CULINARY CONNECTION

RECIPE BOOK 2019

FEATURING WINNING RECIPES BY RENOWNED CHEFS FROM PENNSYLVANIA AND BEYOND.

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CULINARY CONNECTION

RECIPE BOOK 2019

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

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Venison Tenderloin with Yukon Gold Potatoes

Sous-Vide Oxtail over a Modernist Warm Vichyssoise

Potato and Cheddar Waffles with Horseradish Cream and Bacon

Perfect Mashed Potatoes

WEDNESDAY, JANUARY 9, 2019 · BEEF & VEAL DAY

Veal and Mushroom Meatloaf

Sloppy Joes

Spinach and Prosciutto Stuffed Veal Rolls over Polenta

Sheppard Farms Beef Bolognese with Gnocchetti

Peppersteak with Peach Chutney and Brussels Sprout Hash

Cheesy Cheeseburger Pie

Cranberry Ricotta Cobbler

Veal Osso Bucco

THURSDAY, JANUARY 10, 2019 · MILITARY APPRECIATION DAY

Braised Pork Cheeks with a Lavender Gremolata Served with Apple Cider Cheddar Grits, Warm Pickled Carrots, Spicy Braised Red Cabbage, and Raw Honey Roasted Brussels Sprouts

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DIETITIAN TIP

Transform everyday meals like meatloaf, tacos and burgers using The Blend. Simply sauté finely diced mushrooms and combine them with ground meat to reduce the calories, saturated fat and sodium per serving, while increasing moisture and rich ‘umami’ flavor.
PULLED PORT™ EGGROLLS

presented by Michael J. Ditchfield
Chef Instructor
Hospitality Management/Culinary Arts
Pennsylvania College of Technology
Williamsport, PA

Featuring To-Jo Mushrooms in Avondale, PA

Yield: 8 servings

EGGROLLS

1 fl. oz. olive oil
1 Tbsp. minced garlic
½ cup diced onion
½ cup chopped leeks
1 cup chopped collard greens, cooked
½ cup shredded napa cabbage
1 cup diced bell peppers—red, yellow and green
1 cup smoked tempeh
1 lb. Pulled Port™
8 eggroll wrappers, 8"
2 Tbsp. corn starch mixed with 2 Tbsp. water

Heat the oil in a heavy-bottomed pan. Add all the ingredients in the order they are listed. Sauté and sweat the vegetables. After everything is thoroughly cooked and slightly browned, spread out on a sheet tray to cool. Divide the cooled product into eight portions. Brush the eggroll wrappers with the cornstarch and water, add the filling, roll and seal. Repeat to fill the remaining eggroll wrappers. Deep fry at 350°F until golden brown. Serve with Onion Jam, recipe follows.

ONION JAM

1 Vidalia onion, thinly sliced
1 oz. oil
½ oz. vegetable base mixed with ½ cup hot water
1 oz. apple cider vinegar
½ oz. soy sauce
¼ oz. Worcestershire sauce
1 oz. brown sugar

Add the sliced onion to a large sauté pan with a small amount of oil over medium heat. Stir occasionally. Cook until the onions brown, stirring more frequently as they darken. Add the remaining ingredients and reduce until the liquid is the consistency of syrup.

WINE PAIRING Mazza Vineyards: Bare Bones White
**BEEF STROGANOFF**

Yield: 2–4 servings

- ¼ cup olive oil
- 1 ½ lbs. PA beef tenderloin cubes, 1”x ½”
- Salt and pepper, to taste
- 4 oz. butter
- ¾ cup diced onion
- ¼ cup minced garlic
- 1 cup medium diced PA portabella mushroom caps
- 1 Tbsp. tomato paste

Preheat the oil in a medium-large saucepan over medium-high heat. Season the beef cubes with salt and pepper. Sear the seasoned beef cubes and reserve until needed. Add the butter, onions, mushrooms, and garlic to the pan. Cook until the mushrooms are tender. Return the beef tips to the pan and add the tomato paste. Stir until everything is coated. Deglaze with the wine and broth. Add the seasonings and simmer for 5 minutes. Add the sour cream and adjust the seasonings to taste. If needed, thicken slightly with a cornstarch and water slurry. Serve over buttered egg noodles.

**VEGAN BOLOGNESE**

- ½ cup virgin olive oil
- ½ cup diced onion
- ¼ cup diced carrot
- ¼ cup diced celery
- ¼ cup diced bell peppers
- ¼ cup minced garlic
- 1 cup minced PA portabella mushroom stems
- 1 Tbsp. tomato paste

Preheat the oil in a large saucepan over medium heat. Sweat the onion, celery, carrot, and peppers in the saucepan until soft, about 4 minutes. Add the garlic and cook for another minute. Add the mushrooms and...
a pinch of salt. Cook until dry. Deglaze the pan with the wine. Add the remaining ingredients and simmer for 30 minutes. Adjust the seasonings if needed. Serve over buttered pasta.

**WINE PAIRING** Christian W Klay Winery: Jumonville Glen Red

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**MOM MOM MADELINE’S MEATBALLS**

**presented by** David A. Santucci  
Regional Sales Manager  
Country Fresh Mushrooms  
Avondale, PA

**Yield: 4–6 servings**

1 Tbsp. butter or vegetable oil  
1 lb. PA white or crimini mushrooms, minced  
1 lb. lean ground beef  
1 lb. ground pork  
2 eggs  
½ cup breadcrumbs  
2 garlic cloves, minced  
2 Tbsp. minced onion  
1 tsp. dried oregano  
Salt and pepper, to taste  
1 jar DelGrosso tomato sauce  
1 lb. cooked Castle Valley Mill radiatore pasta  
Parmesan cheese, as needed for garnish

Heat the butter in a medium sauté pan over medium heat. Add the minced mushrooms and sauté until tender. Mix the mushrooms and all the remaining ingredients together in a medium size bowl. Form into 2 ounce size meatballs. Brown the meatballs in a skillet, then cover with the sauce and simmer until fully cooked. Serve over cooked pasta and fresh Parmesan cheese.

**WINE PAIRING** Bee Kind Winery: Baco Noir

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**PAN SEARED GNOCCHI WITH PA MUSHROOMS**

**presented by** Will Shaw  
Sous Chef  
Bear’s Den at the Hershey Lodge and Convention Center  
Hershey, PA

**Yield: 5-6 servings**

**POTATO GNOCCHI**

8 PA russet potatoes, each about 10-11 oz.  
3 eggs  
2½ quarts “00” flour  
½ cup salt, plus more for cooking water
Preheat an oven to 400˚F and bake the potatoes until really tender. This could take 1 to 2 hours. Pull the potatoes out of the oven, cut in half, and scoop out the inside of the potatoes. Put the potato pulp through a ricer. Make sure to work quickly while the potatoes are still hot. Once the potatoes are through the ricer, add the eggs and mix in quickly with your hands or a fork. Once the eggs are fully incorporated, start adding the flour little by little, mixing and kneading until a dough is formed. Let rest for 30 to 40 minutes, covered with a damp towel. Cut the dough into small pieces and roll into long strips. Once you get to the desired thickness, cut the gnocchi into 1” long pieces. Store the pieces on floured sheet trays in the freezer until needed.

Before serving, put a small sauce pot on the stove with salted water and bring to a slow boil. Drop the gnocchi into the water carefully and simmer until they float to the top and become firm. Drain the gnocchi into an ice water bath to cool. Remove the gnocchi and let dry; reserve the blanching water for later.

**PAN SEARED GNOCCHI WITH PA MUSHROOMS**

| 1 oz. blended oil | 4 thyme sprigs, picked |
| 4 oz. butter, divided | ¼ cup mascarpone |
| Prepared gnocchi | ½ cup brandy |
| ½ lb. PA shiitake, crimini, and oyster mushrooms, sliced | Reserved gnocchi water, as needed |
| 1 garlic clove, sliced | 1 cup arugula |
| 1 shallot, sliced | Salt and pepper, to taste |

In a separate sauté pan, heat the oil and 2 ounces of the butter until it begins to brown. Once the butter is browned, add the gnocchi to the pan and sear on all sides, moving them around in the pan. Add the remaining butter, garlic, shallots, mushrooms and picked thyme. Stir to combine and sauté until tender. Once everything is seared, add the mascarpone and brandy to the pan. Add enough pasta water reserved from earlier to help create a pan sauce. Once the sauce has the right consistency, add the arugula. Toss until slightly wilted. Season to taste and serve.

**WINE PAIRING** Mazza Vineyards: Merlot
MUSHROOM QUICHE

presented by Cassandra Callahan
Owner and Executive Pastry Chef
Raising the Bar
Harrisburg, PA

Featuring Country Fresh Mushrooms in Avondale, PA

Yield: 1 quiche

1½ lbs. pastry flour
1 tsp. salt
1 lb. cold butter, cubed
8 oz. cold water
1 lb. assorted PA mushrooms, sliced
  (crimini, shiitake, oyster)
2 oz. red onion, chopped
1 garlic clove, minced
2 oz. butter

4 oz. grated Swiss cheese
4 oz. grated Monterey Jack cheese
4 eggs
1 cup heavy cream
1 cup milk
1 tsp. salt
Pinch of pepper
1 tsp. fresh thyme, chopped

To make the dough, combine the salt and flour together in a large mixing bowl. Cut the butter into the flour mixture until it resembles a coarse cornmeal. Slowly add the water until a dough forms. Refrigerate until ready to use.

Preheat an oven to 375°F with a sheet tray inside. Sauté the mushrooms, onions, and garlic in the butter until soft; do not brown. Combine the eggs, cream, milk, and seasonings in a bowl. Roll out the previously made dough and form into a tart shell. Dock the bottom using a fork. Place the mushrooms and the cheese in the shell. Add the egg mixture. Transfer the quiche to the heated sheet tray and bake for 20 to 30 minutes until set. Remove from the oven and allow the quiche to fully set and cool slightly before cutting.

WINE PAIRING  Mazza Vineyards: Bare Bones White
MUSHROOM SWISS BURGERS

presented by Mike Altland
Winner of Buona’s 2018 Blended Burger Competition

Featuring To-Jo Mushrooms in Avondale, PA

Yield: 4 burgers

½ onion, diced
1 cup diced PA button mushrooms
1 tsp. bacon fat
1 Tbsp. butter
1 ½ lbs. 70%/30 ground beef
1 Tbsp. McCormick’s hamburger seasoning
1 tsp. brisket rub (made in house, but can substitute any beef rub)

1 tsp. olive oil
Kosher salt, as needed
1 cup sliced PA button mushrooms
1 Tbsp. butter
4 slices Swiss cheese
4 brioche buns
Butter, as needed
Lettuce, as needed for garnish
Mayo, as needed for garnish

Sauté the onion and diced mushrooms in the bacon fat and butter until the onions are translucent. Remove from the pan and refrigerate. Combine the burger meat, cooled sautéed mushrooms and onions, McCormick seasoning, brisket rub and a drizzle of olive oil. Mix well to combine and form 4 equal-sized patties. Sprinkle both sides with a pinch of kosher salt. Preheat a grill or grill pan on high heat. Sear both sides of the burgers, then lower the grill temp to finish cooking the burgers to an internal temp of 145°F. An alternative option is to finish the burgers in your smoker after they’ve been seared. While the burgers are cooking, sauté the mushroom slices in butter until cooked. Put the sautéed mushroom slices on top of each burger and melt a slice of cheese over top. Butter the inside of the brioche buns and grill them. Assemble with your favorite garnish, such as lettuce and mayo.

WINE PAIRING Naylor Wine Cellars: Chambourcin
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

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

Mushrooms: PA's #1 Crop
Vegetables play an essential role in a healthy diet and provide a variety of important nutrients, including potassium, fiber, folate (folic acid) and vitamins A, C and E. Fill half of your plate with colorful produce at each meal.
OVEN ROASTED CAULIFLOWER STEAK TARKARI

presented by Lance Smith
Executive Chef
The Millworks
Harrisburg, PA

Featuring Students from the LEAF Project

Yield: 4-6 servings

**CAULIFLOWER STEAK**

1 head cauliflower, sliced top to bottom in 1” thick slices
4 Tbsp. minced garlic
4 Tbsp. minced basil

¼ cup olive oil
2 Tbsp. lemon juice
Salt and pepper, to taste

Preheat an oven to 450°F. Mix together the garlic, basil, olive oil and lemon juice. Place the cauliflower steaks on a baking pan and coat with the marinade. Season with salt and pepper and set aside for at least 30 minutes. Place the cauliflower steaks in the oven when starting the Cauliflower Tarkari, recipe follows. Bake for 10 to 15 minutes until golden brown and tender.

**CAULIFLOWER TARKARI**

1 Tbsp. olive oil
2 cups fingerling potatoes, cut into ½” thick rounds
1 head cauliflower, cut into golf ball size florets
1 cup carrots, peeled and sliced into ½” thick rounds
1 cup yellow onion, medium dice
4 Tbsp. sliced garlic
2 cups tomatoes, medium dice

3 Tbsp. cilantro, chopped
2 Tbsp. basil, chopped
1 tsp. red chili flakes
½ Tbsp. cumin, ground
1 Tbsp. turmeric
½ Tbsp. coriander, ground
1 pint vegetable stock or water
Salt and fresh squeezed lemon juice, to taste

In a large pot or skillet, lightly sauté the potatoes, cauliflower, carrots, onions and garlic in the oil for 4 to 5 minutes. Add the diced tomatoes, herbs and spices and sauté for another 3 to 4 minutes. Add the vegetable stock or water and simmer until all the vegetables are tender, 8 to 10 minutes. Season with salt and freshly squeezed lemon juice to taste.

**WINE PAIRING** Shade Mountain Winery: Traminette
CAULIFLOWER TACOS WITH GREEN CHILE CREMA AND WINTER SLAW

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

Yield: 8-10 mini tacos

TACO “MEAT”

4 oz. fresh mushrooms
½ cup walnuts
1 lb. riced cauliflower
2 Tbsp. gluten free tamari
2 Tbsp. chili powder
2 tsp. ground cumin
1 tsp. smoked paprika
¼ tsp. ground cumin
½ tsp. garlic powder
½ tsp. onion powder
¼ tsp. ground pepper
¼ tsp. salt

Preheat an oven to 350˚F. Lightly pulse the mushrooms in a food processor until you have a rice-like consistency. Pulse or chop the walnuts to the same consistency and mix in a large bowl. Add the cauliflower to the bowl and stir in the tamari and mix. Add all the spices and mix well, making sure everything is thoroughly combined. Spread the mixture onto a parchment-lined baking sheet and bake for 30 minutes. Stir lightly and continue baking for an additional 10 to 15 minutes.

