime, juiced and zested
Chicken stock, optional, as needed

Mix all the ingredients and blend until combined. If the salsa is too thick, you can always add a little bit of chicken stock.

APPLE CROSTADA



presented by
Brian Peffley
CEPC, CCE, AAC
Chef Instructor
and

Robert Corle
CEC, CCE
Chef Instructor
[Lebanon County Career and
Technology Center](#)
Lebanon, PA



Yield:: 2 tarts

PIE CRUST

$\frac{1}{2}$ cup all-purpose flour

$\frac{1}{8}$ tsp. salt

3 Tbsp. shortening

1-2 Tbsp. cold water

Mix the dry ingredients in a bowl. Cut the shortening in to form small pea sized shapes. Mix 1 tablespoon of water in at a time, folding the mixture over top of its self to form a dough. If it is too dry, add teaspoons of water at a time until the mixture comes together. Be careful not to work the dough too much or it will become tough. Divide the dough into 2 equal portions, flatten out and wrap. Place in the refrigerator to chill for at least 20 minutes.

APPLE MIXTURE

2 Tbsp. sugar

2 Tbsp. packed brown sugar

2 $\frac{1}{4}$ tsp. all-purpose flour

$\frac{1}{4}$ tsp. ground cinnamon

3 pinches ground ginger

3 pinches ground nutmeg

1 $\frac{3}{4}$ cups peeled and thinly sliced Gala apples

$\frac{3}{4}$ tsp. fresh lemon juice

Combine the first 6 ingredients together in a bowl. Toss the apple slices with the fresh lemon juice and then add the above mixture coating the apples well.

APPLE CROSTADA

Pie crust

Apple mixture

1 oz. unsalted butter

Sugar for sprinkling on top, as needed

Roll the dough into 6" circles and place on a parchment paper lined sheet tray. Divide the apple mixture into the middle of each prepared dough circle; be careful to not overfill the dough. Fold the dough up over the apple mixture, making pleats with the dough to form the tart. Sprinkle with sugar and place $\frac{1}{2}$ ounce of butter in dots across each tart. Bake at 375° F for 20 minutes and then increase the temperature to 400° F for another 8 minutes until golden brown and the apples are tender. Pull the crostadas from the oven and allow to cool at room temperature.

HUNTER'S STYLE ROASTED DUCK STEW



presented by
Nicholas Webb
 Culinary Arts Instructor
[HACC, Central Pennsylvania's
 Community College](#)
 Harrisburg, PA

Yield: 6 servings

- 1 PA pekin duck, average 3½–4 lbs.
- 2 Tbsp. kosher salt
- 1 Tbsp. freshly cracked black pepper
- 1 lb. onion, medium diced
- 1 lb. carrots, medium diced
- 1 lb. celery, medium diced
- 2 garlic bulbs, split in half
- 2 oz. tomato paste
- 1 cup all-purpose flour
- 1 lb. assorted PA mushrooms, cleaned, roughly cut
- ½ cup dry red wine
- 1, 14.5 oz. can whole peeled plum tomatoes
- 1 quart chicken stock
- 1½ lbs. baby potatoes
- 4 parsley sprigs
- 4 thyme sprigs
- 1 rosemary sprig

Preheat an oven to 250°F.

Split the duck into quarters, removing the backbone and any excess fat at the neck. Pat the duck dry and season liberally with salt and pepper. Over medium-low heat in a Dutch oven, sear the duck, skin side first, until the fat is rendered and the skin is a golden brown color. Remove the duck and set aside.

Turn the heat to medium-high and add the onions, carrots, celery and garlic into the pan with the rendered duck fat. Add a pinch of salt and cook for about 10 minutes or until the vegetables are browned. Add the tomato paste and cook for another 1 to 2 minutes. Add the flour and cook for about 4 minutes, until the flour turns a light brown color. Next, add the mushrooms to the pan and stir a few times. Add the red wine and reduce by ⅔. Using a whisk, add in the tomatoes and chicken stock. Mix until the flour mixture is fully incorporated. Add the potatoes, duck with the skin side up, and the herbs. Cover and bake for 2½ hours. Remove from the oven and allow to cool for 30 minutes.

For the best results, allow the stew to cool overnight. Remove the herbs and duck, pull the meat and discard the skin. Fold the meat back into the stew. Reheat over medium-low heat until fully heated. Season to desired taste with salt and pepper.

WINE PAIRING Fero Vineyards & Winery: Bison Roots Red



CARAMEL APPLE FILLED PRETZEL STREUSEL WITH A BROWN BUTTER ICE CREAM



presented by
Allan Rupert
 Former Executive Chef
[Hollywood Casino at Penn National Race Course](#)
 Grantville, PA

Yield:: 8 servings

PRETZEL DOUGH

1.1 oz. yeast
 4 oz. brown sugar
 1 tsp. salt
 38 oz. bread flour
 2½ cups warm water

LYE MIX

1 oz. powder lye
 8 oz. hot water
 24 oz. cold water

First make the pretzel dough. Bloom the yeast in ½ cup of water. Combine the dry ingredients. Add the remaining water and bloomed yeast and mix to form a dough. You may adjust the dough with small amounts of flour or water to get the correct consistency. Let it proof for 45 minutes. Scale and roll to a 14" x 8" sheet. Combine the lye with the hot water to dissolve and then add the cold water. Dip it in the lye mix and prepare to fill with the caramel apple filling.

CARAMEL APPLES

4 Granny Smith apples
 4 oz. sugar
 1 lemon, juiced
 2 tsp. cinnamon
 2 oz. cornstarch slurry (1½ oz. of cornstarch in ½ oz. of water)

While the pretzel dough is proofing, prepare the caramel apple filling. Peel and slice the Granny Smith apples and toss with the sugar and cinnamon. Add the juice of a lemon and the cornstarch slurry.

STREUSEL TOPPING

4 oz. cubed cold butter
 4 oz. sugar
 ½ tsp. cinnamon
 7 oz. pastry flour

Prepare the streusel topping by cutting the butter into the sugar, flour and cinnamon. The texture should be very crumbly.

BROWN BUTTER ICE CREAM

5 cups milk
 4 cups heavy cream
 1 vanilla bean
 6 egg yolks
 16 oz. sugar
 0.5 oz. stabilizer
 24 oz. butter (16 oz. brown butter)

This ice cream can be made up to 5 days in advance. Scrape the vanilla beans. Simmer the milk, cream and vanilla bean. Dissolve the sugar in the hot mixture. Remove from the heat and temper in the egg yolks, then add the stabilizer, and last the butter. Chill thoroughly and run through an ice cream machine. Flow into a tub and store frozen, tightly covered.

FINISHING AND PLATING

Fill the dipped pretzel dough with the caramel apple filling. Roll and transfer to a baking tray. Bake at 350° F for 10 minutes. Remove from the oven and top with 8 ounces of the streusel mix and bake for 6 more minutes. Remove from the oven and let rest 10 minutes before cutting. Serve with a scoop of brown butter ice cream on the side with heated caramel apples poured over the ice cream.

