



CULINARY CONNECTION
RECIPE BOOK
2025

FEATURING WINNING RECIPES BY RENOWNED CHEFS
FROM PENNSYLVANIA AND BEYOND.



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Seasonal Calendar

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



CULINARY CONNECTION
RECIPE BOOK
2025



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

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This year's PA Preferred® Culinary Connection at the 2025 Pennsylvania Farm Show includes more than 80 recipes featuring local chefs cooking with Pennsylvania grown and produced ingredients. It's a showcase of the Commonwealth's finest ingredients by some of the most talented people in the industry. We hope you enjoy this farm-to-table experience.

Refer to the 2025 PA Preferred Culinary Connections Recipe Book when you want to recreate recipes from the 2025 demonstrations. And while shopping for ingredients, remember to choose PA Preferred and support Pennsylvania farms. Visit papreferred.com for more information.



*Wine pairings courtesy of
the Pennsylvania Winery Association.*



RECIPE BOOK 2025

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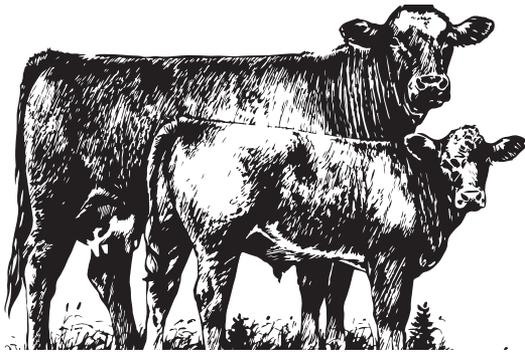




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SATURDAY, JANUARY 4, 2025
BEEF & VEAL DAY



GIANT
DIETITIAN TIP

Beef and veal are excellent sources of heme iron, a form of iron that is easily absorbed by the body. To boost iron absorption, pair these meats with foods rich in Vitamin C, such as bell peppers, broccoli, citrus fruits, or tomatoes.

JAGERSCHNITZEL



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

Yield: 2–4 servings

JAGERSCHNITZEL

12 oz. veal cutlets	¼ cup whole milk
1 cup all-purpose flour	1 cup panko breadcrumbs
1 Tbsp. kosher salt	8 fl. oz. vegetable oil
1 tsp. ground black pepper	2 oz. olive oil
1 large egg	

Depending on the size and thickness of the veal cutlets, pound lightly with a meat mallet to ¼” thickness to ensure even cooking.

Set up a bread station as follows. In a medium bowl, season the flour with salt and pepper. In another medium bowl, whisk the eggs and milk together. To a third medium bowl add the panko breadcrumbs and season with salt and pepper.

Coat the veal in the flour first and shake off any excess flour, then dip into the egg, and finally coat with the panko. Let finished breaded veal set on a baking sheet with a cooling rack for at least 5 minutes. Heat about ¼” of oil in a large heavy-bottomed sauté pan to 350°F. Cook the cutlets in the pan 3 to 4 minutes on each side until golden brown. Transfer to a clean cooling rack set over a baking sheet and, if desired, move to a warming oven while you cook the other cutlets.

HUNTER SAUCE

6 oz. thick-cut bacon	¼ cup all-purpose flour
8 oz. Spanish onion	3 fl. oz. red wine
16 oz. cremini mushrooms	16 oz. beef stock
2 cloves garlic	2–3 sprigs thyme
2 oz. tomato paste	

Cut the bacon into ¼ inch lardons, or small cubes. Small dice the onion. Destem and slice the cremini mushrooms. Mince the garlic. Strip the thyme from the stem and rough chop. In a medium to large sauté pan, render down the bacon until crispy, then remove and allow to drain on a paper towel, keeping the fat in the pan. Sauté the onions for 1 to 2 minutes until softened, then add the mushrooms and cook for an additional 2 to 3 minutes. Add the garlic and cook for an additional minute, then add the tomato paste. Allow the paste to toast for 2 minutes. *(continued)*

Add some flour to soak up the remaining fat and create a roux. Deglaze the pan by slowly whisking in the wine and reducing by a third. Add the beef stock and reduce again by at least a third. Add the thyme to finish and adjust seasonings to taste.

BRAISED CABBAGE

2 lbs. red cabbage
16 fl. oz. apple cider
2-4 fl. oz. red wine vinegar

Cut the cabbage into wedges and remove most of the stem, leaving some just to keep the wedges intact. Sear the wedges in a sauté pan with tall sides or a Dutch oven. Once the cabbage is browned on both sides, add the apple cider and cider vinegar, reduce the heat to low, cover and cook for about 15 to 20 minutes.

STONE GROUND MUSTARD POTATO HASH

3 large russet potatoes
2 Tbsp. kosher salt
2 fl. oz. white vinegar
2 oz. salted butter
2 Tbsp. stone-ground mustard
1 bu parsley

Medium dice the potatoes and place in a medium sauce pot with enough cold water to cover. Add the vinegar. Bring the potatoes to a boil, then remove from the heat and let sit for 10 to 12 minutes. Drain the potatoes well. In a heavy-bottomed sauté pan or cast-iron skillet, heat the butter on medium-high heat, then add the potatoes. Season with salt and pepper. Let the potatoes sit without stirring for at least 5 minutes to allow them to brown and crisp. Stir and allow to sit again. Repeat until all potatoes are brown and crispy. Lower the heat and stir in the stone-ground mustard and chopped parsley.

WINE PAIRING Elders Cut Meadery - Apple Cider Mead/Cyser

ESPRESSO RUBBED PICANHA AND CABERNET STEAK SAUCE



presented by **Jason Viscount**
Owner/Chef
Greystone Public House
Harrisburg, PA

Yield: 3-4 servings

Featuring Picanha Steak from Enola Cattle Company, Christiana, PA

ESPRESSO STEAK RUB

½ Tbsp. fennel seed	¼ cup ground coffee
½ Tbsp. coriander seed	⅓ cup kosher salt
½ Tbsp. mustard seed	1 Tbsp. smoked paprika
1 Tbsp. black peppercorns	

Place whole fennel, coriander, mustard, and black peppercorns in a dry pan over medium heat. Cook, constantly stirring, for 3 to 4 minutes, or until fragrant and slightly browned. Remove from heat and pour into a heat-safe bowl or plate. Allow to cool. Once cool or warm to the touch, grind until the size of its granules are the same as those of the coffee. Add remaining ingredients and mix until well combined. Set aside.

CABERNET STEAK SAUCE

1 ½ cups cabernet wine	⅓ cup Worcestershire sauce
3 cups prepared demi glace or 1 cup strong beef stock	½ cup heavy cream
1 Tbsp. red wine vinegar	2 Tbsp. cracked black peppercorns, lightly blended (still a little chunky)
2 Tbsp. Sofrito, shallots and garlic slowly cooked in olive oil	

Add all ingredients except cream and pepper. Bring to a simmer for 15 minutes. Add the heavy cream and peppercorns. Reduce to desired consistency.

ESPRESSO RUBBED PICANHA

1-2 lbs. picanha (coulotte) steak - can substitute New York strip or ribeye	Espresso Steak Rub Cabernet Steak Sauce
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Heat a cast iron skillet over medium-high heat with the oil of your choice. While the skillet is heating up, score the fat strip of the picanha in perpendicular lines, forming ½” squares on the fat about ⅛” deep. Generously sprinkle the espresso rub all over the steak.

Once your oil becomes hot and shiny and begins to smoke, add the steak, fat side down. Sear steak for about 2 to 3 minutes, until a brown crust forms on the fat side of the steak.

Flip the steak and sear the other side for about 2 to 3 minutes, until the steak forms a brown crust on the non-fat side of the steak.

Using long tongs, turn the steak to one of the thin edges and hold in place, pushing the steak down onto the pan until brown (20 to 30 seconds). Repeat on the other thin side of the steak.

Use a meat thermometer to check the steak temperature and continue cooking until your desired temperature is reached. While cooking, keep flipping every 20 to 30 seconds. Rest steak on a plate for *(continued)*

10 minutes before serving. Pour Cabernet Steak Sauce onto the plate, then place steak on top of sauce. Serve.

WINE PAIRING Nissley Vineyards - Chambourcin

VEAL SALISBURY STEAK



presented by **Ben Billingham**
Sous Chef
The Mill in Hershey
Hershey, PA

Yield: 6 servings

STEAK

1 lb. ground veal	1 Tbsp. kosher salt
½ lb. ground beef	1 tsp. ground black pepper
1 large white onion, small diced	1 Tbsp. minced fresh garlic
¾ cup breadcrumbs	3 Tbsp. minced fresh parsley
2 eggs	½ tsp. dried thyme

Place all of your ingredients in a large bowl. Use a hand mixer, stand mixer or your hands to combine ingredients until they are fully incorporated. Form the mixture into 4 patties about ¾" thick. Heat 2 tablespoons of blended oil in a sauté pan. Add the patties and sear until golden brown on each side. Cook until the internal temperature reaches 165°F. Serve with mushroom gravy, Pennsylvania Dutch egg noodles and sweet peas.

MUSHROOM GRAVY

1 lb. button mushrooms, thinly sliced	2 cloves garlic, minced
1 large yellow onion, small diced	½ cup white wine
3 cups beef stock (store bought is fine)	2 Tbsp. Worcestershire sauce
3 Tbsp. cold water	2 Tbsp. red wine vinegar
3 Tbsp. cornstarch	Salt and pepper to taste
¼ cup minced parsley	

Heat 3 tablespoons of blended oil in a sauce pot. Add the mushrooms and onions and cook until the mushrooms are golden brown and the onions begin to caramelize. Add the garlic and sweat for 2 minutes— be careful not to burn the garlic. Add the herbs and sauté for 1 minute. Deglaze with the wine and reduce liquid by half. Add the stock, Worcestershire sauce and vinegar and bring to a boil. Reduce liquid by a third. Combine the water and cornstarch in a bowl to make a slurry and add to the boiling liquid. Cook for 5 minutes and then turn off the heat. Add salt and pepper to taste.

PEAS

Melt the butter in a sauté pan. Add the frozen peas. Deglaze with the white wine and reduce until the butter and wine form a pan sauce. Season to taste with salt and pepper.

WINE PAIRING Burnt Timbers Winery - Vidal Blanc

VEAL BOLOGNESE



presented by **Bridget Callahan**

Executive Chef

SAVONA

Gulph Mills, PA

Yield: 6 servings

3 lbs. ground veal

2 medium carrots, small diced

2 medium onions, small diced

3 ea, 28 oz. cans crushed tomatoes

1 cup red wine

6 cloves garlic, minced

1 sachet (thyme, peppercorns, bay leaves, parsley stems)

4 oz. salted butter

Parmesan, to taste

1 bunch parsley

1 bunch basil

Olive oil, as needed

Salt and pepper, to taste

Pasta of your choice (rigatoni works well)

Heat a large pot over medium-high heat and add a small amount of oil to just coat the bottom of the pan. Sauté the veal, breaking it up as you go. Once it is no longer pink, remove from the pan and strain off the fat. Turn the temperature to medium. To the pan add a bit more oil and then the vegetables. Sweat the vegetables until they begin to turn translucent, but don't get color on them. Once the vegetables reach this stage, add your red wine to deglaze. Scrape up any bits that are left on the bottom of the pan from the veal. Return veal to the pan and allow the wine to cook off. Add tomatoes and sachet to the pot. Bring this all up to a gentle boil and then reduce to very low and simmer for at least an hour, stirring often. To finish, add in your butter. Cook off your pasta of choice and serve with parsley, basil, Parmesan and a drizzle of extra-virgin olive oil.

WINE PAIRING Penns Woods Winery - 2021 Cabernet Franc Reserve

RED WINE BRAISED SHORT RIB WITH FARRO AND BRUSSELS SPROUTS



presented by **Kristina Wisneski**

Chef

Pure Roots Provisions

King of Prussia, PA

Featuring Beef Short Ribs from Bow Creek Farms, Hershey, PA

Yield: 4–6 servings

SHORT RIB

8 ea. or 6 lbs. short ribs (boneless preferred)

2 Tbsp. vegetable oil

3 Tbsp. salt

1 ½ Tbsp. pepper

2 onions, medium dice

3 carrots, medium dice

4 stalks celery, medium dice

10 garlic cloves

½ bunch fresh rosemary

½ bunch fresh thyme

2 cup red wine (cabernet or merlot)

3 Tbsp. tomato paste

¼ cup all-purpose flour

1 quart low-sodium beef stock

Season the short ribs on all sides with salt and pepper. Heat a Dutch oven or large pot on medium-high. Put the vegetable oil in and sear the short ribs on each side until golden brown. Once the short ribs are seared on all sides, transfer to a crock pot (or if cooking in a Dutch oven, set aside on a plate).

Add the vegetables and garlic to sauté. Once slightly caramelized, add in tomato paste to begin cooking. Add in herbs and flour. Deglaze with red wine and let the alcohol cook out. Add in beef stock and bring to a boil.

Add everything together into the crock pot with the short ribs. Cook on high for about 2 to 2 ½ hours. Check tenderness and if necessary, keep cooking in 30 to 45 minute increments until the meat is fully tender.

If cooking in a Dutch oven, heat the oven to 350°F, return meat to the liquid, cover and cook for approximately 2 hours. Check tenderness and continue cooking, covered, in 30-minute increments, until meat is tender.

FARRO

2 cups dry farro

1 Tbsp. olive oil

½ onion, small diced

2 cloves garlic, minced

4 cups chicken stock

Salt, to taste

In a medium saucepan, begin by sautéing the garlic and onions in the olive oil. Once translucent, add dry farro to toast. Add in the chicken stock and bring to a boil. Cover with a lid, reduce the heat to a simmer and cook for

approximately 12 minutes (or the timing on the package). Season with salt to taste.

BRUSSELS SPROUTS

1–1 ½ lbs. Brussels sprouts, trimmed and halved	2 tsp. ground black pepper
3 Tbsp. canola oil	½ cup sherry vinegar
1 Tbsp. salt	¼ cup brown sugar

In a small sauce pot, simmer the vinegar and brown sugar together until combine Set aside to cool.

Heat the oven to 375°F. Toss the Brussels sprouts in the canola oil, salt and pepper. Place on a cooking tray lined with foil or parchment paper. Roast in the oven until golden brown and soft in the middle, approximately 20 minutes. When the Brussels sprouts come out of the oven, place in a large mixing bowl and toss with the sweetened sherry vinegar. Add in more salt or pepper if needed.

WINE PAIRING Armstrong Valley Vineyard and Winery - 2020 Cabernet Franc

BEEF BRACIOLE WITH POLENTA FRIES AND CRISPY BRUSSELS SPROUTS



presented by **Jason Clark**
Corporate Executive Chef
Cura Hospitality
Elizabethville, PA

Yield: 6–8 servings

TOMATO SAUCE

3 Tbsp. garlic cloves, minced	1 each yellow onion, peeled and halved lengthwise with root end intact
¾ cup loosely packed fresh basil leaves, plus small basil leaves for garnish	60 oz. canned crushed tomatoes
½ cup extra-virgin olive oil	1 cup of water
¼ tsp. crushed red pepper	1, 3" Parmigiano-Reggiano cheese rind
½ cup unsalted butter	1 ½ tsp. kosher salt

Bring garlic, basil, oil, and crushed red pepper to a simmer in a small saucepan over medium-low; cook until basil wilts but remains green, 2 to 3 minutes. Remove from heat; set aside and let cool slightly, for about 15 minutes. Use a blender, food processor or immersion blender to process garlic mixture until smooth, about 30 seconds. Set aside. *(continued)*

Melt butter in a large saucepan over medium heat. Add onion, cook, undisturbed, until it starts to brown, 4 to 5 minutes. Add tomatoes and about ½ cup water, swishing to loosen any remaining sauce from the can, and bring to a simmer over medium-high heat. Add cheese rind and reduce heat to medium-low. Cook, uncovered, stirring occasionally, until sauce is thickened and slightly reduced, about 40 minutes. Remove and discard cheese rind and onion. Add reserved garlic mixture and salt to tomato sauce, stirring to combine.

BRACIOLE

2 Tbsp. unsalted butter	(about 8 slices)
1 cup panko breadcrumbs	¼ cup toasted pine nuts
2 tsp. fresh thyme	¼ cup fresh flat-leaf parsley, finely chopped, plus more for garnish
1 Tbsp. plus ¼ tsp. kosher salt, divided	3 Tbsp. garlic, finely chopped
2, 1 ½ lbs. flank steaks, butterflied and pounded ¼” thick	5 oz Parmigiano-Reggiano cheese, grated (about ½ cup plus 1 Tbsp.)
2 tsp. freshly ground black pepper, divided	3 Tbsp. of olive oil
4 oz. thinly sliced prosciutto de Parma	

Melt butter in a medium skillet over medium heat. Add panko, and cook, stirring often, until golden brown and toasted, about 3 minutes. Transfer to a heatproof bowl and stir in thyme and ¼ teaspoon of the salt; set aside.

