



































# CULINARY CONNECTION RECIPE BOOK 2026

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



# CULINARY CONNECTION RECIPE BOOK 2026



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

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This year's PA Preferred® Culinary Connection at the 2026 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 2026 PA Preferred Culinary Connections Recipe Book when you want to recreate recipes from the 2026 demonstrations. And while shopping for ingredients, remember to choose PA Preferred and support Pennsylvania farms. Visit [papreferred.com](http://papreferred.com) for more information.



*Wine pairings courtesy of  
the Pennsylvania Winery Association.*





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SATURDAY, JANUARY 10, 2026

# BEEF & VEAL DAY



## GIANT DIETITIAN TIP

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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.

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# CORNER BEEF AND CABBAGE



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

*Yield: 4–6 servings*

## CORNER BEEF

3 lbs. (approx.) corner beef brisket	6 oz. celery
12 fl. oz. water	6 oz. carrot
12 oz. Spanish onion	3 garlic cloves

Utilize a prepackaged raw corner beef brisket. Pick a point cut for a fattier, easily shredded application; pick a flat cut for a leaner, easier slicing application. Remove the brisket and the seasoning packet from the package. Thoroughly dry the beef and season just with pepper at this point. Sear the brisket in a skillet set to high heat until browned on all sides. Transfer to a baking dish. Deglaze the skillet with the water. You could also deglaze with wine or beer for a deeper or sweeter flavor. Large dice the vegetables and add to the baking dish with the brisket. Pour the water into the baking dish and sprinkle the seasoning packet over the top. Cover the baking dish tightly and place in a 225° F preheated oven. Cook for 2–3 hours, until the brisket is fork-tender. Set aside to rest before slicing. Reserve the braising liquid.

## CABBAGE

1 head savoy cabbage	2 fl. oz. apple cider vinegar
6 oz. thick cut bacon	2 fl. oz. apple cider
8 oz. Spanish onion	

Cut the bacon into ¼ inch lardons. Slice the onion. Remove the core of the cabbage and slice the cabbage leaves into 1 inch slices. Start by rendering down the bacon in a skillet on medium heat. Once the bacon releases enough fat to cover the bottom of the skillet and just begins to crisp, increase the heat to medium-high and add the onions. Allow the onions to cook until they just begin to brown, then add the cabbage, stirring to coat the cabbage in the bacon grease. Cook the cabbage for 5–7 minutes, then add the cider vinegar and the cider. Turn the heat down and season to taste with salt and pepper. *(continued)*

## CRISPY SMASHED POTATOES

1 lb. small red-skin potatoes

4 Tbsp. butter

3 sprigs fresh thyme

2 fl. oz. light olive oil

Begin by covering the potatoes in cold water in a small sauce pot. Bring up to a boil, then reduce to a simmer and cook potatoes for about 12 minutes until they are fork tender. Strain the potatoes and allow to cool completely. This step is best done ahead of time—from a few hours up to 1 day prior. Gently smash the potatoes with a flat pan until about ½ inch thick. Heat the olive oil in a pan on medium-high heat. Season the potatoes on both sides with salt and pepper. Gently add the potatoes, taking care so they do not fall apart. Cook until the first side browns, flip, and add the butter and the thyme sprigs. Baste the potatoes, then place the skillet in a 350°F oven for 10 minutes or until the potatoes are golden brown.

## DIJON PAN JUS

1 cup corned beef pan drippings

1 lemon

1 Tbsp. stone-ground Dijon mustard

1 Tbsp. chopped parsley

2 Tbsp. unsalted butter

Cut the butter up into small cubes and keep cold. Reduce 1 cup of the reserved pan drippings in half. Whisk in the Dijon mustard. Turn off the heat and whisk the butter into the sauce in small increments. Add the juice of 1 lemon, chopped parsley, and adjust seasonings with salt and pepper.

## ASSEMBLY

Place spoonful of cabbage in shallow bowl and corned beef atop. Add some crispy potatoes and top with pan sauce.

**WINE PAIRING** Allegheny Cellars Winery 2024 Riesling

---

## BRAISED SHORT RIBS & SAVORY RICE PORRIDGE



presented by **Colby and Meagan Janowitz**

Owners

Mycelia

Loudon, PA

Graduates of the PA College of Technology

*Yield: 4–6 servings*



## SHORT RIBS

3–4 lbs. bone-in beef short ribs (or  
boneless if preferred)  
Kosher salt  
1 large onion, sliced  
4 garlic cloves, sliced

4 cups beef stock, unsalted  
3 Tbsp. tamari or soy sauce  
3 Tbsp. white miso paste

Preheat oven to 325°F. Season short ribs generously with salt and sear in a Dutch oven until browned. Remove and set aside. In the same pot, reduce heat to medium. Add onions and garlic, sweating until softened and fragrant (about 5 minutes).

Stir in beef stock, tamari, and miso until dissolved. Bring to a simmer. Return short ribs to the pot, cover, and transfer to oven. Braise 2½–3 hours, until fork tender.

Once short ribs are tender, allow the pot to cool to room temperature. Optional but suggested: refrigerate overnight in the braising liquid (this helps flavors deepen and makes portioning easier). When ready to serve, remove short ribs, discard bones if present, and trim into neat serving portions. Strain and reserve the braising liquid.

## RICE PORRIDGE

2 cups short-grain white rice, similar  
to Koshihikari  
2 cups water (equal parts rice and  
water)  
8 oz. oyster mushrooms, torn or  
sliced (weight measured raw, before  
cooking)

Reserved braising liquid  
4 Tbsp. butter  
1–2 tsp. rice vinegar  
Salt and pepper

On the day of serving, rinse rice until water runs mostly clear. Cook in a rice cooker using equal parts water to rice (e.g., 2 cups rice to 2 cups water). Keep warm until ready to use.

Heat a large sauté pan over medium heat. Add oyster mushrooms and cook until browned and tender. Add cooked rice to the mushrooms, stirring to break it up. Pour in strained braising liquid, stirring until the rice absorbs some liquid and takes on a porridge-like consistency. Adjust with more liquid if needed. Stir in butter and rice vinegar. Taste and season with salt and pepper.

## TO FINISH

2–3 scallions, thinly sliced

Preheat oven to 400°F (200°C). In a large oven-safe sauté pan or cast iron skillet, sear the portioned short ribs on all sides to develop a crust. Transfer pan to oven and heat through, about 8–10 minutes. (*continued*)

Spoon rice porridge into coupe or rice bowls. Place a hot short rib portion on top. Garnish with freshly sliced scallions. Serve immediately.

**WINE PAIRING** Penn Shore Meritage Reserve

---

## BRAISED OXTAIL OVER CREAMY PENNSYLVANIA POLENTA



presented by **Wes Trout**

Sales Manager

Thermador

and



**Gerald Metzler**

Founder

Christiana Cabinetry

and Enola Cattle Company

Atglen, PA

*Yield: 4–6 servings*

### BRAISED OXTAIL

4–5 lbs. oxtail

Kosher salt and freshly cracked black pepper

¼ cup grapeseed oil

½ cup “00” flour

1 small onion, diced

1 large carrot, diced

2 celery stalks, diced

2 cloves garlic, finely chopped

4 sprigs rosemary

1 tube (4.5–4.6 oz.) tomato paste

4 cups dry red wine (such as Nebbiolo)  
or 2 cups red wine + 2 cups chicken stock

14 oz. San Marzano crushed tomatoes

2 bay leaves

12 black peppercorns

2 Tbsp. European butter

Maldon's flaky sea salt, to finish

Preheat oven to 325°F. Season oxtail generously with salt and pepper, then lightly dust with flour. In a large cast iron roaster or Dutch oven, heat grapeseed oil over medium-high heat. Brown oxtail on all sides for 8–10 minutes, working in batches if needed to avoid crowding. Transfer browned meat to a plate. Add onion, carrot, and celery to the same pan and sauté for 5–7 minutes until softened. Stir in tomato paste and cook 1 minute to caramelize. Return oxtail and any drippings to the pan. Add red wine and reduce by one-third (about 10–15 minutes). Place rosemary, peppercorns, and bay leaves into a sachet (cheesecloth or coffee filter) and add to the pot. Cover and transfer to oven. Braise for 3–4 hours, until meat is tender and falling off the bone. Remove from oven and let cool until safe to handle. Pull meat from bones, discarding bone and connective tissue. Blend cooked vegetables and broth into a smooth sauce using a blender or food processor. Combine sauce with shredded meat in a pot and simmer

over low heat until ready to serve.

## CREAMY PENNSYLVANIA POLENTA

6 cups water	¼ cup extra-virgin olive oil
2 tsp. kosher salt	½ cup grated Parmesan cheese
1 cup Burnt Cabin cornmeal	2 Tbsp. butter, for optional finish

Bring water and salt to a boil in a medium saucepan. Slowly sprinkle in cornmeal while stirring constantly with a wooden spoon to prevent lumps. Reduce heat to low and cook, stirring often, for 15–20 minutes until thick and creamy. Stir in olive oil and finish with butter (optional) for richness. Mix in Parmesan cheese just before serving.

## TO SERVE

Spoon polenta into bowls. Top generously with braised oxtail ragù. Finish with a sprinkle of grated Parmesan and Maldon flaky salt.