WINE PAIRING Brookmere Winery Apple Wine



COOKING WITH PENNSYLVANIA **PORK**



GIANT
NUTRITIONIST
DIETITIAN TIP

Pork provides a delicious, convenient and lean source of protein to add to any weeknight meal. With an excellent source of B vitamins, phosphorus, and selenium, pork is a versatile protein perfect for lunch or dinner. Try it grilled with sauteed apples, roasted with veggies, or shredded with barbeque sauce!



ANOLON[®]
GOURMET COOKWARE

A PROUD SPONSOR OF
PA PREFERRED CULINARY
CONNECTION

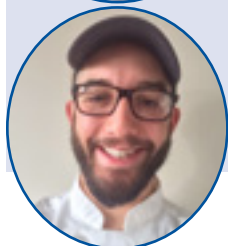
Learn more at Anolon.com



BBQ PULLED PORK PIZZA WITH CARAMELIZED ONIONS, ARUGULA, PROVOLONE CHEESE AND SHAVED BUTTERNUT SQUASH



Presented by
Michael J. Ditchfield
Chef Instructor
[Pennsylvania College of Technology](#)
Williamsport, PA
and



Darren Layre
Executive Sous Chef
[Alta Via Ristorante](#)
Pittsburgh, PA

Yield: 4 servings

*Prepare the dough and braise the pulled pork the day before.
This recipe was conceived as a way to use up leftover pork.*

GRANDMA PIZZA CRUST

Yield: 30 oz.

11.75 oz. water, ice cold at 45°F

16.5 oz. bread flour

1 oz. whole wheat flour

1 tsp. instant yeast

1 ½ tsp. salt

1 oz. extra virgin olive oil, plus more for baking

Combine all the dry ingredients in the bowl of a mixer fit with the dough hook. Be sure to place the yeast and salt in separate areas of the bowl, as combining the two can kill the yeast. Mix on a low speed to combine the dry ingredients. After 1 minute, increase to a medium speed and slowly start streaming in water while the mixer is running. Once all the dry ingredients have been absorbed, increase to a medium-high speed and mix for 4 to 5 minutes or until the dough looks fairly smooth and is about ½ developed. Turn the mixer to a low speed and stream in the olive oil. The dough will look like it is

broken but it will come back. Mix on low for 2 minutes and slowly increase the speed until the olive oil is fully incorporated. Once no traces of oil are left, turn the mixer back to a medium speed for 2 more minutes or until the dough is smooth and has a satin appearance. Spray a bowl at least twice the size of the dough with non-stick spray. Shape the dough into a tight ball and place in the greased bowl. Refrigerator overnight or up to 2 days. Temper for 1 hour before use.

Spray a half sheet pan with non-stick spray and pour 1 ounce of olive oil right in the center of the pan. Place a little bowl of water on your workstation to wet your hands, it will make handling the dough easier. With wet hands, gently ease the dough onto the counter. If the dough seems too sticky, wet your hands a little more before handling. Degas dough and shape into a tight ball and place seam side down directly on top of the olive oil on your sheet pan. Cover pan loosely with plastic wrap and let rest for 1 hour.

Remove wrap from dough, dampen your hands and gently press dough out toward the edges of the pan. If the dough is resisting, let it rest again for 30 minutes then continue spreading. The speed of this part depends mainly on temperature of the area you are in. If it is warmer, the dough will move faster and slower when it is cooler. Repeat this process every 30 minutes until the dough stretches to fill the entire pan evenly.

The dough should be allowed to rest covered for about 45 minutes to 1 hour, or until roughly doubled.

Preheat the oven to 500°F. Once the dough has doubled, bake the pizza shell for 5 minutes. Rotate the pan 180° and switch shelves. Bake 5 to 6 minutes more or until dough starts to brown lightly. Remove from oven and let cool. These shells can be par baked ahead of time and baked later in the day.

continued next page

continued from previous page

BBQ PULLED PORK

Yield: 2½ lbs.

4 lbs. pork shoulder picnic or butt

PORK SPICE

Yield: 1¼ cup

½ tsp. cayenne

3 Tbsp. chili powder

3 Tbsp. paprika, smoked

3 Tbsp. curry powder

1 Tbsp. granulated garlic

½ Tbsp. cumin ground

6 Tbsp. packed brown sugar

½ Tbsp. granulated sugar

¼ cup kosher salt

Preheat the oven to 400°F.

Prepare the Pork Spice by mixing all ingredients together in a bowl. Rub half of the spice blend on the pork. Place the pork in a braising pan and sear in an oven for 30 minutes or until nicely browned. Add the water (be careful because the pan is hot and will sizzle and create steam at first) to fill the pan and cover the pork by at least one third. You want to keep the cooking environment moist. Check periodically to make sure it isn't drying up. Cover and place the pork back in the oven with the temperature turned down to 350°F. Cook until fork tender, about 2 to 3 hours. Shred the pork for your pulled pork. Save the braising liquid for a sauce in the future.

BBQ SAUCE

Yield: 1¼ quarts

1 quart ketchup

½ cup molasses

1½ Tbsp. worcestershire sauce

¼ tsp. ginger, ground

¼ tsp. granulated garlic

¼ tsp. onion powder

1 Tbsp. chili powder

1½ Tbsp. brown sugar

1½ Tbsp. sesame oil

Kosher salt, to taste

Ground black pepper, to taste

Add all the ingredients in a mixing bowl and mix well to combine.

CARAMELIZED ONIONS

1.5 oz. vegetable oil

2 onions, ½" thick julienne

Kosher salt, to taste

Ground black pepper, to taste

Place a heavy bottom sauté pan over medium high-heat and add the vegetable oil. When the oil starts to shimmer, add the onions and stir to coat with the oil. Stir the onions every 30 seconds to a minute so they caramelize evenly. This process takes time and patience. Keep stirring over medium-high heat until the onions all begin to lightly caramelize, about 8 to 10 minutes. You want to slowly caramelize. If onions are charring and burning, turn the heat down and stir more often until the pan is cooler. At this point, reduce the heat slightly and stir the onions a little less often. And as the onions caramelize more, keep slowly turning down the heat to not scorch or burn them. When the onions are caramelized to your liking, season with salt and pepper and set aside to cool.

ASSEMBLY

Grandma Pizza Crust, par baked

12-16 oz. BBQ Pulled Pork

Pork Spice, to taste

4 oz. provolone cheese, thinly sliced

Caramelized Onions

BBQ Sauce, to taste

2 oz. shaved butternut squash

1 oz. baby arugula

Preheat the oven to 400°F. Taste the pork and season to taste with the Pork spice.