Preheat oven to 325°F. Lay steaks flat on a clean work surface or parchment paper. Sprinkle top of each steak with ¾ teaspoon salt and ½ teaspoon of the pepper. Evenly place prosciutto in a single overlapping layer across steaks. Sprinkle reserved panko mixture over steaks; sprinkle evenly with pine nuts, parsley, garlic, and 1 cup of Parmigiano-Reggiano. Working against the grain of the meat, roll each steak up over the filling, then cut in half crosswise. Using skewers or kitchen twine, secure rolled steaks. Sprinkle each steak with remaining ¾ teaspoon salt and ½ teaspoon pepper. Heat oil in a large high-sided, heatproof skillet or Dutch oven over medium-high heat. Add steaks and cook, turning occasionally, until browned on all sides, about 2 minutes per side. Transfer steaks from skillet to a large plate. Wipe skillet clean. Add reserved tomato sauce to skillet and nestle steaks into sauce, spooning some of sauce over steaks. Cover and bake in preheated oven until steak is very tender, 1 ½ to 2 hours, turning steaks halfway through baking time. Transfer steaks to a large cutting board and let cool for 10 minutes. Spoon some sauce from skillet onto a platter. Cut steaks evenly into medallions and arrange over sauce. Spoon additional sauce over steaks, and garnish with basil, parsley, and remaining Parmigiano-Reggiano (2 tablespoons each). Serve immediately with any remaining sauce on the side with the crispy polenta fries and Brussels sprouts.

POLENTA FRIES

Olive oil for brushing	1 tsp. chopped rosemary
3 ¼ cups of cold water	½ cup grated Parmigiano-Reggiano
1 cup polenta (not quick-cooking)	2 Tbsp. unsalted butter, cut into bits
1 tsp. chopped sage	

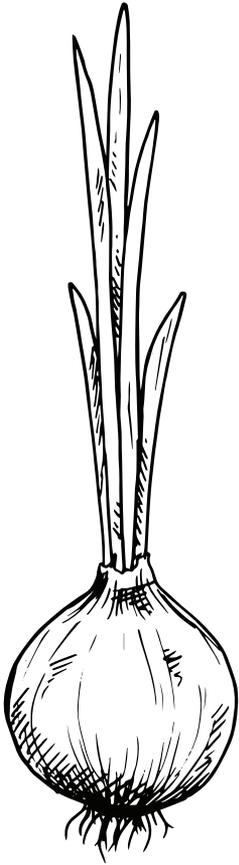
Brush an 8" square baking dish with oil. Combine water, polenta, herbs, and ¾ teaspoon salt in a heavy medium saucepan and bring to a boil over medium heat, whisking. Reduce heat to medium-low and cook, stirring constantly, with a long-handled wooden spoon, until polenta begins to pull away from side of pan, 15 to 20 minutes. Stir in cheese and butter until incorporated, then transfer polenta to baking dish, spreading evenly with a dampened rubber spatula. Chill, uncovered, until set, about 45 minutes. Preheat broiler. Line a baking sheet with foil and brush with oil. Unmold polenta, then cut into 16 sticks, each about 4"x1". Brush tops with oil and space evenly on baking sheet. Broil about 4 inches from heat until golden, 15 to 20 minutes.

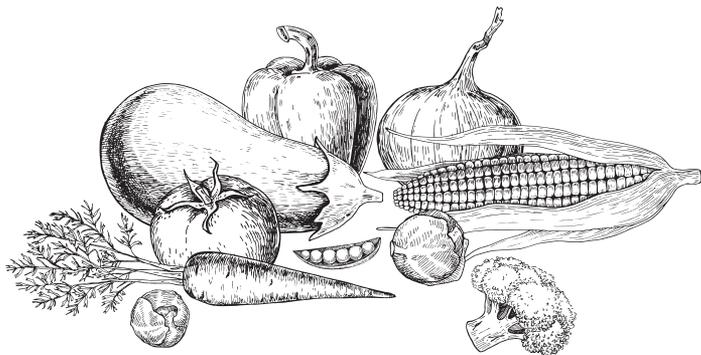
CRISPY BRUSSELS SPROUTS

2 lbs. Brussels sprouts, trimmed and sliced ¼" thick	1 tsp. Worcestershire sauce, plus more to taste
3 ea. shallots, sliced ¼" thick	1½ tsp. fresh lemon juice (from ½ lemon), plus more to taste
½ cup extra-virgin olive oil	1 oz. grated Parmesan, for serving
1 tsp. kosher salt, plus more to taste	
2 garlic cloves, finely grated or minced	

Heat oven to 450°F. In a medium bowl, toss together Brussels sprouts, shallots, olive oil, and salt. Evenly divide Brussels sprouts mixture between two rimmed 13" x 18" baking sheets, spreading everything into one layer. Roast, stirring once, until Brussels sprouts and shallots are tender, golden and lightly charred in spots, 20 to 25 minutes. Meanwhile, in a small bowl, mix garlic, Worcestershire sauce, and lemon juice. As soon as Brussels sprouts emerge from oven, immediately drizzle with Worcestershire dressing, tossing to combine. Taste and add more salt, lemon juice, or Worcestershire sauce if needed. Top with grated Parmesan.

WINE PAIRING Courtyard Winery - Noiret





SUNDAY, JANUARY 5, 2025
VEGETABLE DAY



GIANT
DIETITIAN TIP

Most vegetables contain both soluble and insoluble fiber to help lower cholesterol while keeping your gut healthy. It is important to not overcook your vegetables. Try steaming or roasting to avoid losing nutrients in the boiling process!

LUTENITSA



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

Yield: 6–8 servings

1 lb. red Italian sweet peppers	1 tsp. sugar
½ Hungarian wax pepper	2 tsp. kosher salt
¼ lb. roma tomatoes, concassé	1 Tbsp. parsley, chopped
¼ lb. heirloom tomatoes, concassé	2 Tbsp. olive oil
1 oz. Spanish onion, chopped	1 loaf peasant bread
1 carrot, small dice	Balsamic vinegar, to taste
1 garlic, clove, minced	Feta, as garnish (optional)

Roast the peppers, either by placing them whole in a 375° F oven or by slicing them in half and placing them under a broiler. The objective is to char the pepper and remove the charred skin. Place in ice water bath and peel. Chop and save for the simmering process.

To concasse the tomatoes, remove stem and slice a small X in the other end. Drop the whole tomatoes in boiling water and blanch until the skin can be removed easily. Cool in ice water bath. Cut the tomatoes in half across the equator (not stem to tip). The objective here is to remove the skin and seeds. Chop and save for the simmering process.

In a large heavy-bottomed saucepan, add olive oil and heat. Add peppers, tomatoes, carrot, onion and garlic. Simmer for one hour and a half on medium to low heat. Do not allow the sauce to scorch. With a beurre mixer, puree the sauce smooth. Add sugar and salt, making sure to taste throughout the cooking process. The lutenitsa should be sweetened. Continue to simmer until you have the desired thickness. Chill and serve on toasted slices of peasant bread. You can garnish it with a little feta cheese. Lutenitsa can also be used as a sauce for sausages or cooked meats or served with fresh vegetables as a dip.

WINE PAIRING Hungry Run Wine Cellars - Chardonnay

PARSNIP AND CELERY ROOT CREAM SOUP



presented by **John Moeller**
Owner and Executive Chef
The Greenfield Restaurant and Bar
Lancaster, PA

PARSNIP AND CELERY ROOT CREAM SOUP

1 lb. parsnips	½ cup heavy cream
1 lb. celery root	½ stick butter
1 large leek, white part only	Sea salt and white pepper, to taste
1 Tbsp. fresh garlic, chopped	1 Tbsp. chives, chopped
1 ½ pints chicken stock or vegetable stock	

Peel the parsnips and cut into quarters longwise, then trim out the tough, woody centers. Cut parsnips into small dice. Peel and wash the celery root, cut into ¾ inch slices, then long ¾” strips, then into ¾ inch cubes. After the leek is cut in half longwise and washed, cut into long strips, then into small dice. Heat soup pot over medium heat, add the butter to melt, then add the leeks first to sweat for five minutes. Now add the chopped garlic and cook for less than a minute. Add the small diced parsnips and celery root to the pot and sweat everything for about five minutes. You can add more butter if the mixture becomes too dry. Add the chicken stock and bring to a boil, then simmer. Cook this for 5 to 10 minutes until everything is soft. You can now use an immersion blender to puree everything right in the pot until smooth or puree in a blender. At this point, check the consistency and add more chicken stock if the soup is too thick. Bring the soup back to a simmer, add the heavy cream and cook for five more minutes. Add salt and pepper to taste. Adjust the thickness with chicken stock and cream as you wish. Ladle in a bowl and sprinkle chopped chives for garnish.

WINE PAIRING Starr Hill Vineyard & Winery - 2020 Sauvignon Blanc

PUMPKIN WHOOPIE PIES



presented by **John Moeller**
Owner and Executive Chef
The Greenfield Restaurant & Bar
Lancaster, PA

PUMPKIN WHOOPIE PIES

Yield: 135 small whoopie pies

2 cups firmly packed brown sugar	1 tsp. salt
1 cup vegetable oil	1 tsp. baking powder
3 cups pumpkin puree, chilled	1 tsp. baking soda
2 large eggs	2 tsp. ground cinnamon
1 tsp. pure vanilla extract	1 tsp. ground ginger
3 cups all-purpose flour	1 Tbsp. ground cloves

CREAM CHEESE FILLING

3 cups confectioners' sugar	8 oz. cream cheese, softened
½ cup (1 stick) unsalted butter, softened	1 tsp. pure vanilla extract

Preheat the oven to 325°F.

In a bowl mix brown sugar, vegetable oil, pumpkin puree, eggs, and vanilla until everything is incorporated. Mix flour, salt, baking powder, baking soda, cinnamon, ground ginger, and cloves in a second bowl, then sift the mixture into a third bowl, then sift the mixture into a third bowl. Add the dry ingredients slowly into the wet mixture and allow to rest for 5 minutes. Depending on the wetness of your pumpkin puree, you might need to add another tablespoon of flour. You can scoop or pipe the mixture onto a sheet pan with parchment paper. Bake in a 325°F oven for 6 to 8 minutes until the pies gently bounce back. Allow to cool.

To prepare the cream cheese filling, blend together the butter, cream cheese, and vanilla until smooth. Add the powdered sugar until everything is smooth. I like to put this in a piping bag and fill one half of the whoopie pie with a little then place the other half on top.

WINE PAIRING Starr Hill Vineyard & Winery - 2020 Sauvignon Blanc

PAD THAI



presented by **Jet Tila**
Food Network Star,
Cookbook Author,
and Restaurateur

PAD THAI

Yield: 8 servings

- | | |
|--|--|
| 4 Tbsp. Thai fish sauce | 1 Tbsp. paprika, for color |
| 3 Tbsp. bottled tamarind paste | ½ cup baked tofu, cut into slices |
| 1 Tbsp. lime juice | ½ cup thin strips of chicken breast or thigh |
| 1 Tbsp. rice vinegar | 2 eggs |
| 1 Tbsp. sugar | 10 large shrimp, peeled and cleaned |
| 2 Tbsp. vegetable oil | 3 green onions, cut into 3" julienne |
| 2 garlic cloves, minced | ¾ cup chopped dry-roasted unsalted peanuts |
| 2 Tbsp. packaged shredded sweetened radish | 1 cup bean sprouts |
| 1 tsp. dried shrimp | |
| ¾ cup medium rice sticks, soaked | |

Soak the dry noodles in a large bowl of warm water (about 90° F) for about an hour. The noodles will start to absorb water, loosen up and be ready for the pan. If using fresh noodles, you can just open the package and add to the pan at the appropriate time.

To make the sauce, combine fish sauce, tamarind paste, lime juice, vinegar, and sugar in a small bowl. Make sure to stir well until the sugar dissolves.

Heat a skillet or wok over high heat for about 1 minute or until the pan gets pretty hot. Add oil and swirl to coat the pan completely. When the pan just starts to smoke, add garlic and stir for about 5 seconds. Add turnip, dried shrimp, and tofu and stir-fry until they begin to get fragrant, about one minute. Push ingredients in wok to one side and let oil settle in the center of the pan.

Crack eggs into the pan and add the chicken. As the eggs start to fry, just pierce the yolks to let them ooze. Fold the chicken and eggs over and scrape any bits that are starting to stick for about 30 seconds or until the eggs begin to set. Now stir together to combine all the ingredients in the pan. Add shrimp and allow to cook for about 30 seconds, until they just start to turn color and opaque. Drain noodles and cook for about 2–3 minutes, until soft. Add reserved sauce mixture and paprika and fold together until paprika evenly colors noodles and all liquid is absorbed, about 2 minutes.

Place green onions in center of noodles; then spoon (*continued*)

some noodles over green onions to cover and let steam for 30 seconds. Stir in 3 tablespoons peanuts. Transfer to a serving plate and garnish with bean sprouts and remaining peanuts.

WINE PAIRING Armstrong Valley Vineyard and Winery - 2023 Hilltop Vineyard Riesling

PORK SATAY



presented by **Jet Tila**
Food Network Star,
Cookbook Author,
and Restaurateur

PORK SATAY

Yield: 8 servings

1 Tbsp. (15 g) curry powder

½ Tbsp. (8 g) pepper

1 Tbsp. (15 g) salt

1 Tbsp. (15 g) sugar

1 tsp. garlic powder, or more to taste

¼ cup (60 ml) coconut milk

2 lbs. (900 g) pork shoulder or pork loin

10–15" bamboo skewers, soaked

To make the marinade, combine the curry powder, pepper, salt, sugar, garlic powder, and coconut milk in a medium bowl. Slice the pork against the grain into 2" inch square tiles about ¼" thick. Add to the marinade and massage to coat it evenly. Thread the pork onto the bamboo skewers, leaving 2" at the bottom of each skewer. You can cook immediately or marinate overnight for better flavor and tenderness. Heat a grill or griddle to high and preheat for at least 5 minutes. Rub a little oil on the grill or spray with pan spray to lube the grill. Grill the pork for about 3 to 5 minutes on the first side or until you get a nice brown. Flip and cook for another 3 to 5 minutes until just cooked through. Serve with peanut sauce.

PEANUT SAUCE

Yield: Makes about 2 ½ cups

2 Tbsp. (30 ml) vegetable oil

1 Tbsp. (16 g) red curry paste, or more
to taste

2 cups (490 ml) coconut milk

2 Tbsp. (30 g) chunky peanut butter, or
more to taste

2 Tbsp. (30 ml) fish sauce

½ tsp. rice vinegar

2 Tbsp. (30 g) sugar, or more to taste

Heat the oil in a small saucepan over high heat. When hot, stir-fry the curry paste for about a minute or until very fragrant and thick. Stir in the coconut milk and bring it to a boil and cook for 2 minutes while constantly stirring. Be careful not to let it boil over. Add the peanut butter, stirring

constantly until the sauce begins to thicken and come together, about 2 to 3 minutes. Reduce the heat to a simmer and add the fish sauce, rice vinegar, and sugar. Cook the sauce for 1 minute more, then remove it from the heat. An oily film will rise to top; skim it off if you wish.

WINE PAIRING Armstrong Valley Vineyard and Winery - 2023 Hilltop Vineyard Riesling

CAULIFLOWER STEAK WITH CHIMICHURRI



presented by **Christa Barfield**
Owner
Viva Leaf Tea & FarmerJawn Greenhouse
Philadelphia, PA
2024 James Beard Award Winner

Yield: 4 servings

1 head of cauliflower, cut into steaks about 1" thick	2 tsp. salt
1 Tbsp. smoked paprika	2 tsp. pepper
1 Tbsp. garlic powder	¼ cup olive oil

CHIMICHURRI

1 Tbsp. fresh oregano or ½ tsp dried	¼ -½ tsp. red pepper flakes to taste
3-4 cloves garlic	¼ cup extra-virgin olive oil, plus more
3 Tbsp. red wine vinegar	to taste
½ tsp. kosher salt	

Preheat the oven to 400°F. Toss the steaks with olive oil, salt, black pepper, paprika, and garlic powder, making sure the steaks are evenly coated, and massage well. Set aside. In the meantime, make the chimichurri. Finely chop the fresh herbs, then add to a mixing bowl. Mince the garlic and add to the herbs with the vinegar and red pepper flakes. Season to taste, then stream in the olive oil whilst mixing until thoroughly combined. Set aside. Once the oven reaches 400°F, place cauliflower steaks on a baking sheet lined with parchment paper. Roast cauliflower steaks for 15 to 20 minutes, or until the steaks are fork-tender and golden and crispy on the outside. To serve, drizzle the cauliflower steak with chimichurri and scatter all over.

WINE PAIRING The Inn at Grace Winery - Chardonnay

SUSTAINABLE HONEY-CITRUS ROASTED RAINBOW CARROTS WITH CRISPY GUINEA FOWL



presented by **Christa Barfield**

Owner

Viva Leaf Tea & FarmerJawn Greenhouse

Philadelphia, PA

2024 James Beard Award Winner

Yield: 4 servings

HONEY-CITRUS GLAZED RAINBOW CARROTS

1 ½ lbs organic rainbow carrots,
scrubbed and unpeeled

2 tbsp olive oil

1 ½ tbsp honey or maple syrup

Zest of 1 orange and 1 lemon (reserve
juice for glaze)

Salt and black pepper, to taste

Fresh thyme or rosemary sprigs

Prepare and roast the carrots. Preheat oven to 400°F. Place scrubbed, unpeeled carrots in a large bowl. Toss with olive oil, honey, orange zest, lemon zest, salt, and pepper until evenly coated. Spread the carrots on a baking sheet in a single layer. Add fresh thyme or rosemary sprigs. Roast for 25 to 30 minutes, stirring halfway through, until carrots are caramelized and tender.