**WINE PAIRING** Starr Hill Vineyard & Winery 2024 MALBEC Farm Show Winner

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## GRILLED SKIRT STEAK HAND ROLLS, SOY CURED EGG YOLK, RICE AND CUCUMBER



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

*Yield: 4–6 servings*

*This recipe will require the use of a charcoal/wood burning grill and a smoker—or the use of 2 hotel pans (1 deep, 1 shallow), a perforated shallow pan that fits the same size as the aforementioned pans, and some aluminum foil, charcoal, and wood chips.*

## SKIRT STEAK MARINADE

400–600 g skirt steak	100 g water
20 g shallot, minced	200 g sugar
3 g green Thai chili, minced	20 g ginger
100 g mirin	20 g garlic
200 g soy sauce	

Combine all marinade ingredients in a large shallow bowl and stir until sugar dissolves. Add skirt steak to marinade, cover, and let sit in refrigerator for 1–2 hours before cooking. *(continued)*

## KOMBU FURIKAKE

45 g kombu  
15 g bonito flakes

30 g white sesame seeds  
30 g black sesame seeds

Over a well-lit bed of charcoal on a grill place the sheets of kombu, working with one or two at a time. Constantly move, rotate and flip the kombu until it starts to curl, bubble and toast (the color will go from the dark dark green that kombu is in its dried state, to a brighter cooler green, then finally a more army green blistering bubbly appearance will occur). As it curls, try to flip and flatten the kombu back out while still hot to produce more even pieces for the final plate.

Toast the white and black sesame seeds separately. The white seeds should be toasted until fragrant and golden brown. The black seeds should be toasted until fragrant. Remove seeds from heat, placing on a metal tray or plate to cool completely.

Place the bonito in a mortar and pestle and grind coarsely.

Weigh out, then break the puffed kombu up into small pieces or roughly chop with a knife, then place in the mortar and pestle with the bonito, and mortar into a fine powder; it is okay if some small specks remain unpulverized.

Combine the bonito, kombu, and sesame seeds and mix until evenly incorporated.

## CHARCOAL AIOLI

20 g egg yolks (one yolk)  
70 g charcoal oil (see technique, below)  
30 g roasted garlic oil  
15 g roasted garlic  
10 g kombu powder (see technique, below)  
30 g roasted garlic oil

5 g bonito flakes  
20 g lemon juice  
15 g smoked cream cheese  
15 g smoked sour cream  
25 g water  
3 g salt

Start by roasting a head of garlic. Cut it in half evenly lengthwise, evenly exposing the cloves for ease of removal later. Place it in a small pan or pot and liberally cover with olive oil. Place over medium heat until the oil starts to bubble, then cover and cook over very low heat for approximately 35–45 minutes or until the garlic is golden brown throughout. You can check doneness by plucking a clove out of the head and cutting it in half. Once golden, pull off the heat and allow to cool down in the oil.

Next, prepare the charcoal oil. This step can be dangerous; please use caution. In a heavy bottom pot or pan fitted with a lid, place about 150 g of a neutral oil—grapeseed, canola, or a light olive oil. Get an ember that is on its way from burning out—it should be fully white and starting to



die out, not glowing red hot. Using a pair of metal tongs, carefully place the charcoal into the oil while having the lid ready to cap the pot or pan immediately. Once the charcoal hits the oil, it is important to quickly close the lid and gently swirl the oil over the charcoal, submerging it fully. The goal here is to prevent the surface from igniting and the oil taking on a burnt flavor. Once cool, taste the oil; it should have some char and smoke flavor to it. If needed, repeat the process a second time to intensify the flavor. Then allow the oil to cool completely. Set a fine mesh strainer lined with a coffee filter over another pan or bowl deep enough to fully strain the oil without allowing the surface to come in contact with the filter. This process takes about 2–3 hours and can be done well in advance.

In a smoker or hotel pan set up—the sour cream and cream cheese can be mixed and smoked together in one small bowl or metal tray—start by making a small pouch out of a few layers of foil folded into a small square, then work your hands around the square to form side walls in the foil. Place some well-lit charcoal and a handful of wood chips on top of the coals in the bottom chamber deep pan offset from where the dairy will be. Place the perforated tray on top, place your bowl or metal pan offset dairy in the perforated pan, then cover with the solid shallow lid to seal up the smoke. Smoke the dairy mix for 20 minutes at a time, stirring the top layer of smoke into the mix each time. Repeat this for two more 20-minute intervals.

Place some of the puffed kombu into a blender and blend into a powder.

For the aioli, place the yolks, lemon juice, water, roasted garlic, kombu powder, bonito, salt, and smoked cream mix into a blender. Blend on high until everything is pureed and incorporated. Turn the blender down to medium-high speed. Combine the two oils in a separate container, then add to the base in the blender very slowly at first until the emulsion starts to form, then more steadily after it has come together and thickened. Taste the emulsion and season with more kombu powder or salt if desired.

Transfer mixture to a squeeze bottle with a narrow tip.

## SOY CURED EGG YOLKS

4-6 Whole eggs

Soy sauce or tamari, as needed

Crack the eggs and carefully separate the whites from the yolks, reserving the whites for another use. Place the yolks in a bowl or stainless steel vessel of an appropriate size (2-cup/pint size is perfect).

Cover with soy sauce and refrigerate for 2 hours prior to use. Baste the tops of the yolks every so often to ensure an even cure.

The longer the yolks sit in the soy, the more firm they will become, so experiment with time if you'd like to achieve a certain desired texture

*(continued)*

## ASSEMBLY

Marinated skirt steak	6 ea Soy Cured Egg Yolks
45 g Charcoal Aioli	2 ea Parisian cucumbers, julienned
8-12 full-size sheets of nori paper	15 g Kombu Furikake
Cooked rice	

Remove the beef from the marinade and pat dry.

Over glowing red hot embers, sear the skirt steak to desired internal temperature. Let it rest on a wire rack over a sheet tray, then slice thinly across the grain.

Add the charcoal aioli to the beef and mix until fully incorporated.

Lay out the nori sheets. Place a spoonful of warm cooked rice into the middle, add the beef on top, then top with an egg yolk, cutting it to spread it across the beef. Place some of the julienned cucumber over the yolk and season it with the furikake. Roll up the hand rolls and enjoy immediately.

**WINE PAIRING** Winery at the Long Shot Farm Chambourcin Rosé

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## SAUTÉED VEAL MEDALLIONS WITH MUSHROOMS AND FINE HERB MUSTARD CREAM SAUCE



presented by **John Moeller**

former White House Chef and *Author of Dining at the White House - From the President's Table to Yours*

Owner and Executive Chef

The Greenfield Restaurant & Bar  
Lancaster, PA

*Yield: 4-6 servings*

6 (4 oz.) veal medallions, pounded	⅓ cup cognac
4 Tbsp. butter	1 cup veal demi-glace or stock (beef or chicken)
2 Tbsp. cooking oil	1 cup heavy cream
2 cups cremini mushrooms, sliced	1 Tbsp. Dijon mustard
¼ cup shallot, minced	1 lb. baby spinach, washed and dried
1 tsp. each chopped parsley, chives, and tarragon	Salt and pepper, to taste

In a frying pan over medium-high heat, sear the veal medallions in the butter for 1½ minutes on each side. Take them out and set aside on a plate; you will need the jus that leaks out of the medallions.

Reduce heat to medium and sauté the mushrooms in the frying pan for 1 minute, stirring constantly. Add ½ the amount of shallot and cook while stirring for 1 minute.

Add the cognac and stir. Careful of open flames as it can ignite. Add the demi-glace and reduce by half. Add the cream and bring to a boil while stirring. Simmer and add the fine herbs, whisk in the mustard and the jus drained from the plate of veal medallions; simmer for half a minute. Season.

In a medium heated sauté pan add a tablespoon of butter, then the rest of the shallots, and cook for 30 seconds; do not brown. Add the spinach and keep stirring until everything is wilted, then turn off the heat. Add a pinch of salt and pepper. Tip the pan to one side and allow the liquid in the pan to drain from the spinach. Spoon out the excess liquid.

## ASSEMBLY

On a warm plate, spread some of the spinach in the center about halfway to the edge. Take the veal and place it over the spinach, then spoon the sauce and mushrooms over the veal.

**WINE PAIRING** Armstrong Valley Winery 2022 Pinot Noir

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## CHESAPEAKE BURGER



presented by **Jen Heasley**

Host

Author of *The Game Day Kitchen*

*"Cooking with the Pros" on CBS 21*

*Yield: 8 servings*

### BURGERS

2 lbs. ground beef

Salt and pepper

8 oz. butter, melted

8 slices American cheese

16 oz. shredded lettuce

8 brioche rolls

Allow beef to come to room temperature. Section off into 8 patties, ¼ lb. each. Season both sides lightly with salt and pepper.

In a cast iron skillet or nonstick skillet, melt ½ stick of butter over medium heat. Fry burgers 2–4 minutes per side, depending on the desired temperature.

Add American cheese, cover and allow to melt. Remove burgers from *skillet*.

Add **MORE BU**tter to skillet and toast brioche rolls. (continued)

## crab dip

16 oz. cream cheese

½ cup mayonnaise

1 lb. lump crab meat, flaked

1 Tbsp. Worcestershire sauce

1 Tbsp. lemon juice

2 Tbsp. Old Bay seasoning

In a medium-sized Dutch oven, over low heat, soften cream cheese and mayonnaise.

Once cream cheese mixture is smooth and creamy, add remaining ingredients. Slowly fold all ingredients into cream cheese mixture.

Increase temperature to medium-low, stirring constantly for 4–5 minutes until completely incorporated. Remove from heat source.

## sauce

1 cup mayonnaise

½ cup Maryland Bohemian Bay Style  
Sweet Mama's Mambo Sauce

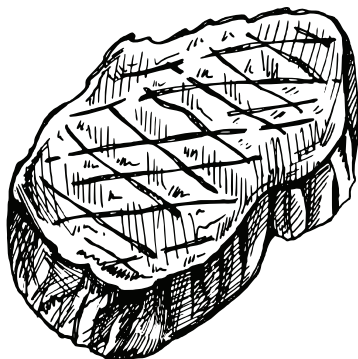
Mix mayonnaise and Maryland Bohemian Bay Style Sweet Mama's Mambo Sauce together in mixing bowl.