Assemble the pizza. Have fun, it's pizza. How you choose to assemble the pie is up to you. Place the cheese on the dough first. Then the caramelized onions. Add the pork. Add the BBQ Sauce to taste: slather or drizzle on the top of the pie. Add the shaved butternut squash and bake in the preheated oven for 5 to 10 minutes, or until golden brown. Garnish with arugula.

PORK CARNITAS TACOS WITH FRESH PICO DE GALLO

Featuring the Clemens Food Group in Hatfield, PA



presented by
Autumn Patti
 Program Director and
 Assistant Professor of Culinary Arts
 and Baking and Pastry Arts
[HACC, Central Pennsylvania's
 Community College](#)
 Harrisburg, PA

Yield: 6 servings, 2 tacos each

PORK CARNITAS

4 lbs. PA boneless pork shoulder
 2 Tbsp. kosher salt
 1 Tbsp. ground black pepper
 1 ½ Tbsp. oregano
 1 Tbsp. ancho chili powder
 1 Tbsp. granulated garlic
 1 Tbsp. granulated onion
 1 Tbsp. ground cumin
 ½ cup olive oil
 1 yellow onion, coarsely chopped
 8 garlic cloves
 1 jalapeño, thinly sliced across with seeds
 1 lb. Roma tomatoes, quartered
 2 oranges
 2 limes
 ½ bunch fresh parsley
 ½ bunch fresh cilantro
 ½ cup chicken stock
 Salt and pepper, to taste

Preheat an oven to 325° F. Cut the shoulder into two equal pieces and place in a roasting pan. Combine the dried spices with the olive oil and blend well. Coat the pork with the rub on all sides. Add the onion, garlic, jalapeño, and tomatoes to the pan over the pork. Cut the oranges and limes in half. Squeeze the juices over the vegetables and add the halves to the pan. Coarsely chop the whole herbs by running your knife through the entire bunch a few times. Add the leaves and stems to the pan. Add the chicken stock and season well with salt and pepper. Cover with parchment paper and aluminum foil. Bake for 6 to 8 hours or until tender. Allow to cool slightly and pull the meat, discarding the citrus rinds and any large stems remaining.

PICO DE GALLO

2 lbs. Roma tomatoes, small dice
 1 jalapeño, small dice, ribs and seeds removed
 ¼ cup diced white onion
 1 Tbsp. chopped cilantro
 ½ Tbsp. kosher salt, more as needed to taste
 1-2 limes, quartered

Combine the tomatoes, jalapeño, onions, cilantro and salt in a medium bowl. Squeeze the limes into the bowl, combining and tasting after adding 1 whole lime. Adjust the lime and salt to taste. Cover and let sit at room temperature until service. Taste again before serving and adjust the salt if needed.

CARNITAS TACOS

Vegetable oil, as needed
 24 white corn tortillas
 Pork Carnitas
 Pico de Gallo
 1 cup chopped white onion
 1 cup chopped cilantro
 1 ½ limes, cut into 8 wedges each

Preheat a cast iron skillet. Add a drop of oil and sear each tortilla on each side until they are a light golden color. Wrap the tortillas in aluminum foil and hold warm until service. To plate, place two tortillas together and fill with the Pork Carnitas. Top with the Pico de Gallo, chopped onion, cilantro and a fresh squeeze of lime.

WINE PAIRING Spring Gate Vineyards: Riesling

BAVARIAN PORK BRAT

From “The 2019 Best Sausage and Beer Showdown” presented by the PA Pork Producers Council



presented by
Aaron Fowler
Former Senior Sous Chef of
Restaurants
[The Hotel Hershey](#)
Hershey, PA

Yield: 2 lbs.

13½ oz. PA pork butt
13½ oz. PA pork belly
3 oz. fresh PA fat back
2 oz. ice water
12 g kosher salt
½ g sugar
2 g ground marjoram
½ g ground coriander
2 g ground white pepper
½ g ground ginger
6 g soy protein powder concentrate or plum powder
2 meters natural hog casings

Cube the pork butt, belly, and fat back. Add the ice water and keep as cold as possible. Pass thru a grinder with the medium die. Combine with the seasonings and refrigerate until ready to stuff the casings.

WINE PAIRING Happy Valley Vineyards & Winery:
Riesling

PORK, APPLE AND CAMELIZED ONION SAUSAGE

From “The 2019 Best Sausage and Beer Showdown” presented by the PA Pork Producers Council



presented by
Maureen Sutton-Fowler
Former Sous Chef
[Devon Seafood Grill](#)
Hershey, PA

Yield: 1½ lbs.

2 Tbsp. butter
1 Vidalia onion, brunoise
1 Tbsp. balsamic vinegar
1 Tbsp. brown sugar
1 lb. free-range minced PA pork
4 garlic cloves, peeled and minced
2 small Granny Smith apples, grated
½ cup chopped parsley
½ cup chopped oregano
1 tsp. dry mustard
1 tsp. Dijon mustard
1 tsp. whole grain mustard
1 tsp. salt
1½ meters natural hog casings

Add a large bowl and all the sausage making equipment into the refrigerator to let them chill; it's best to keep all meat and appliances cold. Rinse the sausage casings and let them soak in fresh water while mixing the sausage. In a medium sauté pan, caramelize the onions in butter until browned. Add the balsamic vinegar and sugar and stir to combine. Cook until it forms a sticky onion paste. Place in the refrigerator to fully cool. In the chilled bowl, add all the ingredients apart from the casings, including the chilled onions. Lightly mix everything thoroughly, but do not over mix. Drain the casings and pat dry with a paper towel. Fill the sausage canister with the pork mixture, forcefully adding it into the canister to avoid air pockets. Feed the casing onto the stuffer until it is fully on, and tie at the end. Slowly move the crank until the casing starts to fill; be careful not to overstuff. Rope the sausage in a circle. With a sterilized pin, prick the casings to expel any trapped air. Hang the sausages and let them dry for an hour before refrigerating. Refrigerate for 1 hour before cooking.

WINE PAIRING Happy Valley Vineyards & Winery:
Riesling

KOREAN PORK STEAMED BUNS



presented by
Kyle Mason
 Executive Corporate Chef
[Appalachian Brewing Company](#)
 Harrisburg, PA

Yield: 8-10 servings

PORK BELLY

- 1 PA pork belly, about 2 lbs. average
- ¼ cup packed brown sugar
- 2 oz. ABC Ginger Beer
- 2 Tbsp. rice vinegar
- 3 Tbsp. Asian fish sauce
- 1 Tbsp. soy sauce
- ½ cup water
- 1 Tbsp. vegetable oil
- 2-3 garlic cloves, finely minced
- 1 Tbsp. finely chopped fresh ginger
- 1 fresh chile, minced
- 1 green onion, chopped

Preheat an oven to 275° F. Wrap the pork belly in heavy aluminum foil, or use 2 layers. Place on a baking sheet and roast for 2 hours. Remove from the oven and let cool before refrigerating. Refrigerate at least 2 hour or up to 2 days. Unwrap the pork belly, and slice into ½” pieces. In a large bowl, whisk together the brown sugar, rice vinegar, ABC Ginger Beer, fish sauce, soy sauce and water. Heat a wok or large sauté pan over high heat. When hot, swirl in the oil and add several slices of belly to the wok, but do not overlap. Fry each side until browned, then remove to a plate. Repeat with the remaining belly slices. Turn the heat to medium-low. Add in the garlic, ginger, chile and green onion. Sauté for 30 seconds until fragrant. Pour the sauce into the wok and return the pork belly slices. Let simmer for 10 minutes.