CITRUS GLAZE

Juice from the zested orange and
lemon

Remaining honey mixture from the
carrots

¼ cup vegetable stock (or water)

Optional garnish: carrot tops, finely
chopped, or parsley

Make the citrus glaze. While the carrots are roasting, use the juice from the zested orange and lemon and combine with any remaining honey mixture from the carrots. Pour into a small saucepan with vegetable stock. Simmer for 5 to 8 minutes until slightly thickened. Season with salt and pepper to taste.

CRISPY GUINEA FOWL

1 guinea fowl breast, deboned and
patted dry

1 tbsp olive oil

Salt and pepper, to taste

Cook the crispy guinea fowl. Season the guinea fowl breast with salt and pepper. Heat a skillet over medium-high heat and add olive oil. Place the guinea fowl breast in the skillet, skin side down, and cook for 4 to 5 minutes until the skin is golden and crisp. Flip the breast and cook for

another 4 to 5 minutes, or until the internal temperature reaches 165°F. Allow to rest before slicing.

Drizzle the citrus glaze over the roasted carrots, highlighting them as the main component of the dish. Slice the crispy guinea fowl breast and place it alongside the carrots. Garnish with chopped carrot tops or parsley for added color and sustainability.

Tips for Sustainability:

Minimize Waste: Keep the carrots unpeeled and use all parts of the citrus fruit in the recipe.

Utilize Carrot Tops: Use the carrot greens as garnish, or reserve them for salads, pestos, or homemade stock.

WINE PAIRING The Inn at Grace Winery - Chardonnay

WAZUZU DRUNKEN NOODLES



presented by **Jet Tila**
Food Network Star,
Cookbook Author,
and Restaurateur

Note: This dish is a marriage between my Thai and Chinese roots. The sauce seems complicated but it's as simple as measuring and dumping in a bowl. Fresh rice noodles are a deli item at most Asian markets. They are made and delivered fresh daily to the markets. It's best to buy and use them within 48 hours. A way to tell if they are fresh is just to take the pack and fold the pack like a towel. If you can fold until the ends touch and the middles aren't cracking, that's a sign of freshness.

Yield: 6 servings

2 Tbsp. (30 ml) sweet soy sauce	1–2 serrano chiles, sliced thin
1 Tbsp. (15 ml) oyster sauce	2 eggs
½ Tbsp. (22 ml) fish sauce	6–8 large shrimp, peeled and deveined
1 Tbsp. (15 g) sugar	½ medium white onion, sliced
1 tsp. (5 ml) sriracha sauce	4 cups (960 ml) fresh rice noodles, separated
1 tsp. (5 ml) minced garlic	1 cup (240 ml) Thai basil leaves, loosely packed
6–8 Thai basil leaves, chiffonade	½ cup (120 ml) grape tomatoes, halved
3 Tbsp. (45 ml) canola or peanut oil	
2–3 garlic cloves, minced	

Combine the sauce ingredients in a small bowl and set it aside. In a large sauté pan, heat the oil over high heat. When you see a wisp of white smoke, add the garlic and sauté until it's light brown. *(continued)*

Add the eggs and lightly scramble them until they're barely set, about a minute. Add shrimp and onions, folding constantly until the shrimp are cooked to medium, about 1 minute. Add the fresh rice noodles, sauce, tomatoes, and basil and toss to combine for about 3 minutes. Don't be scared to scrape the bits off the bottom before they burn. Cook until the noodles are cooked and coated well. Finish by tossing in basil and tomatoes and allow them to lend their flavors. Cook for about an additional minute and serve hot.

WINE PAIRING Shade Mountain Winery & Vineyards - Gewurztraminer

DEEP FRIED TROUT WITH GREEN APPLE SAUCE



presented by **Jet Tila**
Food Network Star,
Cookbook Author,
and Restaurateur

Yield: 4–6 servings

2 lbs. (900 g) trout filet, scaled
2 (300g) cups flour for dredging
1 ½ quarts oil for frying
2 shallots, finely sliced
1 garlic clove, finely chopped
1 to 3 Thai chiles, sliced thin
½ cup (90 ml) lime juice

½ cup (90 ml) fish sauce
½ cup (95 g) brown sugar or palm sugar
2 cups (450 g) green apple, cut into matchsticks
½ red onion, thinly sliced
¼ to ½ cup (50–95 g) cashew nuts, roasted

Cut the trout filets in half and season them lightly with salt and pepper. Thoroughly pat them dry and set it aside. In a small saucepan, combine the shallots, garlic, and Thai chiles over low heat. Stir in the lime juice, fish sauce, and sugar. Let the mixture heat up to right below a simmer. Stir it until the sugar is dissolved, then remove from heat. Transfer the mixture to a bowl and chill until ready to serve. When you're ready to serve the fish, add the apple, red onion, and nuts.

Heat oil in a 4–5 quart Dutch oven or pot until the oil reaches 360°F. Dredge the fish in flour and shake off the excess flour before frying. Fry the fish for about 5 minutes on each side until cooked through. Drain on paper towels, then serve immediately with sauce.

WINE PAIRING Shade Mountain Winery & Vineyards - Gewurztraminer

CHOCOLATE CHIP ZUCCHINI LOAF



presented by **Alisha Howell**

Owner

Lynn Sandy's Bakery

Scranton, PA

Yield: 6-8 servings

½ cup unsweetened natural cocoa powder

¾ tsp. baking soda

¼ tsp. baking powder

¼ tsp. salt

½ tsp. espresso powder

¾ cup semisweet chocolate chips

2 large eggs

⅓ cup sour cream

⅔ cup granulated sugar

1 tsp. vanilla extract

1 ½ cups shredded zucchini

Preheat the oven to 350°F. Grease a 8" x 4" loaf pan with nonstick spray and set aside. In a large bowl, whisk the flour, cocoa powder, baking soda, baking powder, salt, and espresso powder together until combined. Mix in the chocolate chips. Set aside. In a medium bowl, whisk the eggs, oil, yogurt, granulated sugar, and vanilla together until combined. Slowly pour the wet ingredients into the dry ingredients and gently whisk to combine. Fold in the zucchini. The batter will be very thick. Bake for 45 to 55 minutes, making sure to loosely cover the bread with aluminum foil halfway through to prevent the top from overcooking. The bread is done when a toothpick inserted in the center comes out clean with only a few small moist crumbs. Remove bread from the oven and allow the bread to cool in the pan on a wire rack for 1 hour. While it's still warm, I gently press a few more chocolate chips into the top just to make it extra pretty. Remove bread from the pan and place the loaf directly on the wire rack to cool completely. Cover and store bread at room temperature for 5 days or in the refrigerator for up to 1 week.

WINE PAIRING Allegheny Cellars Winery - Two Mile Red

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GIANT
DIETITIAN TIP

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SPRINGTIME MAPLE FUDGE



presented by **Kurt Wewer**
Executive Chef/Owner,
Central PA Chef Consultants
In Partnership with Cornell Maple Program and Pennsylvania
Maple Syrup Producers Council

2 cups maple syrup
1 cup heavy cream
Butter, as needed

¼ cup walnuts or other PA nut
(optional)

Grease a standard-size loaf pan with butter and set aside.

Place the maple syrup into a 2-quart or larger pot over medium high heat and position a candy thermometer into the syrup. Heat until it reaches the softball stage (235°F).

Place the heavy cream into a separate pot on very low heat.

Slowly pour the heated cream into the syrup and then continue to heat this mixture until it reaches 235°F again.

Remove from the heat and stir mixture with a wooden spoon until mixture has a grainy texture. Add nuts if desired.

Pour into a buttered loaf pan and refrigerate to set.

SALISBURY STEAK WITH MUSHROOM GRAVY & BROCCOLI-POTATO MASH



presented by **Shanna Shultz, RD, LDN**
Registered Dietitian
GIANT

SALISBURY STEAK WITH MUSHROOM GRAVY

Yield: 6 servings

16 oz. white mushrooms, sliced and divided	2 eggs
1 lb. 90% lean ground beef	1 tsp. garlic powder
½ cup plain breadcrumbs	4 Tbsp. canola oil, divided
3 Tbsp. Worcestershire sauce, divided	1 small onion, chopped
2 Tbsp. ketchup	2 Tbsp. all-purpose flour
	2 cups low-sodium beef broth

In a food processor, pulse half the mushrooms until finely chopped but not pureed. Transfer chopped mushrooms to a large bowl. To the bowl, add the beef, breadcrumbs, 2 tablespoons Worcestershire sauce, ketchup, eggs, and ½ teaspoon garlic powder. Season with salt and pepper. Gently mix to combine. Shape into 6 oval patties.

In a 12” skillet, heat 2 tablespoons of oil on medium-high. Add patties and cook 2 to 3 minutes per side, until browned. Transfer patties to a plate. In a skillet, heat remaining 2 tablespoons oil on medium-low. Add remaining sliced mushrooms and onion. Season with salt and pepper. Cook for 6 to 7 minutes, until mushrooms and onion are softened. Stir in the flour and cook for 1 to 2 minutes, stirring often.

Gradually add broth and remaining ½ teaspoon garlic powder, stirring constantly and scraping up any browned bits from bottom of pan. Bring sauce to a simmer. Season with salt and pepper. Stir in remaining 1 tablespoon Worcestershire sauce.

Return patties to skillet and cook 15 minutes, flipping halfway through. Serve Salisbury steaks with broccoli-potato mash, if desired. Top with gravy. Garnish with the chives, if desired.

View this recipe and shop the ingredients by visiting giantfoodstores.com/savory.

BROCCOLI-POTATO MASH

Yield: 4 servings

1 lb. Yukon Gold potatoes

¼ cup 1% milk

1 small head broccoli

4 Tbsp. unsalted butter

Peel and cut the potatoes into small chunks. To a large pot of salted water, add potatoes. Cover and heat to a boil on high. Reduce heat to medium and simmer until potatoes are almost fork-tender, about 12 minutes.

Meanwhile, cut broccoli into small florets. Add to the potatoes after 12 minutes of cooking. Simmer until both potatoes and broccoli are very tender, about 5 more minutes.

Drain potato mixture and return to pot. Add milk, butter, salt, and pepper. Using a potato masher, mash until mostly smooth. Serve with Salisbury steak if desired.

View this recipe and shop the ingredients by visiting giantfoodstores.com/savory.

WINE PAIRING Penn Shore Winery - Meritage Reserve

ALMOND-CRUSTED RAINBOW TROUT WITH SAUTÉED KALE, APPLES AND BUTTERNUT SQUASH PUREE



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

Yield: 4 servings

SQUASH PUREE

1 ½ lb. peeled butternut squash	2 Tbsp. butter
1 tsp. ground cardamom	2-5 cups vegetable stock
2 Tbsp. olive oil	Salt and pepper, to taste

SAUTÉED KALE

12 oz. cleaned kale leaves, stems removed	2 garlic cloves, minced
2 Granny Smith apples, ½" dice	5 cups dried cranberries
1 medium sweet onion, 1" thin slices	5 cups vegetable stock
2 Tbsp. olive oil	Salt and pepper, to taste

ALMOND-CRUSTED RAINBOW TROUT

4 trout filets, deboned	3 large eggs
2 cups coarsely ground cornflakes	5 cups milk
1 cup sliced almonds, coarsely ground	4 Tbsp. olive oil
1 cup flour, seasoned with salt and pepper	

Preheat the oven to 350°F. Peel and remove seeds from squash. Dice squash into 1" pieces. Place squash into a mixing bowl and toss with olive oil, cardamom, salt and pepper. Place squash in a baking dish, cover with parchment paper and then wrap with foil. Bake for approximately 30 minutes, or until squash is tender.

While squash is roasting, trim belly fat from trout and score the skin side several times to help prevent the filet from curling.

Whisk eggs and milk together and set aside. Place seasoned flour into a shallow pan. Place cornflakes and almonds into a shallow pan and mix. Dredge a single trout filet in the seasoned flour, then place into egg wash and coat well. Remove filet from egg wash, allowing excess egg to drip off, then place into almond cornflake breading, coating filet completely on both sides. Repeat with remaining filets. Set aside for later use.

Preheat a large sauté pan over medium-high heat, place olive oil in the pan, add onions and reduce heat to medium. Sauté onion until tender for 3 to 5 minutes. Add garlic and ginger; sauté for 1 minute. Add diced apples and dried cranberries and sauté for five minutes. Place kale into sauté pan in two batches, allowing the first to wilt slightly before adding the rest. add the stock and simmer until kale leaves are tender, approximately five minutes. Remove from heat and set aside for plating.

Preheat a large sauté pan over medium-high heat. Add olive oil to pan and then place trout filets skin side down in pan. Reduce heat to medium and cook 3 minutes, then carefully flip filets and cook for an additional 3 to 4 minutes. Fish should be fairly firm and golden brown.

WINE PAIRING Cassel Vineyards - Chardonnay Reserve

SHEET PAN BACON-WRAPPED PORK TENDERLOIN AND PEARS WITH CREAMY SHELLS AND GREEN BEANS



presented by **Joni Rampolla, MBA, RDN, LDN**
Registered Dietitian
GIANT

Yield: 6 servings

1 ½ lb Nature's Promise® Natural Pork Tenderloin Fresh 2 Tbsp. balsamic vinegar
4 Tbsp. maple syrup, divided 4-6 Anjou pears, halved and cored
8-10 slices low-sodium bacon, sliced

Preheat oven to 425°F. Using paper towels, pat the pork tenderloin dry. Brush pork with 1 tablespoon maple syrup. Season with salt and pepper. On a large, parchment-lined rimmed baking sheet, lay the bacon strips side by side, overlapping slightly. Place pork tenderloin at one end of bacon slices and wrap all the bacon slices around tenderloin, securing with toothpicks if needed.

Place tenderloin in the center of parchment, seam side down. In a small bowl, whisk together the remaining 3 tablespoons maple syrup and the balsamic vinegar. Brush cut sides of the pears with half of maple syrup mixture. Season with salt and pepper. Flip pears so they are cut sides down on baking sheet.

Roast 30 to 35 minutes, until a meat thermometer placed in the thickest part of pork reaches 145°F. Remove pork from oven. Move oven rack 6 inches from broiler and set broiler to high. *(continued)*

Broil tenderloin 3 to 5 minutes, until bacon is crisp and golden. Let pork rest for 5 minutes. Slice pork and serve with pear halves along with remaining maple syrup mixture for drizzling.

Visit giantfoodstores.com/savory for more better-for-you recipes and meal inspiration.

CREAMY SHELLS AND GREEN BEANS

Yield: 6 servings

12 oz. fresh green beans, washed and trimmed	2 Tbsp. extra-virgin olive oil
16 oz. box pasta shells, medium	3 oz. reduced-fat cream cheese, softened and cubed

Cook the shells according to package directions, reserving $\frac{1}{2}$ cup cooking water. Pierce the green bean package with a fork. Microwave green beans on high for about 4 minutes, until almost fully cooked. Using kitchen scissors, cut any large green beans into 1" pieces.

In a deep 12" skillet, heat the oil, green beans, and cream cheese on medium, stirring often.

Add shells and cooking water, stirring to combine. Season with salt and pepper to taste. Cook for 2 to 3 minutes, until the sauce is smooth and the green beans are tender.

Visit giantfoodstores.com/savory for more better-for-you recipes and meal inspiration.

WINE PAIRING La Vigneta Winery - Bianco Delizioso

SKILLET CHICKEN WITH APPLES AND CIDER WITH DIJON ROASTED BRUSSELS SPROUTS



presented by **Jena Wood, MS, RD, LDN**
Registered Dietitian
GIANT

Yield: 4 servings

3 medium apples	2 Tbsp. all-purpose flour
2 Tbsp. olive oil, divided	1 cup apple cider
$\frac{1}{2}$ tsp. ground cinnamon or apple pie spice	1 Tbsp. unsalted butter
$\frac{1}{2}$ lb. boneless, skinless chicken breasts	1 Tbsp. chopped chives

Core and slice the apples into about 8 to 10 wedges. In a 12" skillet, heat 1 tablespoon of oil on medium high. Add apple slices and cinnamon. Season with salt and pepper. Cook 4 to 5 minutes, until softened and slightly browned, stirring occasionally. Transfer apples to a plate and keep warm.

Pat the chicken dry and season with salt and pepper. Place flour in a shallow bowl.

Lightly coat chicken in flour, shaking off excess. To skillet, add remaining 1 tablespoon of oil. In batches, add chicken and cook 3 to 4 minutes per side, until internal temperature reaches 165°F. Transfer chicken to a plate with apples.

To skillet, add the apple cider and increase heat to high, scraping up any browned bits from bottom of skillet. Bring to a boil and cook 4 to 5 minutes, until reduced by half. Stir in the butter until melted. Season with salt and pepper. Return apples, chicken, and any juices to skillet, tossing to coat in sauce. Garnish with the chives.