## assembly

Build your burger with sauce on the bottom, lettuce, **BURGER**, crab dip, then add sauce to the top and enjoy.

Wine Pairing Burnt Timbers Winery 2023 Merlot

---







Discover everything about beef — learn how beef is raised and grown, explore craveable recipes for every occasion, gain knowledge about beef's convenience and versatility and learn the power of beef's protein and how it relates to your nutritional wellness. You'll walk away with confidence about all aspects of beef, from shopping, to eating and everything in between. So, grab a plate and join us at the table. Learn more at [PABeef.org](http://PABeef.org)

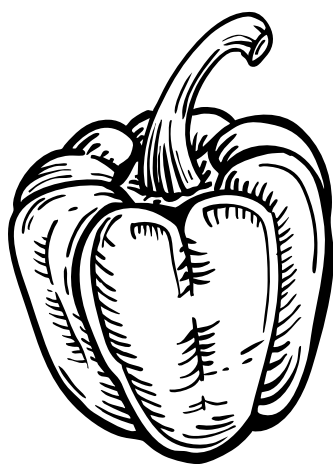


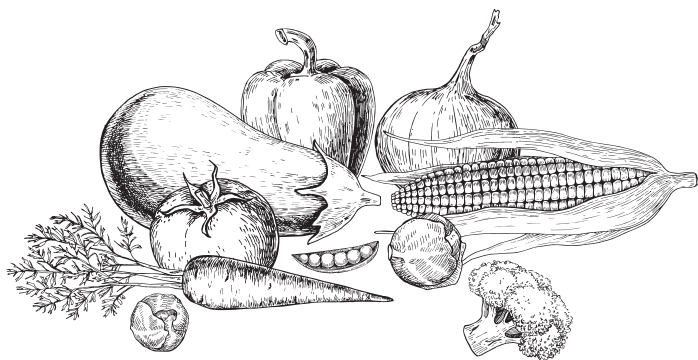
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SUNDAY, JANUARY 11, 2026

# VEGETABLE DAY



**PVGA**  
PA Vegetable Growers Association

## **GIANT** DIETITIAN TIP

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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!

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# KEYSTONE STONE SOUP



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

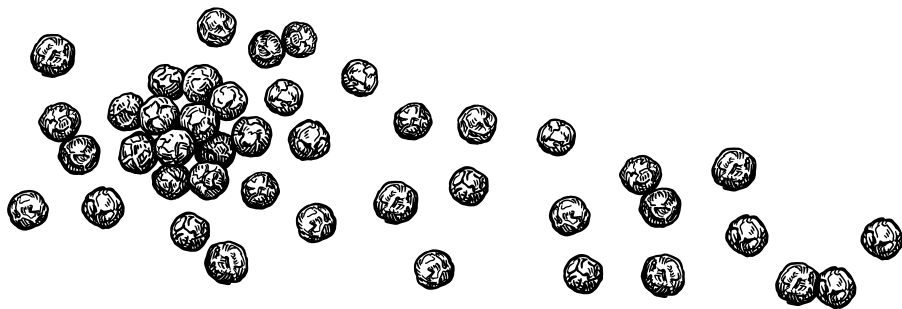
*Yield: 16–20 servings*

4 fl. oz. olive oil	1 oz. semi-sweet chocolate
5 oz. smoked tempeh (optional)	1 tsp. cocoa powder
4 oz. sweet onions, diced	2 fl. oz. espresso-strength coffee (reduced from 1 cup)
1 rib celery, diced	½ tsp. smoked paprika
4 oz. mixed peppers (red, yellow, green)	½ tsp. allspice
4 oz. green cabbage, chiffonade	½ tsp. cinnamon
4 oz. russet potatoes, diced	¼ tsp. clove
2 tsp. tomato paste	½ tsp. sea salt, to taste
4 oz. white navy beans, cooked	½ tsp. black pepper, to taste
4 oz. red beans, cooked	2 tsp. ground sassafras leaves
4 oz. delicata squash, diced	½ tsp. sumac
15 fl. oz. canned diced tomatoes	
1 gal. vegetable stock	

Preheat soup pot and add olive oil. Add tempeh (if using) and brown lightly. Add onion, celery, and peppers. Sweat vegetables, then add potatoes and squash. Stir in tomato paste and cook briefly. Once all these ingredients are al dente, add beans and diced tomatoes. Season and bring to a simmer. Add vegetable stock. Gently simmer for about 1 hour.

Slowly stir in chocolate and coffee, tasting as you go for balance and depth of flavor. Serve hot with polenta (2½ parts liquid to 1 part dry).

**WINE PAIRING** Winery at the Long Shot Farm 2022 Semi-Sweet Vidal Blanc



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# FRENCH ONION VENISON SOUP (SLOW COOKER VERSION)



presented by **Kurt Wewer**  
Chef and Owner  
Central PA Chef Consultants  
*in partnership with*



**Tyler Strohecker**  
Pennsylvania Game Commission  
Harrisburg, PA

*Yield: 6–8 servings*

- |  |   |
|--|---|
| 1 lb. venison steak or roast, cut into 1 inch cubes                  | 5 cups beef or vegetable broth              |
| Lawry's Seasoned Salt (to taste)                                     | 1 cup port wine or red wine of your choice  |
| 2 Tbsp. high-smoke point oil (avocado, sunflower, peanut, or canola) | 2 Tbsp. Worcestershire sauce                |
| 1 Tbsp. salted butter  | ¼ cup chopped parsley                       |
| 4 cups sliced yellow sweet onions (¼ inch thick)                     | ½ tsp. thyme                                |
| 4 cloves garlic, crushed and minced                                  | ½ tsp. pepper                               |
|  | Crusty bread and soft cheeses (for serving) |

Place oil into a large cast iron or high sided steel sauté pan over medium-high heat.

Season venison cubes liberally with Lawry's.

Once the oil is smoking, sear venison cubes until brown on all sides, turning them throughout cooking process to allow for even browning. Remove venison from heat and set aside.

Add salted butter and onions and cook until onions have softened slightly, 5–8 minutes. Add pepper and garlic and sauté for another minute or two until fragrant. Pour in port wine and half of the beef broth and bring to a simmer.

While waiting for this to come to a simmer, turn on your slow cooker.

*(continued)*



Once simmering, scrape the bottom of the pan with a flat-sided wooden spoon to release the brown bits (fond) from the bottom of the pot. Carefully pour into your slow cooker and add remaining ingredients. Cook on high for 4–6 hours or on low for 8–10 hours. Taste and season with salt as needed.

Serve over thick slices of toasted bread with a slathering of soft French cheese like Brie or Camembert.

Recipe from the *Pennsylvania Game Commission Game Cookbook Second Edition*, courtesy of the Pennsylvania Game Commission and Luke W. Zebrowski of Thompson, PA.

**WINE PAIRING** Happy Valley Vineyard & Winery 2021 Chambourcin

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## RIGATONI MUSHROOM BOLOGNESE WITH MUSHROOM CONFIT, ENOKI HAY, AND CASHEW PARMESAN



presented by **Bryan Voltaggio**  
Celebrity chef, restaurateur, and author  
Top Chef television series alum  
Semi-finalist for the James Beard Award

*Yield: 12–16 servings*

### MUSHROOM BOLOGNESE

4 lbs. (1800 g) cremini mushrooms	2.6 oz. (75 g) shoyu
14 oz. (400 g) onion	6 lbs. 10 oz. (3000 g) crushed tomatoes (Pomodoro)
1.75 oz. (50 g) garlic	1-quart red PA wine
7 oz. (200 g) celery	1 tsp. (6 g) salt
3.5 fl. oz. (100 ml) extra-virgin olive oil	

Make a sofrito by sautéing onions, garlic, and celery in extra-virgin olive oil. Add sliced mushrooms and crushed tomatoes, then deglaze with red wine. Simmer for 45 minutes, seasoning with salt and black pepper.

## MUSHROOM HAY

10 (5.3 oz. ea) packs enoki mushrooms

Separate the enoki mushrooms into thin strings and dehydrate in the oven at 225°F for 1 hour. Store in an airtight container once cooled. Fry at 350°F and season with salt before serving.

## MUSHROOM STOCK

5.25 qt (5 L) water

3.5 oz. (100 g) soy sauce

1 lb. 2 oz. (500 g) fresh shiitake mushrooms

0.5 oz. (15 g) wakame

3.5 oz. (100 g) dried shiitake mushrooms

Simmer all ingredients for 2½ hours. Strain the stock and reserve the liquid for future use. Reduce the strained liquid by half to create a mushroom jus.

## MUSHROOM CONFIT

3½ oz. (100 g) sliced shallots

1 ¾ oz. (50 g) kombu

1 ¾ oz. (50 g) whole garlic

6 oz. (175 g) tamari

3 bay leaves

3 lbs. portobello mushrooms

1 tsp. (5 g) whole black pepper

2 cups (450 g) white wine

2½ cups (600 g) La Posada sherry vinegar

2 cups (450 g) olive oil

Sweat shallots and garlic, then deglaze with white wine. Add bay leaves, black pepper, sherry vinegar, kombu, and tamari. Reduce by half. Add mushrooms and cook slowly in olive oil for about 1 hour until tender. Store mushrooms in the cooking liquid for flavor.