CHILI SAUCE

- 1 stalk green onion, minced
- 1 fresh chile, minced or sliced very thinly
- 1 tsp. rice vinegar, or white vinegar
- ¼ tsp. salt
- 2 Tbsp. vegetable oil

Place the green onion, chile, vinegar and salt in a small heatproof bowl. In a small saucepan, heat the oil until smoking, remove from heat and immediately pour on top of the green onion mixture. Please be careful, the oil will bubble and crackle.

ASSEMBLY

- 8-10 steamed buns
- Pork Belly
- Chili Sauce
- 3 Tbsp. hoisin sauce
- Kimchi, optional

To serve, carefully open each bun and spread a bit of hoisin sauce inside. Add a slice of pork belly and top with the chili sauce. Finish with kimchi if desired.

WINE PAIRING Benigna’s Creek Winery: Traminette



ROASTED PORK TENDERLOIN WITH A THYME SHALLOT APPLE COMPOTE



presented by
Jen Moyer Murphy
Corporate Chef
[Clemens Food Group](#)
Hatfield, PA

Yield: 4 servings

ROASTED PORK TENDERLOIN

1 PA pork tenderloin, about 1¼ lbs.
½ tsp. salt
½ tsp. fresh ground pepper
¼ tsp. dried thyme
½ tsp. freshly minced garlic

Preheat an oven to 400° F. Combine the salt, pepper, thyme and garlic in a small bowl. Coat all sides of the pork tenderloin with the seasoning. Heat a large sauté pan or skillet and add the oil. Carefully add the pork to the hot pan, pressing it down gently on the center to ensure even browning. Cook for 3 to 4 minutes until brown on one side, then turn to cook the other side 2 to 3 minutes, until completely browned. Place on a cooking sheet and in the oven for 20 to 30 minutes just until firm, or insert a thermometer until the temperature at the thickest section reads 145° F. Remove the pork from the oven and allow

to rest for 5 minutes before slicing. Slice at an angle into ½" thick pieces and serve with the Thyme Shallot Apple Compote, recipe follows.

THYME SHALLOT APPLE COMPOTE

1 Tbsp. olive oil
2 PA Gala apples, peeled and diced
2¾ cups shallots, about 4 large, sliced ⅛" thick
1 garlic clove, cut into thin strips
¼ cup reduced sodium chicken broth, or organic
2 Tbsp. balsamic vinegar
1 Tbsp. PA honey
1 Tbsp. butter
¼ tsp. Herbes de Provence
Salt and pepper, to taste

Heat a large sauté pan or skillet on medium-low heat. Add the oil to the hot pan, then the shallots and apples. Stir and cook for 5 minutes; do not brown. Add the garlic, reduce the heat, and cook for 10 minutes. Pour in the broth, vinegar, honey, and butter. Simmer 20 to 30 minutes or until the liquid thickens and almost completely evaporates. Stir in the Herbes de Provence and season to taste with salt and pepper. Serve over the Roasted Pork Tenderloin.

WINE PAIRING Blue Mountain Vineyards Riesling



RETTLAND FARM PORK SCALLOPINI WITH SPINACH, CAPERS, LEMON, AND IPA PICKLED MUSTARD SEEDS



presented by
Bill Collier
 Executive Chef
[Greystone Public House](#)
 Harrisburg, PA
 Former Executive Chef
 Bricco
 Harrisburg, PA

Yield: 2 servings

4 boneless PA pork chops, pounded thin
 ¼ cup all-purpose flour
 Kosher salt and freshly ground black pepper, to taste
 4 Tbsp. butter, divided
 1 Tbsp. vegetable oil, divided
 ½ cup PA white wine
 ¼ cup capers
 1 cup chicken stock
 2 lemons, juiced
 1 lemon, cut in wedges
 2 oz. baby spinach
 2 Tbsp. chopped Italian flat-leaf parsley

Mix the flour, salt and pepper in a large shallow bowl or plate. Add the pork chops to the flour, one at a time, and coat each pork chop. Gently tap off the excess flour. Heat a large skillet on medium high. Melt 1 tablespoon of butter with ½ tablespoon of the oil. Place 2 of the pork chops in the skillet and cook for 2 to 4 minutes on each side, or until golden brown. Remove from the pan and set aside. Add 1 more tablespoon of butter and the remaining oil. Cook the remaining 2 pork chops and place with the other two cooked pork chops.

Wipe out any burned or really crispy bits out of the pan. Melt 1 tablespoon of butter in the pan over medium high heat. Add the wine and capers and cook until reduced by half. Add the chicken stock, lemon juice, and a few lemon wedges and bring to a boil. Add the remaining tablespoon of butter and stir, cooking for 2 to 3 minutes or until the sauce thickens slightly. Add the pork back to the pan and warm in the sauce. Add the spinach and wilt. Garnish with chopped parsley and IPA Pickled Mustard Seeds, recipe to follow.

IPA PICKLED MUSTARD SEEDS

1 cup cider vinegar
 1 cup PA IPA beer
 1 cup brown sugar
 1 Tbsp. dry mustard powder
 ½ cup whole yellow mustard seeds

In a saucepan, bring everything but the mustard seeds to a boil. Add the mustard seeds and simmer for 5 minutes until the seeds bloom, or roughly double in size. Remove from the heat and let cool. Store the seeds in the liquid, refrigerated for up to two weeks.

WINE PAIRING Nissley Vineyards Vidal Blanc



PORK ROAST WITH APPLES AND CARAMELIZED ONIONS



presented by
Kasey Kirk
 Executive Chef, PA Farm Show
 Complex & Expo Center
 and Centerplate Catering
 Harrisburg, PA

Yields: 8 servings

3 Tbsp. olive oil
 1 whole pork shoulder roast (also called pork butt)
 Salt and pepper, to taste
 4 cups apple juice
 1 cup beef stock
 3 whole apples, cored and cut into wedges
 3 whole medium onions, sliced and sautéed until brown
 1 whole bay leaf
 2½ cups wild rice
 4 cups water
 3 cups chicken stock
 4 Tbsp. butter
 ½ cup chopped pecans

Note: Add fresh thyme or rosemary to the roast before cooking if you have it on hand.