View this recipe and shop the ingredients by visiting giantfoodstores.com/savory.

DIJON-ROASTED BRUSSELS SPROUTS

Yield: 6 servings

2 Tbsp. Dijon mustard
1 Tbsp. maple syrup
1 tsp. garlic powder
¼ cup olive oil

½ red onion
2, 12 oz packages halved Brussels sprouts

Preheat oven to 400°F. In a large bowl, whisk the mustard, maple syrup, garlic powder, and oil to combine. Thinly slice the red onion and add to the mustard mixture, along with the Brussels sprouts. Toss to coat.

Spread vegetables in a single layer on a large baking sheet and roast 35 to 40 minutes, until sprouts are tender and caramelized, stirring halfway through.

View this recipe and shop the ingredients by visiting giantfoodstores.com/savory.

WINE PAIRING Penn Shore Winery - Seyval Blanc

BEEF AND RICE-STUFFED TOMATOES



presented by **Charlotte Scheid, MEd, RD, LDN**
Registered Dietitian
GIANT

Yield: 4 servings

8 medium tomatoes	½ cup chopped parsley, plus more to serve
1 Tbsp. olive oil	
1 large onion, finely chopped	⅓ cup grated Parmesan cheese
1 lb. 85% lean ground beef	Cooking spray, as needed
3 cloves garlic	1, 15.9 oz. package Nature's Promise® Precooked Brown Rice
2 tsp. ground cumin	
½ tsp. ground allspice	

Preheat oven to 350°F. Grease a 9" x 13" baking dish with the cooking spray or line a sheet pan with parchment. Cut a thin slice off the top of each tomato and discard. With a small spoon, scoop out the insides, leaving walls intact. Reserve tomato pulp. Season tomato cavities with salt and pepper. Place in a prepared baking dish or on a sheet pan.

In a large nonstick skillet, heat the oil on medium high. Add the onion and cook 5 to 7 minutes, until soft. Add the ground beef and stir in the garlic, cumin, and allspice. Season with salt and pepper. Stir in reserved tomato pulp. Cook 5 minutes, until beef is browned, breaking up with a wooden spoon. Remove from heat and stir in the parsley and Parmesan.

Microwave the rice according to package directions. Stir the rice into the beef mixture. Spoon beef and rice into the cavity of each tomato. Bake 20 minutes, until tomatoes are tender. Garnish with more parsley, if desired.

WINE PAIRING Black Dog Wine Company - Happy Ass Red (dry blend)

PORK CHILE VERDE WITH PICKLED ONIONS



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

Yield: 4-6 servings

CHILE VERDE

2 lbs. pork shoulder	1 tsp. paprika
10 oz. tomatillos	1 qt. chicken stock
8 oz. poblano pepper	½ cup cilantro leaves and stems, rough chopped
6 oz. Hatch chiles	2 oz. vegetable oil
4 oz. jalapeño pepper	1 Tbsp. Kosher salt
2 dried ancho chiles	4 limes
6 oz. Spanish onions	2 oz. sour cream
4 cloves garlic	6 oz. red onion
1 Tbsp. cumin	4 fl oz. red wine vinegar
1 tsp. dried oregano	2 fl oz. water
1 stick cinnamon	¼ cup granulated sugar
½ tsp. ground clove	

Cut the pork shoulder into 1" cubes, trimming any excess fat.

Dice the onions and mince the garlic. Cut the peppers in half and remove the seeds.

Remove the husk from the tomatillos and cut into quarters. In a heavy bottom pot or Dutch oven, heat the vegetable oil on medium-high heat for 3 to 4 minutes. Begin searing the pork in small batches so as not to cool the pan down. Remove the pork once it is browned, turn the heat down to medium low, and sauté the onions and garlic for 3 to 4 minutes, adding the cumin, oregano, cinnamon, paprika, and cloves in the last minute of cooking. Add the pork back in and deglaze the pan with the chicken stock, reserving a cup of the stock for later use. Bring the pot to a simmer. Deseed and toast the dried chiles in a 400°F oven for 10 minutes. Soak the chiles in hot water for 5 to 10 minutes, until softened. In a cast-iron pan or sauté pan set to medium-high heat, toast the peppers and tomatillos until brown. Put the toasted peppers into a bowl and cover tightly with plastic wrap and leave for 5 minutes. Remove the skin from the peppers.

Place the tomatillos, peppers, dried chiles, juice of 1 lime, and cilantro in a blender with the reserved stock and blend until smooth. Add the pureed mixture to the pork and allow to simmer for 30 to 45 minutes. Adjust seasonings to taste.

PICKLED ONIONS

Thinly slice the red onion. Bring vinegar, water, sugar, and juice of 2 limes to a boil. Pour the vinegar mixture over the sliced onions and allow them to sit for 30 minutes before serving. To serve, ladle the chile into a bowl and garnish with cilantro, sour cream, and pickled onions. If desired, serve over rice or serve with tortillas.



TUESDAY, JANUARY 7, 2025

POTATO DAY



GIANT DIETITIAN TIP

Potatoes can be served in so many different forms, but did you know they are actually high in vitamin C? This versatile root has over 20% of RDA for vitamin C which can help keep your immune system strong. Enjoy potatoes baked or air fried for a better-for-you alternative to frying.

POTATO STREET CORN POPPERS



presented by **Ethan Stauffer**
Chef Instructor
Dauphin County Technical School
Harrisburg, PA

Yield: 6 servings

MASHED POTATO

12 oz. russet potatoes, peeled	6 jalapeños
2 Tbsp. sour cream	3 oz. corn kernels, cooked
1 Tbsp. melted butter	2 tsp. elote powder
1 oz. heavy cream	12 slices bacon
1 egg yolk	2-3 oz. Cotija cheese, grated
2 Tbsp. flour	½ half fresh lime, juiced
3 oz. cheddar cheese, shredded	Cilantro sprig, garnish
Salt for water	

Preheat the oven to 400°F.

Wash, peel, then dice whole russet potatoes. Add uniformly diced potatoes to a pot of cold water and heat to a boil. Once simmering, salt the water. Boil until fork-tender. Drain water and put in oven to dry for about 5 minutes. Once dry, add in melted butter, heavy cream and sour cream; mash with fork until smooth. Let cool in pan.

Add the egg yolk, flour and cheddar cheese to the cooled potato mixture and incorporate completely. Do not overmix. Season with salt to taste. Fill a piping bag (or a sandwich bag with the corner cut off) with the mixture.

Poppers Assembly:

Cut each jalapeño lengthwise in half and remove seeds and white membrane, hollowing out the pepper. Once hollowed, add ¼ ounce of corn to each pepper half, then pipe a line of mashed potato from end to end. After piping, wrap each stuffed pepper with a full slice of bacon starting at one end and overlapping until you get to the other. Place in the oven for 35 minutes, then broil on high for another 5 minutes. Once cooked, remove from the oven and plate. Top each popper with Cotija cheese, cilantro and fresh lime juice. Serve immediately and enjoy.

Tip: can always use leftover mashed potatoes and use your favorite bacon!

WINE PAIRING Happy Valley Vineyards & Winery - Happy Valley Red

SALAD RUSSE (HAITIAN POTATO SALAD)



presented by **Cybille St. Aude-Tate**
Co-Founder
Honeysuckle Provisions
Philadelphia, PA

Yield: 6–8 servings

CARROTS

2 medium carrots, peeled, halved lengthwise, and sliced (¾ cup)	2 tsp. agave nectar or honey
3 Tbsp. orange juice	½ tsp. salt

DRESSING

3 Tbsp. orange juice	1 tsp. agave nectar or honey
1 egg yolk	1 small garlic clove, smashed
4 tsp. white vinegar	½ tsp. salt
1 Tbsp. Worcestershire sauce	¼ tsp. ground black pepper
2 ½ tsp. Dijon mustard	1 ¾ cups canola oil

SALAD

1 lb. Yukon Gold potatoes, peeled and cut into ¾" pieces	⅓ cup sweet pickle relish
¼ tsp. salt	¼ cup sliced green onions
½ cup finely chopped red onion	1, 16 oz. jar pickled beets, rinsed, drained, and diced (1 ½ cups)
⅓ cup chopped Italian parsley	4 hard-cooked eggs, chopped

In a resealable plastic bag combine carrots, the 3 tablespoons orange juice, 2 teaspoons agave nectar, and ½ teaspoon salt. Squeeze out as much air as possible, seal the bag, and let it stand at room temperature while preparing dressing and salad, about 1 hour. Drain before adding to salad.

For dressing, in a blender container combine 3 tablespoons orange juice, the egg yolk, vinegar, Worcestershire sauce, mustard, the 1 teaspoon agave nectar, the garlic, ½ teaspoon salt, and pepper. Cover; blend on low until smooth. With blender running on low, slowly add oil through the feed tube in a steady stream until mixture thickens, stopping to scrape down sides as needed. Transfer to a bowl. Cover; chill until ready to use.

For salad, in a large saucepan combine potatoes, ¼ teaspoon salt, and enough cold water to cover. Bring to a boil; reduce heat. Simmer, covered,

15 minutes or until potatoes are just tender. Drain well; cool slightly.

In a large bowl, combine 1 cup of the dressing, the red onion, parsley, relish, and green onions. Stir in potatoes, drained carrots, and beets. Fold in eggs. Cover; chill at least 1 hour before serving. If you like, serve with remaining dressing.

WINE PAIRING Nissley Vineyards - Masquerade

PULLED PORK TOTS WITH AD LIB AIOLI



presented by **John Fabian**
Executive Chef
Hilton Harrisburg
Harrisburg, PA

Yield: 6 servings

2 lbs. russet potatoes, peeled

1 Tbsp. all-purpose flour

4 oz. pulled pork

1 tsp. ranch seasoning

½ cup double Gloucester cheese

1 tsp. garlic powder

½ tsp. onion powder

¼ tsp. dried oregano

¼ tsp. dried dill

Kosher salt and freshly ground black pepper, to taste

3 cups vegetable oil

2 Tbsp. chopped fresh parsley leaves

Place potatoes in a Dutch oven and cover with cold salted water by 1". Bring to a boil; reduce heat and simmer, covered, until parboiled, about 6–7 minutes; drain well and let cool.

Using a box grater, finely shred potatoes. Using a clean dish towel or cheesecloth, drain potatoes completely, removing as much water as possible.

Transfer potatoes to a large bowl. Stir in flour, garlic powder, onion powder, oregano and dill; season with salt and pepper to taste. The mixture should be workable but dry. Form potatoes into tots.

Heat vegetable oil in a large stockpot or Dutch oven over medium-high heat until it registers 360°F on a deep-fry thermometer. Working in batches, add tots to the Dutch oven and cook until evenly golden and crispy, about 3–4 minutes. Transfer to a paper towel-lined plate. Serve immediately, garnished with parsley. *(continued)*

AD LIB AIOLI

1/4 cup ketchup	1/2 Tbsp. whole-grain mustard
2 Tbsp. mustard	2 Tbsp. Worcestershire sauce
1 cup mayonnaise	1 Tbsp. roasted garlic puree
1/2 cup pickles, rough chopped	1 pinch salt & pepper
2 Tbsp. horseradish	1 pinch blackening seasoning (Redfish Magic)
1 Tbsp. pickled jalapeños, rough chopped	

In the food processor, place the pickles, jalapeños, ketchup, and mustard. Blend until smooth. Whisk everything together. Add salt, pepper, and blackening seasoning as needed

WINE PAIRING KingView Mead - Golden Mead

POTATO, CARAMELIZED ONION AND BACON TART



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

Yield: 6-8 Servings

1 sheet of puff pastry (thawed)	2 tsp. fresh thyme leaves
1 egg, beaten	½ cup crème fraîche
¼ lb. bacon, small diced	¼ tsp. freshly grated nutmeg
1 Tbsp. butter	½ cup Gruyère cheese, shredded
1 large onion, fine julienne	Chives, minced, to taste
2 medium Yukon Gold potatoes, thinly sliced	Kosher salt and freshly ground pepper, to taste
1 Tbsp. olive oil	

Preheat oven to 400°F. Transfer the puff pastry to a parchment-lined baking sheet.

Lightly score a 1" border around the edges of the puff pastry, making sure not to cut all the way through. This will create a raised crust as it bakes. Prick the inside of the border with a fork to prevent puffing in the center. Brush the border of the pastry lightly with the beaten egg.

In a sauté pan, cook the diced bacon over medium heat until crispy. Remove the bacon and drain on a paper towel, leaving the bacon fat in the pan.

Add the butter to the pan with the bacon fat. Add the onions and cook over medium-low heat, stirring occasionally, until golden and caramelized, about 30 to 40 minutes. Season to taste with salt and pepper and allow to cool to room temperature.

Slice the potatoes very thin (preferably using a mandoline for even slices). Toss the slices in olive oil, salt, pepper, and thyme.

Stir the caramelized onions and nutmeg into the crème fraîche. Taste and adjust seasoning. Spread the crème fraîche mixture evenly over the center of the puff pastry, leaving a 1" border.

Arrange the thinly sliced potatoes in an overlapping pattern on top of the crème fraîche mixture.

Bake the tart in the preheated oven for 20 minutes. Remove the tart from the oven and sprinkle with the grated Gruyère and crisped bacon. Return to the oven and bake for an additional 5 to 10 minutes, or until the potatoes are tender, the cheese is melted, and the puff pastry is golden brown and crisp. Allow the tart to cool slightly before slicing. Garnish with chives and serve warm with a side salad or as an appetizer.

WINE PAIRING Mazzotta Winery - Niagara

JUNIPER BRAISED VENISON OVER TYROLEAN POTATOES



presented by **Kurt Wewer**
Executive Chef/Owner
Central PA Chef Consultants
In Partnership with the Pennsylvania Game Commission

Yield: 4-6 servings

JUNIPER BRAISED VENISON

3 lbs. venison roast, cut into 1" cubes	1 teaspoon Worcestershire sauce
2 rosemary sprigs	2 cups beef and/or venison stock
8 juniper berries	1 cup heavy cream
2 bay leaves	1 tablespoon kosher salt
1 bottle dry red wine	Several grinds of fresh cracked black pepper
6 ounces guanciale, pancetta, or bacon, cut into 1/4" cubes	
4 cups thinly sliced white onion (about 2 large onions)	

Lightly smash juniper berries with side of a chef's knife, sauté pan, or meat mallet just until they crack. Do the same with the rosemary sprigs.
(continued)

In a large, heavy-duty plastic freezer bag or plastic/glass bowl, combine venison roast with rosemary, juniper berries, and bay leaves.

Pour in just enough dry red wine to cover. Allow the venison to marinate in this mixture overnight or for up to 2 days.

Remove the venison from the marinade. Pick out the herbs from the liquid and reserve both separately.

Pat the venison cubes with a paper towel until dry.

In a large, oven-safe, lidded sauce pan, roasting pan, or braising pan, heat the guanciale, pancetta, or bacon over low heat to render the fat without burning it, 12 to 15 minutes. You should have enough fat to coat the bottom of the pan and the cubes should be nice and brown. Using a slotted spoon, remove the cubes and set aside, leaving the fat.

Turn the heat up to medium high. Sear the venison cubes in the reserved fat on all sides until completely brown but not burnt. Using a slotted spoon or tongs, remove the venison from the pan and set aside.

Add the sliced onions to the remaining fat and sauté until lightly browned, 10 to 12 minutes. Add the reserved rosemary, juniper berries, and bay leaves as well as 3 or 4 grinds of fresh black pepper to the pan and sauté for a minute or until aromatic.

Add the venison, reserved marinade liquid, beef and/or venison stock, salt, and Worcestershire sauce to the pan. Bring this to a boil.

Place lid onto pan and place in 350° oven for 45 minutes, or until venison is tender.

Pick out the juniper berries, bay leaves, and rosemary sprigs. Add cream to pan and cook, stirring, over medium heat to blend flavors, 3 to 5 minutes. Traditionally this can be served over the following recipe for Tyrolean Potatoes with a quality red currant jam.

TYROLEAN POTATOES

2 lbs. small or medium yellow or red skin potatoes, skin on	¼ cup finely sliced scallions (green and white parts)
⅓ cup kosher salt	¼ cup red wine vinegar
1 gallon water	2 Tbsp. good green olive oil
¼ cup finely chopped Italian flat-leaf parsley	3 to 4 grinds fresh black pepper

Bring water to a boil. Once boiling, slowly pour in the kosher salt and then slowly pour in potatoes.

Boil for 10 to 12 minutes. They should be cooked mostly but not completely; when a knife is pushed into the center of a potato, there should be some resistance.

While potatoes are boiling, prepare the remaining ingredients and place them into a large metal bowl big enough to hold all potatoes with room to mix.