## PASTA EXTRUDED

3 lbs. 5 oz. (1500 g) semolina flour

1 lb. (450 g) cold water

Set up Arcobaleno Pasta Extruder Model AEX5 according to manufacturer's instructions. (If you do not have a pasta extruder at home, you can substitute any type of store-bought dry pasta and skip the rest of this section.) Combine semolina flour and cold water in the extruder's mixing chamber. Turn on the extruder and start the mixing process to create a smooth pasta dough. Adjust the settings on the extruder to your desired shape and size for the pasta. Extrude the pasta dough through the selected die to form your pasta shapes. Cut the extruded pasta to your preferred length. Allow the pasta to dry slightly before cooking or store it for later use. (*continued*)



## CASHEW PARMESAN

3 oz. (90 g) raw cashews

$\frac{3}{4}$  tsp. salt

2 tsp. (9 g) nutritional yeast

$\frac{1}{4}$  tsp. garlic powder

Process the cashews in a food processor until a powder, add remaining ingredients, and continue to pulse to form a Parmesan cheese texture. Enjoy your Rigatoni Mushroom Bolognese with Mushroom Confit, Enoki Hay, and Cashew Parmesan!

**WINE PAIRING** Starr Hill Vineyard & Winery 2023 Barbera

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## CREAMY MUSHROOM GNOCCHI



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

*Yield: 4–6 servings*

### MUSHROOM GNOCCHI

1 lb. russet potatoes

1 small egg

1 lb. Giorgio white mushrooms, sliced

Salt, to taste

2 cups all-purpose flour

Clean potatoes (do not peel) and place them in a large pot of cold water. Bring it to a boil and boil the potatoes until you can insert a knife into the center with ease, about 30 minutes. Once cooked, drain the potatoes, let cool, then peel them. The skin should rub off easily. Grate the peeled potatoes.

Rinse mushrooms and place in a medium pot with 2 cups of water and boil. Continue cooking for 10–15 minutes until tender. Drain the water and pat mushrooms dry. Puree mushrooms and set aside.

Put flour onto a clean work surface and place the potatoes and pureed mushrooms on top. Start to incorporate the flour into the potato and mushroom mixture, then add the beaten egg and a pinch of salt. Knead the mixture until the dough is smooth and soft to the touch without being sticky. If you need more flour, add a little at a time until the dough is no longer sticky.

Cut the dough into 4, then work with one quarter of dough at a time. Shape dough into 1 inch diameter rolls, then cut each roll into 1 inch length pieces.

## CREAM SAUCE

*Yield: Makes about 2 ½ cups*

2 Tbsp. unsalted butter	½ cup shredded Parmesan cheese
2 lbs. Giorgio white mushrooms, sliced	1 cup spinach
2 cloves garlic, minced	¼ tsp. crushed red pepper (optional)
1 cup chicken or vegetable broth	½ tsp. Italian seasoning
3 Tbsp. heavy cream	Salt and pepper, to taste
2 Tbsp. all-purpose flour	

In a large skillet, melt butter over medium heat. Add mushrooms and sauté until tender, about 5–6 minutes. Season with salt and pepper. Add minced garlic and cook until fragrant.

Add chicken or vegetable broth, heavy cream, flour, crushed red pepper and Italian seasoning. Whisk until smooth. Simmer on low for about 3–4 minutes or until slightly thickened.

## ASSEMBLY

Bring a large pot of salted water to a boil. Add gnocchi to the boiling water until they float on the surface, about 2–3 minutes. Remove gnocchi from the water with a slotted spoon and add to cream sauce. Stir in Parmesan cheese until thoroughly combined. Add spinach and stir to wilt.

Serve and enjoy!

**WINE PAIRING** Shade Mountain Winery & Vineyards 2023 Chardonnay

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## PA FISH AND CHIPS



presented by **Bryan Voltaggio**

Celebrity chef, restaurateur, and author

Top Chef television series alum

Semi-finalist for the James Beard Award

*Yield: 6–8 servings*

## BEER BATTERED PA TROUT

6 each 2–3 oz. PA trout fillets	150 g all-purpose flour
Buttermilk, as needed	6 g baking powder
3 Tbsp. Old Bay Seasoning	6 g salt
50 g Trisol wheat fiber powder or corn starch	200 g beer

Set fryer to 350°F. Mix batter. Dredge fish in rice flour. Coat in batter and fry until fish is fully cooked; check using a cake tester

Serve with Sweet Potato and Chickpea Fries with “Thousand Island Dressing”. *(continued)*

## SWEET POTATO AND CHICKPEA FRIES WITH “THOUSAND ISLAND DRESSING”

*This recipe is a twist within a twist. I've taken classic chickpea fritters that resemble French fries and added roasted sweet potatoes to the base. Instead of serving them with ketchup, I made “Thousand Island Dressing” with tahini and sesame oil, to serve with my “fries.” The dressing is deeper and nuttier than the classic version and pairs nicely with the sweet, earthy flavors of the sweet potatoes and chickpeas. The fries themselves are crisp and crunchy on the outside and warm and creamy on the inside. This is a great accompaniment to battered fried fish.*

### SWEET POTATO AND CHICKPEA FRIES

2 medium sweet potatoes	3 tablespoons (45 g) olive oil
1 ¾ cups plus 1 ½ tablespoons (500 g) whole milk	1 teaspoon (6 g) fine sea salt
1 medium leek, white part only, cleaned and finely chopped	Juice and zest of 1 lemon
4 tablespoons (¼ cup) (56 g) unsalted butter	2 ¼ cups (225 g) chickpea flour
	Peanut or canola oil, for frying

Preheat the oven to 350°F (180°C).

Put the sweet potatoes on a baking sheet. Use the tip of a knife to poke several shallow holes into each potato. Roast the potatoes for 45 minutes, or until they are tender and easily pierced with a cake tester. Remove the sweet potatoes from the oven and let cool for 10 to 15 minutes, until they are easily handled when held with a kitchen towel.

Use a paring knife to peel off the skins. Cut the sweet potatoes into small dice.

Weigh out 35 ounces (1 kilogram) of diced sweet potatoes and put them in a large pot. Set aside the rest for another use. Add the milk, leeks, butter, olive oil, salt, and lemon zest and juice, and zest. Set the pot over medium heat, bring the mixture to a simmer, and cook for 5 minutes, or until the leeks are tender and the sweet potatoes are falling apart. Add all of the chickpea flour and use a wooden spoon to stir it into the milk. The potatoes will continue to break down as you stir the batter. Reduce the heat to low and cook for 5 more minutes, or until the mixture begins to pull away from the sides of the pot. Remove from the heat.

Pour the hot batter into the bowl of a food processor. Process the mixture until smooth, occasionally stopping to scrape down the sides of the food processor. Work quickly so the sweet potato mixture does not begin to thicken and set. When the puree is smooth, pour it into a 9-by-13-inch baking dish. Press a piece of plastic wrap against the surface and chill the

mixture for 4 hours, or until firm and set.

When the chickpea base is firm, invert it onto a cutting board. Cut the dough in half horizontally and then cut each half into ½-inch batons. Fry immediately or refrigerate in a covered container for up to 3 days.

When ready to cook the fries, preheat a deep fryer or large pot with 4 inches of oil to 350°F (180°C).

Preheat the oven to 200°F (95°C). Set a wire rack over a baking sheet and set aside.

Cook the fries in batches of 6–8 (depending on the size of your fryer; you don't want to crowd them in the oil), for about 5 minutes. They should be crisp, golden brown, and hot. Transfer to the reserved wire rack and set in the oven to keep warm as you continue to fry. Once you've finished cooking all of the chickpea fries, serve immediately with the "Thousand Island Dressing" (recipe below) in a bowl alongside.

## "THOUSAND ISLAND DRESSING"

2 shallots, minced	½ cup (60 g) capers
1 tablespoon (14 g) olive oil	2 tablespoons (50 g) tahini
¼ teaspoon (1.5 g) fine sea salt	1 cup (200 g) mayonnaise
3 tablespoons (55 g) ketchup	1 teaspoon (5 g) sesame oil

Put the shallots, olive oil, and salt in a small microwave-safe bowl. Cover the bowl with plastic wrap and microwave on high for 30 seconds. Remove the bowl from the microwave and remove the plastic wrap. Add the ketchup, capers, tahini, mayonnaise, and sesame oil and stir well to combine. Cover and refrigerate until needed.

**WINE PAIRING** Winery at the Long Shot Farm Chardonel



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# TURNIP SALAD



presented by **Adam Diltz**  
Owner and Executive Chef  
Elwood Restaurant  
Philadelphia, PA

*Yield: 4-6 servings*

*I love turnips — my family has been growing them for many generations.*

## CARAMELIZED TURNIP PURÉE

3 purple top turnips, peeled and sliced      Water (to cover)  
¼ inch thick      Salt, to taste  
Butter (for searing)

Cut the purple top turnips in ¼ inch slices. Sear the turnips in a hot pan with the butter until browned nicely on both sides. Transfer to a pot, cover with water and simmer until tender. While hot, place in a blender and puree smooth, aiming to keep a thick consistency. Season with salt and let cool.

## SMALLER TURNIP SALAD

10 small sweet turnips (hakurei or      Salt, to taste  
similar)      Toasted pumpkin seed  
Pumpkin seed oil, to drizzle  
Sherry vinegar, to drizzle

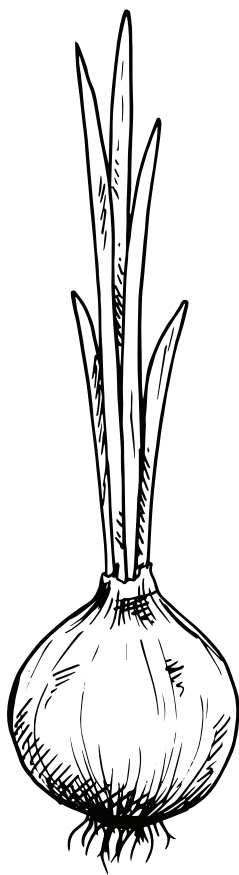
Scrub or peel turnips as needed. Slice thinly by hand or mandolin. Drizzle with pumpkin seed oil and sherry vinegar, season with salt, and toss gently.