To make the pork roast, heat the olive oil in a large pot over high heat. Salt and pepper the pork roast, then sear it on all sides to give it some color. Reduce the heat to low. Add the apple juice, stock, apple wedges, onions, and bay leaf. Cover and simmer for 3 hours. (Or you may place in a 300° F oven for 3 hours.)

Toward the end of the cooking time, make the rice. Melt the butter in a medium saucepan. Add the pecans and sauté for a couple of minutes. Add the wild rice and liquid, then bring to a boil. Reduce the heat to low, cover, and cook until all liquid is cooked out.

When the roast is done, remove the roast, apples and onions to a platter. Raise the heat to medium-high heat and boil the liquid, reducing it until it is thick and rich.

Spoon the sauce over the roast, then cut the roast into slices. Serve with the apples, onions, and wild rice.

WINE PAIRING Red Shale Ridge Winery Vidal

SMOKED PORK BELLY WITH A POTATO PANCAKE, BRAISED RED CABBAGE, AND A HARD CIDER GLAZE



presented by
Christian DeLutis
Former Executive Chef
[Troegs Brewing Company's
Snack Bar](#)
Hershey, PA

Yield:: 4 servings

PORK BELLY WITH A HARD CIDER GLAZE

CURING INGREDIENTS:

1 lb. skinless pork belly
1 cup brown sugar
1 cup salt
½ tsp. pink curing salt
1 tsp. clove ground
2 cups apple sauce
Pinch of cinnamon

BRAISING BROTH:

1 bottle Troegenator beer
3 cups apple cider
3 apples, halved and seared till black on flesh side
1 onion, diced
1 knuckle ginger, whole
Bouquet garni (sprig of rosemary, sprig of thyme, parsley stem, peppercorn, bay leaf)

Place the pork belly in a plastic ziploc bag. Combine the curing ingredients to form a paste. Add the paste to the belly in the bag, seal trying to remove the air. Work the paste around the belly evenly. Place the belly between two trays and weight it down with a #10 can, or a heavy object, in the walk-in cooler for three days.

Remove the belly from the bag. Rinse and pat dry. Cold smoke for one hour. If you don't have an electric or wood smoker, this step can be skipped.

Place the belly in a braising pan and top with the braising liquid. Top with the remaining ingredients, wrap with plastic wrap, then foil. Braise in an oven at 300°F for 2 hours. Cool. Strain the liquid and reduce until nappe, where the sauce coats the back of a spoon.

Portion the belly into 4 even portions. Heat enough oil to cover the belly to 350°F. Fry the belly portions for 5 minutes.

POTATO PANCAKE

1 large Yukon gold potato, cooked until soft and mashed (or riced)
2 eggs
4 oz. milk
1 shallot, minced
1 Tbsp. prepared horseradish
1 Tbsp. baking powder
1 ½ cups flour, more as needed
1 heavy pinch salt
1tsp. turmeric

Combine all the dry ingredients, aerate — mix thoroughly. Whisk in one egg and the milk, then whisk in the potato and second egg. Add the shallot and horseradish. Whisk together and check the consistency. If it is not thick enough, add more flour while whisking. The finished consistency should be similar to that of mashed potatoes. Cook in a sauté pan like any other pancake.

BRAISED RED CABBAGE

½ red cabbage, julienned
1 onion, sliced
1 pinch caraway seeds
1 cup red wine vinegar
2 cups chicken stock
¼ cup sugar
¼ cup molasses

Combine all the ingredients. Place in a braising pan, covered with film and aluminum foil. Bake at 300°F for 2 hours. Cool and store. Serve this warm on top of finished potato cake.

PLATING

Place the pancake on the plate, top with cabbage, then belly. Finish with the sauce.

WINE PAIRING Presque Isle Wine Cellars Riesling



COOKING WITH PENNSYLVANIA **BEEF & VEAL**



Veal

GIANT
NUTRITIONIST
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 and vitamins B6 and B12 are important for our brains and energy levels. Choose lean cuts of beef like the sirloin, top round, and eye of round steaks.

Thermador ★
THE LARGEST
30-INCH STEAM OVEN



The brand that invented the Wall Oven has reimagined the possibilities. Introducing the only Range designed with steam in mind, the exclusive Double Steam Oven, and the industry's largest steam capacity. Uniquely versatile and powerfully innovative, there's no underestimating your culinary ambition when discovering the benefits of steam.

A HISTORY OF FIRSTS



The First & Only
Double Steam Oven
In The Market



We Introduced
The First Ever Steam
Cavity To Ranges



The Largest 30"
Single Steam Oven
Capacity

Learn more at
[THERMADOR.COM/STEAM-OVENS](https://thermador.com/steam-ovens)

TEX-MEX MEATBALLS

presented by
Jodi Gauker
and
Callie Gauker, age 6
Gauker Farms
Fleetwood, PA

- 1 lb. PA Preferred® beef
- 1 PA Preferred® egg
- 1 packet taco seasoning
- 1 cup Doritos®, crushed
- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 2 cups salsa, divided
- 1 cup PA Preferred® Cheddar cheese, shredded

Preheat an oven to 350 °F. Grease an 8" x 8" square baking pan.

Crush the Doritos® in a plastic zip-top bag.

Mix the ground beef, egg, taco seasoning, Doritos®, onion powder, garlic powder, and 1 cup salsa in a large mixing bowl. Shape into 1" balls and place in the prepared baking pan.

Cover meatballs in the remaining 1 cup of salsa. Cover the pan with foil and bake for 1 hour.

Remove the foil from the baking pan. Sprinkle the meatballs with 1 cup PA Preferred® cheddar. Heat until melted.

Serve the meatballs over rice or mashed potatoes and with corn.



VEAL MILANESE WITH ROASTED SWEET POTATOES AND ARUGULA SALAD



Presented by
Ben Beaver
Executive Chef
[Ever Grain Brewing Company](#)
Camp Hill, PA

Yield: 4 servings

VEAL MILANESE

2 lbs. thinly sliced veal cutlets
Kosher salt and black pepper, to taste
1 cup flour
2 eggs
½ cup milk
2 cups panko bread crumbs
1 Tbsp. dried basil
1 Tbsp. dried thyme
2 cups vegetable oil

Season your veal cutlets with salt and pepper. Set up a breading station with flour seasoned with salt and pepper, eggs and milk blended together, and the panko seasoned with the dried basil and thyme.

If the cutlets are too thick, pound them to about ¼" thickness with a meat tenderizer. If you want thicker veal cooking time may vary. Using one cutlet at a time, bread your veal leaving 1 hand dry and 1 hand wet. Flour you cutlet and shake off any extra flour, dip in the egg, then dip in the panko bread crumbs. Repeat the process until all cutlets are breaded.

Add the vegetable oil into a heavy sauce pan or cast iron pan. Let the oil heat to 375°F. Once the oil is at the desired temperature, fry the cutlets about 3 to 4 minutes on each side. Once the veal is cooked, place on a baking sheet fitted with a wire rack to drain some of the grease, season with salt and pepper.