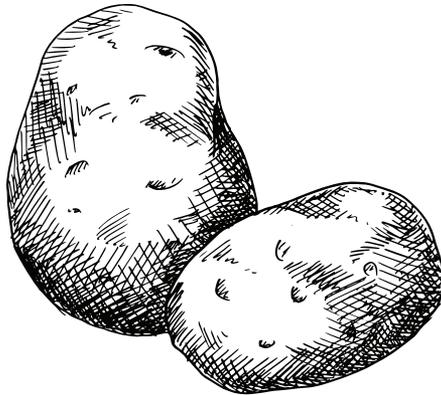
When potatoes are done, drain them completely and allow to sit in colander for 5 to 10 minutes, or until barely steaming.

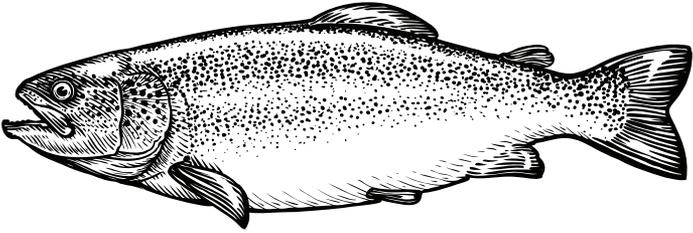
Pour potatoes into metal bowl with other ingredients and toss for several minutes until potatoes are somewhat broken apart, completely coated, and some have become mashed, creating a thick slurry of “herbed potato vinaigrette” all throughout.

Serve while still hot and pour the braised venison over them.

Excerpts taken from the Pennsylvania Game Commission Game Cookbook Second Edition courtesy of the Pennsylvania Game Commission and Randy P. Orso of Hawley, PA.

WINE PAIRING Cassel Vineyards - 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



Mushroom Benefits

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



Mushrooms: PA's #1 Crop

 @pamushrooms



WEDNESDAY, JANUARY 8, 2025

MUSHROOM DAY



GIANT DIETITIAN TIP

Mushrooms are culinary chameleons, complementing a wide range of dishes. From hearty stews to refreshing salads, they add unique flavors and textures. Mushrooms also add vitamin D to your plate. They are the only plant-based food that naturally contains this beneficial bone health nutrient.

NO BAKE MAPLE CHEESECAKE



presented by **Kurt Wewer**
Executive Chef and Owner
Central PA Chef Consultants
In Partnership with Pennsylvania Maple Syrup Producers
Council

¾ cup maple sugar	Premade graham cracker pie crust
8 oz. block cream cheese (room temperature)	Maple syrup, as needed
¼ tsp vanilla extract	
8 oz. container of frozen whipped cream topping, thawed in refrigerator	

In a bowl with a hand mixer or in a stand mixer with a whisk attachment on medium high, whip softened cream cheese, maple sugar, and vanilla extract until fluffy, 5 to 6 minutes.

Add frozen whipped topping and mix just until blended.

Place filling in graham cracker crust, and drizzle maple syrup over top.

Place into the refrigerator 3 hours or overnight to set.

WINE PAIRING Starr Hill Vineyard & Winery - Freeport Estate

PENNSYLVANIA MUSHROOM FRITTATA



presented by **Tina Ellor**
Technical Director
Phillips Mushroom Farms
Kennett Square, PA
Recipe by Maureen Fowler

2 Tbsp. olive oil	1 tsp. black pepper
16 oz. baby bella mushrooms, sliced	1 tsp. thyme
8 large eggs	½ cup scallions, green parts only, sliced
¼ cup sour cream	½ cup Parmesan cheese, grated
1 tsp. salt	Olive oil spray

Preheat the oven to 400°F. Place a 9" pie dish in the oven to heat.

Heat the olive oil in a large skillet over medium heat. Add the mushrooms. Cook the mushrooms, stirring occasionally, until browned and tender and all liquids have evaporated, about 10 minutes. *(continued)*

Beat the eggs with the sour cream, salt, pepper, and thyme. Add the scallions and cheese, mixing them in with a spatula.

Remove the warm pie dish from the oven. Spray it with olive oil spray (or brush it with olive oil). Transfer the mushrooms to the baking dish. Pour the egg mixture on top. Gently mix.

Return the baking dish to the oven. Bake the frittata until its edges are brown, the frittata is golden brown and puffy, and a knife inserted in its center comes out clean, about 20 to 25 minutes.

Allow the frittata to cool for 10 minutes, then slice it into eight slices and serve.

WINE PAIRING University Wine Company - White Out

SANTUCCI'S MUSHROOM CASSEROLE



presented by **David and Heather Santucci**
Giorgio Fresh
Avondale, PA

Yield: 10–12 servings

4–5 lbs. sliced white Giorgio mushrooms	12 oz. sour cream
1 tsp. pepper	12 oz. Velveeta cheese
1 ½ tsp. garlic salt	2 boxes Stove Top stuffing
4–6 Tbsp. butter	
1 can of cream of mushroom or chicken condensed soup (do not dilute)	

Preheat the oven to 350°F. Rinse mushrooms. Put them into a large pot over medium heat and cook until tender, 15 to 20 minutes. If you do not have a large enough pot, start cooking a portion of the mushrooms, and when they cook down, add more until you have all the mushrooms in the pot. After mushrooms are tender, drain excess water from mushrooms and discard. Add pepper, garlic salt, butter, condensed soup of choice and sour cream to the pot of mushrooms and mix. Pour mushroom mixture into a 9" x 13" casserole dish. Slice Velveeta cheese ¼" thick and place on top of mushrooms. Make Stove Top stuffing according to box instructions or substitute with homemade stuffing. Spoon cooked stuffing over cheese and mushrooms. Bake for 30 to 35 minutes, until the cheese is melted and the stuffing is crispy. You may also place the casserole under the broiler for 1 to 2 minutes for added crispness.

WINE PAIRING Shade Mountain Winery & Vineyards - Lemberger

HONDURAN CHICKEN AND MUSHROOM SANDWICHITOS



presented by **Ligia Richter**

Chef, Mentor and Program Coordinator

Careers through Culinary Art Program (C-CAP)

An adaptation from my grandmother's original recipe

Yield: 20 servings

CHICKEN

1 lb. boneless, skinless chicken breasts	2 sprigs parsley
Salt, to taste	2 sprigs cilantro
Pepper, to taste	2 bay leaves
Cumin, to taste	1 pinch oregano
2 medium onions, cut into quarters	4 jalapeños, seeded and cut into quarters
8 cloves garlic, peeled	
2 stalks celery, cut in half	

Season chicken breast with salt, pepper, and cumin. Set aside. Combine and place at the bottom of a stock pot. Place chicken breasts on top. Cover with water. Boil. Reduce to simmer and cook until chicken is done, approximately 20 minutes.

TOMATO SAUCE

4 Roma tomatoes, sliced thin	1 oz. cumin
2 red bell peppers, sliced into thin strips	1 oz. black pepper, freshly ground
2 green bell peppers, sliced into thin strips	1 oz. achiote paste
4 lbs. onions, sliced thin	2 oz. tomato paste
2 oz. cloves garlic, sliced thin	3 oz. Worcestershire sauce
3 bay leaves, torn in ½	Chicken stock, as needed
2 oz. jalapeños, sliced thin	Salt, to taste
	Olive oil, as needed

Mix all vegetables, garlic, bay leaves, cumin, pepper, and achiote paste together, making sure to coat with olive oil as if you were dressing a salad. Sweat vegetables slowly in a saucepan until they are completely broken down, stirring occasionally. Add tomato paste, mix well. Cook for an additional 5 to 10 minutes. Add stock cover, about 1" above the vegetables. Stir well, bring to a boil, then reduce to a simmer. Skim the "scum" as it rises to the top. Cook slowly for about 10 minutes, allowing flavor to develop. The sauce will be ready when the sides look greasy. Make sure to taste along the way. Using an immersion blender, puree the sauce and then strain. *(continued)*

Add enough sauce to coat the shredded chicken, without it dripping. Cook them together for 2 to 3 minutes to marry flavors. Let cool and set aside.

MUSHROOMS

1 ¼ lbs. wild mushroom mix
(no shiitake)

Salt and fresh cracked black pepper,
to taste

Olive oil, as needed

Sauté mushrooms with olive oil and season with salt and pepper. Set aside and let cool to room temperature.

CABBAGE SALAD

2 heads white cabbage, julienned
2 ½ medium carrots, grated
4 limes

Salt and fresh cracked black pepper,
to taste

Mix cabbage and carrots in a bowl. Season with salt and pepper. Toss with lime juice. Taste and adjust seasoning as needed.

ASSEMBLY

20 mini brioche or potato dinner rolls
2 lbs. unsalted butter
Sautéed mushrooms, as needed

Chicken filling, as needed
Cabbage salad, as needed

Cut rolls in half, leaving them attached. Spread butter on both sides. Spread mushrooms on the bottom layer. Scoop 1 ounce of chicken filling over the mushroom layer. Top with cabbage salad and close sandwich.

WINE PAIRING University Wine Company - Chardonnay

ARUGULA SALAD WITH WARM PANCETTA VINAIGRETTE AND POTATO CHIP-CRUSTED PORTOBELLO MUSHROOMS



presented by **Leigh Stuart**
PA Mushroom Festival Cook-Off Winner

Yield: 3-4 servings

WARM PANCETTA VINAIGRETTE

2 portobello caps, cut into strips	6 quail eggs, or 1 chicken egg
1 cup crushed Herr's Crisp 'N Tasty Potato Chips	1 Tbsp. milk
¼ cup cornstarch	Canola or other oil for frying
2 Tbsp. flour	

Fry pancetta till crisp over medium-high heat. Reduce heat to medium low, add garlic, and fry for 30 seconds. Take off the heat.

Into the pancetta-garlic mixture*, whisk olive oil, balsamic vinegar, honey, Dijon, and salt and pepper to taste, until the dressing is emulsified. Set aside.

**If you use a nonstick frying pan, be sure to use nonstick-safe equipment to whisk the dressing.*

POTATO CHIP-CRUSTED MUSHROOMS

3 oz. diced pancetta	2 Tbsp. honey
1 clove garlic, minced	¾ tsp. Dijon mustard
2 Tbsp. olive oil	Salt, to taste
3 Tbsp. balsamic vinegar	Cracked black pepper, to taste

Mix cornstarch, flour, and crushed chips in one bowl. In another bowl, whisk eggs (or egg) and milk.

In a Dutch oven or other deep frying pan, heat frying oil to about 325°F. If you don't have a thermometer, test by dropping in a crumb from the coating bowl after a few minutes. The crumb should float and crackle.

One by one, dip mushroom slices in egg mixture, then crunchy mixture, and press to adhere coating. Repeat to double-coat.

Carefully lower coated mushroom strips into oil. Fry each until golden brown, about 5 minutes. Set fried slices on a paper-towel lined tray as they come out of the oil.

ASSEMBLY

3 oz. Boursin cheese	Potato Chip-Crusted Mushrooms
Warm Pancetta Vinaigrette	1 5-ounce container baby arugula

Toss arugula with as much dressing as you like.

Mix in dollops of Boursin.

Divide greens mixture into bowls and top with three or four fried mushroom strips per serving.

WINE PAIRING Cellar '54 - Catawba

SMOKED TURKEY, LIMA BEANS, AND RICE



presented by **Tonii Hicks**

Private Chef, Educator, Mentor, 2022 James Beard Fellow and Participant of PDA Project JUST “Diversity At The Table Discussion”

Yield: 30 servings

3 lbs. dry baby lima beans	3 tsp. garlic powder
4 ½ lbs. smoked turkey wing	1 ½ tsp. dried thyme
3 large yellow onion, diced	¾ tsp. black pepper
1 ½ cup celery, diced	¾ tsp. crushed red pepper flakes
1 ½ cup carrots, diced	6 dried bay leaves
9 Tbsp. vegetable oil	18-24 cups water

Start off by sorting and rinsing the dry beans. Then set to the side. Next drizzle the vegetable oil into a medium-sized pan and place over medium high heat. Once the oil is nice and hot, add the onions. Cook the onions until they are soft and translucent. Now add the smoked turkey wings into a 4-6 quart slow cooker, followed by the dry lima beans. Next add in the onions and spice seasoning. Pour in the water and place the slow cooker lid on top. Cook on high for 4 hours. After 3 hours of cooking, stir everything and remove the meat from the bones. Give everything a good stir, and let cook for the remaining hour. Once done sprinkle with parsley(optional), and serve with hot rice.

WINE PAIRING Happy Valley Vineyards & Winery - Happy Valley White



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Honoring the

MILITARY COMMUNITY



At Comcast NBCUniversal, our commitment to the military community began with our founder, U.S. Navy Veteran Ralph Roberts. We're proud to create special experiences for military families, hire military-connected talent, and support military community-serving organizations and Veteran-owned businesses.





THURSDAY, JANUARY 9, 2025

MILITARY APPRECIATION DAY

FEATURING HOMEGROWN BY HEROES



GIANT
DIETITIAN TIP

Our military veterans and their families deserve the best nutrition for their selfless sacrifices. Let's honor their service by gathering around the dinner table for hearty, nourishing meals that celebrate and support the health and well-being of all. Thank you to all who served.

SUN-DRIED TOMATO CHICKEN



presented by **CS1 John Toman**

Head Chef

US Coast Guard Commandant's Executive Flag Mess

2024 American Culinary Federation Chef of the Year

Yield: 4 servings

4 boneless, skinless chicken breasts	½ cup grated Parmesan cheese
Salt and black pepper, to taste	1 Tbsp. Italian seasoning
2 Tbsp. olive oil, divided	½ Tbsp. red pepper flakes (adjust to taste)
3 cloves garlic, minced	8 oz. pasta (orecchiette)
1 cup chicken broth (low sodium recommended)	Fresh basil or parsley, chopped (for garnish)
1 cup heavy cream	
½ cup sun-dried tomatoes, chopped	

Season both sides of the chicken breasts with salt and pepper. In a large, deep skillet or Dutch oven, heat 1 tablespoon of olive oil over medium-high heat. Sear the chicken breasts on each side for 4 to 5 minutes until golden brown but not fully cooked through. Remove chicken and set aside.

In the same skillet, add the remaining 1 tablespoon of olive oil and minced garlic. Cook until fragrant, about 1 minute. Pour in the chicken broth, scraping up any browned bits from the bottom of the pan. Add the heavy cream, sun-dried tomatoes, Parmesan cheese, Italian seasoning, and red pepper flakes. Stir well. Add chicken back to sauce to continue cooking for 10 minutes.

Add the uncooked pasta directly into salted boiling water, ensuring it's fully submerged. Cook until tender. Add pasta to bottom of bowl, place chicken on top, and cover it with the sauce.

Garnish with fresh basil or parsley and serve warm.

WINE PAIRING Seven Mountains Wine Cellars - Rosé of Chambourcin

PERUVIAN PAN SEARED SALMON & YELLOW RICE



presented by **Senior Airman Stephanie Arenaza and Senior Airman Tania Hairston**
United States Air Force

Yield: 4 servings

YELLOW RICE

2 cups long-grain rice	1 tsp. ground turmeric
4 cups chicken stock	1/2 tsp. ground cumin
1 small onion, finely chopped	2 Tbsp. olive oil
1 can diced tomato	Salt to taste
2 garlic cloves, minced	

In a medium saucepan, heat 2 tablespoons of olive oil over medium heat. Add the chopped onion and garlic into the pan and sauté until you can see through the onions. Add in the tomatoes, turmeric, and cumin, and cook for about 2 minutes.

Add your broth and salt to taste. Bring to a boil, then switch the heat to low. Cover the pan and let cook 15 to 20 minutes, until the rice is tender and all the water in the pan is gone.

GREEN SAUCE

2/3 cup fresh cilantro	3 scallions, green part only
3/4 cup fresh mint	1 lemon, juiced
3 garlic cloves	1/2 cup yogurt
1/2 jalapeño pepper	Salt and pepper to taste

In a blender combine cilantro, mint, garlic, scallions, lemon juice, yogurt, salt, and pepper. Blend until it is smooth.

SALMON

4, 6 oz. salmon filets	3 garlic cloves
1/4 cup fresh cilantro	1 1/2 tsp. paprika
1/2 jalapeño pepper	5 sprigs thyme
5 Tbsp. soy sauce	4 Tbsp. olive oil
1 lemon, juiced	1 1/2 tsp. ground cumin

Roughly chop the jalapeños. In a blender combine cilantro, 1/2 of jalapeño, soy sauce, lemon juice, garlic, paprika, thyme, olive oil, cumin, and blend all together until it is smooth. *(continued)*

Marinate the salmon in the blended mixture and make sure the salmon is covered fully with the mixture. Heat oil in a pan and cook salmon on both sides until golden and crispy. Serve salmon with rice and green sauce. Enjoy!

WINE PAIRING Arundel Cellars - Chardonnay

MEAT LASAGNA WITH GARLIC TOAST AND ARUGULA SALAD



presented by **CS2(SCW/EXW) Kamaja Z. Elmore**
Galley Watch Captain Naval Support Facility
Thurmont
United States Navy

MEAT SAUCE

Olive oil	2 tsp. dried basil
2 large onions, sliced	2 tsp. oregano
5 cloves garlic, roughly crushed	2 cans Cento whole tomatoes
2 lbs. ground beef	1 can Del Monte crushed tomatoes
1 lb. ground veal	2 cans Muir Glen tomato sauce
1 lb. ground pork	4 cups water
Salt and pepper, to taste	2 cups chicken broth
2 tsp. red chili powder	

Heat olive oil in a large pot. Add onions and garlic; make sure you hear them sizzle when you place them in the olive oil. Mix and cook until onions and garlic are translucent and aromatic. Add beef, veal, and pork. Mix until fully browned and caramelized. Add a bit of salt and pepper to taste as well as red chili powder, dried basil, and oregano. Add whole tomatoes (making sure to crush them in the pot), crushed tomatoes, and tomato sauce. Once tomatoes are incorporated, add water and chicken broth and bring to a boil. Reduce heat to simmer, cover, and cook anywhere from 30 minutes to 2 hours. The longer you let it simmer, the deeper and richer the flavors will be.