GREEN CHILE CREMA

1 cup cashews, unroasted, unsalted
¼ cup hot water
2 tsp. apple cider vinegar
2 tsp. lemon juice
½ tsp. salt
½ cup hot water
2 tsp. apple cider vinegar
2 tsp. lemon juice
1 tsp. salt
¼ tsp. red wine vinegar
4 whole green chiles, peeled and chopped

Place all the ingredients in a blender and blend on high until smooth, scraping down the sides occasionally.
WINTER SLAW

1 ½ cups shredded Brussels sprouts
1 ½ cups shredded purple cabbage
1 cup shredded broccoli stems
1 cup shredded lacinato kale, destemmed

1 cup shredded carrots
½ cup chopped fresh cilantro
½ cup sliced green onions

DRESSING

¼ cup extra-virgin olive oil
1 lime, juiced
1 Tbsp. honey

1 garlic clove, minced
¼ tsp. red pepper flakes, optional
⅛ tsp. salt or more to taste

In a large bowl, combine the slaw ingredients. In a small bowl, whisk together the dressing ingredients and pour it over the slaw mix. Stir well to combine and let sit at least thirty minutes before serving.

PLATING

Cauliflower Taco “Meat”
Winter Slaw
Green Chile Crema

10 corn tortillas
Oil as needed for frying

Cut each tortilla with a ring mold to form mini shells. Fry in a taco basket and let drain and cool. Fill with the taco “meat” and top with the slaw and crema.

WINE PAIRING Allegheny Cellars Winery: West Branch White
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)

MINI FRITTATAS WITH LEEKS AND ASPARAGUS

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
½ 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

WINE PAIRING Seven Mountains Wine Cellars: Riesling
MINI TURKEY MEATLOAVES

Yield: 6 servings, 2 loaves each

Cooking spray 1 small zucchini (6 oz.) shredded (1 ¼ cup)
1 Tbsp. olive oil 2 large eggs, lightly beaten
1 small onion, finely chopped ¾ cup quick cooking oats
½ medium red bell pepper, finely chopped 1 Tbsp. Worcestershire sauce
2 garlic cloves, minced 1 Tbsp. yellow mustard
1 ½ lbs. extra lean ground turkey 1 tsp. salt
(99% fat free) 1, 8 oz. can no-salt-added tomato sauce

Preheat the oven to 350°F. Spray a muffin tin with cooking spray.

Heat the oil in a medium non-stick skillet over a medium-high heat. Add the onion and cook, stirring occasionally, until it softens slightly, 2 minutes. Add the bell pepper and cook for one minute more. Stir in the garlic and cook for 30 seconds. Set aside to cool slightly.

In a large bowl combine the turkey, zucchini, egg, oats, Worcestershire sauce, mustard, salt, onion-pepper mixture, and ¼ cup of the tomato sauce. Mix with your hands until just combined. Using an ice-cream scoop, transfer the mixture into the muffin tin. Top each meatloaf with a tablespoon of the tomato sauce and bake until an instant-read thermometer registers 160°F, about 25 minutes. To serve now, allow to rest for 5 minutes, then remove from the tin by running a butter knife or offset spatula around each loaf.

Per serving: Calories 240; Total Fat 7g (Mono Fat 2.4g, Poly Fat 0.6g, Sat Fat 0.9g); Protein 33g; Carb 14g; Fiber 3g; Cholesterol 115mg; Sodium 540mg

WINE PAIRING Shade Mountain Winery: Traminette
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

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**CREAMY ZUCCHINI SOUP**

**PORTOBELLO PIZZA POCKETS**

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*

Recipe from *You Have it Made: Delicious, Healthy Do Ahead Meals*

*(Houghton Mifflin Harcourt)*

**CREAMY ZUCCHINI SOUP**

**Yield: 6 servings, about ½ cup each**

- 2 Tbsp. olive oil
- 2 large shallots, chopped (about 1 ¼ cups)
- 3 garlic cloves, sliced
- 1 tsp. salt
- ½ tsp. freshly ground black pepper
- 3 lbs. zucchini, halved lengthwise and sliced crosswise (about 10 ¼ cups)
- 4 cups low-sodium chicken or vegetable broth
- 1, 15 oz. can low-sodium great northern or cannellini beans, rinsed and drained
- 2 Tbsp. fresh tarragon leaves
- 1 Tbsp. fresh lemon juice
- ½ tsp. finely grated fresh lemon zest

Heat the oil in a large pot over medium-low heat. Add the shallots, garlic, salt and pepper and cook, stirring, until just tender, about 2 minutes. Add zucchini and broth and bring to a boil over a high heat. Reduce the heat to medium-low and simmer, covered, stirring occasionally, until very soft, about 10 minutes. Add the beans and tarragon, and return to a simmer. Stir in lemon juice and zest. Allow to cool for about 15 minutes, then puree in the blender in three batches until smooth. Transfer to a saucepan as blended. Soup may be refrigerated or frozen at this stage.
Preheat the oven to 400° F. Line a baking sheet with parchment paper. Heat the oil in a large skillet over a medium-high heat. Add the mushrooms and cook stirring a few times, until they have released their water and begin to brown, about 7 minutes. Add the pine nuts and cook until they are toasted, 3 to 5 minutes more. Stir in the sundried tomatoes, salt, pepper, and crushed red pepper flakes, then add the marinara sauce and cook until the liquid is nearly all absorbed or evaporated, 1 minutes. Stir in the arugula or spinach and cook until just wilted, 1 minute more. Set aside to cool slightly.

Meanwhile, sprinkle the cornmeal or flour onto a clean work surface and use a rolling pin and/or your hands to stretch out the dough into a large rectangle about 12 x 18 inches. (Helpful hint: if the dough keeps springing back let it rest for a few minutes before you begin to stretch it again) Using a sharp knife or pizza cutter, cut the dough into eight equal-sized rectangles.

Stir the mozzarella cheese into the, now cooled, mushroom mixture. Place about ¼ cup of the filling on one side of each rectangle. Brush the border of each rectangle with the egg, then close the dough over the topping and use a fork to crimp the edges and seal each one closed. Brush the tops with egg and sprinkle with the Parmesan.
cheese. Place the pockets on the prepared baking tray and bake until golden-brown, 15 to 18 minutes.

Serve with warmed marinara sauce, if desired.

Per serving: Calories 500; Total Fat 23g (Mono Fat 6.7g, Poly Fat 4.7g, Sat Fat 4.7g); Protein 22g; Carb 61g; Fiber 8.5g; Cholesterol 40mg; Sodium 800mg

**WINE PAIRING** The Winery at Wilcox: Elk Country Red

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**VEGAN LENTIL MUSHROOM ETOUTFFÉE WITH JASMINE RICE**

Presented by **Kristin Messner-Baker**

Owner
The Vegetable Hunter
Harrisburg, PA

*Yield: 4 servings*

6 Tbsp. coconut oil, divided
3 Tbsp. all-purpose flour
1 small yellow onion, diced
3 garlic cloves, minced
1 small green bell pepper, diced
2 celery stalks, diced, about 1 cup
½ tsp. salt
1 cup diced fresh tomatoes
2½ cups vegetable stock
1 dried bay leaf
2 sheets snack size Nori (roasted seaweed), crumbled

4 Tbsp. Old Bay seasoning, more to taste
1 lb. white button or oyster mushrooms, trimmed and roughly chopped, about 2 cups
1 can full fat coconut milk
4 cups cooked lentils
4 cups freshly cooked jasmine rice, for serving
½ cup chopped fresh parsley, for serving
2 limes, quartered, for serving

In a large pot, heat 3 tablespoons of coconut oil over medium heat until it ripples, then sprinkle in the flour. Stirring constantly, cook the flour and oil together until the mixture toasts and turns golden brown, 2 to 3 minutes. Add the onion, garlic, bell pepper, celery and salt. Stir and cook over medium heat until the onion is translucent, about 3 minutes. Add the tomatoes, stock, bay leaf, seaweed crumbles, and Old Bay. Stir well and bring the pot to a simmer. Add the mushrooms and remaining coconut oil. Simmer, stirring occasionally, until the mushrooms are tender, about 20 minutes. Stir in the lentils and coconut milk. Bring to a simmer, stirring occasionally. Taste and adjust the seasonings with salt and Old Bay.

Serve the etouffée spooned over jasmine rice, garnished with fresh limes and parsley.

**WINE PAIRING** The Winery at Wilcox: Elk Country Red
Healthy Living Begins With Healthy Cooking

With over 5,000 natural & organic items throughout the store.

TO LOCATE A STORE NEAR YOU, GO TO:
WEISMARKETS.COM/STORES
As a proud supporter of local farmers, Weis Markets purchases more than 26 million pounds of local produce each year from farms in Pennsylvania, Maryland, New York and New Jersey. Additionally, all Weis Quality Milk comes from PA Dairy Farms.
ORANGE-CARAMEL CHIFFON CAKE

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

ORANGE CHIFFON CAKE

Yield: 2 (9” x 2”) round cake layers

| Pan coating spray, as needed | 4 egg yolks |
| 5 oz. cake flour | 3 fl. oz. orange juice |
| ¼ oz. baking powder | 1 fl. oz. water |
| Pinch salt | 5 egg whites |
| 4 oz. granulated sugar | Pinch cream of tartar, optional |
| 2½ fl. oz. canola oil | 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 | 21 oz. unsalted butter, cool room temperature, medium dice |
| ½ cup water | 1½ tsp. pure vanilla extract |
| 6 egg whites, room temperature |

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.

ASSEMBLY AND DECORATING

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.

SALMON CAKES WITH SPICY AIOLI
CAULIFLOWER “PILAF”

presented by Beth Stark, RDN, LDN
and Kathryn Long, RDN, LDN
Registered Dietitians
Weis Markets, Inc.
Sunbury, PA

SALMON CAKES

Yield: 4 servings, 2 cakes each

Weis Quality canola oil cooking spray, as needed
1 lb. fresh salmon fillets, skin removed
1 large Weis Quality egg, beaten
2 Tbsp. Weis Quality Dijon mustard
¼ cup Weis Quality lite mayonnaise
2 lemons, juiced

1 cup Weis Signature Collection panko breadcrumbs
½ cup frozen Weis Quality sweet corn, thawed
1 ½ Tbsp. finely chopped fresh dill
1 ½ Tbsp. capers, drained and rinsed
1 Tbsp. Weis Quality canola oil, divided

Preheat an oven to 350°F. Spray a baking dish with non-stick cooking spray. Place the salmon in the baking dish and bake 15 to 20 minutes until cooked through and opaque. Cool for 15 minutes, then flake into ½” pieces with a fork and set aside. Meanwhile, in a medium bowl, combine the egg, mustard, mayonnaise, lemon juice, panko breadcrumbs, corn, dill and capers. Add the flaked salmon to the bowl and mix gently. Shape the mixture into 8 (3” by ¾”) cakes. Heat 1 ½ teaspoons of oil in a large non-stick skillet over medium heat. Add 4 salmon cakes and cook 6 to 8 minutes on each side until evenly browned. Wipe the skillet clean with a dry paper towel. Add the remaining 1 ½ teaspoons of oil and cook the remaining cakes. Serve the salmon cakes with Spicy Aioli, recipe follows.

SPICY AIOLI

2 Tbsp. Weis Quality lite mayonnaise

1 tsp. sriracha sauce
1 tsp. fresh lemon juice

In a small bowl, mix the mayonnaise, sriracha sauce and lemon juice to make the aioli.
CAULIFLOWER “PILAF”

Yield: 6, 1 cup servings

- 1 Tbsp. Weis Quality unsalted butter
- 4 garlic cloves, minced
- 1 cup chopped red onion
- ¼ cup sliced almonds
- ¼ tsp. Weis Quality iodized salt
- 1 cup frozen Weis Quality peas, thawed
- 1 cup matchstick shredded carrots
- ½ cup reduced sodium chicken broth
- 1, 12 oz. package cauliflower “rice”
- Fresh parsley, chopped, optional for garnish

In a large skillet, melt the butter over medium-high heat. Add the garlic, onion, almonds and salt. Cook for 5 minutes or until the vegetables are tender and the almonds are toasted, stirring occasionally. Stir in the peas, carrots, broth and cauliflower. Cover and cook for 7 minutes or until the cauliflower is tender. Serve sprinkled with fresh parsley if desired.

WINE PAIRING Flickerwood Wine Cellars: Cayuga Kiss

WEST INDIES PEPPERPOT SOUP

presented by Chef Walter Staib
Owner
City Tavern
Philadelphia, PA
and Host of the Emmy Award winning “A Taste of History”

Recipe from City Tavern: Recipes from the Birthplace of American Cuisine, ©2009 by Walter Staib

Yield: 10 servings

- ¾ lb. salt-cured pork shoulder, diced (see Chef’s Note)
- ¾ lb. salt-cured beef shoulder, diced (see Chef’s Note)
- 2 Tbsp. vegetable oil
- 1 medium white onion, chopped
- 4 garlic cloves, chopped
- ¼ habañero pepper, seeded and chopped (see Chef’s Note)
- 1 cup chopped scallions
- 1 lb. taro root, peeled and diced
- 1 gallon beef stock
- 2 bay leaves
- 1 tsp. chopped fresh thyme
- 1 Tbsp. freshly ground thyme (see Chef’s Note)
- 1 Tbsp. freshly ground allspice (see Chef’s Note)
- 1 lb. callaloo or collard greens, rinsed and chopped (see Chef’s Note)
- Salt, as needed

In a large stockpot, sauté the pork and beef in the oil over high heat for 10 minutes, until brown. Add the onion, garlic, and habañero pepper, and sauté for 3 to 5 minutes, until the onion is translucent. Add the scallions and sauté for 3 minutes. Add the taro root and sauté
for 3 to 5 minutes more, until translucent. Add the stock, bay leaves, thyme, allspice, and pepper. Bring to a boil over high heat. Reduce the heat to medium and cook for about 30 minutes, until the meat and taro root are tender. Stir in the callaloo. Reduce the heat and simmer for about 5 minutes, until the callaloo is wilted. Season with salt and pepper to taste. Serve in a tureen or divide among individual soup bowls. Serve with Sweet Potato Biscuits, if desired.