## ASSEMBLY

Place a dollop of caramelized turnip purée in the bottom of the bowl. Layer the turnip slices on top and sprinkle with toasted pumpkin seeds.

**WINE PAIRING** Seven Mountains Wine Cellars 2024 Gruner Veltliner

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MONDAY, JANUARY 12, 2026

# GIANT DAY



# GIANT®

## **GIANT** DIETITIAN TIP

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# KALE & SAUSAGE TORTELLINI SOUP WITH APPLE HARVEST SALAD



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

*Yield: 4 servings*

## KALE & SAUSAGE TORTELLINI SOUP

1 (16 oz.) pkg. Nature's Promise Sweet Italian Chicken Sausages with Kale	½ tsp. crushed red pepper flakes
2 Tbsp. olive oil	1 (32 oz.) pkg. Nature's Promise Low Sodium Chicken Broth
1 red bell pepper, diced	1 (15 oz.) can GIANT No Salt Added Crushed Tomatoes
2 medium zucchinis, diced	½ (19 oz.) pkg. GIANT Frozen Cheese Tortellini
10 oz. fresh mirepoix (chopped carrots, onions, and celery)	½ (16 oz.) bag GIANT Frozen Chopped Kale
2 Tbsp. tomato paste	Grated Parmesan cheese, to serve
3 cloves garlic, minced	
1 tsp. Italian seasoning	

Remove the sausage from casings. Heat the oil in a large Dutch oven on medium-high.

Add sausage, breaking up pieces with a wooden spoon. Season with salt and pepper. Cook 4–5 minutes, until browned, stirring occasionally.

Meanwhile, remove seeds from the bell pepper. Finely chop bell pepper and zucchini. To Dutch oven, add the mirepoix, bell pepper, and zucchini. Cook 5–7 minutes, until vegetables are softened, stirring occasionally. Season with salt and pepper. Stir in the tomato paste, garlic, Italian seasoning, and crushed red pepper flakes. Cook 30 seconds–1 minute, stirring constantly. Stir in the chicken broth and crushed tomatoes.

Heat mixture to a boil on high. Add the tortellini and kale. Reduce to a simmer and cook 5–7 minutes, until tortellini are fully cooked. Season with salt and pepper. Top with grated Parmesan to serve.

View this recipe and shop the ingredients by visiting [giantfoodstores.com/](https://giantfoodstores.com/) savory.

## APPLE HARVEST SALAD

*Yield: 6 servings*

- |                                  |   |
|----------------------------------|---|
| ¾ cup walnuts                    | ½ (16 oz.) jar GIANT Sliced Pickled Beets |
| 2 Tbsp. orange juice             | 2 large apples, cored and thinly sliced   |
| 1 Tbsp. lemon juice              | 1 (6 oz.) pkg. GIANT Crumbled Feta Cheese |
| 1 tsp. Dijon mustard             |   |
| ⅓ cup olive oil                  |   |
| 1 (16 oz.) bag GIANT Kale Greens |   |

In a mason jar, mix together orange juice, lemon juice, mustard, and oil until smooth. Season with salt and pepper.

Remove any stems from kale and thinly slice. Add kale to serving bowl. Using clean hands, massage kale with the dressing until volume is reduced by almost half. Let sit for 10 minutes.

In a dry skillet, toast walnuts on medium until lightly browned and fragrant, about 5 minutes. Remove from heat and let cool. Coarsely chop walnuts and set aside.

To bowl, add pickled beets, apples, chopped walnuts, and half package crumbled feta. Toss to combine. Garnish with remaining feta.

View this recipe and shop the ingredients by visiting [giantfoodstores.com/savory](http://giantfoodstores.com/savory).

**WINE PAIRING** Vineyard at Hershey 2023 Serenity

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## FALAFEL BITES WITH BUTTERNUT SQUASH HUMMUS



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

*Yield: 18–24 falafel*

### FALAFEL

- |                         |                      |
|-------------------------|----------------------|
| 1 lb. dry chickpeas     | 1½ tsp. cumin        |
| 6–8 garlic cloves       | 1½ tsp. salt         |
| 1 medium russet potato  | 1½ tsp. pepper       |
| 1 bunch fresh cilantro  | ¼ cup sesame seeds   |
| 1 bunch fresh parsley   | ½ cup club soda      |
| ½ cup breadcrumbs       | 1 tsp. baking soda   |
| ¼ cup all-purpose flour | 1 tsp. baking powder |

*(continued)*

Soak chickpeas in one gallon of water with 1 tsp. baking soda overnight.

Rinse chickpeas and place in bowl of food processor. Pulse chickpeas until fine. Place chickpea mix into a large mixing bowl.

Place chunked potato, cilantro, parsley, garlic, and club soda into the bowl of a food processor and blend until smooth. Combine with the chickpeas.

Add breadcrumbs, flour and seasoning to the mix. Mix until well combined. Refrigerate for a few hours.

Scoop approximately 1.5-ounce portion of falafel mix and either roll into balls or pat out into patties. Shallow fry or deep fry in canola oil at 350°F until golden brown.

## BUTTERNUT SQUASH HUMMUS

*Yield: approximately 1 qt.*

½ cup dried chickpeas	¼ tsp. ground cumin
2 tsp. baking soda (divided)	¼ tsp. turmeric
3 cups roasted diced butternut squash	¼ tsp. smoked paprika
4–6 garlic cloves, peeled	Olive oil (for garnish)
⅓ cup fresh lemon juice	Minced parsley (for garnish)
1 tsp. kosher salt	Paprika (for garnish)
½ cup Soom tahini	

Place chickpeas into large container with 1 teaspoon of baking soda and one gallon of water. Let soak overnight.

Drain chickpeas and rinse. Place in large pot with approximately 1 gallon of water and 1 teaspoon baking soda. Bring to a boil over high heat and then reduce to medium. Simmer chickpeas, skimming foam off surface as needed. The secret to smooth hummus is to overcook chickpeas until they are starting to get mushy and start to fall apart. Remove chickpeas from stove, strain off chickpeas and then refill with water. This will separate the skin from the chickpeas. Slowly strain the skin off and repeat until most of the skin is removed. Set chickpeas aside. Toss diced butternut squash with olive oil, salt, and pepper. Place on parchment-lined baking tray and roast at 375°F until golden brown in color. Set aside for later use.

Meanwhile, process garlic and lemon juice into bowl of food processor. Blend until smooth. Add tahini, cumin and salt to mixture. Pulse until well blended. Add ¼ cup of ice water slowly to tahini mixture while processor is running. Process until mixture becomes very smooth and pale in color.

Add chickpeas and butternut squash to tahini mixture and blend until very smooth.

Place on serving platter and drizzle with olive oil, then sprinkle with

parsley and paprika.

Place falafel bites around hummus.

**WINE PAIRING** Armstrong Valley Winery 2023 Hilltop Vineyard Dry Riesling

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## CHARRED HARISSA CARROTS WITH PAINTERLAND SISTERS YOGURT



presented by **Barry Crumlich**

Executive Chef

The Pennsylvania Governor's Residence

Harrisburg, PA

*Yield: 4–6 servings*

### HARISSA CARROTS

1 lb. carrots, peeled and cut into  
oblique shapes

¼ cup olive oil

2–3 Tbsp. harissa blend

1 Tbsp. sea salt

1 cup Painterland Sisters Yogurt Skyr  
Style Plain

½ cup diced dates

¼ cup toasted pepitas

¼ cup raw honey

Peel and cut carrots into oblique shapes. Place carrots into a mixing bowl and toss with harissa spice blend, salt and olive oil. Place carrots onto a baking tray with parchment paper. Roast carrots in convection oven set to 425° F until deep golden brown charred color is achieved, approximately 15–20 minutes.

Once carrots are charred, place skyr yogurt on base of serving dish and spread down center. Place carrots on top of yogurt; sprinkle dates and pepitas over carrots. Drizzle with raw honey and serve.

**WINE PAIRING** Armstrong Valley Winery 2023 Hilltop Vineyard Dry Riesling

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# MUSHROOM-BEEF BURGER WITH BROCCOLI SLAW



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

*Yield: 4 servings*

½ cup cider vinegar

2 Tbsp. honey

1 (12 oz.) bag GIANT Broccoli Slaw

½ (8 oz.) pkg. sliced white mushrooms

3 Tbsp. olive oil

½ cup diced onion

2 tsp. garlic powder

¾ lb. 85% Lean GIANT Ground Beef

4 whole wheat hamburger buns

In a large bowl, whisk the vinegar and honey together. Add the broccoli slaw and toss to combine. Season with salt and pepper. Cover and refrigerate.

In a food processor, pulse the mushrooms until finely chopped, scraping sides of bowl if needed.

In a large nonstick skillet, heat 1 tablespoon of oil on medium-high. Add the onion and cook 4 minutes, until golden. Add the mushrooms and garlic powder and cook 8 minutes, until liquid has been released and mostly evaporated, stirring often. Transfer mushrooms to a large bowl and cool 5 minutes, until no longer hot. Add ground beef. Combine and form into four 4-inch patties. Season both sides with salt.