BÉCHAMEL SAUCE

32 ounces butter	2 tsp. ground nutmeg
32 ounces flour	4 cups water
5 quarts of milk	2 cups chicken broth
Salt, to taste	

For béchamel sauce, heat another large pot over medium heat and add butter and flour; mix until roux is formed. Slowly whisk in milk until the sauce is smooth and thickens slightly. Add salt to taste and nutmeg.

LASAGNA

Olive oil	cheese
Meat Sauce	Fresh parsley
No-boil “oven ready” lasagna noodles	Parmigiano-Reggiano cheese
Béchamel Sauce	8 oz. Dietz & Watson Edam cheese
5 balls BelGioioso fresh mozzarella	

Preheat oven to 375 °F.

Spoon a little bit of meat sauce and olive oil over the bottom of a medium-sized lasagna dish to prevent pasta from sticking. Place lasagna sheets over the sauce in the lasagna dish until it is fully covered. Add meat sauce on top along with some fresh parsley and a thin layer of Parmigiano-Reggiano. Add a thin layer of béchamel sauce along with a layer of sliced mozzarella cheese. Repeat. On the top layer, grate Edam cheese until top is fully covered, then add one more layer of mozzarella. Use olive oil to generously coat the bottom of a large piece of aluminum foil and place foil over the lasagna pan; the oil will prevent cheese from sticking to the foil as the lasagna cooks.

Bake lasagna for 1 hour. Once lasagna is ready, remove foil and broil cheese on top for 2 to 3 minutes. After lasagna is taken out of oven, place on counter and let sit for at least 30 minutes before cutting. This is so the lasagna will cool and keep its shape when plated.

GARLIC TOAST

1 medium baguette	chopped into small pieces
8 oz. butter	2-3 Tbsp. chopped fresh parsley
3-4 cloves garlic, smashed and	

Preheat oven to 350 °F. Slice baguette in half and set aside.

In a medium-sized pan, melt butter and let come to a very low simmer. Add garlic and parsley and mix until cooked through, about 2 minutes. Watch and stir carefully so as not to burn garlic. Spoon butter mixture over baguette. Grate Parmigiano-Reggiano over the top of the bread. Place bread in oven. After 5 minutes, switch oven to broil setting and let cook for 5 more minutes, or until top is browned. Slice into 2 to 4 pieces and serve.

ARUGULA SALAD

8 oz. fresh arugula	Olive oil
5-8 pieces sun-dried tomatoes	Balsamic vinegar
Mozzarella cheese	

Wash fresh arugula and place into large bowl. Place sun-dried tomatoes into bowl along with a bit of the oil from their jar. *(continued)*

Tear mozzarella cheese into 4 to 8 small strips and place in bowl. Drizzle a bit of olive oil and balsamic vinegar in a swirling motion over the top.

WINE PAIRING The Inn at Grace Winery - Cabernet Franc

S'MORES ZUCCHINI BROWNIES



presented by **Senior Master Sergeant Tina Dronick**
and **Master Sergeant Shanna Berkheimer**
Pennsylvania Air National Guard

S'MORES ZUCCHINI BROWNIES

Note: This recipe is great at the end of summer to use up some of your overabundance of zucchini and sneak them into the bellies of little picky eaters. It is also egg allergy friendly.

Yield: 20 servings

CRUST

3 cups crushed graham crackers

$\frac{2}{3}$ cup melted butter

BROWNIE

$\frac{1}{2}$ cup vegetable oil

1 $\frac{1}{2}$ tsp. baking soda

1 $\frac{1}{2}$ cups granulated sugar

1 tsp. salt

1 Tbsp. vanilla extract

3 cups shredded zucchini (do not drain)

2 cups flour

1 $\frac{1}{2}$ cup chocolate chunks

$\frac{1}{2}$ cup cocoa powder

MARSHMALLOW TOPPING

Gelatin mixture

Sugar mixture

$\frac{2}{3}$ cup water

$\frac{2}{3}$ cup water

28 g or 4 packets of gelatin powder

4 cups granulated sugar

1 tsp. salt

$\frac{1}{2}$ cup corn syrup

1 tsp. vanilla bean paste

Preheat oven to 350°F. Line a 9" x 13" pan with aluminum foil with ends hanging off each side for easy removal later. Combine the graham cracker crumbs and melted butter in a bowl. Press down evenly into the bottom of the pan.

In the bowl of a large stand mixer combine oil, sugar, and vanilla until fully incorporated. Add flour, cocoa powder, and salt. Mix until combined. The batter will be very dry. Fold in the zucchini on low speed until mixed

thoroughly. Fold in the chocolate chunks by hand. Spread mixture into pan and bake for 25 to 35 minutes. Remove brownies and let them come to room temperature. Move them to the refrigerator to chill.

While brownies are chilling, start the marshmallow layer. Combine the gelatin, water, salt and vanilla in a stand mixer fitted with the whisk attachment and let set. In a deep pot stir together the sugar, corn syrup, and water. Cook over medium heat with a candy thermometer clipped to the pot. Continue stirring until the temperature reaches 250°F, then remove from the heat. It will take about 10 minutes to reach 250°F.

Now turn on the mixer to break up the gelatin mixture. On low speed, slowly pour the entire sugar mixture into the gelatin mixture. Turn the mixer up to medium high and let whisk for about 10 minutes; mixture will become beautifully thick and fluffy and will pull away from the whisk as it moves. Spread the marshmallow topping over the chilled brownies in an even layer. You might need to make a sort of fence by slipping aluminum foil down along the edges and all around the pan to contain the marshmallow layer. Dust the top with powdered sugar, cover with foil and refrigerate for at least 4 hours or overnight.

Before slicing and serving, you can brown the marshmallow under a broiler for a couple of minutes or use a kitchen torch. Use the ends of the foil to remove the brownies from the pan and slice with an oiled knife. Best served warm. Pop a leftover square in the microwave for 15 seconds for maximum enjoyment!

WINE PAIRING Juniata Valley Winery - Midnight Howler - Cranberry

MEDITERRANEAN TURKEY CASSEROLE



presented by **Senior Master Sergeant Tina Dronick**
and **Master Sergeant Shanna Berkheimer**
Pennsylvania Air National Guard

MEDITERRANEAN TURKEY CASSEROLE

Yield: 6 servings

4 turkey breast cutlets	1 jar, 13.76 oz. Colavita Marinara Sauce
16 oz. fusilli pasta	3 cups Sargento Shredded Mozzarella and Provolone Cheese
1, 4.25 oz. can chopped black olives	1 Tbsp. garlic powder
8 oz. kalamata olives, chopped	2 Tbsp. olive oil
5 oz. sun-dried tomatoes, chopped	Salt, to taste
14 oz. artichokes, chopped	Pepper, to taste
2 Tbsp. parsley, chopped	
2 Tbsp. basil, chopped	

Bring a large pot of salted water to a boil. Preheat oven to 350°F. Spray 9"x13" baking dish with cooking spray. Season turkey cutlets on both sides with salt, pepper, and garlic powder. Heat 2 tablespoons of olive oil in a large pan over medium-high heat. Once the pan is hot, add seasoned turkey cutlets and cook until browned and cooked through.

Once the water is boiling, add the dry pasta and cook according to package instructions. Drain pasta. Mix cooked pasta, turkey, sun-dried tomatoes, artichokes, kalamata olives, parsley, basil, salt, pepper, black olives, and marinara sauce in a large bowl. Put half of the mixture in a 9" x 13" dish and top with half the cheese. Put the remaining mixture in the dish and top with the rest of the cheese. Bake the dish for 20 to 25 minutes or until the casserole is heated through.

WINE PAIRING Juniata Valley Winery - Midnight Howler - Cranberry

WALNUT APPLE TART



presented by **William Racin, CEPC**
Baking and Pastry Director, Assistant Professor,
Culinary Arts and Baking and Pastry Programs
Westmoreland County Community College
and



Autumn Patti
Program Director, Associate Professor, Culinary Arts and
Baking and Pastry Arts
HACC, Central Pennsylvania's Community College
Harrisburg, PA

Yield: 12 servings

PATE SUCRE

6 ½ oz. unsalted butter, softened 3 oz. eggs
4 oz. powdered sugar 12 oz. cake flour, sifted

Using the paddle attachment, cream the butter and powdered sugar together at medium speed for 3 minutes. Add the whole eggs and mix for an additional 1 minute. Scrape the bowl well using a rubber spatula and mix for an additional 30 seconds. Finally, add the cake flour and mix until incorporated, being careful not to overmix the dough. Divide into 12 portions, each weighing 2 ounces. Refrigerate for 30 minutes to firm up the dough. Line 12, 3-inch tart pans with the dough. Parbake in a 350°F oven for 5 minutes.

WALNUT FINANCIER

9 oz. unsalted butter, browned 3 oz. all-purpose flour
4 oz. walnut meal 8 oz. egg whites
9 oz. powdered sugar 3 oz. maple syrup

In a small saucepan, gently brown the butter until a light amber color is achieved.

Immediately remove the brown butter from the heat and strain through cheesecloth.

Allow the butter to sit at room temperature for 30 minutes to cool slightly. Meanwhile, mix the walnut meal, powdered sugar, flour, egg whites, and maple syrup together to form a paste. Using a whisk, incorporate the brown butter into the paste and continue to stir until homogenous. Equally divide the batter between the 12, 3-inch tart shells. Bake in a preheated 350°F oven for 15 minutes or until the cake bounces back gently when pressed. *(continued)*

PAWPAW CREAM

13 oz. whole milk	4 oz. granulated sugar
4 ½ oz. pawpaw puree	4 ½ oz. egg yolks
1 vanilla bean	1 ½ oz. cornstarch

In a medium saucepan, heat the milk, pawpaw puree, and vanilla bean to a low simmer. Remove the bean, score in half, and scrape the seeds back into the milk.

Combine the sugar and yolks in a bowl and whisk until light and aerated. Sift in the cornstarch. Mix well to combine. Slowly temper the hot pawpaw milk into the egg mixture while whisking constantly. Once fully combined, return the mixture to the saucepan over medium-low heat. Stir constantly while heating to a boil. Switch to a whisk as needed to avoid overcooked custard along the edges. Remove from the heat, transfer to a sheet pan, cover and refrigerate until fully cooled.

PROFITEROLES

3 oz. unsweetened apple juice	2 g. salt
3 oz. whole milk	4 oz. all-purpose flour
3 oz. unsalted butter	4 eggs

Preheat an oven to 375°F. Combine the apple juice, milk, butter, and salt in a medium saucepan. Bring to a boil over medium heat. Reduce the heat to low and add the all-purpose flour. Stir slowly to fully combine, then more rapidly to cook the dough while developing the structure. Transfer to a mixing bowl and beat with a paddle attachment for 5 minutes on the second speed. Add the eggs, one at a time, mixing to allow the dough to regather into a smooth mass before adding the next portion. Transfer the dough to a pastry bag fitted with a large round tip. Pipe 1-ounce portions onto a parchment paper-lined sheet pan.

Bake for 25 minutes or until a deep golden brown color is achieved. Once cool, fill each profiterole with pawpaw cream. (*continued*)

APPLE CIDER CARAMEL

4 oz. granulated sugar	temperature
3 oz. corn syrup	3 oz. apple cider
3 oz. heavy cream, warmed to room	1 oz. unsalted butter

In a small saucepan, cook the sugar and corn syrup at a medium-high heat until a dark amber color is achieved. Remove from the heat and gently add the cream to the pan, stirring constantly with a whisk. Then, add the apple cider and butter. Continue to stir until completely homogenous. Place in a sauce bottle and reserve room temperature until needed.

ASSEMBLY

Walnut Financier tartlets
Remaining Pawpaw Cream
Pawpaw Cream Profiteroles

Apple Cider Caramel
2 Clementines, segmented

Remove the walnut financier tartlets from the pans, pipe ¼ ounce of Pawpaw Cream in the top left of the tart shell. Place a pawpaw profiterole next to the cream. Pipe ¼ ounce of apple cider caramel on the tart, and finish with 1 clementine segment in the caramel.

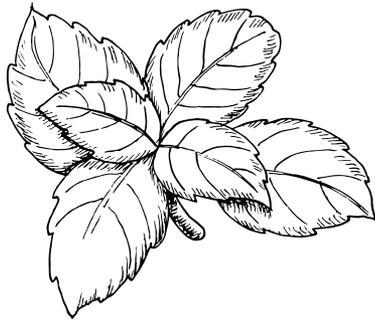
Serve immediately.

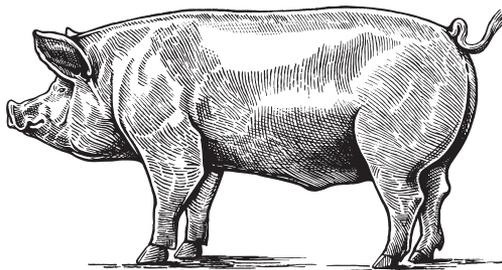
WINE PAIRING La Vigneta Winery - Apple Pie Amore



Project JUST Committee's mission is to achieve and maintain a working environment that addresses discrimination and endorses respect, professionalism, diversity, inclusion, and belonging where there is equality of opportunity.

JUST stands for Justice, Unity, Solidarity and Tolerance.





FRIDAY, JANUARY 10, 2025

PORK DAY

PA PORK

GIANT DIETITIAN TIP

Pork is a great source of selenium, a mineral that supports immune function and thyroid health. Choosing lean cuts like tenderloin, loin chops, or sirloin are great options to enjoy pork's nutritional benefits. For a well-rounded meal, pair your pork with a fiber-filled starch and seasonal veggies.

SLOW BRAISED PORK SHANK AL SUGO WITH GOAT CHEESE GNOCCHI



presented by **Josh Keating**
Corporate Chef
The Restaurant Store
Camp Hill, PA

Yield: 2 servings

2 pork shanks	1 cup dry white wine
2 Tbsp. oil	1 ½ cup diced canned San Marzano tomatoes
1 cup onion, diced	2 bay leaves
½ cup celery, diced	2 sprigs thyme
½ cup carrots, shredded	2 Tbsp. oregano
3 black garlic cloves	
3 Tbsp. tomato paste	
1 ½ cup pork stock (can use chicken stock)	

Clean and season the pork shanks with salt and pepper. Place oil in a medium to large saucepan on medium-high heat. When the oil just starts to lightly smoke, carefully add the pork shanks and sear all sides evenly. Once all sides have been seared, remove the pork shanks from the pan. While the pan is still hot, add the carrots, celery, and onions, and sauté until the onions are translucent. Remove the pan from the heat and deglaze with the white wine. Stir to remove the fond from the bottom of the pan. Place pan back on the heat and reduce the wine until just coating the vegetables, then add the tomato paste. Stir and brown the mixture slightly. Once browned, add the stock, diced tomatoes, bay leaves, thyme, and oregano. Stir and bring this mixture to a simmer. Add the pork shanks to the mixture. The shanks should lie at least three-quarters deep in mixture; if needed, add more stock. Place a lid on the pan and simmer for 2 ½ to 3 hours, turning the shank every 30 minutes. Remove the lid for the last 20 to 30 minutes to reduce the sauce.

GOAT CHEESE GNOCCHI

8 oz. goat cheese	1 egg
½ cup all-purpose flour	¼ cup Parmesan cheese

Bring a large pot of salted water to a boil. The water should taste like the ocean. Using a mixer with a paddle, mix goat cheese and the egg until fully combined. Add flour and cheese. Mix a few more turns to incorporate everything, then remove from the mixer. Place dough onto a floured table. Hand mix/fold the dough until it is stiff. Roll into ½" wide logs and cut into 1" long pieces. Flour the cut pieces lightly. Place gnocchi into the boiling water. Once the gnocchi floats, wait 15 seconds then pull the gnocchi out.

Cool and reserve, or place directly into the sauce.

WINE PAIRING Mazzotta Winery - Fredonia

MILK BRAISED PORK SHOULDER, AGED CHEDDAR GRITS AND BACON COLLARD GREENS



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

Yield: 8 Servings

MILK BRAISED PORK SHOULDER

3–4 lb. pork shoulder	1/8 tsp. baking soda
2 Tbsp. vegetable oil	1 yellow onion, large diced
3 cups whole milk	2 carrots, large diced
3 lemons, zested	6 ribs of celery, large diced
4 sprigs thyme	4 garlic cloves
4 sprigs rosemary	Salt and pepper
2 bay leaves	

Season pork generously with salt and pepper. Heat 2 tablespoons vegetable oil in a small- to medium-sized stock pot. Sear seasoned pork shoulder on all sides in pot so that the pork caramelizes. Remove the pork from the pot and set aside. Add your celery, onions and carrots and let cook on medium heat until they become tender and lightly browned. At this time, you can add your pork shoulder back into the pot, along with garlic cloves, milk, lemon zest, herbs, bay leaves, and baking soda. Cover and braise at 275°F for about 2 1/2 to 3 hours. Pork should be tender and fall apart to the touch.