Historical Note: During the long winter at Valley Forge, George Washington instructed his cook to make this soup to nourish and warm his starving, freezing troops. Though this West Indian dish may seem out of place in colonial American life, it was in fact quite common in and around Philadelphia, the last stop for ships traveling the Southern Trade Route. English ships returning from the islands transported slaves and exotic foodstuffs, so West Indian cookery found its way into the very fabric of Philadelphia life. It is assumed that Washington was familiar with pepperpot soup long before he camped at Valley Forge. During his only trip abroad in 1751, Washington traveled with his brother Lawrence to Barbados, where he enjoyed Cohobblopot, a version of pepperpot soup made with okra. The recipe above is the grandfather to the more widely recognized Philadelphia Pepperpot Soup, and is made from an authentic West Indian recipe more than 300 years old.

CHEF’S NOTES

• To salt-cure pork and beef shoulder, choose meat that appears well-marbled, then rub with coarse (kosher) salt and refrigerate for at least three days. Wash the salt off the meat before cooking as directed.

• The heat factor of peppers is measured by Scoville heat units. A jalapeño has 80,000 Scoville heat units while habañeros from Jamaica or Mexico’s Yucatan Peninsula have been found to have 550,000 Scoville heat units. Always wear rubber gloves when handling this fiery pepper.

• The allspice must be freshly ground, or the flavor will be compromised.

• The only substitution you can make in this recipe and still achieve the intended flavor is to use collard greens instead of callaloo, the leafy top of the taro root.

WINE PAIRING Arundel Cellars: Riesling
ROASTED BUTTERNUT SQUASH SOUP WITH A CINNAMON CRÈME AND HONEY PEPITA GRANOLA

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

Yield: 2 ½ quarts

ROASTED BUTTERNUT SQUASH SOUP

4 lbs. butternut squash, resulting in 3 lbs. of puree
1 Tbsp. olive oil, plus more as needed
2 medium shallots, minced

3 cups chicken stock
¾ tsp. Jamaican allspice
Zest and juice of 2 navel oranges
1 cup heavy cream
Salt and pepper, to taste

Preheat an oven to 350˚F. Split the squash lengthwise and remove the seeds. Rub the flesh side with oil and place on a baking tray lined with parchment paper. Place in the oven and roast for 45 minutes or until tender. Once cool enough to handle, remove the skin from the squash. Place the squash in the bowl of a food processor and blend until smooth.

Preheat a 4-quart stock pot over medium heat. Add 1 tablespoon of olive oil and the shallots. Cook until tender. Add the chicken stock, orange zest and juice, allspice and squash puree. Simmer for 10 minutes. Slowly whisk the cream into the soup and simmer an additional 5 minutes. Season with salt and pepper to taste.

HONEY PEPITA GRANOLA

2 cups uncooked rolled oats
¼ cup brown sugar
¼ tsp. cinnamon
½ cup pepitas

¼ cup PA raw honey
¼ cup olive oil
½ cup dried cranberries

Preheat an oven to 325˚F. In a large bowl, combine the oats, brown sugar, cinnamon and pepitas. Slightly warm the honey and add to the mixture along with the olive oil. Stir until combined well. Place on a baking sheet lined with parchment paper. Place in the oven and bake for 10 minutes or until golden brown, stirring occasionally. Slide the parchment paper with granola off the baking tray onto a counter and allow to cool. Add the dried cranberries to the mixture.
CINNAMON CRÈME

½ cup sour cream
¼ cup heavy cream
¼ tsp. cinnamon

Combine the ingredients and place in a squeeze bottle for decorating the soup. The soup can also be garnished with a crispy sage leaf.

WINE PAIRING Olivero’s Vineyard: Pinot Grigio

GNOCCHI WITH BRAISED PORK, SWISS CHARD AND HERBED RICOTTA

presented by Chef Robert Dacko
Deli Lead Merchant
Weis Markets, Inc.
Sunbury, PA

Yield: 4 servings

1 lb. pork shoulder
Salt and pepper, as needed
3 Tbsp. olive oil
4 oz. frozen pearl onions
4 oz. carrot, medium diced
1 Tbsp. chopped garlic
4 oz. canned diced tomatoes
2 oz. green olives
1 Tbsp. tomato paste

3 oz. PA red wine
16 oz. pork or chicken stock
4 oz. ricotta cheese
¼ oz. basil, coarsely chopped
¼ oz. parsley, chopped
¼ oz. oregano, chopped
1 cup Swiss chard, coarsely chopped
12 oz. Rana gnocchi

Preheat an oven to 325°F. Preheat a large braising pan on medium-high heat. Season the pork with salt and pepper. Add the oil to the pan and sear the pork, browning evenly on all sides. Remove from the pan. Add the onion, carrot and garlic to the pan and lightly sauté. Add the diced tomato, olives and tomato paste. Incorporate into the vegetables and lightly cook. Deglaze with the red wine, then add the stock to cover the meat by about halfway. Bring to a light simmer, then cover and transfer to the preheated oven. Cook for about 2 ½ hours or until the pork is tender.

While the pork is cooking, combine the ricotta and chopped herbs. Season with salt and pepper and set aside. When the pork is tender, remove it from the oven. Using a fork, gently pull the pork apart into large bite-size pieces; the meat should not be stringy. Add the Swiss chard to the pan and cook for 4 to 5 minutes over medium heat until the chard is wilted and tender. Add the gnocchi to the pan, and lower to a medium-low heat for about 4 minutes, until the gnocchi are
cooked. Taste for seasoning and adjust as necessary. Serve in a pasta bowl and spoon about 1 ounce of the herbed ricotta on top.

**WINE PAIRING** Moon Dance Winery: Moon River White

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**CRÈME BRULEE WITH LOCAL BERRIES** presented by **Kurt Wewer**
Executive Chef  
Evergrain Brewing Company’s Craft Kitchen  
Camp Hill, PA  

*Featuring Threefold Farm in Mechanicsburg, PA*

**Yield:** 15, 3 oz. servings

1 quart heavy cream  
1 cup granulated sugar  
12 egg yolks  
1 tsp. vanilla bean paste

Place the cream in a saucepot over medium heat. Heat the cream to 180°F. The cream will have bubbles forming around the edge and steaming, but do not boil. While the cream is heating, hand whisk the egg yolks, sugar, and vanilla bean paste until the mixture is a bright yellow. When the cream is heated, temper the yolk mixture by adding about a cup of the hot cream while stirring; do not whisk. Add another cup and stir, then add the remaining cream. Gently ladle 3 ounces into small ovenproof dishes. Place the dishes in a perforated hotel pan inside a solid hotel pan. Fill with hot water one-third of the way up the sides of the baking dishes. Bake at 300°F for 20 to 25 minutes, or until the outside is solid, but the center still quivers slightly. Rotate the pans after 10 minutes. Remove the dishes from the pan, ensuring not to get any water in the crème brulees. Cool to room temperature, then cover and refrigerate until service.

**FINISHING**

1 lb. PA black and red raspberries, or other local berries  
¼ cup granulated sugar  

Chilled Crème Brulees  
Granulated sugar, as needed

Toss the berries and sugar together well and allow to sit refrigerated for 20 minutes or up to 4 hours. Top each chilled brulee with 1 to 2 tablespoons of the berries and serve.

Alternatively, each chilled brulee can have 1 teaspoon of granulated sugar evenly spread across top, then torched until golden brown and caramelized. Top with 1 to 2 tablespoons of the berries if desired.

**WINE PAIRING** Mount Hope Estate & Winery: Moscato
MINI LAMB LEG ROAST

presented by John and Sukey Jamison
Owners
Jamison Farm
Latrobe, PA

Yield: 2–4 servings

1 lamb leg, mini top round roast, about 1–1½ lbs.
1 tsp. thyme, crushed
1 tsp. salt

½ tsp. coarsely ground pepper
¼ cup olive oil
¼ cup blue cheese

Preheat an oven to 425°F. Rub the mini roast with salt, pepper and thyme. Add olive oil to a sauté pan. Heat to medium and add the mini roast. Sear for 4 to 6 minutes per side. Slice a pocket into the top of the roast and fill with the cheese. Roast in the oven for 12 to 15 minutes until medium rare and the cheese has melted. Let the roast rest before slicing.

WINE PAIRING Mount Hope Estate & Winery: Merlot
DIETITIAN TIP

One medium, skin-on potato contains 110 calories and is an excellent source of fiber and potassium. Potatoes also supply over 15 other vitamins and minerals, including iron and vitamin C. Store unwashed potatoes in a cool, dry and dark place. If sprouts appear, simply remove them before cooking.
SWEET POTATO HUMMUS AND CHICKEN WRAP

presented by Mandisa Horn
Owner and Executive Chef
Horn O’ Plenty
Bedford, PA

Featuring Sterman Masser Potato Farms in Sacramento, PA

Yield: 6 wraps

SWEET POTATO HUMMUS

1 large PA sweet potato, 14-16 oz.
1 cup cooked chickpeas (reserve extra for wrap, but do not blend)
1 garlic clove, grated
¼ cup lemon juice

1 tsp. cumin, toasted and ground
1 Tbsp. black pepper, more to taste
1 tsp. cayenne pepper, more to taste
2 Tbsp. olive oil
1 tsp. sea salt, more to taste

Preheat an oven to 350˚F. Cut the sweet potato in half lengthwise and place cut side down on a small sheet pan. Bake for 30 minutes or until the potato is cooked all the way and soft. Add all the ingredients in a food processor or blender and blend until smooth. Taste and add salt, pepper, and cayenne to your liking.

SEASONED CHICKEN

1 ½ lbs. boneless skinless chicken breasts
¼ cup yogurt
¼ cup lemon juice

1 garlic clove
2 Tbsp. Shawarma seasoning
Salt and pepper, to taste

Mix together the yogurt, lemon juice, garlic and seasonings. Rub on the chicken and allow to marinate anywhere from 20 minutes to 24 hours. You shouldn’t need oil in your cooking pan because of the fat from the yogurt. If you feel you may need to, then lightly oil your pan and bake, grill or pan fry the chicken until cooked fully.

GINGER SLAW

1 cup green cabbage, julienne
½ cup red cabbage, julienne
½ cup sweet onion, julienne
½ cup green spring onion, sliced thin

1 Tbsp. grated fresh ginger
1 tsp. sea salt, more to taste
1 tsp. honey
¼ cup seasoned rice vinegar

In a medium bowl, mix together the cabbage and onion. In a small bowl, mix together the ginger, honey, salt, and vinegar. Pour the ginger dressing onto the cabbage mixture.
ASSEMBLY

6 flatbreads, naan, pitas, or tortilla wraps
2 oz. fresh spinach
Sweet Potato Hummus, recipe below
Seasoned Chicken, recipe below
Ginger Slaw, recipe below

Spread about ½ cup of the sweet potato hummus on the wrap. Next, add a small handful of spinach. Then, top with a portion of the chicken followed by a portion of the ginger slaw. If you have extra chickpeas add them in as well.

WINE PAIRING Moon Dance Winery: Moon River White

PERUVIAN PURPLE GNOCCHI WITH A LEEK AND GOLDEN POTATO WHIP

presented by Rosemarie “Qui Qui” Musarra
Owner and Executive Chef
Mangia Qui, Suba, and Rubicon
Harrisburg, PA

Featuring Sterman Masser Potato Farms in Sacramento, 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 half-inch logs. Cut with a crinkle cutter on the bias every half inch. 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 two 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

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**VENISON TENDERLOIN WITH YUKON GOLD POTATOES**

Presented by David Taddei

Executive Chef

Kitchens of DelGrosso’s Amusement Park, Inc., Laguna Splash, and Marianna Foods, Inc.

Tipton, PA

*Featuring Shaffer Farm in Herndon, PA*

Yield: 8–10 servings

“This is a wonderful, hearty wintertime meal that would work well with your favorite meat or favorite potato. Try substituting the venison with beef, veal, lamb, or pork. Any of these would be an excellent choice.” —Chef David Taddei

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
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<tbody>
<tr>
<td>1 PA venison tenderloin</td>
<td>4 rosemary sprigs</td>
</tr>
<tr>
<td>Salt and pepper, as needed</td>
<td>1 thyme sprig</td>
</tr>
<tr>
<td>Granulated garlic, as needed</td>
<td>1 tarragon sprig</td>
</tr>
<tr>
<td>Dried rosemary, as needed</td>
<td>2 bay leaves</td>
</tr>
<tr>
<td>8 PA Yukon gold potatoes</td>
<td>10 oz. olive oil, plus 3 Tbsp. reserved</td>
</tr>
<tr>
<td>2 large red onions</td>
<td>½ lb. butter, cut into 1” cubes</td>
</tr>
<tr>
<td>2 large carrots</td>
<td>¼ lb. beech mushrooms</td>
</tr>
<tr>
<td>1 large parsnip</td>
<td>2 large shallots, finely chopped</td>
</tr>
<tr>
<td>6 garlic cloves</td>
<td>12 oz. PA Cabernet Sauvignon</td>
</tr>
<tr>
<td>2 celery stalks</td>
<td>16 oz. beef stock</td>
</tr>
<tr>
<td>10 Brussels sprouts</td>
<td></td>
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</tbody>
</table>
Preheat an oven to 375°F. Place the venison on a tray and season all sides with salt, pepper, garlic and dried rosemary; set aside. To enhance the flavor, this may be done up to 2 days in advance.

Peel the potatoes, onions, carrots, parsnip and garlic. Cut the potatoes and onions into quarters. Cut all the other vegetables, including the celery and Brussels sprouts into pieces approximately 1” thick. Transfer the vegetables into a deep roasting pan along with the fresh rosemary, thyme, tarragon, and bay leaves. Coat the vegetables with olive oil and add a generous amount of salt and pepper. With a pair of tongs, mix the vegetables and seasonings together, then top off the mix with cubed butter. Place the pan in the preheated oven and bake for 15 minutes. Add your venison to the roasting pan and reduce the temperature to 350°F. Allow to cook for 35 to 45 minutes or until the desired temperature is reached: rare 145°F, medium 160°F, well done 170°F. As the roast is cooking, sweat the shallots in the remaining olive oil in a medium sized pot. Add the mushrooms and cook no longer than 2 minutes. Drain any excess oil out of the pot and season the mushrooms with salt; set aside. When the venison has reached the desired temperature, remove it and place on a cutting board to rest. Place the roasted vegetables on a large serving platter, then place the pan back on a burner over low heat. Add the wine to deglaze the pan and reduce by half. Add the beef broth and bring to a simmer. Transfer to the saucepot with the mushrooms and shallots, and place over medium heat. Simmer for about 20 minutes or until reduced by a third.

To finish, slice the venison loin and place the chops on top of the vegetables. Top it all off by drizzling the mushroom sauce over the venison.