ARUGULA SALAD

1 garlic clove, crushed and minced
1 lemon, juiced
½ lemon, zested
½ tsp. kosher salt
¼ tsp. cracked black pepper
1 tsp. Dijon mustard
3 Tbsp. extra virgin olive oil
3-4 oz. baby arugula
2 Tbsp. Parmesan

To prepare the dressing, in a medium sized bowl, mix everything together but the oil Parmesan, and arugula. Whisk the ingredients together until mixed well. Slowly add your extra virgin olive oil until a vinaigrette is formed. To assemble the salad, add the arugula and a couple pinches of your favorite Parmesan and mix well.

ROASTED SWEET POTATOES

2 sweet potatoes, large diced
2 Tbsp. vegetable oil
Salt and pepper, to taste
1 sprig thyme, minced
1 sprig rosemary, minced

Preheat an oven to 350°F.

Place the diced sweet potatoes, oil, salt, pepper, and chopped herbs into a bowl and mix well until the potatoes are coated well. Roast in the preheated oven for about 20 to 25 minutes or until tender.

PLATING

To assemble, lay the potatoes on the bottom of the plate. Place the fried veal on top of and finish with the arugula salad on top.

STOUT BRAISED POT ROAST WITH ROASTED VEGETABLES



Presented by
Ben Beaver
Executive Chef
[Ever Grain Brewing Company](#)
Camp Hill, PA

Yield: 4 servings

2½–3 lbs. PA beef chuck roast
Salt and pepper, to taste
½ cup vegetable oil, divided
2 carrots, large dice, divided
1 stalk celery, large dice, divided
2 onions, large dice, divided
6 garlic cloves, crushed, divided
4 Tbsp. butter, divided
1 bay leaf
1 sprig thyme
1 sprig rosemary
1 sprig sage
2 quarts Ever Grain Stout, or your favorite stout
1 lb. red potatoes, cut in half or quarters, set in water so oxidation doesn't occur
1 lb. Brussels sprouts, cut in half
½ lb. mushrooms of choice, cleaned and cut appropriately

Start off by getting all your ingredients ready to cook; this is called “mise en place.” Get all of your prep done before you start the cooking process. Preheat an oven to 325°F.

Once all your prep is done, start by finding a heavy small stock pot or sauce pan that will fit your chuck roast while leaving enough room for all other ingredients. Place the pot over medium-high heat and add ¼ cup of the oil. It should be enough oil to cover the bottom of the pan. Season the chuck roast with salt and pepper. Once the oil is hot, carefully place the roast in your hot pan. Be patient and let it form a nice sear, about 4 minutes. Once a good sear is developed, flip and repeat.

Remove the roast from the pot. Add half the celery, carrots, onion, garlic cloves, and 2 tablespoons of butter. On medium heat, sauté the vegetables until they start to caramelize. Once the vegetables start to take on color, add the fresh herbs. Make sure to stir often to not allow to burn.

Deglaze the pot with a stout from your favorite brewery. This is going to get all the flavor that's stuck to the bottom of your pot. You can substitute red wine or even beef stock. Once you pour the liquid in, stir with a wooden spoon to get everything off the bottom of the pot. This adds tons of flavor!

Add the chuck roast back in to the pot with the vegetables. Add just enough stout to braise. Do not totally submerge your protein or it will just be boiling it. Cover with a lid of heavy duty foil and let cook for 4 to 6 hours or until fork tender.

Remove the roast from the oven and let it rest before removing the lid. Turn the oven up to 400°F. In a bowl, mix the rest of your vegetables and potatoes in the remaining vegetable oil and season with salt and pepper. Lay on a baking tray and roast until tender.

You can serve family style or plate up individual dinners!

PORTUGUESE-STYLE SKIRT STEAK



presented by
John Reis, CFBE
Retired Executive Chef
Hilton Harrisburg
Harrisburg, PA

Yield: 4-6 servings

PICKLED PEPPERS AND ONIONS

- 1 cup sugar
- 1 cup water
- 1 cup cider vinegar
- ½ onion, coarsely chopped
- 3 garlic cloves, crushed
- 1 Portuguese hot pepper or habanero pepper, sliced

Combine the sugar, water, vinegar, onions and garlic and simmer for about 10 minutes until the sugar dissolves. Let it cool. Add the peppers and marinate overnight.

MARINADE

- 1 Tbsp. minced garlic
- 1 Tbsp. minced oregano
- 1 Tbsp. minced parsley
- 1 Tbsp. minced thyme
- 1 Tbsp. minced shallots
- Olive oil, as needed
- 1 skirt steak, 8-10 oz.

Make a paste by combining the garlic, oregano, parsley, thyme, shallots, and enough olive oil to cover the mixture. Trim the skirt steak of its outer fat and marinate overnight.

RICE

- 1 onion, diced
- 2 garlic cloves, chopped
- 2 oz. vegetable oil
- 1 Tbsp. paprika
- ¼ cup diced tomatoes
- 1 cup rice
- 2 cups chicken or vegetable stock
- Salt, as needed

In a medium sauce pot set over medium heat, sauté the onion and garlic in the oil. Stir in the rice, diced tomatoes and paprika. Stir well and sauté for about 4 minutes, stirring constantly. Add the stock and salt, and bring to a boil. Turn the heat to low, cover and cook for about 15 minutes.

SAUCE

- 4 oz. prosciutto, julienned
- 1 large onion, sliced vertically
- 1 garlic clove, sliced
- ½ cup dry red wine
- 2 cups beef stock
- Salt and pepper, to taste

Brown the julienned prosciutto in a saucepan set over medium heat. Add the vertically sliced onion and garlic and cook until slightly caramelized. Add the wine and reduce by one third. Add the beef stock and reduce again until it coats the back of a spoon. Season with salt and pepper. Remove the sauce from the pan. Season again with salt and pepper and set aside until you're ready to assemble the dish.

FINISHING

Marinated skirt steak

Pickled peppers

Prepared sauce

Prepared rice

1 egg, fried over-easy and seasoned with salt and pepper

Garlic chips, 1 garlic clove sliced and deep-fried until golden for garnish

Olive oil, for drizzling

Parsley sprigs, for garnish

Season the marinated steak with salt and pepper and pan-fry over medium-high heat to the desired doneness. Warm the sauce and stir in the pickled peppers. Pile the rice on a plate and top with the steak. Ladle some of the sauce over the top, then top the steak with the freshly cooked egg. Drizzle with olive oil, garlic chips and finish with parsley sprigs.

GAISBURGER MARSCH

From *Black Forest Cuisine* by Walter Staib



presented by
Walter Staib
Proprietor
[City Tavern](#)
Philadelphia, PA
Author, Executive Producer and Host
of the Emmy Award winning “A Taste
of History”

Yield: 4-6 servings

Chef's Note: This stew was named for Gaisburg, a small neighborhood in Stuttgart in South-west Germany. During WWI, as soldiers traveled down the streets of this town, locals would give them whatever food and ingredients they had, filling the cooking pots the soldiers carried with them. Just as their pots ended up with a little bit of everything, so did our stew develop, as we added a bit of whatever we had on hand during frugal times.