AGED CHEDDAR GRITS

4 cups light chicken stock	6 oz. sharp cheddar cheese
1 cup grits	2 Tbsp. heavy cream
1 garlic clove, minced	4 Tbsp. unsalted butter
1 shallot, small diced	Salt and pepper, to taste
2 Tbsp. vegetable oil	

Start by sweating the shallots and garlic on low heat in your vegetable oil. Stir frequently, and don't allow any color on shallots and garlic. Once shallots are translucent, add in in grits and chicken stock. *(continued)*

Whisk grits frequently. Cook grits on a medium to low heat until grits are no longer hard, about 15 to 20 minutes. Once grits are tender, add in cheese, butter, cream and season to taste with salt and pepper.

BACON COLLARD GREENS

4 slices bacon, medium diced	Several dashes of hot sauce
1 onion, medium diced	¼ cup to ½ cup apple cider vinegar
2 cloves garlic, minced	2 lbs. collard greens, stems removed and rough chopped
1 Tbsp. kosher salt	2 cups chicken stock or bone broth
½ tsp. black pepper	

Render bacon and remove once crisp. Sweat onions and garlic. Add bacon back in once onions are translucent. Add salt, pepper, hot sauce, vinegar, collard greens, and chicken broth and braise on medium-low heat for about 45 minutes or until collards are tender.

WINE PAIRING Allegheny Cellars Winery - Tionesta Sunrise

CHILI VERDE



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

Yield: 6–8 servings

2 lbs. (16ea) tomatillos, shucked and rinsed	Kosher salt, to taste
3 poblano peppers	1 tsp. ground black pepper plus more to taste
3 cubanelle peppers	2 tsp. ground cumin
2 serrano peppers (or less, depending on spice level desired)	2 tsp. Mexican oregano
1 white onion	½ tsp. ground coriander
4 garlic cloves	3 cups chicken broth
3 lbs. pork shoulder, cut into 1" cubes	Cilantro leaves, to taste
2 Tbsp. extra-virgin olive oil	Lime wedges, to taste

Char peppers, garlic, and tomatillos (under a broiler, torch, grill, range, etc.). Flip and char all sides. Place charred vegetables in a container and cover tightly, allowing them to steam.

Heat a large Dutch oven or heavy-bottomed pot over medium high heat. In a bowl, season pork with oil, salt, and pepper. Add pork to pot in small batches—only enough to cover the bottom of the pan—to allow even browning. Move as little as possible until browned on all sides. Add cumin, oregano, and coriander and stir so meat is evenly coated in spices.

Cook for about 30 seconds, or until the spices are fragrant.

Blend/puree roasted vegetables, broth and salt together until smooth. Pour into pot with pork and increase to high heat. When liquid just starts to boil, reduce heat to low. Cook, covered, stirring occasionally, for 1 ½ hours, or until pork is tender and pulls apart easily. Sauce should be reduced and thickened. Remove cover and cook uncovered for an additional 45 minutes stirring often until sauce has thickened. Season with salt and pepper to taste

Serve over white rice or with tortillas.

WINE PAIRING Shade Mountain Winery & Vineyards - Dry Rose

SMOKED PORK COLLAR WITH CREAMY GRITS AND MARINATED SLAW



presented by **Grant Basiliere**
2022 American Royal World Series of BBQ Champion

Yield: 10 servings

AP RUB

1 cup salt	1 tsp. granulated onion
¼ cup black pepper	1 tsp. white pepper
1 tsp. granulated garlic	1 Tbsp. dehydrated onion

Combine all ingredients and mix well. Store in an airtight container.

BBQ RUB

½ cup AP Rub	¼ cup turbinado cane sugar
1 cup light chili powder	¼ cup white sugar
¼ cup smoked paprika	1 Tbsp. ginger
1 Tbsp. cumin	½ cup Cimarron Docs

Combine all ingredients and mix well. Store in an airtight container.
(continued)

BBQ SAUCE

2 cups ketchup	½ cup apple cider vinegar
1 cup your favorite BBQ sauce (“Smoke This” is my favorite)	¼ cup yellow mustard
2 Tbsp. soy sauce	¼ cup BBQ rub
1 cup brown sugar	6 oz Coca-Cola
½ cup molasses	½ cup honey
2 Tbsp. Worcestershire sauce	

Place all ingredients in a large saucepan. Mix the ingredients together using a spoon over medium heat for a minute or so until the sugar dissolves and the sauce is nicely combined. Bring to a simmer and continue to cook covered at a low temperature for approximately 20 to 30 minutes, stirring occasionally. Once the sauce has thickened to your desired consistency, remove from heat and allow to cool. Refrigerate, covered, for up to two weeks.

PORK MOP

8 oz. apple cider	½ tsp. Old Bay seasoning
8 oz. apple juice	⅛ tsp. chili flakes
⅓ cup brown sugar	⅓ cup Frank’s RedHot sauce
⅛ tsp. white pepper	1 bay leaf
½ tsp. garlic	1 Tbsp. Worcestershire sauce

Mix all ingredients in a saucepan. Heat up until all ingredients dissolve.

PORK WRAP

¼ cup pork mop	1 Tbsp. turbinado cane sugar
¼ cup maple syrup	

Combine all ingredients until well mixed.

SMOKED PORK COLLAR/LOIN

Yield: 4 servings

3 pork collars or 2 lbs. pork loin

Rub collar/loin with BBQ Rub two hours before cooking. Set smoker at 300° F.

Place pork loin in the smoker. After 30 minutes, brush with pork mop; repeat every 20 minutes after that. When the pork has been in the smoker for 1 ½ hours, check pork loin for doneness. When pork reaches 155° F, remove from smoker and let rest. Glaze loin with BBQ sauce and place in the smoker for 5 to 10 minutes to let the sauce stick.

If cooking a pork collar, wrap in aluminum after two hours of smoking

with pork wrap. Pork collar can cook wrapped for 1 ½ hours at 300°F until reaches an internal temperature of 210°F. Glaze collar with BBQ sauce and let rest for 1 hour. Reheat for 10 minutes, slice and serve.

CREAMY GRITS

Yield: 4 servings

1 cup yellow corn grits	¼ cup mascarpone cheese
2 cups whole milk	1 tsp. AP Rub
2 cups chicken or corn stock	

Heat up liquid in a double boiler. Add grits while whisking and slowly cook on low heat for up to 2 hours. When grits are smooth and tender, add mascarpone cheese and AP Rub. If grits get too thick and not tender, add a small amount of milk or stock at a time. To speed up the process, buy quick grits and use the same recipe.

MARINATED SLAW (MAKE AHEAD)

Yield: 4 servings

1 green cabbage, thinly sliced	¾ cup canola oil
1 small onion, julienned	1 Tbsp. dry mustard
1 cup sugar	1 Tbsp. celery seed
1 cup white vinegar	1 tsp. salt

In a large saucepan, combine all ingredients except for cabbage and onion. Bring to a boil and pour over cabbage and onion. Let marinate for 24 hours.

WINE PAIRING Juniata Valley Winery - Traminette

PORK GREEN CURRY



presented by **Wes Trout**
Culinary Trainer
Thermador

Yield: 10 servings

¼ cup low-sodium soy sauce	1 shallot, diced
2 Tbsp. tangerine juice	1 garlic clove, minced
1 Tbsp. maple syrup	¼ cup green curry paste
1 Tbsp. toasted sesame oil	14 oz. unsweetened coconut milk
1 ½ lbs. pork loin	1 Tbsp. agave
1 tsp. freshly ground pepper	1 lime, juiced and zested
1 Tbsp. kosher salt	Pepitas, for garnish
½ cup coconut oil	Cilantro, for garnish

Combine first 4 ingredients in a ziplock bag, add pork, press out air and seal. Allow to marinate in the refrigerator overnight. Preheat oven to 250°F. Remove pork, pat dry and discard marinade. Season with salt and pepper. Heat cast-iron pan over medium-high heat and sear tenderloin until browned on all sides. Transfer to oven and cook until internal temperature reaches 130°F. Transfer to a cutting board and allow to rest 10 to 15 minutes.

Make the sauce while the meat is cooking. Heat 1 tablespoon oil in a large saucepan and sauté shallots and garlic until soft. Add curry paste and lime zest, stirring constantly. Cook until slightly darkened, about 5 minutes. Add coconut milk and simmer to reduce by half, about 20 minutes. Allow to cool.

Once cool, pour sauce into a blender and add agave, lime juice, and cilantro. With the motor running, drizzle remaining oil into the blender to emulsify the sauce. Pour sauce into the pan and warm through. Add pork and allow flavors to marry for several minutes. Plate and top with cilantro and pepitas.

Serve with rice or naan if desired.

WINE PAIRING Paradox Vineyard - Gruner Veltliner



SATURDAY, JANUARY 11, 2025

DAIRY DAY



GIANT DIETITIAN TIP

Beyond calcium, dairy products offer a comprehensive package of nutrients essential for bone health. Vitamin D, magnesium, phosphorus, and potassium work together with calcium to build and maintain strong bones. So, enjoy that glass of milk, cup of yogurt, or serving of cottage cheese, and benefit from their nutrient-rich goodness.

HOMEMADE RICOTTA, CARAMELIZED BRUSSELS, CRISPY BACON, AND HOT HONEY CROSTINI



presented by **Julia Revilla**
Catering and Special Events Chef
Philabundance
Philadelphia, PA

Yield: 4–6 servings

HOMEMADE RICOTTA

½ gallon whole milk
⅓ cup lemon juice (or distilled white vinegar)

Salt, to taste

Warm the milk in a heavy-bottomed pot over medium heat. Let it warm up gradually until it reaches a temperature of 200°F. Use a thermometer to ensure it doesn't climb above 200°F. The milk will get foamy and start to steam, but make sure it never comes to a full boil. Once the milk reaches 200°F, remove the pot from the heat and add the lemon juice and salt, stirring gently to combine. Let the pot sit undisturbed for about 10 minutes, allowing the curds to separate from the whey. While you're waiting, prepare your colander lined with cheesecloth. Make sure the cheesecloth is big enough to fold over twice and drape over, leaving enough of the cloth on all sides to make the straining process easier. Using the skimmer or slotted spoon, gently scoop the curds off the top and into the cheesecloth-lined strainer. Let the curds drain for about 10 to 15 minutes to remove excess moisture or until your desired consistency is reached.

CARAMELIZED BRUSSELS, CRISPY BACON, & HOT HONEY CROSTINI

1 French baguette or similar crusty bread
½–¾ cup olive oil
2 tsp salt
2 cups Brussels sprouts
1 lb. bacon

1 small shallot, finely chopped
2 Tbsp. parsley, finely chopped
¼ cup hot honey
Homemade ricotta

Slice baguette into ¼" slices and spread out in an even layer on a parchment-lined sheet tray. Use a pastry brush to lightly coat each piece of bread in oil. Sprinkle with salt. Flip bread slices over and repeat. Bake in a 350°F oven for 10 to 12 minutes, or until golden brown. Clean and trim

Brussels sprouts, chop into a rough slaw and set aside. Finely dice shallot and set aside along with the sprouts. Cut bacon into small strips and cook in a nonstick pan over medium heat until crispy. Using a fine mesh strainer fitted over a bowl, drain off the fat and reserve.

Add 1 to 2 tablespoons of the reserved bacon fat back into the pan while still hot. Add the shallot to the pan and cook over medium heat for about 2 to 3 minutes. Add the Brussels sprouts and flip the pan as needed to fully coat them in the remaining bacon fat. Cook for another 3 to 5 minutes allowing the sprouts to get some color. Once the shallots and sprouts are caramelized, remove from heat and let them cool slightly. Spread an even layer of the fresh ricotta on the crostini, followed by the caramelized Brussels and shallot mixture. Lightly drizzle with hot honey and garnish with some freshly chopped parsley.

WINE PAIRING KingView Mead - Purple & Gold Mead

HERB AND RICOTTA AGNOLOTTI WITH BOURSIN CREAM SAUCE AND ROASTED BUTTERNUT SQUASH



presented by **Erin Reed and Thomas Barnes**
Chef Instructors
IUP Academy of Culinary Arts
Punxsutawney, PA

Yield: 4 servings

PASTA

8 oz. semolina flour

5-6 whole eggs

8 oz. "00" flour

On a clean, smooth surface make a mound with both flours and form a well in the middle large enough to contain your eggs. Crack in room-temperature eggs and break the yolks with a fork. Scramble the eggs with the fork and slowly begin to incorporate the flour; be careful not to break the well walls. After all the flour is incorporated into the eggs, the dough will look dry and shaggy. Use a bench scraper to gather it all up into a rough ball. Knead the dough by firmly pressing it away from you with the heels of your hands, then rotate the dough back towards you and press away with the heels of your hands again. Set a timer and knead the dough for 15 minutes. After kneading, wrap the dough in plastic wrap. Allow the dough to rest at room temperature or in refrigeration for 30 minutes before rolling and filling. Do not skip resting the dough or it could be difficult to roll out your pasta sheets. *(continued)*

HERB AND RICOTTA FILLING

1 lb. ricotta cheese	1 oz. sage, minced
2 egg yolks	1 oz. parsley, minced
3 oz. Parmesan cheese, grated	Salt and pepper, to taste
1 oz. rosemary, minced	

Place ricotta in a fine mesh strainer lined with cheesecloth (if available). Allow to drain and dry. After draining for about 30 minutes, combine all ingredients together.

BOURSIN CREAM SAUCE

1 ea (5.3 oz) Boursin cheese	Parmesan cheese, grated (as needed)
16 oz heavy cream	

Heat the cream and reduce by $\frac{1}{3}$. Break up the Boursin cheese into the pot with the warmed cream and allow to melt. Adjust the consistency by adding Parmesan.

ROASTED BUTTERNUT SQUASH

1 butternut squash	Extra-virgin olive oil, as needed
1 $\frac{1}{2}$ oz. fresh rosemary, chopped	Butter, cubed (as needed)
Salt and pepper, to taste	

Peel and seed the butternut squash. Dice the squash into $\frac{1}{4}$ " – $\frac{1}{2}$ " cubes. Toss squash with olive oil, salt, pepper, and fresh rosemary. Lay out in an even layer on a half sheet tray and place the butter cubes around the pan with the squash. Roast in a 425°F oven and caramelized and tender.

Take one sheet of fresh pasta and place it on a lightly floured surface. Using a pastry brush, paint a border of water around the edge of the pasta. Then pipe a row of ricotta filling down the center of the pasta sheet. Fold over the dough to cover the filling. Press down firmly on the filling with your index finger at about 1" intervals to create separate mounds. Press around each mound of filling to try to get any trapped air out. Then press down to seal the long end of the pasta. Using a ravioli or pastry wheel, trim the long end of the pasta to create a scalloped edge. Fold the long-scalloped edge about halfway up and over the filling mounds, and press between each mound to seal. Cut between the mounds with the ravioli wheel to separate each individual agnolotti. Repeat with all the remaining pasta. Once formed, place the ricotta agnolotti on a lightly floured sheet tray until ready to cook and serve. Agnolotti can also be frozen for later use.

Boil the finished agnolotti in salted water. Once the pasta is floating, remove and toss with enough Boursin cream sauce to coat. Place the heated, tossed agnolotti in your serving dish, and sprinkle your roasted butternut squash over the sauced pasta.

WINE PAIRING Penns Woods Winery - Moscato 2024

GRAPEFRUIT RARE CHEESECAKE



presented by **Erin Reed and Thomas Barnes**
Chef Instructors
IUP Academy of Culinary Arts
Punxsutawney, PA

Yield: 6 servings

CHEESECAKE

225 g cream cheese
70 g sour cream
70 g Greek yogurt
50 g cream
40 g honey

78 g sugar
¼ tsp. salt
1 grapefruit, zested
1 ½ tsp. gelatin powder
50 g grapefruit juice

Sprinkle gelatin powder evenly over grapefruit juice. Combine cream cheese, yogurt and sour cream in a quart container. Heat cream, sugar, honey, and salt to a bare simmer, stirring to dissolve sugar. Remove from heat. Add bloomed gelatin and zest. Stir to fully dissolve. Pour hot liquid over cream cheese mixture and use an immersion blender to process until completely smooth. Deposit into desired molds or glasses and refrigerate until set.