**WINE PAIRING** Black Dog Wine Company: Rooster Red
SOUS-VIDE OXTAIL OVER A MODERNIST WARM VICHYSSESOISE

presented by **Jason Clark**  
Chef De Cuisine  
Mountain View Terrace and Skybox Sports Bar  
Hollywood Casino at Penn National Race Course  
Grantville, PA

*Featuring Landisdale Farm in Jonestown, PA*

Yield: 4 servings

“Know your meat—oxtail refers to the tail of the cow. Portions from the top have more meat. Ask your butcher to slice it into pieces, as we are doing here. Although there is a high bone-to-meat ratio on this cut, the flesh can be tough if not cooked correctly. The tail is full of health-giving collagen and gelatin, adding great flavor to soups, stews, and stocks.” —Chef Jason Clark

SOUS-VIDE OXTAIL

1 oxtail, cut joints into 7 to 9 pieces, as needed  
3 shallots, cut into quarters  
Salt and black pepper, as needed  
1 rosemary sprig  
Canola oil, as needed  
3 garlic cloves, sliced  
60 g butter  
250 ml PA red wine  
55 ml demi glace

Preheat the immersion circulator for succulent and fork-tender. I recommend cooking at 167°F for 24 hours. Season the meat with salt and black pepper. Heat a frying pan to a medium-high temperature. Add a splash of oil, and begin searing the oxtail portions. These are really tough cuts so don’t feel the need to rush, you won’t overcook them. Wipe the pan clean and add the butter, shallots, garlic, and rosemary. Caramelize the shallots and deglaze with the red wine. Simmer and reduce until thickened, by half to three-quarters depending on the gelatin content in the bones. Add in the demi-glace and stir to combine. Place the oxtail portions in a food-grade, freezer-style bag with the sauce, rosemary, shallots, and garlic. Remove as much of the air as possible but note that no vacuum sealing is required for this recipe. Put your immersion circulator in the water and, when it is at the right temperature, lower the bag slowly into the saucepan. For long cooking times such as this, it’s important to cover your water pan with plastic wrap to reduce evaporation. After cooked, remove the chunks of oxtail from the bag and present on top of a bowl of Modernist Warm Vichyssoise, recipe follows.
MODERNIST WARM VICHYSSOISE

POTATO PUREE

1 L water 2 tsp. sugar
17 ½ oz. PA gold potatoes 5 g diastatic malt powder
5 tsp. salt

Preheat a water bath to 126°F. Scrub the potatoes well and peel them; reserve the peels for flavoring the potato water. Cut the potatoes in 1” pieces. Bring the water, salt and sugar to a boil in a large pot. Adding 1 to 2 grams of sugar for every 100 grams of water helps preserve the natural sweetness of the potatoes. Add the potato peels and simmer for 5 to 10 minutes, then remove them from the pot with a large slotted spoon and discard. Add the potato pieces to the pot, reduce the heat and simmer until the potatoes become very tender, 30 to 40 minutes. Drain the potatoes. Stir the diastatic malt powder into the warm potatoes. Place the warm potato mixture in a blender and puree until it becomes smooth and sticky. You may need to pause a few times to stir the potatoes and scrape down the sides of the blender. Place the potato puree in a plastic bag. Remove all of the plastic plate inserts from the chamber vacuum sealer, then seal the bag in the chamber. Cook the puree sous vide for 30 minutes. Transfer the puree to a pot, and heat it to at least 167°F, stirring occasionally—this halts the enzymatic reactions. Use a thermometer, and note that the mixture may boil below this temperature. Cool the puree.

Notes: When sealing the potato puree in the chamber vacuum sealer, be sure to remove all of the plastic plate inserts first so that the level of the puree is higher than the sealing bar. If the puree ends up being higher than the sealing bar, puree will get pulled out of the bag, which makes a mess in the chamber.

LEEK JUS

4-5 leeks, white parts only, washed and halved lengthwise

Increase the temperature of the water bath to 194°F. Vacuum seal the halved leeks. Cook the leeks sous vide for 2 hours. Allow the leeks to cook slightly, then strain the liquid from the bags. Squeeze the leeks by pressing them with a spoon to collect as much jus as possible. You should have close to 1⅓ cups of jus. Discard the pulp or reserve for another recipe, such as vegetable stock.
**VICHYSSOISE**

1 ¾ cups potato puree  
1 ⅔ cups leek jus  
½ cup heavy cream  
1 tsp. salt

Add the potato puree into a medium saucepot. Stir the jus, cream and salt into the potato puree. Season with additional salt and pepper to taste. If serving the vichyssoise cold, refrigerate the soup until fully chilled, at least 2 hours.

**CRISPY FRIED LEEKS**

1 medium leek  
1 Tbsp. flour  
Salt and pepper, as needed  
½ cup olive oil or vegetable oil

Trim the leek, leaving the white and light green part only. Cut it in half lengthwise and slice into very thin strips. Place the leek strips in a strainer and rinse thoroughly to remove any dirt caught between the layers. Gently blot the leek strips dry using a tea towel. Toss the leek strips with the flour and a pinch each of salt and pepper in a bowl. Heat the oil in a 12” skillet until shimmering. Test the oil temperature using one leek strip; it should sizzle and make small bubbles in the oil. Use your hand to scoop up half of the leek strips, leaving excess flour in the bowl, and gently add the leeks to the oil in an even layer. Fry the leek strips, stirring often, until they are golden brown, 4 to 5 minutes. (They will darken as they cool.) Drain the fried leeks on paper towels and season with a light sprinkling of salt and pepper. Fry the rest of the leeks in the same way. Allow the fried leeks to cool and store them in an airtight container until ready to use.

**PLATING**

Sous-Vide Oxtail  
Modernist Warm Vichyssoise  
3 Tbsp. finely chopped chives  
Crispy Fried Leeks

Reheat the soup on the stovetop. Distribute the vichyssoise evenly between serving bowls. Reheat the oxtail and remove the chunks from the bag. Place on top of the warm vichyssoise. Garnish with the crispy leeks and chives.

**WINE PAIRING** Mount Hope Estate & Winery: Merlot
POTATO AND CHEDDAR WAFFLES WITH HORSERADISH CREAM AND BACON

PERFECT MASHED POTATOES

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

Yield: 4–6 servings

POTATO AND CHEDDAR WAFFLES

“This is a great recipe for using up leftover mashed potatoes. The potato waffles can be served as a side dish or an appetizer, and are excellent for breakfast or brunch, topped with a fried egg!”

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 Tbsp. vegetable oil</td>
<td></td>
</tr>
<tr>
<td>¼ cup buttermilk</td>
<td></td>
</tr>
<tr>
<td>2 large eggs</td>
<td></td>
</tr>
<tr>
<td>2 ½ cups leftover or freshly made mashed potatoes, see below recipe</td>
<td></td>
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<tr>
<td>½ cup thinly sliced scallions, green tops only</td>
<td></td>
</tr>
<tr>
<td>1 cup grated sharp cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>½ cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>½ tsp. baking powder</td>
<td></td>
</tr>
<tr>
<td>¼ tsp. baking soda</td>
<td></td>
</tr>
<tr>
<td>½ tsp. salt</td>
<td></td>
</tr>
<tr>
<td>½ tsp. freshly ground black pepper</td>
<td></td>
</tr>
<tr>
<td>Nonstick cooking spray</td>
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</tbody>
</table>

Preheat a waffle iron according to the manufacturer’s directions. If it has temperature gauge, set it to medium. In a large bowl, whisk together the oil, buttermilk, and eggs. Add the mashed potatoes, scallions, and cheddar cheese. Mix well to combine. In a small bowl, combine the flour, baking powder, baking soda, salt, and pepper. Using a rubber spatula, fold the dry ingredients into the potato mixture until evenly incorporated. Spray both sides of the waffle iron liberally with nonstick spray and place about ½ cup of the potato mixture onto each section of the waffle iron. Cook until golden brown and crispy, approximately 3 minutes. Remove the waffles from the iron and hold in a warm oven until needed. Repeat to finish cooking the remaining batter.
HORSERADISH CREAM

½ cup heavy cream 1 Tbsp. freshly squeezed lemon juice
½ cup crème fraîche or sour cream Kosher salt to taste
½ cup prepared horseradish Freshly ground black pepper, to taste
2 Tbsp. minced parsley

In a medium bowl, whisk the heavy cream, crème fraîche or sour cream, horseradish, parsley and lemon juice together to combine. Season to taste with salt and pepper. Refrigerate for 30 to 60 minutes, then taste and adjust the seasonings. Transfer to an airtight container until needed. Can be refrigerated for up to 1 week.

PLATING

Potato and Cheddar Waffles
Horseradish Cream
1 cup cooked bacon, chopped into ½” pieces
¼ cup thinly sliced scallions, green tops only

Place a warm Potato and Cheddar Waffle on the plate. Top with a dollop of the Horseradish Cream and sprinkle with the chopped bacon and sliced scallions.

PERFECT MASHED POTATOES

1 lb. PA russet potatoes ¼ cup heavy cream, hot
1 Tbsp. kosher salt Kosher salt to taste
2 oz. melted butter, hot Ground white pepper, to taste

Wash and peel the potatoes. Cut each potato into 4 to 6 uniform-sized pieces. Place the potatoes in a medium sauce pot, cover them with cold water and add 1 tablespoon of salt to the water. Bring the water to a boil, reduce to a simmer and cook until the potatoes are tender and soft, but not mushy. When the potatoes are cooked, drain them well in a colander. The potatoes must be very dry but still hot. Transfer them to the bowl of an electric mixer. Using the whip attachment, whip the potatoes for 30 to 45 seconds. Scrape the sides and bottom of the bowl and whip for another 15 seconds or until the potatoes are smooth and free of lumps. The potatoes must be smooth before adding any liquids or they will remain lumpy. Add the butter, cream and season to taste with salt and pepper. Whip on low speed to incorporate all of the ingredients. Scrape the sides and bottom of the bowl and whip again for several seconds. Adjust consistency and seasoning with additional cream, butter and/or salt if needed.

WINE PAIRING Juniata Valley Winery: Sláinte
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A three-ounce serving of lean beef supplies 10 essential nutrients, including high-quality protein, zinc and iron. When shopping for lean cuts of beef, look for “loin” or “round” in the name as well as those with the least amount of visible fat (marbling).
VEAL AND MUSHROOM MEATLOAF

presented by Chef Chad Brumbaugh
Culinary Arts Instructor
HACC, Central Pennsylvania’s Community College
Harrisburg, PA

Yield: 8-10 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>4 Tbsp. butter, divided</td>
<td>4 Tbsp.</td>
</tr>
<tr>
<td>½ lb. hen of the woods mushrooms,</td>
<td>½ lb.</td>
</tr>
<tr>
<td>roughly chopped</td>
<td></td>
</tr>
<tr>
<td>Kosher salt and pepper, to taste</td>
<td>Kosher</td>
</tr>
<tr>
<td>½ cup PA dry white wine</td>
<td>½ cup</td>
</tr>
<tr>
<td>1 cup yellow onion, small dice</td>
<td>1 cup</td>
</tr>
<tr>
<td>½ lb. bacon, coarsely chopped</td>
<td>½ lb.</td>
</tr>
<tr>
<td>2⅓ lbs. ground PA veal</td>
<td>2⅓ lbs.</td>
</tr>
<tr>
<td>1 cup panko breadcrumbs</td>
<td>1 cup</td>
</tr>
<tr>
<td>¼ cup ketchup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>¼ cup drained, prepared horseradish</td>
<td>¼ cup</td>
</tr>
<tr>
<td>1 large egg, beaten</td>
<td>1 large</td>
</tr>
<tr>
<td>1 Tbsp. all-purpose flour</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Preheat an oven to 350˚F. Melt 2 tablespoons of the butter in a large skillet. Add the mushrooms, season with salt and pepper, and cook over moderate heat until they release their liquid, about 4 minutes. Add the white wine. Increase the heat to moderately high and cook, stirring, until browned and no liquid remains. Add the onion, and 1 tablespoon of the butter. Cook over low heat, stirring occasionally, until the onion softens, about 10 minutes. Let cool to room temperature.

Mince the chopped bacon in a food processor. In a large bowl, combine the minced bacon with the veal, panko, ketchup, horseradish, egg and the cooled mushroom mixture. Season with salt and pepper and mix thoroughly with your hands. Form the meatloaf into the desired shape in a loaf pan or baking dish. Bake for 1 ¼ hours, or until an instant-read thermometer inserted in the center registers 140˚F. Drain the pan juices into a heatproof bowl and skim off the fat. You should have approximately ⅔ cup of the juices.

In a small saucepan, melt the remaining 1 tablespoon of butter over low heat. Whisk in the flour until smooth, then whisk in the reserved pan juices. Bring the sauce to a simmer, whisking constantly, until thickened. Add the sour cream and cook, stirring until hot, about 2 minutes; do not let the sauce boil. Season with salt and pepper. Thickly slice the meatloaf and serve with the sour cream sauce.

WINE PAIRING The Vineyard at Hershey: Merlot
THE SLOPPY JOE SHOWDOWN
PRESENTED BY THE PA BEEF COUNCIL

SLOPPY JOES

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

Yield: 6-8 servings

2 lbs. PA lean ground beef
1 Tbsp. olive oil
1 medium onion, small dice
1 large roasted red pepper, small dice
1 garlic clove, minced
1 Tbsp. garlic salt
½ cup molasses
2 Tbsp. yellow mustard
1 Tbsp. Worcestershire sauce
1 cup ketchup
1 cup tomato puree
½ cup pickle relish
Salt and pepper, to taste

Place the ground beef into a preheated 8-quart pot. Cook the beef completely through, stirring occasionally to break it down into small pieces. Drain the excess fat and set the cooked beef aside. Place the pot back on the stove and add the olive oil and onion. Cook the onion until translucent, approximately 5 minutes. Add the garlic and roasted pepper, cook for 2 minutes. Add the remaining ingredients and simmer for 10 minutes. Add the cooked beef and cook for 10 minutes or until thoroughly heated. Serve with your choice of rolls.