8 beef short ribs (about 1 lb. each), rinsed several times in cold water

3-4 quarts water

Salt, as needed

Freshly ground black pepper, as needed

4 Tbsp. unsalted butter

3 medium yellow onions, 2 peeled and chopped, 1 peeled and thinly sliced

2 cups chopped carrots

2 cups chopped celery root

1 leek (white part only), trimmed and chopped

8 small beef marrowbones, rinsed several times in cold water

1 ½ lbs. Yukon gold potatoes, cut into quarters

2 dried bay leaves

1 bunch fresh parsley, chopped

1 ½ lbs. (about 12 cups) Spätzle (egg noodles alternate)

⅓ tsp. freshly grated nutmeg

Chopped and whole fresh chives, for garnish

Place the short ribs in a large casserole or saucepan and cover with water. Season with salt and pepper and bring to a boil, skimming off any foam that surfaces. Reduce the heat to medium low and simmer until the meat begins to shrink away and easily separate from the bones, about 45 minutes. Remove the meat, setting aside to cool, and strain the stock, discarding the bones. Slice the cooked and cooled meat into 1 ½" cubes.

Melt 2 tablespoons of the butter in another large saucepan over medium heat. Add the chopped onions, carrots, celery root, and leek, and sauté until softened and translucent. Add the marrowbones, cubed meat, strained stock, potatoes, bay leaves, and parsley. Season with salt and pepper, and simmer the stew just until the potatoes are tender, about 20 minutes, skimming any foam that rises.

Meanwhile, melt the remaining 2 tablespoons of butter in a small sauté pan over medium-high heat. Add the sliced onion, and sauté until well caramelized and browned (but not burnt), about 2 to 3 minutes. Remove from the heat and set aside momentarily.

Stir the spätzle and nutmeg into the stew and remove from the heat.

To serve, set a marrowbone in the center of a soup bowl, ladle some of the stew over top, and garnish, arranging about 3 chives in the marrowbone and sprinkling the stew with chopped chives.

VEAL OSSO BUCO ALLA MILANESE



presented by
Devin Witmer
 Former Executive Chef
 Bricco
 Harrisburg, PA

Yield: 3–4 servings

VEAL OSSO BUCO

- 2 Tbsp. olive oil
- 6 PA veal shanks, 2" thick
- Salt and pepper, to taste
- 1 medium onion, chopped into ½" pieces
- 1 medium carrot, chopped into ½" pieces
- 2 celery stalks, chopped into ½" pieces
- 3 garlic cloves, minced
- 4 strips orange zest, removed with a vegetable peeler
- 1 fresh rosemary sprig
- 4 oz. tomato paste
- 1 cup Chianti or Port wine
- 3 cups beef stock

Preheat an oven to 300°F. Heat a heavy-bottomed pot and add oil to coat. Season the veal shanks and sear in the hot oil on each side, about 3 minutes per side. Remove the shanks and place in a 4" deep roasting pan. Add the onion, carrot, and celery to the pot and cook on medium heat until they begin to caramelize. Add the garlic, zest, rosemary, and tomato paste. Cook for 1 minute, then deglaze the pan with wine. Add the beef stock and bring to a simmer, then pour over the veal. The liquid should almost cover the veal; add water if needed. Wrap the pan tightly with restaurant-grade plastic wrap, then foil. Place in the oven and braise for 3 hours. This can be done in advance, cooled down, and then reheated in the same liquid. To serve, remove the shanks from the pan and place on a serving dish with Risotto Milanese, recipe follows. Finish with a little braising liquid.

RISOTTO MILANESE

- 2 Tbsp. butter
- 2 cups arborio rice
- 2 quarts chicken stock, heated
- 1 small onion, small diced
- 1 cup white wine
- 1 pinch saffron
- ½ cup heavy cream
- Salt and pepper, to taste
- ½ cup grated Parmesan cheese

Heat a heavy-bottomed sauté pan and add the butter. Add the onion and sauté until translucent. Add the rice and toast for 2 minutes. Stir in the wine and cook until reduced. Begin adding enough chicken stock to just cover the rice. Continuously stir and add more stock when the liquid is almost gone. After all the stock is used, add the saffron, heavy cream, salt and pepper. Cook until the liquid is almost gone, then turn off the heat and stir in the Parmesan cheese.

WINE PAIRING Fero Vineyards & Winery: Bison Roots Red



CAJUN DUSTED BEEF TENDERLOIN WITH A CARAMEL MUSHROOM WHISKEY SAUCE



presented by
Doug Krick
Executive Chef
[Dodge City Steakhouse](#)
Harrisburg, PA

Yield: 4 servings

CAJUN DUSTED TENDERLOIN

2 PA beef shoulder tenderloins, approximately 1 lb. each
1 Tbsp. blended oil
2 Tbsp. Cajun seasoning
1 pinch salt and pepper

Trim the tenderloins, removing any excess fat. Rub them with the oil and season with the salt, pepper, and Cajun seasoning. Cook on a high temperature grill or grill pan for approximately 3 minutes on each side. Remove the steaks from the grill or pan and let rest for 10 to 12 minutes. Place them back on the grill, heating each side for 1 minute. Slice and serve with the Caramel Mushroom Whiskey Sauce, recipe to follow.

CARAMEL MUSHROOM WHISKEY SAUCE

8 oz. sliced mushrooms
2 Tbsp. butter
½ tsp. granulated garlic
Pinch salt and pepper
1 cup brown sugar
1 oz. whiskey
2 oz. heavy cream

Place the mushrooms, butter, garlic, salt, and pepper in a sauté pan and sauté over medium-high heat until the mushrooms are tender. Turn off the heat and add the brown sugar and whiskey; then flambé. Return to a medium heat to melt the brown sugar. Once melted, add the heavy cream and simmer for 15 minutes until the sauce thickens. Pour over the sliced tenderloin.

WINE PAIRING Reid's Orchard & Winery Merlot



LOW AND SLOW BAKED BBQ SHORT RIBS

Featuring Blue Rooster Farm in East Waterford, PA



presented by
Charlie Gipe, CEC, AAC, CE
Former Executive Chef
[Hershey Entertainment Complex](#)
Hershey, PA

Yield: 4 servings

SHORT RIBS

4 lbs. boneless PA beef short ribs, cut into 4" pieces

1 Tbsp. kosher salt

4 tsp. black pepper

4 Tbsp. flour

BBQ Sauce, recipe follows

Preheat the oven to 275°F. Season the short ribs with flour, salt, and pepper. Arrange them in a baking dish.

Spoon one third of the sauce over the ribs. Use the tongs and flip them over. Top the other side of the ribs with one third of the sauce. Cover the pan with aluminum foil and place into the oven for two and a half hours.