Wipe out the skillet and add remaining 2 tablespoons of oil. Return heat to medium-high. Add burgers and cook 3-4 minutes per side.

Place 1 burger on each bun and top with broccoli slaw.

View this recipe and shop the ingredients by visiting [giantfoodstores.com/savory](http://giantfoodstores.com/savory).

**WINE PAIRING** Shade Mountain Winery & Vineyards 2019 Syrah

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# SALSA TURKEY MEATLOAF MUFFINS WITH ROASTED POTATOES



presented by **Joni Rampolla, MBA, RDN, LDN**  
Dietitian  
The GIANT Company

## SALSA TURKEY MEATLOAF MUFFINS

*Yield: 4 servings*

1 cup GIANT Old Fashioned Rolled Oats	1½ cups salsa, divided
1 large egg	1 lb. Nature's Promise Ground Turkey
1 bunch green onions, chopped	

Preheat oven to 450° F. Pulse oats in a food processor for 10–15 seconds to break oats into chunky flour. Lightly beat the egg and chop the green onions.

In a large bowl, mix 1 cup of the salsa with the egg, oats, and green onions. Add the turkey and mix until just combined.

Grease the cups of a standard muffin tin, and use an ice cream scoop to fill each cup about  $\frac{3}{4}$  full with the turkey mixture. Top each meatloaf muffin with the remaining salsa.

Bake for 20 minutes or until a toothpick inserted into the center comes out clean.

View this recipe and shop the ingredients by visiting [giantfoodstores.com/savory](http://giantfoodstores.com/savory).

## ROASTED BABY POTATOES WITH DILL

*Yield: 8 servings*

6 Tbsp. olive oil, divided	$\frac{1}{8}$ tsp. sugar
2 (24 oz.) bags Nature's Promise Baby Gold Potatoes	$\frac{1}{2}$ tsp. garlic powder
2 Tbsp. Dijon mustard	$\frac{1}{2}$ cup packed chopped fresh dill
2 Tbsp. vinegar (white or red wine)	

Preheat oven to 400° F. Drizzle 3 tablespoons of oil onto a large rimmed baking sheet, using a brush to grease entire baking sheet. Place in oven for 15 minutes.

Meanwhile, halve the baby potatoes and toss with 1 tablespoon of oil. Season with salt and pepper. Very carefully remove baking sheet from oven. Place each potato cut-side down. Roast 30 minutes, until cut sides  
(continued)

are golden brown. Flip potatoes over and continue roasting 10–15 minutes, until tender.

Meanwhile, in a large bowl, whisk together remaining 2 tablespoons of oil, mustard, vinegar, sugar, and garlic powder. Season with salt and pepper to taste. Finely chop the dill and add to vinaigrette.

When potatoes are roasted, carefully add to bowl with vinaigrette and toss to combine. If not serving right away, toss well before serving.

View this recipe and shop the ingredients by visiting [giantfoodstores.com/savory](https://giantfoodstores.com/savory)

**WINE PAIRING** Hungry Run Wine Cellars 2022 Pinot Noir

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## GROUND BEEF STROGANOFF AND SAUTÉED BRUSSELS SPROUTS WITH HERBS



presented by **Charlotte Scheid, MEd, RD, LDN**  
Dietitian  
The GIANT Company

*Yield: 4 servings*

### GROUND BEEF STROGANOFF

1 Tbsp. canola oil	½ cup low-fat milk
1 medium onion, finely chopped	2 Tbsp. dry sherry (optional)
1 (16 oz.) pkg. sliced white mushrooms	9 oz. wide egg noodles
1½ lbs. 85% lean GIANT Ground Beef	¾ cup reduced-fat sour cream
3 cloves garlic, minced	2 Tbsp. chopped fresh parsley (optional)
3 Tbsp. flour	
1 cup Nature's Promise Reduced Sodium Beef Broth	

In a 12-inch skillet, heat the oil on medium-high. Add the onion and mushrooms. Cook 5–6 min, until softened. Season with salt and pepper. Add the ground beef and cook 6–8 minutes, until fully cooked, breaking up the meat with a spatula as needed. Season with salt and pepper.

To skillet, add the garlic and cook 30 seconds, until fragrant. Stir in the flour and cook 30 seconds–1 minute. While stirring, slowly add the beef broth, milk, and sherry, if using, and cook 2–3 minutes, until thickened. Remove from heat.

Meanwhile, bring a medium pot of water to a boil on high. Cook noodles according to package directions. When noodles are cooked, drain and

return to pot. Toss noodles with beef mixture and the sour cream. Season with salt and pepper. Garnish with the parsley, if desired.

View this recipe and shop the ingredients by visiting [giantfoodstores.com/savory](http://giantfoodstores.com/savory).

## SAUTÉED BRUSSELS SPROUTS WITH HERBS

*Yield: 6 servings*

3 Tbsp. olive oil	¼ cup packed fresh parsley, finely chopped
2 lbs. GIANT Brussels Sprouts, trimmed and quartered	2 Tbsp. garlic, chopped
1 large orange (zest and juice)	1 Tbsp. red wine vinegar
4 green onions, finely chopped	

In a deep 12-inch skillet, heat the oil on medium. Add the Brussels sprouts. Season with salt and pepper. Cook 12–14 minutes, until sprouts are tender in centers, stirring occasionally.

Meanwhile, into a small bowl, grate 1½ tsp. zest from the orange. Stir in the green onions and parsley. Squeeze ¼ cup juice from orange in small cup and set aside.

When Brussels sprouts are done, stir in the garlic. Cook 1–2 minutes, stirring constantly, until garlic is golden. Add the vinegar and reserved orange juice. Cook 30 seconds, stirring often. Remove skillet from heat. Toss Brussels sprouts with parsley mixture.

Season with salt and pepper to taste.

View this recipe and shop the ingredients by visiting [giantfoodstores.com/savory](http://giantfoodstores.com/savory).

**WINE PAIRING** Elders Cut Meadery Whiskey Barrel Aged Mead





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# SWEET POTATO SWISS ROLL



presented by **Erin Reed, CEPC, CCE, FMP**  
IUP Academy of Culinary Arts  
Indiana, PA

*Yield: 12–16 servings*

*This dessert began as a play on the classic pumpkin roll, made with sweet potato purée and filled with a nutty, brown butter cream cheese frosting. Cope's corn, a staple on my family's table at every holiday meal growing up, has such a deep, sweet, malty corn flavor that lends itself amazingly to desserts.*

## SWEET POTATO SPONGE

225 g sweet potato puree (about $\frac{3}{4}$ cup)	225 g all-purpose flour ( $1\frac{3}{4}$ cups)
340 g brown sugar (about $1\frac{1}{2}$ cups)	1 tsp. cinnamon
170 g vegetable oil ( $\frac{3}{4}$ cup)	$\frac{1}{2}$ tsp. baking soda
115 g lager beer ( $\frac{1}{2}$ cup)	$\frac{1}{2}$ tsp. kosher salt
2 eggs	

Whisk together wet ingredients, ensuring no lumps of brown sugar remain. Sift dry ingredients, then combine with wet and whisk until just incorporated. Pour batter into a parchment-lined half sheet tray and bake at 350°F for 15–20 minutes, until cake springs back. Cool completely.

## BROWN BUTTER CREAM CHEESE FROSTING

130 g butter (9 Tbsp.)	$\frac{1}{4}$ tsp. salt
250 g cream cheese, room temperature (8.8 oz.)	$\frac{1}{2}$ tsp. vanilla paste
115 g powdered sugar, sifted (1 cup)	

Melt the butter in saucepan over medium heat, continue to cook until the butter smells nutty and the milk solids at the bottom of the pan turn golden brown. Pour into heat-proof bowl and cool to room temperature. Using a paddle attachment, mix cream cheese in mixer until completely smooth, scraping several times, add cooled, browned butter and mix to combine. Add powdered sugar, salt and vanilla. Mix just until combined.

## ASSEMBLY

Invert cooled cake onto a sheet of plastic wrap, remove parchment paper and flip back over to right side. Spread frosting evenly over cake leaving a  $\frac{1}{2}$  inch space at the top and bottom. Roll cake horizontally, keeping spiral

tight, using plastic wrap to help roll. Wrap entire log tightly in plastic wrap and chill for at least 2 hours before slicing.

## COPE'S CORN ICE CREAM

10 g milk powder (1 Tbsp.)

85 g sugar ( $\frac{1}{3}$  cup + 1 Tbsp.)

190 g cream ( $\frac{3}{4}$  cup + 2 Tbsp.)

100 g milk ( $\frac{2}{3}$  cup)

25 g glucose (1 Tbsp.)

100 g Cope's corn (canned, about  $\frac{2}{3}$  cup)

Combine milk powder and sugar. Bring cream, milk, and glucose to a boil, whisking. Whisk in milk powder mixture and simmer for 2 minutes. Puree Cope's corn in blender until smooth and add to cream mixture.

Chill overnight, then churn per machine directions.

## SPICE ROASTED HONEYCRISP APPLES

1 Honeycrisp apple, peeled and diced

30 g brown sugar (2 Tbsp.)

$\frac{1}{2}$  tsp. cinnamon

$\frac{1}{2}$  tsp. curry powder

Pinch of cloves

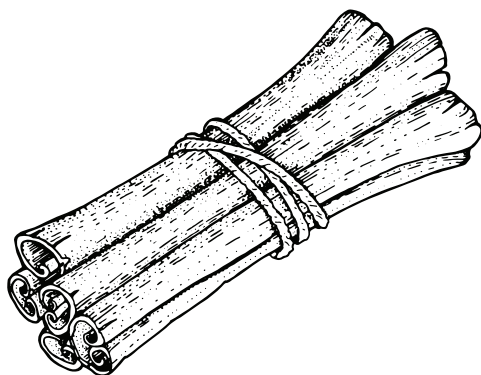
Toss apples with sugar and spices, roast at 400°F for 10–15 minutes until tender.