WINE PAIRING Broad Mountain Vineyard: Dornfelder
SPINACH AND PROSCIUTTO STUFFED VEAL ROLLS OVER POLENTA

presented by John Reis, CFBE
Corporate Executive Chef
The Hilton Harrisburg
Harrisburg, PA

Yield: 4 servings

SPINACH AND PROSCIUTTO STUFFED VEAL ROLLS

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 PA veal scaloppini, thinly sliced</td>
<td>8 thin prosciutto slices</td>
</tr>
<tr>
<td>2 cups cooked, chopped spinach</td>
<td>1 cup all-purpose flour, seasoned with salt and pepper</td>
</tr>
<tr>
<td>¼ cup grated Pecorino Romano cheese</td>
<td>2 eggs, mixed with 1 Tbsp. water</td>
</tr>
<tr>
<td>8 Tbsp. olive oil, divided</td>
<td>2 cups breadcrumbs</td>
</tr>
<tr>
<td>Salt and pepper, to taste</td>
<td>Canola oil, as needed</td>
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</tbody>
</table>

If needed, use a meat mallet to even out the thickness of the scaloppini. Use your hands, or a nut bag to squeeze out as much liquid from the spinach as possible, then place it in a bowl. Add the cheese and two tablespoons of oil to the spinach and stir to combine. Season the spinach mixture with salt and pepper. Lay out each slice of veal, then cover with a slice of prosciutto. You can either cut the prosciutto to fit, or fold it over. Divide the spinach filling equally between the slices of veal and spreading evenly. Roll each scaloppini and place on a plate. Refrigerate until needed.

Place the veal rolls in seasoned flour to coat and shake off the excess. Place in the egg wash and then the breadcrumbs. Preheat a large pan with about 1½” of oil. Add the breaded veal rolls and lightly shallow fry until golden brown on each side. Transfer to an oven tray and bake in a 375°F oven for about 5 minutes until heated through.

TOMATO SAUCE

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>2 Tbsp. extra-virgin olive oil</td>
<td>2 Tbsp. finely chopped parsley</td>
</tr>
<tr>
<td>½ cup chopped onion</td>
<td>½ tsp. finely chopped oregano</td>
</tr>
<tr>
<td>2 garlic cloves, minced</td>
<td>3 Tbsp. finely chopped basil</td>
</tr>
<tr>
<td>1, 28 oz. can crushed tomatoes</td>
<td>Salt and pepper, to taste</td>
</tr>
</tbody>
</table>

Heat the olive oil in a heavy saucepan over medium-heat until lightly smoking. Add the onions, stirring often until translucent, cooking about 7 to 8 minutes. Add the garlic and cook another minute or two, until fragrant. Add the tomatoes, parsley, oregano, basil, salt and pepper, and bring to a boil. Reduce the heat to a simmer, cover, and cook for 20 minutes. Taste and adjust the salt and pepper to taste.
POLENTA

2 cups water
½ cup cornmeal
2 Tbsp. butter
2 Tbsp. grated Parmesan cheese
Salt and pepper, to taste

Bring the water to a boil. Whisk in the cornmeal in a slow stream, whisking constantly to prevent lumps. Continue whisking until the polenta starts thickening. Reduce the heat and continue cooking while whisking for about 10 minutes. When the polenta is cooked, add the butter and cheese. Taste and adjust the salt and pepper to taste.

PLATING

Place the polenta in the center of each plate. Cut each veal roll into 3 pieces and place 6 pieces on top and drizzle the sauce around it.

WINE PAIRING Armstrong Valley Winery: Merlot

SHEPPARD FARMS BEEF BOLOGNESE WITH GNOCCHETTI

presented by Bill Collier
Executive Chef
Bricco
Harrisburg, PA

Featuring Sheppard Farms in Hanover, PA
Yield: about 3 quarts

SHEPPARD FARMS BEEF BOLOGNESE

1 lb. ground Sheppard Farms beef
2 garlic cloves, minced
½ cup diced onion
½ cup dry PA red wine
½ cup diced carrot
1 quart tomato juice
½ cup diced pepper
1 quart canned tomatoes, pureed
½ cup cross sliced celery
2 rosemary sprigs
½ cup diced fennel
Salt and pepper, to taste

In a large skillet over high heat, brown the beef. Drain and set aside. In the same skillet, sauté the vegetables until they start to caramelize. Add the garlic and sauté for 1 minute. Deglaze the pan with red wine and reduce by half. Add in the pureed tomatoes and tomato juice. Bring to a simmer. Add the cooked beef back to the pan and bring back to a simmer. Add in the rosemary sprigs and simmer for 45 minutes. Season with salt and pepper to taste. Serve over Gnocchetti, recipe follows.
GNOCCHETTI

8 oz. semolina (weighed)
Pinch of salt, plus more for cooking water
3 oz. hot water (weighed)

In a mixing bowl, combine the semolina and the salt. Pour the hot water into the bowl and begin to mix. As it clumps, begin to mix by hand and knead until it becomes a smooth dough-like consistency. Wrap the dough in plastic wrap and set aside for 10 minutes. After the dough rests, with a rolling pin, roll the dough out to a thickness of ¼”. With a knife or pizza cutter, cut the dough into ½” to ¾” squares. Using a gnocchi board press the dough at a 45 degree angle away from you. The dough will roll off and make a gnocchi shaped pasta. Place on a cookie sheet until you are finished with all of the dough. Place the Gnochetti into a pot of boiling salted water and cook for 4 to 5 minutes. Drain and reserve for later use or combine with your favorite sauce. You may also sauté the Gnocchetti in whole butter before serving.

WINE PAIRING The Vineyard at Hershey: Merlot

PEPPERSTEAK WITH PEACH CHUTNEY AND BRUSSELS SPROUT HASH

presented by Doug Krick
Executive Chef
Dodge City Steakhouse
Harrisburg, PA

Featuring Three Springs Fruit Farm in Aspers, PA, and the Lands at Hillside Farms in Shavertown, PA

Yield: 2–4 servings

PEPPERSTEAK

20 oz. PA beef tenderloin
2 Tbsp. cracked black pepper

¼ Tbsp. kosher salt
¼ cup butter

Cut the beef tenderloin into medallions, approximately 4 to 5 ounces each. Season with salt and cracked black pepper. Melt the butter in a sauté pan and sear both sides of the tenderloin medallions. Remove from the pan and place in a 350˚F oven until they reach the desired temperature.
PEACH CHUTNEY

3 PA peaches, peeled and diced large  1 Tbsp. cracked black pepper
2 cups beef stock  1 tsp. ground black pepper
1 Tbsp. dried cherries  2 Tbsp. butter
1 cup brown sugar  1 Tbsp. cornstarch, if needed

Add all the ingredients into your seasoned pan from the Peppersteak and bring to a boil. Lower the heat to a simmer and let reduce until thick. If necessary to thicken, add a slurry of 1 tablespoon cornstarch and 1 tablespoon cold water mixed. Allow the chutney to boil to thicken fully.

BRUSSELS SPROUT HASH

1 lb. Brussels sprouts, quartered  1 shallot, thinly sliced
1 lb. red skin potatoes, diced  ¼ cup butter
2 Tbsp. cooked bacon crumbles  Salt and pepper, to taste

Boil the Brussels sprouts in simmering salt water for 4 to 5 minutes. Drain and place in a baking pan. Boil the potatoes until tender. Drain and add to the Brussels sprouts. Add the rest of ingredients and mix the hash to combine. Bake at 350˚F for 15 minutes.

PLATING

Place the hash in the center of the plate and top with two tenderloin medallions. Drizzle with the Peach Chutney to finish.

WINE PAIRING Armstrong Valley Winery: Merlot
CHEESY CHEESEBURGER PIE

CRANBERRY RICOTTA COBBLER

presented by Chef Sharon Jackson, CC
Culinary Arts Alumna
HACC, Central Pennsylvania’s Community College
Harrisburg, PA

Featuring Locust Point Cattle Company in Dover, PA

CHEESY CHEESEBURGER PIE

Yield: 1 pie

1 lb. ground PA beef
1 tsp. salt
2 Tbsp. chili powder
1 tsp. cumin, ground
⅛ tsp. cayenne pepper
1 Tbsp. brown sugar
1 medium onion, chopped
1 medium green pepper, chopped
2 garlic cloves, minced

Brown the ground beef in a saucepot over medium heat until cooked. Add the spices, sugar, onions, peppers, and garlic. Continue cooking until the vegetables are tender but still firm. Add the tomatoes with their juice and simmer for 30 minutes. Prepare the biscuit topping by first combining the flour, baking powder, and salt in a medium bowl. Cut the shortening into the flour mixture. Add the cheddar cheese and milk, reserving some milk to add as needed. Mix until a soft dough forms. Transfer the beef mixture to a deep pie dish. Put the Monterey Jack cheese on top of the beef mixture. Use a 1½ ounce scoop and drop the biscuits on top of the cheese. Bake in a 400°F oven for 8 to 10 minutes, or until the biscuits are nicely browned.

CRANBERRY RICOTTA COBBLER

Yield: 8-12 servings

2 lbs. cranberries
1 cup orange juice
2 tsp. vanilla extract, divided
Zest of 1 orange
2 Tbsp. cornstarch
1 cup ricotta cheese

1 tsp. vanilla extract
1 ½ cups sugar
½ tsp. salt
1 ½ cups all-purpose flour
2 large eggs
¾ cup melted butter
Preheat an oven to 350° F. Spray a 9” x 13” baking dish. Place the cranberries in the baking dish. In a small bowl, combine the orange juice, zest, cornstarch, and 1 teaspoon of vanilla. Pour the mixture over the cranberries. Combine the ricotta cheese and remaining vanilla extract. Place dollops of the ricotta in a 4 by 6 pattern over the cranberries. In a large bowl mix the sugar, salt, and flour; stir with a whisk to blend well. In a smaller bowl, whisk the eggs together until well blended. Pour the eggs into the flour mixture. Gently blend until the flour and sugar are moist. It will resemble slightly lumpy cornmeal. Sprinkle the mixture over the cranberries and cheese. Pour the melted butter evenly over the topping and bake for 40 minutes or until golden brown. Enjoy!

**WINE PAIRING** Broad Mountain Vineyard: Dornfelder

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**VEAL OSSO BUCCO**

**Presented by** Robert Ayala  
**Executive Chef and Owner**  
Home 231  
Harrisburg, PA

**Yield:** 2–4 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 lbs. PA veal osso bucco, center cuts, 6 pieces</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper, to taste</td>
<td></td>
</tr>
<tr>
<td>¼ cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>Olive oil, as needed</td>
<td></td>
</tr>
<tr>
<td>½ cup extra-virgin olive oil</td>
<td></td>
</tr>
<tr>
<td>1 large white onion, chopped</td>
<td></td>
</tr>
<tr>
<td>3 celery stalks, chopped</td>
<td></td>
</tr>
<tr>
<td>3 large carrots, chopped</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. tomato paste</td>
<td></td>
</tr>
<tr>
<td>1 cup PA red wine</td>
<td></td>
</tr>
<tr>
<td>1 fresh rosemary sprig</td>
<td></td>
</tr>
<tr>
<td>1 fresh thyme sprig</td>
<td></td>
</tr>
<tr>
<td>1 bay leaf</td>
<td></td>
</tr>
<tr>
<td>3 cups vegetable stock</td>
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</tbody>
</table>

Pat the veal dry, making sure it is at room temperature. Season well with salt and pepper. Coat the veal in flour and shake off the excess. Heat the olive oil in a large pot over medium-high heat. Cook the veal in batches, until browned all over, 3 minutes on each side. Remove from the pot and set aside to rest.

Add the extra-virgin olive oil without cleaning out the pot. Cook the onion at medium heat for 5 minutes or until translucent, scraping up the remaining pieces of meat. Add the celery and carrot and stir until the vegetables soften. Increase the heat and add the tomato paste.

Place the veal back in the pot. Add the wine and let it cook for 2 minutes. Place the rosemary, thyme, and bay leaf into a piece of cheesecloth and secure with twine.
Add the herbs in the cheesecloth and the vegetable stock, ensuring the veal is immersed in the liquid. Bring to a boil, then cover and simmer for 4 hours, until the veal is soft and you can break it with a fork. Flip the veal and cook for an additional 15 minutes.

**POLENTA**

1 lb. polenta  
Salt and pepper, to taste  
1 cup grated Fontina cheese  
2 Tbsp. butter  
Pinch of sugar

In a medium saucepan, bring 5 cups of water to a boil. Add the polenta, salt and pepper and cook until the polenta is dense, about 40 minutes. Before serving the polenta, add the Fontina, butter and sugar.

**GREMOLATA**

1 bunch spring onions  
1 bunch fresh basil  
2 lemons, zested

Chop the spring onions, basil, and lemon zest. Combine.

**PLATING**

Serve the osso bucco over the polenta, adding some of the juice from cooking. Top with the gremolata.

**WINE PAIRING** Armstrong Valley Winery: Cabernet Franc
A diet rich in fruits and veggies as part of an overall healthy diet can help to lower blood pressure, reduce the risk of diabetes, heart disease and stroke, and promote a healthy digestive tract. Aim to eat at least five cups of colorful produce each day, and remember whether it’s fresh, frozen, canned, dried or 100% juice—all forms count.
BRAISED PORK CHEEKS
WITH A LAVENDER GREMOLATA
Served with Apple Cider Cheddar Grits, Warm Pickled Carrots, Spicy Braised Red Cabbage, and Raw Honey Roasted Brussels Sprouts

presented by Michael Harants, CEC, CCE, AAC
American Culinary Federation, Harrisburg Chapter PA 181
Professional Chef Consultant
United States Navy Deputy Program Manager

Featuring Castle Valley Mill in Doylestown, PA
Yield: 4 servings

BRAISED PORK CHEEKS

4 black peppercorns
2 bay leaves
Pinch red pepper flakes
1 garlic clove, smashed
1 shallot, minced
3 Tbsp. dark brown sugar
½ cup kosher salt
2 quarts water, or more as needed
2 ½ lbs. pork cheeks, silver skin, fat and cartilage trimmed away
2 Tbsp. olive oil
8 oz. chorizo sausage, raw, crumbled

3 Tbsp. vegetable oil, more as needed
1 cup seasoned all-purpose flour (flour with salt and pepper)
½ cup small diced celery
¼ cup small diced carrots
¼ cup small diced onion
1 bay leaf
1 sage leaf, or ½ tsp. dried sage
3 Tbsp. apple cider vinegar
2 cups chicken or pork stock
2 cups apple cider
1 Tbsp. cold butter, optional

In a small, hot sauté pan over a medium high heat, add the peppercorns, bay leaves, red pepper flakes and garlic clove. Move them around in the pan for a few moments, then remove from the heat but continue to move the ingredients around to prevent scorching for a minute or two. Add the shallots to cool the pan and continue to move around. Transfer the ingredients to a 1 gallon sized container with a lid. Add the water, brown sugar and salt; mix well. Add the trimmed pork cheeks, cover and refrigerate. Allow to brine for anytime between 12 to 36 hours.