CITRUS ALMOND CAKE

80 g almond paste
115 g butter, softened
¼ tsp. salt
110 g sugar
1 lemon, zested

2 eggs
150 g cake flour
¾ tsp. baking powder
½ tsp. vanilla paste
60 g Greek yogurt

In a mixer with paddle attachment, mix almond paste on medium-low just to break up. Gradually add butter. Mix on low, scraping occasionally, until combined. Add salt, sugar, zest and vanilla. Mix on medium until well-combined and mixture has increased in volume. Add eggs one at a time. Alternate sifted dry ingredients with yogurt. Mix just to combine. Spread mixture onto parchment-lined ¼ sheet tray. Bake at 350°F. Cool and cut as desired. *(continued)*

CHAMOMILE HONEY CREAM

250 g heavy cream

50 g honey

Pinch of salt

¼ tsp. vanilla bean paste

2 Tbsp. chamomile tea, loose

Scald cream, honey and salt. Remove from heat and add vanilla paste and chamomile. Cover pot and allow to steep for 10 minutes. Strain cream through a fine mesh strainer and chill overnight before whipping.

BRÛLÉED GRAPEFRUIT

1 grapefruit, segmented

Turbinado sugar

Coat 1 side of grapefruit segment with Turbinado sugar. Brûlée with torch until golden. Alternatively, the sugar can be caramelized under a broiler in the oven for a few minutes.

WINE PAIRING Penns Woods Winery - Moscato 2024

INSALATA DELL'AUTUNNO (FALL SALAD)



presented by **Rynn Caputo**
Caputo Brothers Creamery
Spring Grove, PA

Are you wondering what to pair your mozzarella with, once tomato and basil season is over? The possibilities are endless, but here we're focusing on savory fall flavors in an Insalata dell'Autunno. A Fall Salad with candied carrots, apples, celery, and walnuts, topped with your fresh mozzarella! A wonderful fall appetizer or Thanksgiving dish!

Yield: 4 servings

1 lb. Caputo Brothers CapoMozz (or
fresh mozzarella)

1 cup carrots, large diced or chopped

1 cup walnut halves

1 cup celery, large diced

1 cup apples, large diced

Splash of lemon juice

½ stick unsalted butter

¼ cup maple syrup

1 tsp. cinnamon

½ tsp. ground cloves

½ cup brown sugar

1 Tbsp. thyme

2 tsp. salt

Parsley, chopped (for garnish)

Preheat oven to 350°F. Combine carrots, walnuts, butter, maple syrup, cinnamon, ground cloves, brown sugar, thyme, and salt and toss thoroughly in a mixing bowl. Spread out in an even layer on a sheet tray and bake in the oven, approximately 30 minutes, until carrots are al dente (not mushy, not crunchy...just a little bite). Occasionally stir to prevent

burning and to encourage uniform cooking. Stretch your Caputo Brothers Creamery CapoMozz into individual balls, or into the log or baguette shape to be sliced. Meanwhile, dice the celery and set aside. Dice the apples and put in a bowl of cold water with the lemon juice; set aside. When candied carrot mixture is done and has cooled, mix all ingredients together. Divide between four plates, garnish with chopped parsley, and top with a ball or slices of the fresh mozzarella (fior di latte). Buon Appetito!

WINE PAIRING Cellar '54 - Moscato

BACON AND CHEDDAR SKYR BISCUITS



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

Yield: 10 servings

LIQUID

2, 5.3 oz. containers of Painterland Sisters plain skyr yogurt

1 cup milk

1 cup shredded cheddar cheese

2 cups cooked and crumbled maple bacon

2 Tbsp. pure maple syrup

DRY

2 ¼ cup gluten-free all-purpose flour

1 Tbsp. baking powder

1 tsp. salt

SPREAD

1 cup Painterland Sisters plain yogurt

1 Tbsp. melted butter

3 garlic cloves

Preheat your oven to convection 350°F. Use three separate bowls: one for liquid, one for dry and a small one for the spread. In one bowl, mix together two cups of Painterland Sisters plain skyr yogurt, milk, shredded cheddar cheese, maple bacon, and maple syrup. In the second bowl, mix together gluten-free all-purpose flour—as always if you're not gluten free, you may swap all-purpose gluten-free flour for regular all-purpose flour, baking powder, and salt. Add the liquid to the dry ingredients. Using a rubber spatula, gently fold the ingredients together. If the dough is too dry, add a splash of milk. Using a cookie scoop, scoop the dough onto a greased or parchment-covered sheet pan. Brush a simple egg wash on the tops of the biscuits. Makes around 20 biscuits, depending on the size of the scooper. Bake until the tops are golden, 15 to 20 minutes. In the third bowl, heat up 1 tablespoon of butter with the cloves of garlic. *(continued)*

Mix with a cup of Painterland Sisters Plain yogurt and smear on the biscuits before enjoying!

WINE PAIRING Paradox Vineyard - Pinot Gris

TOMATO BASIL CHICKEN AND VEGETABLE TORTELLINI SOUP



presented by **April Miller and Sarah Davis**
Penn State Extension Educators

Yield: 4 servings

TOMATO BASIL CHICKEN

- | | |
|---|--|
| 1 lb. boneless skinless chicken breasts (approximately 2 breasts), cut to make four cutlets | 1 large tomato, cored and sliced into 8 slices |
| 1½ tsp. ground black pepper | 8 fresh basil leaves |
| 2 tsp. olive oil | 2 Tbsp. prepared balsamic glaze or reduction* |
| 4 slices reduced-fat mozzarella cheese | |

In a large skillet, heat olive oil over medium-high heat. Sprinkle chicken with pepper and add to skillet. Rewash hands with soap and water. Cook the chicken for about 3 to 5 minutes on each side until the internal temperature reaches 165°F on a food thermometer. Top each piece of chicken with one slice of cheese and allow it to melt. Remove chicken from heat and top each piece with 2 basil leaves and 2 slices of tomato. Drizzle ½ tablespoon glaze on each piece of chicken.

**Tip: To make homemade balsamic reduction, heat balsamic vinegar in a pan and bring to a boil. Reduce to a simmer and allow to cook until the vinegar thickens to coat the back of a spoon. Allow to cool before serving.*

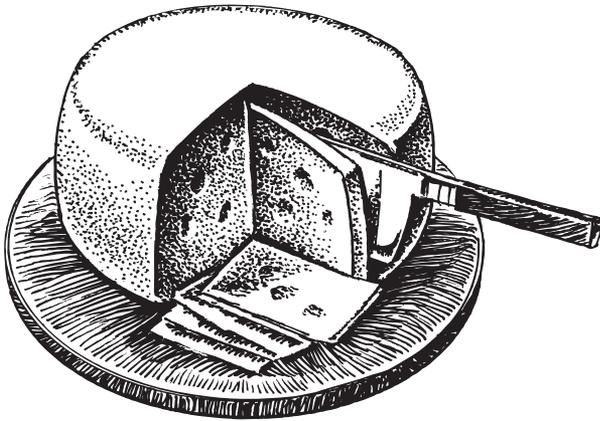
VEGETABLE TORTELLINI SOUP

- | | |
|--|--|
| 1 Tbsp. olive oil | 6 cups no-salt-added vegetable broth |
| 1 cup chopped onion | 2 cups sliced carrots, fresh or frozen |
| 4 garlic cloves, minced | 4 cups chopped kale, fresh or frozen |
| 1, 14.5 oz. can no-salt-added tomatoes | 9 oz. refrigerated cheese tortellini |
| 1 Tbsp. no-salt-added tomato paste | |

In a large pot, heat oil. Add onion and cook until translucent. Add garlic and sauté until fragrant, about 2 minutes. Next add tomatoes and tomato paste, stir, and cook for another 3 to 4 minutes.

Add broth and carrots, stir, cover, and cook on medium-low for 10 minutes. Add in the kale and tortellini, cover, turn heat to low, and cook for 6 to 7 minutes. Serve soup hot. Store leftovers in a sealed container for 3 to 4 days.

WINE PAIRING Hungry Run Wine Cellars - Vidal Blanc





CULINARY CONNECTION

PARTICIPATING CULINARY ARTS PROGRAMS AND FACULTY

DAUPHIN COUNTY TECHNICAL SCHOOL



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

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

CLAIRE DACKO

Instructor, Culinary Arts

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

ETHAN STAUFFER

Instructor, Culinary Arts

Chef Ethan Stauffer is a Culinary Arts Instructor at Dauphin County Technical School. He is a DCTS Alumni and a graduate of the Culinary Institute of America in Hyde Park, NY. His passion is all about food, cooking, and teaching. He has a lovely fiancée and two German Shepherd Labradoodles whom he loves very much.

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.

AUTUMN PATTI

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

Chef Autumn Patti first found her passion for food while working at Yoko Sushi in southern California as a young teenager. She continued to work in the industry and came to HACC in 1998, working towards a medical profession. She worked in several restaurant kitchens and dining rooms to support herself while earning her Liberal Arts of Life Science AA degree in 2000. She decided to pursue her passion and enrolled in

the Culinary Arts program at HACC. In 2002, she earned her Culinary Arts AA degree, Restaurant Foodservice Management AA degree, and a Catering diploma. In 2001, she opened a small catering business with her classmate, Diane Brown. Creative Quisine thrived for 15 years, keeping her skills and industry experiences fresh. She entered into a newly established position in January 2003 as a lab teaching assistant at HACC part-time while remaining in local kitchens to gain experience. Chef Patti began teaching the hands-on culinary classes in 2004 and found her true passion for education. In 2006, she helped establish and accepted a new position of the Kitchen Manager, Purchasing Agent, and Special Events Coordinator for the Hospitality programs while continuing to teach various classes as an Adjunct Instructor. In 2014, she became the Program Director and has led the Culinary team thru kitchen relocations, program restructuring, a new restaurant endeavor, and most importantly, providing exceptional education to the future of our hospitality industry. In 2016, she was awarded with HACC's President Award, HACC Club Advisor of the Year award, and the Chef Educator of the Year award by the local American Culinary Federation chapter, of which she serves as treasurer.

PENNSYLVANIA COLLEGE OF TECHNOLOGY



**Pennsylvania
College of Technology**

A Penn State Affiliate

Pennsylvania College of Technology is a national leader in applied technology education and an affiliate of The Pennsylvania State

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

MIKE DINAN

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

Chef Mike Dinan is the Executive Chef at Le Jeune Chef Restaurant, located at the Pennsylvania College of Technology. He plays a crucial role in the college's live-learning lab, where culinary and baking students gain practical experience working alongside professional chefs. Chef Dinan's leadership ensures that the restaurant maintains its reputation for high-quality cuisine and excellent service, while contributing to the educational experience of aspiring chefs.

MIKE DITCHFIELD

Instructor (Retired) Hospitality Management/Culinary Arts

Chef Mike retired from teaching at Penn College after 28 years. He is still an adjunct faculty member and accompanies the Penn College team at the Farm Show each year, where he has conducted cooking demonstrations for over 25 years.

Chef Mike has earned his Master of Science degree in Education from Wilkes University and a Bachelor's of Science degree from the Pennsylvania College of Technology in Culinary Arts Technology. He has earned an Associate in Applied Science degree from Paul Smith's College in Hotel and Restaurant Management. He has studied at the Culinary Institute of America as part of their Continuing Education Program on three occasions in the late eighties. The Pennsylvania Association for Sustainable Agriculture awarded Chef Mike the "Lifetime Service Award" at their Annual Conference in 2024. Chef Ditchfield was awarded the Excellence in Teaching, Distinguished Teaching Award in May of 2011. The award was "in recognition of excellence in instruction and quality service to students."

While at the Pennsylvania College of Technology, Chef Mike enjoyed teaching Regional American Cuisine, Catering, Artisan Butchering, and Charcuterie and Food Sustainability. Chef Mike has also worked in three Ritz-Carlton properties for personal enrichment and skill development, most notably the Ritz-Carlton, Buckhead in Atlanta for the 1996 Summer Olympic Games. Chef Mike works extensively with organic and sustainable farmers. He considers them to be primary sources of the fine ingredients needed to prepare excellent cuisine.

CUMBERLAND PERRY AREA VOCATIONAL SCHOOL



Culinary Arts is a program that offers a broad range of skills and knowledge concerning the selection, preparation, and handling of foods. Skill development centers 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

is conducted in a fully equipped, student-run kitchen and restaurant at Cumberland Perry Area CTC—the Cumberland Cafe! Culinary Arts students also have the opportunity to be placed in a culinary establishment during their third year; this individualized arrangement gives the student the chance to obtain entry-level experience. For a student who is eager to learn and work, there is unlimited opportunity for employment and

advancement in the Culinary Arts industry. The Culinary Arts program is accredited by the American Culinary Federation.

ROBERT MILLER

Culinary Arts Instructor

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

PHILABUNDANCE COMMUNITY KITCHEN (PCK)



Driving hunger from our communities

Philabundance supports low-income adults by providing free, high-quality job training. The program is designed for students with limited work experience and significant personal

challenges—including a history of unemployment, mental illness, or incarceration. Through professional-level training, life skills development, and ongoing support for two years after graduation, PCK prepares adults to confidently enter the workforce and retain employment while preparing 350,000 annual meals for community members in need from its production kitchen.

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

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

KAIDEN (KAI) REYNOLDS

Special Events and Catering Chef, Chef Instructor

Chef Kaiden (Kai) Reynolds has dedicated his career to developing memorable and creative dishes throughout Philadelphia and Southern New Jersey. His current role as the Special Events and Catering Chef/Chef Instructor with Philabundance Community Kitchen is the culmination of over 15 years of hands-on culinary experience. In working alongside some of the best chefs on the East Coast and running from-scratch

kitchens as an executive chef, Chef Kai found his love for inspiring the next generation of culinary professionals. He strives to ignite passion and cultivate the same love for food and community in his students as he did throughout his career, while also working to reduce overall food insecurity in the greater Philadelphia area.

JULIA REVILLA

Julia Revilla is new to the Philadelphia area, having most recently lived in western North Carolina. There she spent her time catering weddings and special events, as well as curating private chef experiences. Julia's approach to cooking is elevated yet approachable, highlighting global flavors and ingredients. Julia's background is also in culinary education and enjoys the opportunity to help people hone their skills in the kitchen. As the Catering and Events Chef at Philabundance, she is excited to share her experience while cooking delicious food with a purpose.

IUP ACADEMY OF CULINARY ARTS



IUP Academy of Culinary Arts, located in Punxsutawney, Pennsylvania, is recognized nationwide for its high quality. Our small class sizes, with

our world-class chef instructors, provide an hourly amount of hands-on production time unparalleled by any other culinary program, and our externship placement is among the best in the United States. Our 16-month (four-semester) accelerated program is accredited by the American Culinary Federation. They will study at the Punxsutawney Campus for 12 months and spend their final semesters at paid externships.

ERIN REED

2024 ACF National Pastry Chef of the Year Erin Reed, is a certified executive pastry chef and educator with over 15 years of industry experience. Chef Reed spent many years in Washington, DC and was nominated in 2016 and 2017 for the Pastry Chef of the Year award by the Restaurant Association of Metropolitan Washington. Her industry success includes endorsements by Hotel F&B magazine as one of the top 25 hotel pastry chefs in 2018 and she has had many of her desserts featured in magazines and industry guides such as *DC Modern Luxury*, *Food & Wine*, *Forbes*, and *Zagat*. Now focusing her career in education, Chef Reed is currently an instructor at her alma mater, IUP Academy of Culinary Arts.

THOMAS BARNES

Chef Thomas Barnes is an alumnus of the Indiana University of Pennsylvania Academy of Culinary Arts (IUPACA), where he completed the Culinary Arts and Baking and Pastry programs in 2007. He also holds

a Bachelor of Science in Hospitality Management and Master of Arts in Employee and Labor Relations and a Master of Arts in Instructional Design and Technology from IUP. He is currently enrolled at Slippery Rock University in their Administration and Leadership D.Ed program. Chef Barnes has been a full-time culinary instructor at IUP ACA for the last 10 years and teaches a wide range of classes within the Culinary Arts curriculum. He also advises the Academy's ice carving club.

CAREERS THROUGH CULINARY ARTS PROGRAM (C-CAP)



C-CAP is a national nonprofit organization that creates economic mobility for students and alumni through the hospitality industry. Annually, 23,000 C-CAP students are enrolled in our program, which includes hospitality and culinary education, college scholarships, jobs and career development opportunities.

Founded in 1990 by culinary educator and author Richard Grausman and co-chaired by world-renowned chef Marcus Samuelsson, we serve communities in

Arizona, Baltimore, Chicago, Houston, Los Angeles, Miami, New York City, Long Island, Newark, Philadelphia, Maryland, and Washington DC. To date, we have awarded \$73 million in college scholarships and uplifted 370,000 students—they are transforming our world today.

LIGIA RICHTER

Chef Ligia Richter is the Program Coordinator at C-CAP (Careers through Culinary Arts Programs) in Philadelphia. What she loves the most about working for C-CAP is the opportunity to use all the skills and experiences she has acquired in her life. Her culinary education, jobs in the culinary field, and her experience as a volunteer for a grassroots movement that evolved into a nonprofit organization are very much related and have led her to C-CAP. She is thrilled to work for an organization where she can be a mentor, connector, culinary teacher, mom, and cheerleader for high school students. She is grateful for the opportunity to influence the lives of teenagers in underserved communities and help pave a pathway for them to succeed. Chef Ligia's current position at C-CAP combines her love of cooking and nonprofits. With 20 years of experience in fine dining culinary and pastry kitchens and five years of experience in nonprofit fundraising, she gets to use all her skills in the most meaningful and impactful ways.

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