## ASSEMBLY

Cut Sweet Potato Swiss Roll into  $\frac{1}{2}$  inch slices. Serve with a scoop of Cope's Corn Ice Cream and a spoonful of Spice Roasted Honeycrisp Apples.

**WINE PAIRING** Mazzotta Winery Pear Wine

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TUESDAY, JANUARY 13, 2026

# POTATO DAY



## **GIANT** DIETITIAN TIP

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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.

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# POTATO GNOCCHI WITH SAUSAGE RAGU



presented by **Thomas Barnes, CEC, CCE, CHE, FMP**  
Chef Instructor  
IUP Academy of Culinary Arts  
Indiana, PA

*Yield: 4–6 servings*

## GNOCCHI

1 cup instant potatoes  
1 cup boiling water  
1 large egg, beaten

1 cup all-purpose flour (bread flour or  
“00” flour could also be used)  
1 tsp. salt

## SAUSAGE RAGU

1 lb. Italian sausage (mild or hot,  
casing removed)  
2 Tbsp. olive oil  
1 medium yellow onion, finely chopped  
2 carrots, finely chopped  
2 celery stalks, finely chopped  
3 garlic cloves, minced  
1 tsp. crushed red pepper flakes  
(optional, for added heat)

2 Tbsp. tomato paste  
1 cup dry white wine  
1 (28 oz.) can crushed tomatoes  
½ cup milk  
1 bay leaf  
1 tsp. fresh thyme and rosemary

## TO SERVE

6 oz. burrata cheese  
Fresh basil, as needed

Parmesan, as needed

Make instant mashed potatoes by boiling 1 cup of water and mixing it into the 1 cup instant potato starch. Allow to cool slightly.

Place the potato puree on the work surface and add the egg, flour, and salt. Begin to work into a soft dough. When starting to work the dough, a bench scraper makes for less of a mess on your hands. When the dough begins to form, work with your hands just until a smooth dough forms. Divide the dough into four portions and roll the portions into long, thin ropes. Then cut into  $\frac{3}{4}$  to 1 inch pieces.

Use a gnocchi paddle or fork to create textured surfaces, or dimple with the tip of your finger. The gnocchi can then be cooked in boiling salted water or frozen.

Cook the sausage. Heat the olive oil in a large pan over medium heat. Add the sausage, break it up with a spoon, and cook until browned. (*continued*)

Build the flavor base. Add the onion, carrot, and celery. Cook until softened (about 6–8 minutes).

Stir in garlic and the optional red pepper flakes, cooking for another minute.

Deglaze. Stir in tomato paste and cook until darkened, slightly rusty brown. Pour in the white wine, scraping the fond from the pan. Let it simmer until it is mostly reduced.

Simmer the ragu. Add the crushed tomatoes, milk, bay leaf, and other herbs. Reduce the heat to low and let it simmer gently, uncovered, for 45–60 minutes, stirring occasionally. Add a splash of chicken stock if it thickens too much.

Finish to taste. Taste and adjust the seasoning with salt and pepper. Remove bay leaf.

## ASSEMBLY

Toss the cooked gnocchi with the ragu. Garnish with the burrata cheese, fresh basil and shaved Parmesan cheese, and serve.

**WINE PAIRING** Penn Shore Riesling Reflections

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## POMMES ALIGOT



presented by **Jared Lordon**

Chef

Parkhurst Dining

Pittsburgh, PA

and



**Kala Vargo**

Chef

Clink '92

Pittsburgh, PA

*Yield: 4–6 servings*

4 medium to large Yukon Gold potatoes (or other gold potato variety)

½ cup dry white wine

6 tablespoons good-quality butter (preferably from a local dairy farm)

¾ cup high-fat cream

4 oz. Emmental cheese (or raclette or a hard Swiss variety — Clover Creek Royer Mt. Swiss recommended)

4 cloves garlic

2 bay leaves

White pepper, to taste

Kosher salt, to taste

Peel potatoes and cut into 2-inch pieces.

Place potatoes, bay leaves, and garlic in a medium saucepan and add water to cover. Add 2 tablespoons salt and bring to a boil.

While potatoes cook, grate cheese and set aside at room temperature.

Cook potatoes until fork tender. Drain, then let them air dry in a colander for a few minutes. Return the still-hot pot to the stove.

Pour white wine into the hot pot and reduce by about three-quarters. Add cream and butter, and heat over medium until warm and combined.

While potatoes are still hot, run them through a ricer or food mill directly into the pot.

Mix potatoes and the cream mixture vigorously with a wooden spoon or paddle over medium heat. This agitation activates the starch and gives Pommes Aligot its signature texture.

Once potatoes and cream mixture are fully incorporated, add grated cheese in thirds, stirring continuously over medium heat until smooth and glossy.

Season to taste with salt and white pepper.

Serve hot in a large bowl or individual crocks.

## OPTIONAL ADDITIONS OR TOPPINGS

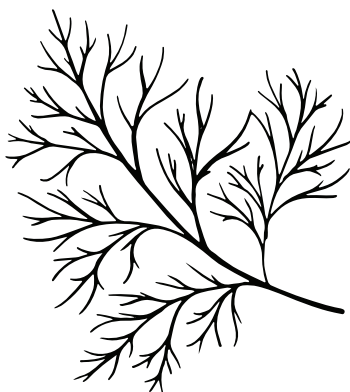
Fresh thyme

Chives

Chopped scallions

Shaved truffles

**WINE PAIRING** Elders Cut Meadery Apple Cider Mead (Cyser)



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# POTATO FILLING AND DUCK CONFIT



presented by **Ben Beaver**

Executive Chef

Per Diem at Hotel Rock

Lititz, PA

*Duck legs provided by Joey Jurgielewicz, Joe Jurgielewicz & Son, Ltd.,  
Shartlesville, PA*

*Yield: 4–6 servings*

## POTATO FILLING

2 lbs. Idaho potatoes peeled, chopped into large chunks, soaked in water	½ pound butter, cubed and divided ¾–1 cup milk
1 yellow onion, small diced	4–6 slices of toasted white bread
2–3 ribs of celery, small diced	Celery salt and black pepper to taste

Peel and cut your potatoes. Let soak in water until you are ready to boil, make sure to salt your potato water enough when boiling.

Using ¼ pound of your cubed butter, sweat your onions, celery, and a small pinch of celery salt on low to medium-low heat until the vegetables look translucent. Turn off heat and let cool.

You can also toast your bread at this point. Let it cool enough to handle, then rip up into bite-sized pieces.

When potatoes are done, strain well and let them sit for a few minutes.

## ASSEMBLY

Use a stand mixer or hand mixer with a paddle attachment to whip your potatoes and milk to make mashed potatoes.

Fold in your celery and onion mix and your pulled-apart toast. Taste for seasoning, add celery salt and black pepper if needed.

To finish, butter or oil a casserole dish, fill with potato mixture and spread the last ¼ pound of cubed butter on top. Bake the potato filling at 350° F for about 15–20 minutes or until golden brown on top.

Serve duck legs alongside potato filling.

## DUCK CONFIT

4–5 duck legs	2 Tbsp. brown sugar
½ cup kosher salt	1 teaspoon dried thyme
1 Tbsp. black pepper	4 garlic cloves, crushed
1 tsp. juniper berries	Couple sprigs fresh herbs, rosemary or thyme
2–3 bay leaves, crushed	Duck fat, enough to submerge duck
Zest from 1 lemon	

A day or two before you plan to eat, you will need to cure your duck legs for about 8–10 hours.

Place all seasonings in a bowl and mix well, making sure there are no clumps.

Pat duck legs dry and season heavily with cure on all sides. Put duck in refrigerator (at least 8–10 hours) until ready to cook.

Once duck legs have cured, you will need to rinse them thoroughly in cold water, getting as much seasoning off as possible.

Lay duck legs in a heavy roasting pan or Dutch oven. Lay crushed garlic and fresh herbs on top, cover in duck fat, and cover the pan with foil.

Preheat oven to 325° F.

Braise legs for about 2 hours or until meat starts to fall off bone. Let cool or serve right away.

To serve, sear duck legs in a heavy pot with the braising fat until golden brown and hits internal temperature of 165° F.

**WINE PAIRING** Burnt Timbers Winery 2023 Vidal Blanc

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## VENISON SLOPPY JOES ON POTATO ROUNDS



presented by **Allie Doran**  
Author of *Venison Every Day*  
Miss Allie's Kitchen  
Pottsville, PA

*Yield: 6–8 Servings*

*Venison Sloppy Joes are the perfect way to use ground deer meat—a cozy comfort food favorite with a modern twist. One fun and tasty alternative is to serve Sloppy Joes on potato rounds. The result is a hearty and satisfying meal that's sure to please the whole family. (continued)*



4 large potatoes	1 Tbsp. tomato paste
Olive oil	3 Tbsp. apple cider vinegar
1 lb. ground venison	2 Tbsp. coconut sugar
½ large onion, finely diced	1 Tbsp. coconut aminos
1 bell pepper, finely diced	2 tsp. Dijon mustard
3 garlic cloves, minced	1 tsp. salt
1 cup (8 oz.) tomato sauce	½ tsp. pepper
½ cup venison or beef stock	¼ tsp. red pepper flakes (optional)

Preheat oven to 400° F. Cut potatoes into ½ inch thick rounds and brush with 2 tablespoons of olive oil. Bake for 20 minutes or until tender.