Remove the pork cheeks from the brine and rinse with cool water and pat dry. Preheat a gallon size pot or braising pan on the stove over a medium high heat. Add the olive oil and sausage, reduce the heat to medium and render the sausage. Once cooked, remove the sausage
and set aside. Return the pan to the heat, and add the vegetable oil. Dredge the dry cheeks in the seasoned flour, shaking to remove any excess. Place into the hot pan and brown on all sides. Be careful not to burn the pan or flour- add more oil if needed, lowering the heat if the cheeks are browning too fast. When the cheeks are browned, remove from the pan and set aside. Add the vegetables, bay leaf, and sage leaf to the pan. Sauté over a medium heat until soft. Deglaze the pan with the vinegar. Add the chicken stock and apple cider and bring to a boil. Reduce to a simmer and return the cheeks and sausage back to the pan. Cover and place into a 325˚F oven for about 2 to 2 ½ hours or until the cheeks are fork tender but not falling apart.

When the cheeks are finished, remove from the pan and keep warm. Strain the braising liquid into a saucepan and reduce by simmering until the flavor is as strong as desired. Season with salt and pepper if needed. If desired, whisk in 1 tablespoon of cold butter into the sauce for shine and richness.

LAVENDER GREMOLATA

3 Tbsp. lavender  
1 black garlic clove  
3 Tbsp. flat leaf parsley  
2 tsp. apple cider vinegar  
Salt and pepper, to taste

Chop the lavender, garlic, and parsley together until minced. Toss with the cider vinegar and season with salt and pepper. Reserve to garnish the braised pork at service.

APPLE CIDER CHEDDAR GRITS

2 cups apple cider  
¼ cup water  
Pinch kosher salt  
Pinch coarse ground black pepper  
2 Tbsp. unsalted butter  
½ - ¾ cup Castle Valley Mill Bloody Butcher red grits  
⅓ cup sharp cheddar cheese, shredded  
⅛ cup sliced scallions, green only

In a medium saucepan, bring the cider and water to a boil with the salt and pepper. Slowly stream in the grits while stirring. Continue to stir until the grits return to a slow simmer, reduce the heat, and cover. Stir every few minutes until the liquid has been absorbed and the grits are tender. Add the cheese and mix until melted. Fold in the scallions.
WARM PICKLED CARROTS

1 Tbsp. mustard seeds  
4 oz. water  
1 1/2 oz. granulated sugar  
1/4 tsp. kosher salt  
1 shallot, peeled and thinly sliced  
12 oz. peeled carrots, sliced on bias

Place all ingredients, except the carrots and shallots, into a sauce pot and bring to a boil. Once the salt and sugar have dissolved, remove from the heat and allow to cool. Place the carrots and shallots into a bowl or jar and pour the pickling liquid over the top to cover. Allowed to set covered in the refrigerator overnight. Pull the carrots from the refrigerator to come to room temperature about 2 hours prior to service.

BRAISED RED CABBAGE

1 oz. butter  
1 lb. shaved red cabbage  
Pinch kosher salt, more to taste  
Pinch black pepper, more to taste  
3 Tbsp. hard cider, or red wine  
1 Tbsp. red wine vinegar

In a heavy-bottomed saucepan, melt the butter over a medium heat. Add the shaved cabbage and salt. Move in the pan until it begins to wilt. The cabbage will begin to change color. Add the hard cider and vinegar and mix. Cover and allow to cook for a few more minutes. Stir well, replace the lid, and lower the heat. Continue to cook until tender, about 10 to 15 minutes. Taste and season more if desired.

RAW HONEY ROASTED BRUSSELS SPROUTS

1 lb. Brussels sprouts  
2 oz. shallots, peeled and shaved  
2-3 Tbsp. extra-virgin olive oil  
Kosher salt and black pepper, to taste  
2 Tbsp. raw PA honey  
1/4 cup sliced scallions, green only

Preheat a sheet pan in a 375˚F oven. The pan should be hot when adding the Brussels sprouts. Cut the sprouts in half and transfer to a bowl. Add the shallots and drizzle the olive oil all over. Season with salt and pepper and toss well. Remove the hot pan from the oven and place the sprouts on the pan, with the cut side down in a single layer. Return to the oven and roast until tender and the edges are a little crispy on the outside, about 30 to 35 minutes. Remove from the oven and drizzle the raw honey over the top. Add the scallions and return to the oven to melt the honey, about 5 minutes. Remove from the oven and mix well on the pan to evenly coat the sprouts with the remaining melted honey.
PLATING

On a warm plate, place the grits in a mound in the center of the plate. Place the braised cabbage to the left of the grits towards the back of the plate. Place the Brussels sprouts in front of the cabbage. Lay the pickled carrots between the cabbage and sprouts. Slice the pork cheeks and shingle on top of the grits onto the plate. Sprinkle the gremolata over the meat. Spoon the sauce at the bottom of the cheeks and serve hot.

WINE PAIRING Deer Creek Winery: Riesling

DUCK TWO WAYS:

DUCK RILLETES

CRISPY DUCK BREAST WITH BALSAMIC GREENS

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

Featuring Rooster Run Farm in Newville, PA

DUCK RILLETES

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 1 ½ 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.

CRISPY DUCK BREAST WITH BALSAMIC GREENS

Yield: 4 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 PA duck breasts, skin on</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup Razz’s Shagbark Hickory Syrup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. mirin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup soy sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ lb. bacon, rough chopped</td>
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<td></td>
</tr>
<tr>
<td>1 small onion, diced</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 lb. collard greens, or greens of your choice, roughly chopped</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup duck or chicken stock</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. mirin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. soy sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. butter</td>
<td></td>
<td>Balsamic glaze, used to taste</td>
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</tbody>
</table>

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
SMOKE & PICKLES STYLE 
CHICKEN AND WAFFLES

presented by David T. Mills III
Chef Instructor
HACC, Central Pennsylvania’s Community College
Harrisburg, PA
Butcher and Executive Chef
Smoke & Pickles Artisan Butcher Shop
Mechanicsburg, PA

Featuring Weatherbury Farm in Avella, PA

Yield: 2 servings

BELGIAN LIEGE WAFFLES

8 oz. whole milk
5 ¼ oz. warm water
1 oz. instant yeast
4 large eggs
1 oz. vanilla
2 oz. PA honey

3 oz. light brown sugar
¼ oz. Smoke & Pickles hickory smoked salt
2 lbs. 1 oz. PA bread flour
1 lb. unsalted butter
1 lb. pearl sugar

Put the milk, water, yeast, eggs, vanilla, honey, sugar, and salt in a mixer with the dough hook attachment and mix until everything is combined. Reserve about 1 cup of flour. Slowly add the rest of the flour until it is fully incorporated. Soften the butter and cut into ½” cubes. Add one cube of butter at a time until it is incorporated into the dough. Knead on low speed until it is smooth and elastic. Use some of the reserved flour to adjust the texture if needed. Cover and let sit at room temperature for two hours to ferment. Punch down the dough and cover, then refrigerate overnight. Preheat your Belgian waffle iron. Portion the dough and roll it into balls. The size will depend on the size of your waffle iron. Cook until the steam stops. Remove the cooked waffles and hold hot at 200°F until service.

FRIED CHICKEN THIGHS

2 boneless PA chicken thighs
6 oz. PA all-purpose flour
3 oz. bread crumbs
3 oz. panko
2 Tbsp. Smoke & Pickles hickory smoked salt

1 Tbsp. Smoke & Pickles smoked jalapeño dust
2 eggs, beaten
1 cup schmaltz (rendered chicken fat and onion)

Remove the skin from the chicken thighs and reserve for the Cracklin’, recipe follows.
Set up a breading station. Mix the panko and bread crumbs in one bowl. Add half of the salt and dust to the flour in another bowl and the other half to the bread crumb mixture. Add the eggs to a third bowl. Heat the schmaltz in a cast iron skillet over a medium heat. Bread the chicken thighs by first dredging in the flour, then the egg, then the breadcrumbs. Cook in the schmaltz to brown on each side, until reaching an internal temperature of 165˚F. Keep hot for service.

**SWEET HEAT SAUCE**

- 4 oz. Mulvaney’s hot sauce
- 1 cup dark brown sugar
- 1 oz. apple cider vinegar
- ¼ tsp. Smoke & Pickles hickory smoked salt
- ¼ tsp. Smoke and Pickles smoked jalapeño dust

Put all ingredients in a saucepan over medium heat and bring to a boil. Turn the temperature down and simmer for 6 to 8 minutes ensuring that the sauce does not burn. Reserve at room temperature.

**FRESH SLAW**

- 1 cup sugar
- 1 oz. salt
- 4 oz. apple cider vinegar
- 4 oz. white vinegar
- 1 cup water
- 2 lbs. green cabbage
- 4 oz. shredded carrots
- 2 oz. cilantro

Put the sugar, salt, cider vinegar, white vinegar and water into a saucepot and bring to a boil. Boil until the liquid gets clear, then refrigerate. Shred the cabbage, and rinse the carrots so that they do not bleed orange into the slaw. Remove the leaves of the cilantro and roughly chop them. Once the liquid is fully cooled, toss the cabbage, carrots, and cilantro in it and hold cold for at least one hour. Reserve cold for service.

**AVOCADO CREMA**

- 1 oz. buttermilk
- 1 pt. heavy cream
- 1 avocado
- 1 tsp. salt

Mix the buttermilk and heavy cream together and cover tightly. Leave at room temperature for 24 hours to allow the cultures in the buttermilk to ferment the cream. Clean and cut the avocado. Put the cleaned avocado, salt, and fermented crema in a blender and puree. Transfer to a squeeze bottle and refrigerate.
CRACKLIN’

Skin from the 2 chicken thighs, cleaned
Smoke & Pickles hickory smoked salt to taste

Preheat 2 sheet trays in a 375°F oven. Place a silmat on a hot sheet tray, then the cleaned chicken skin. Sprinkle with the hickory smoked salt. Place a second silpat on top of the skin then place the second hot sheet tray on top and put in the oven until crisp, about 7 minutes.

PLATING

Place the waffle on the plate and top with a pile of fresh slaw. Toss the Fried Chicken Thighs in the Sweet Heat Sauce and place on the slaw. Drizzle with the Avocado Crema and garnish with the Cracklin’.

WINE PAIRING Hungry Run Wine & Spirits: Riesling

LAVENDER LEMON HONEY MERINGUE TART

presented by Cher D. Harris, CEPC
Executive Pastry Chef
The Hotel Hershey
Hershey, PA

Featuring Hope Hill Lavender Farm in Pottsville, PA

Yield: 1 tart

ROSEMARY LAVENDER SHORT DOUGH

375 g all-purpose flour
46 g plus 94 g confectioners’ sugar, divided
47 g almond flour
225 g unsalted butter, room temperature
½ vanilla bean, scraped
6 g dried PA lavender flowers, ground fine in a spice grinder
10 g fresh rosemary, minced
56 g large eggs, beaten
Beans for par baking

Sift the flour and 46 grams of confectioners’ sugar into a medium bowl. Add the almond flour, breaking up any lumps. Whisk to combine. Place the butter in the bowl of a stand mixer and cream on medium-low speed with the paddle attachment until it is pale and holds peaks. Sift in the remaining 94 grams of confectioners’ sugar and mix on medium-low for about 1 minute, until fluffy. Scrape the sides of the bowl and mix in the vanilla bean seeds, about 30 seconds. Add the flour mixture in 2 additions, scraping the bowl between and mixing until just combined. Add the lavender and rosemary. Add the eggs
and mix on low speed until just combined. Bring the dough together into a ball and transfer to a flour covered surface. Work it together by kneading it a few times.

Wrap the dough in plastic wrap and refrigerate until firm, at least 2 hours. The dough will be good in the refrigerator for up to 2 days or frozen for up to one month.

Roll out the tart dough to ⅛” thick. Line a tart pan with the dough and trim the excess. Freeze for 30 minutes. Crumple a piece of parchment paper and use it to line the chilled tart shell. Fill the shell with dried beans and bake at 325˚F for 16 minutes. If your oven is prone to uneven heat, rotate the tart shell once at the halfway point. Remove the parchment paper and the beans and bake for another 12 to 14 minutes. Let cool in the tart pan for a few minutes, then unmold and let cool completely on a wire rack.

**LEMON CURD**

150 g fresh lemon juice, about 4 lemons
4 large eggs
2 egg yolks
227 g sugar
2 oz. unsalted butter, cold, cubed
30 g heavy cream
30 g vanilla
8 g salt
4 drops PA lavender oil

Heat the lemon juice over medium heat until hot but not boiling. Meanwhile, whisk the eggs and yolks in a medium bowl. Gradually whisk in the sugar. While whisking, slowly pour the hot lemon juice into the eggs. Return the mixture to the saucepan and cook over medium heat. Stir constantly with a wooden spoon until the mixture reaches 170˚F and coats the back of a spoon. Remove the pan from the heat and stir in the butter. Once the butter is melted, stir in the cream, vanilla, salt, and lavender oil. If there are any lumps, you can strain the mixture through a fine-mesh strainer. Allow to cool slightly before adding it to the cooled tart shell.

**HONEY MERINGUE**

159 g honey
100 g egg whites

Heat the honey in a saucepan on medium-low heat. At the same time, place the egg whites in the bowl of a stand mixer fitted with the whisk attachment. Whip them on medium speed to medium peaks. When the honey reaches 248˚F, drizzle it into the egg whites. The meringue will deflate. Increase the speed to medium and whip for 5 to 10 minutes until the whites hold stiff, glossy peaks. The meringue should be room temperature when you are finished.
ASSEMBLY

Rosemary Lavender Short Dough tart shell

Lemon Curd

Spoon the lemon curd into the cooled tart shell. Cool completely before adding the meringue. Pipe the meringue onto the curd. Sprinkle the meringue with a few lavender flowers to finish.

WINE PAIRING Allegro Winery: Vidal Blanc

PA GARLIC PUREE WITH SAUTÉED SHRIMP AND A TOMATO SHALLOT SAUCE

presented by John Moeller
Owner and Executive Chef
Greenfield Restaurant & Bar
Lancaster, PA
Author of Dining at the White House
www.DiningAtTheWhiteHouse.com

Featuring Greg Spalding, a Garlic Farmer in Dillsburg, PA

Yield: 4–6 servings

2 bulbs of fresh PA garlic
1 cup heavy cream, as needed
2 Tbsp. olive oil, divided
¼ cup of small diced shallots
2 ripe tomatoes, peeled and small diced
½ cup tomato juice
1 lb. 21-25 shrimp, peeled & deveined
Sea salt and white pepper, to taste

Break the bulbs of garlic into cloves, leaving the skins on. Place them in a small pot and cover with cold water. Bring to a boil, simmer for 2 minutes, and then strain the water. Cover with cold water and repeat bringing to a boil and simmer for 2 minutes, and then again strain the water. Repeat this six times. After the last time, lay out the garlic cloves on a plate and allow to cool. Peel off the skins and cut the garlic cloves in half and remove any signs of the sprouts. Place the garlic in a small food processor and puree until smooth. Add the garlic puree to a small pot and season with sea salt and white pepper. Add some heavy cream and check the taste and consistency. Adjust with more cream as needed. Set aside.