Remove the foil and check the ribs for tenderness, place the rest of the sauce over the top of the ribs and cooked uncovered for 30 minutes.

Transfer to a serving platter and place the extra sauce in the pan over the top. Serve over oven roasted red skin mashed potatoes.

BBQ SAUCE

1 ½ cups ketchup

¾ cup dark brown sugar, packed

2 Tbsp. cider vinegar

2 Tbsp. Worcestershire sauce

2 Tbsp. Dijon mustard

2 tsp. chili powder

1 Tbsp. garlic powder

Juice of one lemon

¼ tsp. cayenne pepper

Combine all the ingredients for the barbecue sauce in a small bowl and mix until smooth.

WINE PAIRING Nissley Vineyards, Cabernet Franc

ITALIAN WINTER ROULADE WITH ROASTED SWEET POTATOES AND CREAMED KALE



presented by
Jim Switzenberg
 Director of Operations
[John Wright Restaurant](#)
 Wrightsville, PA

Yield: 4 servings

ITALIAN WINTER ROULADE

1 cup sun-dried tomatoes, diced
 ½ cup small diced onion
 1 Tbsp. minced garlic
 2 Tbsp. butter
 ¼ cup black olives, chopped
 2 tsp. minced sage
 ¾ cup crumbled Breezy Meadows raw goat cheese feta
 4 PA veal cutlets, 3 oz. each, pounded thin
 Salt and pepper, as needed
 4 thin slices smoked ham
 1 cup flour
 1 egg
 1 Tbsp. milk
 1 cup breadcrumbs
 ½ cup olive oil

Rehydrate the sun-dried tomatoes in hot water for 20 minutes. Sauté the onions and garlic in butter until soft. Add the olives, sun-dried tomatoes, and sage and cook for 2 minutes. Pull off the heat and add the feta. Lay out the thinly pounded veal cutlets and season with salt and pepper. Cover each with a thin layer of the tomato mixture and roll into a roulade. Wrap each roulade with a slice of ham and chill for at least 1 hour. Bread each ham roll by coating in flour, the egg and milk mixture, then the bread crumbs. Chill until ready to cook. Heat the olive oil in a sauté pan, and brown the roulades on all sides. Transfer to a baking tray and finish in the oven until reaching an internal temperature of 145°F.

ROASTED SWEET POTATOES

1 ½ lbs. sweet potatoes, peeled and diced
 ¼ cup olive oil
 1 Tbsp. minced rosemary
 1 Tbsp. minced sage
 Salt and pepper, to taste

Toss all the ingredients together and transfer to a baking tray. Roast in a 400°F oven until tender.

CREAMED KALE

2 Tbsp. olive oil
 ¼ cup minced onions
 2 Tbsp. minced garlic
 4 cups finely shaved kale
 ½ cup heavy cream
 ¼ cup grated Parmesan cheese
 Salt and pepper, to taste

In a sauce pan, heat the oil and sweat the onions and garlic until soft. Add the kale and cook until soft, about 5 minutes. Add the cream and reduce until almost dry. Add the cheese and serve.

FINISHING

Slice each roulade twice, on a bias. On each plate, place the sweet potatoes at the 12 o'clock position, with the creamed kale in front. Place the sliced roulade pieces on top of the kale and serve.

WINE PAIRING Allegro Winery Riesling



SPICY BEEF SALAD WITH PEPPERS, ONIONS, AND FRESH HERBS



presented by
Aaron McCargo Jr.
Star of Food Network's
Big Daddy's House

Yield:: 4-6 servings

VINAIGRETTE

¼ cup orange juice
¼ cup soy sauce
¼ cup Sriracha or another hot pepper sauce
2 Tbsp. olive oil
Pinch of sugar

In a small glass, ceramic, or another nonreactive bowl, whisk together the orange juice, soy sauce, Sriracha, and olive oil. Season to taste with sugar and set aside.

STEAK

6 chipotle chile peppers in adobo sauce
½ cup olive oil
Juice of 2 limes
Salt and freshly ground black pepper
1 ¼ lbs. flank steak

In a blender, purée the chipotle peppers, olive oil, lime juice, and salt and black pepper to taste to a thick paste. Run the paste over both sides of the flank steak and put the steak in a glass dish. Set aside at room temperature for 30 to 60 minutes. (Do not leave the steak at room temperature for longer than 60 minutes.)

Meanwhile, prepare a medium-hot to hot fire in a charcoal or gas grill and oil the grill grates. Grill for 6 to 7 minutes on each side, until medium-rare. Transfer to a cutting board, let the steak rest for about 5 minutes, and slice on the bias into thin slices.

SALAD

4 whole roasted jarred red peppers, cut into strips
2 jalapeño chile peppers, seeded and thinly sliced
1 bunch fresh cilantro leaves, chopped
1 medium red onion, thinly sliced
1 cup salted peanuts
½ cup freshly shucked corn kernels, or thawed frozen kernels
2, 10-oz. bags mesclun salad mix, or 1, 10-oz. bag mesclun salad mix and 1, 1½-oz. bag baby spinach

In a large glass, ceramic, or another nonreactive bowl, toss together the roasted peppers, jalapeños, cilantro, red onion, peanuts, and corn. Dress with the vinaigrette, reserving a few tablespoons to dress the steak. Arrange the greens on a serving platter and top with the peanut-corn mixture. Shingle the steak over the salad, drizzle with the remaining dressing and serve.

WINE PAIRING Mazza Vineyards Merlot

GIANT®

is proud to support the
**2021 Pennsylvania
Farm Show**



We partner with local growers
and creators to make it easier for you
to support them, too.

**Look for local products at
GIANT every day, all year long.**





Pennsylvania Preferred® is your resource for finding locally grown and process agricultural products from the Commonwealth of Pennsylvania. The program is housed in the Bureau of Market Development at the Pennsylvania Department of Agriculture.

Established in 2011 as a statewide branding program, PA Preferred is represented by more than 1,800 farmers and agribusinesses. Citizens of Pennsylvania can count on PA Preferred to be a hub of information about the variety of products being produced and processed right here in Pennsylvania. When you buy Pennsylvania products, you strengthen the economy, support your local community, and provide opportunities for you and your family to experience some of the finest products in the world!

This year's PA Preferred® Culinary Connection at the 2021 virtual Pennsylvania Farm Show includes a recipe-of-the day featuring local chefs cooking with Pennsylvania 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.

Bookmark your copy of the 2021 PA Preferred Culinary Connections Recipe Book and check it out online when you want to recreate recipes from the 2021 demonstrations. And while shopping for ingredients, remember to choose PA Preferred and support Pennsylvania farms. Visit papreferred.com for more information.

**THE 2021 PA PREFERRED® CULINARY CONNECTION
RECIPE BOOK IS SPONSORED BY THE GIANT® COMPANY**



PAPREFERRED.COM