In a small pot over medium heat, add a tablespoon of olive oil and lightly sauté the shallots. Add the diced tomatoes and season with salt.
and pepper. Add the tomato juice to moisten the sauce and cook for 5 minutes.

In a sauté pan over medium high heat, add the remaining olive oil and sear the shrimp for a few minutes on each side. Season with salt and pepper.

For plating, place a spoonful of the garlic puree in the middle of the plate. Ladle some of the sauce around the puree. Finish with the sautéed shrimp leaning from the sauce into the puree.

**WINE PAIRING** Mazza Vineyards: Bare Bones White

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**SCRAPPLE SCOTCH EGGS WITH WINTER GREENS AND A MAPLE MUSTARD DRESSING**

*presented by Christian DeLutis*

Executive Chef and Owner

Koda

Harrisburg, PA

*Featuring Shade Stone Farm in Beaver Springs, PA*

*Yield: 6 servings*

**SCRAPPLE SCOTCH EGGS**

8 oz. Koda scrapple, recipe below, or from a local butcher

6 PA eggs, soft boiled for 7 minutes and peeled

1 cup all-purpose flour

2 PA eggs, beaten

1 ½ cups panko bread crumbs

Mash the scrapple with your hands or in a table-top mixer. Form the scrapple into a patty in your hand, then fold around the soft boiled eggs. Roll in the flour, then dip in the egg, and roll in the panko. Deep fry in 350°F oil until golden brown.

**WINTER GREENS WITH A MAPLE MUSTARD DRESSING**

2 oz. PA maple syrup

2 oz. sherry vinegar

1 Tbsp. coarse mustard

Pinch cayenne

1 cup grapeseed oil

2 cups winter greens, equal amounts of kale and frisée
Combine all the dressing ingredients. Whisk well or shake in a sealed container. Toss the kale and frisée with enough dressing to coat. Serve immediately.

**WINE PAIRING** Presque Isle Wine Cellars: Chardonnay

**PLATING**
Place the dressed winter greens on the plate. Top with the Scrapple Scotch Eggs.

**KODA SCRAPPLE**

1 PA hog head, braised and meat shredded off the bones
1 gallon broth from the head braising
2½ cups cornmeal
¼ cup salt

2 Tbsp. black pepper
1 pinch cayenne
1 Tbsp. diced onion, sautéed
1 oz. tabasco
1 cup milk

Bring the broth to a boil in a saucepot. Add all the ingredients, stirring constantly. Allow to simmer until the meat is tender. Pour into greased loaf pans and set to chill. Refrigerate for one full day. Slice and pan fry or deep fry if preferred.

**WINE PAIRING** Presque Isle Wine Cellars: Chardonnay
A three-ounce serving of pork is an excellent source of protein, a good source of potassium and naturally low in sodium. Look for cuts with ‘loin’ or ‘round’ in the name for the leanest selections, and cook all fresh pork to a minimum internal temperature of 145°F.
# PORK CARNITAS TACOS
WITH FRESH PICO DE GALLO

**presented by Chef Autumn Patti**
Edition Director and Assistant Professor of Culinary Arts & Baking and Pastry Arts
HACC, Central Pennsylvania’s Community College
Harrisburg, PA

*Featuring the Clemens Food Group in Hatfield, PA*

Yield: 6 servings, 2 tacos each

## PORK CARNITAS

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

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 lbs. Roma tomatoes, small dice</td>
<td>1 Tbsp. chopped cilantro</td>
</tr>
<tr>
<td>1 jalapeño, small dice, ribs and seeds removed</td>
<td>½ Tbsp. kosher salt, more as needed to taste</td>
</tr>
<tr>
<td>¼ cup diced white onion</td>
<td>1-2 limes, quartered</td>
</tr>
</tbody>
</table>

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 1 cup chopped white onion
24 white corn tortillas 1 cup chopped cilantro
Pork Carnitas 1½ limes, cut into 8 wedges each
Pico de Gallo

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

“THE BEST SAUSAGE AND BEER SHOWDOWN”
PRESENTED BY
THE PA PORK PRODUCERS COUNCIL

BAVARIAN PORK BRAT

presented by Aaron Fowler
Senior Sous Chef of Restaurants
The Hotel Hershey
Hershey, PA

Yield: 2 lbs.

13 ½ oz. PA pork butt
13 ½ 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 CARAMELIZED ONION SAUSAGE

presented by Maureen Sutton-Fowler
Sous Chef
Devon Seafood Grill
Hershey, PA

Yield: 1 ½ lbs.

2 Tbsp. butter ½ cup chopped parsley
1 Vidalia onion, brunoise ½ cup chopped oregano
1 Tbsp. balsamic vinegar 1 tsp. dry mustard
1 Tbsp. brown sugar 1 tsp. Dijon mustard
1 lb. free-range minced PA pork 1 tsp. whole grain mustard
4 garlic cloves, peeled and minced 1 tsp. salt
2 small granny smith apples, grated 1 ½ 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
CHICKEN FRIED PORK SALAD WITH A WARM RASPBERRY BACON DRESSING

presented by Chef Thomas J. Long, CEC, AAC
Director of Dining Services
The Chef’s Apprentice at HACC, Central Pennsylvania’s Community College
Harrisburg, PA

Featuring the Aquaponics Program at Commonwealth Charter Academy in Harrisburg, PA

Yield: 4 servings

CHICKEN FRIED PORK MEDALLIONS

1 PA pork tenderloin, 12-14 oz. average
1 cup all-purpose flour
1 ½ tsp. baking powder
½ tsp. salt
¼ tsp. fresh ground black pepper
¼ tsp. granulated garlic
1 Tbsp. softened butter
2 large eggs
½ cup vegetable oil

Preheat an oven to 350°F. Trim the pork tenderloin of any fat or silver skin and cut into 12 equal pieces. Place the pork between two sheets of plastic wrap or wax paper and pound with a meat mallet to about ¼ inch thick.

In a 1-quart bowl, combine the flour, baking powder, salt, pepper and granulated garlic. Using a pastry cutter, blend the butter with the flour mixture until evenly combined. Separate the mixture evenly into two smaller bowls for the breading station. In a separate bowl, crack the eggs and mix well. Dredge the pork into first the flour mixture, then into the egg, and then into the second flour mixture. Repeat until all the pork medallions are coated. Do not stack on top of each other. Keep separate with wax paper or plastic wrap.

In a 12” heavy bottom skillet over medium-high heat, heat ¼ cup of vegetable oil. Brown three medallions at a time for 1 minute on each side. Repeat the procedure. Replace the oil in the pan with the remaining ¼ cup of oil and brown the remaining 6 medallions. Place on a 10” x 15” cookie sheet and bake for 10 minutes until golden and crisp, or reaching an internal temperature of 155°F.

Alternative cooking method: In a deep fat fryer set at 350°F, fry the medallions for 1 to 2 minutes until golden brown and the internal temperature reaches 155°F.
RASPBERRY BACON DRESSING

1 Tbsp. vegetable oil
4 slices PA bacon, diced ¼”
¼ cup diced shallots, ¼”
¼ cup raspberry vinegar
½ cup packed brown sugar
¼ cup water
Salt and pepper, to taste

Heat a 10” heavy bottom skillet over medium heat and add the vegetable oil. Add the diced bacon and cook until almost crisp. Add the shallots and stir for 1 minute. In a 16-ounce bowl, combine the vinegar, brown sugar, and water with a wire whisk. Add to the pan and cook for 1 minute. Remove from the heat and place in a serving vessel.

SALAD

8 cups PA spring mix
gourmet greens
1 granny smith apple, cored and cut into 12 equal wedges
8 Tbsp. crumbled Gorgonzola cheese
Chicken Fried Pork Medallions
Raspberry Bacon Dressing

Place 2 cups of greens off center of a 10” plate. Fan three apple wedges on the salad and top with 2 tablespoons of crumbled gorgonzola cheese. Shingle three pork medallions beside the salad. Drizzle 1 ½ tablespoons of dressing over the pork and salad mixture.

WINE PAIRING Courtyard Winery: Razzle

SWEET POTATO PANCAKES AND PORK BELLY WITH A MAPLE CRÈME ANGLAISE

presented by Maureen Sutton-Fowler
Sous Chef
Devon Seafood Grill
Hershey, PA

Featuring Rettland Farm in Gettysburg, PA

Yield: 4-6 servings

SWEET POTATO PANCAKES

1 cup all-purpose flour
1 cup whole wheat flour
4 tsp. baking powder
2 Tbsp. brown sugar
1 tsp. cinnamon
½ tsp. nutmeg
2 cups milk
4 tsp. melted butter
2 whole eggs
1 sweet potato, cooked until tender, peeled and pureed
In a large bowl, combine all the ingredients. Mix together and whisk until smooth. Pour small rounds of batter onto a buttered skillet on medium high temperature. Once bubbles form on the surface, turn them over and cook until dark golden brown.

**PA PORK BELLY**

1 PA pork belly, 2-3 lb. average  
Salt and pepper, as needed  
2 cinnamon sticks  
1 tsp. ground clove  
1 oz. thyme  
1 cup chicken stock

Rub the pork belly thoroughly with salt and pepper. Combine the remaining ingredients in a shallow pan. Add the belly, cover with aluminum foil, and cook in a 325°F oven for 45 minutes to 1 hour. The pork belly is done when a knife slides easily through the belly. Let the belly rest overnight covered, with a weight applied to keep it flat. To serve, cut the belly in 1” slices and seared on both sides in a hot pan until hot and crispy.

**MAPLE CRÈME ANGLAISE**

4 large egg yolks  
¼ cup pure PA maple syrup  
Pinch of salt  
1 cup heavy cream  
½ tsp. vanilla extract

Combine the egg yolks, maple syrup, and salt into a small saucepan and whisk to blend over low to medium heat. Gradually whisk in the cream. Stir until the custard thickens but do not bring to a boil. When the custard thickens and leaves a path on the back of a spoon, remove from the heat, about 6 minutes. Mix in the vanilla.

**PLATING**

To serve, layer the pancakes and crispy pork belly. Drizzle with the Maple Crème Anglaise.

**WINE PAIRING** Paradocx Vineyard: Vidal Blanc
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 lb. 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

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**BRAISED PORK SHOULDER**

with Brown Butter Fingerling Potatoes and Roasted Vegetables

*presented by Ben Beaver*

Executive Chef

Greystone Public House

Harrisburg, PA

*Featuring Rettland Farms in Gettysburg, PA*

*Yield: 2-4 servings*

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**BRAISED PORK SHOULDER**

4 Tbsp. canola oil
1 boneless PA pork shoulder, 1½ - 2 lbs. average, seasoned with salt and pepper
½ celery stalk, large dice
1 yellow onion, large dice
2 carrots, large dice
4 garlic cloves, crushed
1 cup PA white wine
2 thyme sprigs
2 rosemary sprigs
¼ cup tomato paste
1 quart pork stock

Preheat an oven to 325˚F. Heat a braising pan on medium-high heat; add the oil and let it get hot. Once hot, sear the seasoned pork shoulder on all sides until golden brown. Remove the pork from the pan and add the celery, onions, carrots, and garlic. Sauté until the vegetables start to caramelize. Deglaze the pan by adding the white wine. Add the herbs and tomato paste. Mix and simmer for about 10 minutes on medium to low heat. Add the stock and pork shoulder into the pot. Wrap with aluminum foil or cover with an oven safe lid. Place in the oven and braise for 3 hours.

**BROWN BUTTER FINGERLING POTATOES**

2 oz. butter
1 rosemary sprig
1 thyme sprig
8 oz. fingerling potatoes
Salt and pepper, to taste

To make the brown butter, put the butter into a pan over medium-high heat, along with the herbs, or any variety of herbs you want. Cook the
butter and herbs until the butter starts to get brown. Once brown, transfer the butter to a metal pan to stop cooking.

Cut the potatoes in half lengthwise. Sauté the fingerlings over medium-high heat. Toss the potatoes in some of the brown butter and roast in a 400°F oven for 10 minutes. Finish with a tablespoon of the brown butter.

**ROASTED VEGETABLES**

<table>
<thead>
<tr>
<th>1 fennel bulb</th>
<th>Extra-virgin olive oil, as needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 oz. Brussels sprouts</td>
<td>Salt and pepper, to taste</td>
</tr>
</tbody>
</table>

Preheat an oven to 425°F. Cut the fennel bulb in half or large chunks. For the Brussels sprouts, clean off any dirty outer leaves and rinse. Oil the vegetables and season with salt and pepper. Roast until tender and caramelized, about 15 to 20 minutes.

**PAN SAUCE**

<table>
<thead>
<tr>
<th>2 cups braising liquid</th>
<th>1 Tbsp. Dijon or whole grain mustard</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Tbsp. butter</td>
<td>Salt and pepper, to taste</td>
</tr>
</tbody>
</table>

Strain 2 cups of the braising liquid into a saucepan and bring to a simmer. Reduce until it has reached a desired consistency. Add the butter and mustard and mix to combine. Season with salt and pepper if needed.

**PLATING**

To plate, start with the fingerling potatoes in the center of the plate. Place the vegetables directly beside the potatoes. Place the braised pork shoulder on top and finish with the pan sauce.

**WINE PAIRING** Cassel Vineyards of Hershey: Vidal Blanc (Semi-Sweet)
Join us for an Undeniably Dairy Shake-off at the CulinaryConnection!

Come watch a milkshake contest & sample the entries!

Saturday, January 12
11:00am

AmericanDairy.com
DIETITIAN TIP

Dairy products provide important nutrients including calcium, potassium, vitamin D and protein. Intake of dairy products is linked to improved bone health and associated with lower blood pressure and a reduced risk of cardiovascular disease and type 2 diabetes.
SPINACH RAVIOLI WITH FRESH RICOTTA

presented by Jeffrey Miller
Executive Chef
Falling Rock at the Nemacolin Woodlands Resort
Farmington, PA

Featuring the Lands at Hillside Farms in Shavertown, PA

Yield: 10 servings

FRESH RICOTTA

4 cups PA milk  
2 cups PA heavy cream
1 Tbsp. salt
4 Tbsp. fresh lemon juice

Combine the milk, cream, and salt in a saucepan. Bring to a simmer over medium heat, stirring occasionally. Stir in the lemon juice and remove from the heat. Allow to sit for about 20 minutes. At this time, the mixture will be fully curdled. Pour the curds and whey into a cheesecloth-lined perforated container. Allow to drain to the desired texture, about 30 to 60 minutes. The longer you let it drain, the dryer it will become.

PASTA DOUGH

2 lb. “00” flour  
3 Tbsp. salt
30 egg yolks
2 Tbsp. olive oil

Combine all the ingredients and mix very well. Allow to rest covered in the refrigerator for 2 hours.

RAVIOLE FILLING

4 garlic cloves, finely chopped
3 Tbsp. olive oil
1 lb. spinach
Salt and pepper, to taste

Sweat the garlic lightly in olive oil over medium heat. Add the spinach and wilt. Season with salt and pepper. Allow to cool in the refrigerator, then chop the spinach. This will make it much more enjoyable to fill and eat the ravioli.

SPINACH RAVIOLIS WITH FRESH RICOTTA

Fresh Ricotta  
Spinach filling
Pasta dough
1 egg for eggwash

Beurre Blanc, recipe below
Fresh parsley, chives, and thyme, chopped, for garnish
Combine the ricotta and chilled spinach. Use a pasta machine to roll out thin sheets of the dough. Place about a tablespoon of the spinach ricotta mixture on the sheet of pasta. Allowing enough room to punch out. Brush with water or egg wash around the filling. Place another sheet on top and use the back of the ring cutter to help form a seal and get excess air out of the ravioli. Punch out with the ring cutter. Repeat with the remaining filling and dough. Use fresh or they can be frozen individually.

To cook your ravioli, drop them in salted boiling water for about 5 minutes. Toss very gently with the Beurre Blanc, recipe follows, and the fresh herbs.

Note: Garnishes for this dish can vary through the seasons. I would garnish this with some roasted cauliflower florets, sautéed oyster mushrooms, and wilted spinach. This would be a great vegetarian option.

BEURRE BLANC

1 bottle PA white wine 1 lb. butter, room temperature
6 thyme sprigs, whole Lemon juice to taste
1 large shallot, chopped Salt to taste
5 black peppercorns

Combine the wine, thyme, shallot, and peppercorns and reduce over medium heat. When reduced to about 2 tablespoon and slightly thickened, it’s time to add the butter. Keep on a very low heat, and start adding in the butter in small amounts, whisking constantly. Allow the previous butter to emulsify before adding more. After all the butter is added, season to taste with salt and lemon juice. Pass through a fine mesh strainer or cheese cloth. Reserve warm until needed.

WINE PAIRING Nissley Vineyards: Seyval Blanc
APPLE PIE WITH A
CHEDDAR CHEESE CRUST

presented by Elizabeth Miller
Executive Pastry Chef
Nemacolin Woodlands Resort
Farmington PA

Featuring McCleaf’s Orchard in Biglerville, 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.

**WINE PAIRING** Courtyard Winery: Razzle

### CHEESE, LEEK AND MUSHROOM BREAD PUDDING

*presented by Todd Lewis*
**Chef Instructor**
**PA Department of Corrections**

*Yield: 10 servings*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 lbs. leeks</td>
<td>2 ½ cups PA half and half</td>
</tr>
<tr>
<td>1 Tbsp. butter</td>
<td>8 large eggs</td>
</tr>
<tr>
<td>4 oz. diced bacon</td>
<td>2 Tbsp. Dijon mustard</td>
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<tr>
<td>1 lb. sliced button mushrooms</td>
<td>½ tsp. finely grated lemon zest</td>
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<tr>
<td>¼ cup chopped flat leaf parsley</td>
<td>8 cups sourdough bread, 1” cubes</td>
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<tr>
<td>Kosher salt and freshly ground black pepper, to taste</td>
<td>8 oz. coarsely grated PA Swiss cheese, about 2 ½ cups</td>
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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
CHICKEN ALFREDO

Yield: 2-4 servings

2 Tbsp. extra-virgin olive oil  
2 boneless skinless PA chicken breasts  
Kosher salt to taste  
Freshly ground black pepper, to taste  
2 ½ cup PA milk

1 ½ cup low-sodium chicken broth  
2 garlic cloves, minced  
8 oz. fettuccini, uncooked  
½ cup PA heavy cream  
1 cup freshly grated Parmesan cheese

In a large skillet over medium-high heat, heat the oil. Add the chicken and season with salt and pepper. Cook until golden and cooked through, 8 minutes per side. Let rest for 10 minutes, then slice. Add the milk, broth, and garlic to the skillet. Season with salt and pepper and bring to a simmer. Add the fettuccine, stirring frequently for about 3 minutes. Let cook until al dente, 8 minutes more. Stir in the heavy cream and Parmesan cheese until combined. Simmer until the sauce thickens. Remove from the heat and stir in the sliced chicken. Garnish with fresh parsley.

CHICKEN FRIED STEAK WITH A CREAMY MILK GRAVY

Yield: 2 servings

1 cup all-purpose flour  
1 tsp. CPAVTS tri mix  
2 beef steak cutlets, pounded thin  
1 cup PA buttermilk  
3 eggs  
Canola oil, as needed

Mix the buttermilk and eggs together to make the dipping batter for the steak. Mix the flour and tri mix to make the dredge. In a cast iron pan, heat a thin layer of oil to 350°F. Dip the steak into the buttermilk and egg mixture. Let drip and then dredge into the flour mixture. Fry until the steak is cooked to 165°F. Top with the Creamy Milk Gravy, recipe follows.
CREAMY MILK GRAVY

½ cup PA butter 1 tsp. ground black pepper
¾ cup all-purpose flour 4 cups PA milk
1 tsp. salt

Heat the butter in a large skillet over medium heat. Whisk in the flour, salt and pepper until smooth. Cook and stir over medium heat until browned, about 10 minutes. Gradually stir in the milk so that no lumps form. Continue cooking and stirring until thickened. If the gravy becomes too thick, thin it with a little more milk.

WINE PAIRING Reid’s Orchard and Winery: Chardonnay
PARTICIPATING CULINARY ARTS PROGRAMS AND FACULTY

DAUPHIN COUNTY TECHNICAL SCHOOL

The Culinary Arts program at Dauphin County Technical School prepares students to enter the world of work in quality food service operations or for advanced study in associate’s degree or bachelor’s degree culinary programs. This competency based, dual instructor program is taught in a state-of-the-art commercial foodservice facility including a restaurant kitchen and dining room, bakeshop, and demonstration theater. Culinary Arts combines professional cooking and baking, restaurant service, culinary math, and foodservice management to start students on the path to becoming well-rounded foodservice professionals with 21st century skills.

CLAIRE DACKO
Instructor, Culinary Arts

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

LOU SACKETT
Instructor, Culinary Arts

Lou Sackett is a chef, food writer, and culinary educator in her 11th year of teaching cooking, baking, and restaurant service at Dauphin County Technical School in Harrisburg. Lou is co-author of two culinary textbooks: Professional Garde Manger (John Wiley & Sons, 2011) and American...
Regional Cuisines (Prentice Hall, 2012). After training in France and then teaching culinary and managing restaurants in Philadelphia, Lou relocated to South Central PA to enjoy the rural lifestyle and work with fine locally-produced ingredients. Lou operates a farm-stay bed and breakfast in Littlestown, near the Maryland border, where she offers cooking workshops and farm-to-table dinners.

HACC, CENTRAL PENNSYLVANIA’S COMMUNITY COLLEGE

The Benjamin Olewine III Center for the Study of Culinary Arts and Baking and Pastry Arts at HACC, Central Pennsylvania’s Community College, provides distinctive educational options to become professionals, including associate degree, certificate, and diploma programs. They also have supervised on-the-job experiences through Bricco, a commercial restaurant in downtown Harrisburg, The Hilton Harrisburg, and The Chef’s Apprentice, HACC’s new campus restaurant.

CHAD BRUMBAUGH
Chef Instructor

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

DAVID T. MILLS III
Chef Instructor

Chef David T. Mills III started his career in the kitchen like most chefs, as a dishwasher in high school. He worked in Country Clubs and restaurants. He was an executive Chef by the age of 20 and a general manager by the age of 22. He then worked for various contract management companies traveling the eastern part of the United States and learning the regional cuisines of American cooking while gaining the management skills necessary to build strong diverse teams. This also gave him the opportunity to learn many aspects of foodservice including Campus Dining, Business Dining, Corrections, Acute Care and Long Term Care Healthcare, Retail, Institutional, and Catering. Chef Mills has won multiple awards with his employers and was part of the team that won the “President’s Award” at HACC.
At 34 years old, Chef Mills was given the opportunity to return to school to obtain a degree. He chose HACC. Going through the program at HACC he saw opportunity to make a real difference. Upon graduation in May 2014, he accepted a position at HACC as a Culinary Instructor. This position has allowed him to truly be a mentor to so many culinarians. He is currently the Chair of the Governing board of The L.E.A.F. Project and is the President of the Central PA Chapter of The American Culinary Federation.

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

Chef Autumn Patti first found her passion for food while working at Yoko Sushi in southern California as a young teenager. She continued to work in the industry and came to HACC in 1998, working towards a medical profession. She worked in several restaurant kitchens and dining rooms to support herself while earning her Liberal Arts of Life Science AA degree in 2000. She decided to pursue her passion and enrolled in the Culinary Arts program at HACC. In 2002, she earned her Culinary Arts AA degree, Restaurant Foodservice Management AA degree, and a Catering diploma. In 2001, she opened a small catering business with her classmate, Diane Brown. Creative Quisine thrived for 15 years keeping her skills and industry experiences fresh.

She entered into a newly established position in January 2003 as a lab teaching assistant at HACC part-time while remaining in local kitchens to gain experience. Chef Patti began teaching the hands on culinary classes in 2004 and found her true passion for education. In 2006, she helped establish and accepted a new position of the Kitchen Manager, Purchasing Agent, and Special Events Coordinator for the Hospitality programs while continuing to teach various classes as an Adjunct Instructor.

In 2014, she became the Program Director and has led the Culinary team thru kitchen relocations, program restructuring, a new restaurant endeavor, and most importantly, providing exceptional education to the future of our Hospitality Industry. In 2016, she was awarded with HACC’s President Award, HACC Club Advisor of the Year award, and the Chef Educator of the Year award by the local American Culinary Federation chapter, of which she serves as Treasurer.

THE LEAF PROJECT

The LEAF Project connects youth to the food they eat, the land on which it grows, and to each other through engaging in farm work, culinary skill development, workshops, and community outreach. Through the meaningful work of building a healthy, local food system, youth are motivated to make personal and social change while increasing knowledge about and access to locally raised food in our community.
CPAVTS Culinary Arts is a program that offers a broad range of skills and knowledge concerning the selection, preparation, and handling of foods. Skill development will center around: safety and sanitation; dining room service; preparation of food; buffet service; meat cutting; baking; store room procedures; and basic management skills. Unlike the home economics courses offered by most general high schools, the instruction and on-the-job training will be conducted in a fully equipped, student-run kitchen and restaurant at Cumberland Perry AVTS—the Cumberland Cafe! Culinary Arts students will also have the opportunity to be placed in a culinary establishment during their third year; this individualized arrangement gives the student the chance to obtain entry-level experience. For a student who is eager to learn and work, there is unlimited opportunity for employment and advancement in the Culinary Arts industry. The Culinary Arts program is accredited by the American Culinary Federation.

TIMOTHY MCGRATH
Instructor, Culinary Arts

Chef McGrath has been the instructor of the Culinary Program for 15 years and has 30-plus years in the field. He is a graduate of Johnson and Wales, and enjoys trying new and innovative recipes with his students. When not working with students, he is a member of the Harrisburg ACF chapter and holds a leadership position.

PENNYSYLVANIA COLLEGE OF TECHNOLOGY

Pennsylvania College of Technology is a national leader in applied technology education and an affiliate of The Pennsylvania State University. Degrees offered represent more than 100 career fields ranging from manufacturing, design, transportation, construction, and natural resources to hospitality, health, business, and communication. Students in Pennsylvania College of Technology’s Culinary Arts Technology major are training for food preparation and supervisory positions in hotels, resorts, and restaurants. The College’s main campus is located in Williamsport, PA. Chef Paul Mach, a Professor at Penn College’s School of Hospitality, is a Chef, Author and Host of the TV show You’re the Chef. The team of Penn College culinary students is led by Chef Mike J. Ditchfield, Instructor, Hospitality Management/Culinary Arts.

MIKE DITCHFIELD
Instructor, Hospitality Management/Culinary Arts

Chef Michael J. Ditchfield has earned his MS in Education from Wilkes University and a BS from the Pennsylvania College of Technology in Culinary Arts Technology. Chef Ditchfield was awarded the Excellence in Teaching, Distinguished Teaching Award in May 2011. He presently teaches
Regional American Cuisine, Catering, Meat Fabrication, Advanced Dining Room Management, and a new class on Food Sustainability. He also is an internship coordinator. Chef Mike works extensively with organic and sustainable farmers, considering them to be primary sources of the fine ingredients needed to prepare excellent cuisine. His classes often involve trips to an organic farm, trout nursery, a winery, food demonstrations at local grower’s markets, harvest dinners, and sourcing out quality food and producers.

CHRIS GROVE
Chef Instructor
Sous Chef, Le Jeune Chef Restaurant

Chef Chris Grove got his first restaurant job at 16 and is a 2008 graduate of Pennsylvania College of Technology. As a senior, he won the Pennsylvania College School of Hospitality Faculty Award.

For as long as he can remember, he has loved cooking (and eating), exploring his curiosity about food and the flavors produced by different combinations of ingredients. He counts himself fortunate to have been able to watch and help his grandmothers prepare large family meals and see firsthand the impact of good food.

Chef Grove finds it easy to get access to locally sourced ingredients at Penn College because of its long history of working with local farmers. In addition, he draws from produce grown in herb and vegetable gardens on campus.

He was recently married and is excited to have his honeymoon at the Farm Show!
Pennsylvania Preferred® is your resource for finding locally grown and processed 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, PA Preferred has more than 2,000 members. 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 103rd Pennsylvania Farm Show features chefs cooking with Pennsylvania ingredients. It’s a showcase of the Commonwealth’s finest ingredients prepared by some of the most talented people in the industry. We hope you enjoy this truly farm-to-table experience.

Save your copy of the 2019 Culinary Connection Recipe Book and pull it out when you want to recreate your favorite recipes from the 2019 Culinary Connection stage. And while shopping for those ingredients, remember to choose PA Preferred and support Pennsylvania farms. Visit our website for a directory and follow us on social media!

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