While potatoes are baking, add 1 tablespoon of olive oil to a large skillet over medium heat. Sauté onions and bell pepper in oil until they are translucent. Add the garlic and sauté for an additional minute.

Next, add the ground venison. Use a spoon to break it up as it browns. Once the venison is cooked through, add the tomato sauce, stock, tomato paste, cider vinegar, coconut sugar, coconut aminos, mustard, salt and pepper. Stir everything together and let it simmer for about 10 minutes.

Spread the venison mixture evenly on the roasted potato rounds. Top with shredded cheese if you'd like. Serve immediately. Enjoy!

**WINE PAIRING** Happy Valley Vineyard & Winery 2020 Noiret

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## PURPLE GNOCCHI



presented by **Anastasio Santos**  
Assistant Branch Manager  
The Restaurant Store  
Camp Hill, PA

*Yield: 6–8 servings*

12 lbs. purple potatoes	4 cups ricotta cheese
6 cups Parmesan cheese	12 cups flour

### FOR PLATING

2 cups mixed mushrooms	¼ cup sherry wine
1 tsp. shallots, minced	½ cup brown butter (see below)
1 tsp. garlic, minced	Fresh herbs, to taste (parsley, thyme, rosemary, etc.)
½ cup sundried tomatoes, julienned	
1 cup roasted butternut squash, diced	

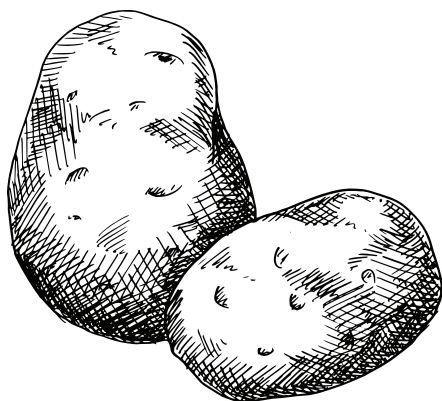
Clean the potatoes and roast whole at 350°F for approximately 1 hour or until fork tender. Allow to cool slightly.

While potatoes are roasting, brown butter in shallow sauté pan. Set aside for later use.

In a large mixing bowl combine flour, ricotta, and Parmesan. Using a ricer, rice the potatoes into the large mixing bowl. Mix riced potatoes with the flour mixture until they become a cohesive dough. Roll dough into long ropes and cut into ½ inch pieces. Boil gnocchi in salted water until floating (approximately 5 minutes). Place them on a sheet tray and allow them to cool. Toss with oil.

In a sauté pan, heat oil. Add in mushrooms, shallots and garlic. Toss gently away from heat. Add the sundried tomatoes and butternut squash. Deglaze with sherry wine; add brown butter and herbs. Toss with gnocchi. Season with salt and pepper to taste and serve.


**WINE PAIRING** Vineyard at Hershey 2024 Twisted Kiss



# SERVE A POTATO RAINBOW ON YOUR PLATE

## FRESH PRODUCE SECTION


From russets, red, yellows, whites, purples, fingerlings, and petites, there are a variety of potato options to fuel the body and the brain throughout the day. They can be whipped together with a few healthy ingredients in 30 minutes or less for a delicious meal.

	<b>FEATURES:</b> Thick skin with light and fluffy center
	<b>BEST USES:</b> Baked or Roasted Pan fried or Sautéed Mashed Fried


	<b>FEATURES:</b> Thin skin and stays firm throughout cooking
	<b>BEST USES:</b> Roasted Salads Soups and Stews Grilled Steamed

	<b>FEATURES:</b> Buttery flavor with a creamy texture
	<b>BEST USES:</b> Baked or Roasted Mashed Salads Soups and Stews Grilled

	<b>FEATURES:</b> Thin skin that doesn't need peeling with a nutty flavor and stays firm throughout cooking
	<b>BEST USES:</b> Pan Fried or Sautéed Salads Soups and Stews Fried Steamed

	<b>FEATURES:</b> Medium skin with an earthy flavor and vibrant color
	<b>BEST USES:</b> Roasted Salads Steamed Microwaved

	<b>FEATURES:</b> Nutty and buttery flavor with a firm texture
	<b>BEST USES:</b> Roasted Pan Fried or Sautéed Steamed Microwaved

	<b>FEATURES:</b> Similar in taste to their larger-sized cousins with more concentrated flavors
	<b>BEST USES:</b> Roasted Pan Fried or Sautéed Steamed Microwaved



f @ pacooppotatoes.com

# 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 14, 2026

# MUSHROOM DAY



## **GIANT** DIETITIAN TIP

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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.

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# MUSHROOM TACOS



presented by **Ethan Stauffer and Vito Mannino**  
Chef Instructors  
Dauphin County Technical School  
Harrisburg, PA

*Yield: 4–6 servings*

## PICKLED RED ONIONS

1 large red onion, very thinly sliced	1 Tbsp. sugar
½ cup sherry vinegar	1 tsp. salt
¼ cup water	

Thinly slice the red onion and place the slices in a glass jar.

In a small saucepan, combine the vinegar, water, sugar, and salt. Bring to a simmer over medium heat, stirring until the sugar and salt dissolve.

Pour the hot brine over the onions, ensuring they are fully submerged. Let cool to room temperature, then refrigerate for at least 30 minutes, though they are best after a few hours.

## ABROIO-STYLE SAUCE

3 dried chiles (aji rojo, guajillo, ancho)	1 tsp. dried Mexican oregano
1 oz. dried mushrooms (porcini)	½ tsp. ground cumin
2 cloves garlic, peeled	Salt to taste
½ cup fresh orange juice (or the brine from your pickled onions)	

Toast the dried chiles in a dry skillet over medium-low heat until fragrant, about 30 seconds per side. Do not let them burn.

Remove the stems and seeds from the chiles. Place them in a bowl and cover with hot water to rehydrate for 15 minutes.

Combine the soaked chiles, garlic, orange juice, oregano, cumin, and dried mushroom of choice in a blender. Blend until a smooth sauce forms. Season the sauce with salt to taste and set it aside.

## TACOS

1 lb. mixed wild mushrooms (hen-of-the-woods, oyster, or shiitake work well), cleaned and cut into bite-sized pieces	2 garlic cloves, minced
2 Tbsp. vegetable oil	Salt and pepper
½ tsp. ground cumin	10–12 corn or flour tortillas (size 6")
½ tsp. dried Mexican oregano	1 cup queso fresco, crumbled
	Fresh cilantro, chopped, for garnish
	Lime wedges, for serving

*(continued)*

Heat the oil in a large skillet over medium-high heat. Add the wild mushrooms and cook, stirring occasionally, until they release their liquid and begin to brown and crisp around the edges, about 10–15 minutes. Add the minced garlic, cumin, and oregano. Cook for another 1–2 minutes, until fragrant. Season the mushrooms with salt and pepper to taste.

## ASSEMBLY

Warm the tortillas on a dry skillet or over an open flame for 30 seconds per side.

Fill each tortilla with the sautéed wild mushrooms. Drizzle generously with the abrojo-style sauce. Top with crumbled queso fresco and a few pickled red onion slices. Garnish with fresh cilantro and serve immediately with lime wedges.

**WINE PAIRING** KingView Mead Golden

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# MIXED MUSHROOM SALTADO WITH KIMCHI TWIST



presented by **Alexa Urteaga**

Winner

2025 PA Mushroom Festival Chopped Cooking Contest

*Yield: 4 servings*

*This dish tells the story of cultural pride and culinary creativity, combining the traditions of Peru with the wholesome qualities of mushrooms to celebrate America's evolving food culture. Being able to share my culture in new ways not only reflects our country's regional diversity, but also fuels my passion to continue creating and sharing different recipes that honor the same rich cultural flavors.*

## WHITE PERUVIAN RICE

1 Tbsp. olive oil

2 cups long-grain white rice

1 tsp. ground cumin, or to taste

1 tsp sea salt, or to taste

4 cloves fresh garlic, minced or mashed

2½ cups water

Heat 1 tablespoon of olive oil in a medium, heavy-bottomed pot over low to medium heat.

Mince 4 cloves of fresh garlic finely and add them to the hot oil along with 1 teaspoon of ground cumin and 1 teaspoon of sea salt, or to taste. Cook this mixture for 1–2 minutes, stirring constantly to release the garlic's aroma but being careful not to let it burn.

Rinse 2 cups of long-grain white rice (such as Jasmine or Basmati) twice under cold water, then add it to the pot. Cook the rice in the garlicky oil, stirring for another 1–2 minutes, until it starts to look slightly golden.

Pour in 2 ½ cups of water and bring to a boil. Once boiling, reduce the heat to the lowest setting, cover the pot tightly, and simmer for 15–16 minutes without lifting the lid.

After cooking, remove the pot from the heat and keep it covered for 5–10 minutes to allow the rice to absorb any remaining liquid. Fluff the rice with a fork and set aside for plating.

## FRENCH FRIES

12 oz. yellow potatoes

Salt to taste

Olive oil for deep frying

Cut the potatoes into thin wedges, roughly uniform in size. Soak the wedges in cold water to remove excess starch, then boil them in water for up to 8 minutes for a flash cook that reduces frying time. Remove the potatoes from the water and allow them to dry.

Heat olive oil in a Dutch oven or deep frying pan to about 325°F.

Carefully place the potato wedges into the hot oil and fry until they are golden brown and crispy. Remove the fries from the oil, drain any excess, and season immediately with salt.

## MUSHROOM SALTADO

2 Tbsp. tomato paste

1 bell pepper

5 Tbsp. soy sauce

1 lb. mixed mushrooms

2 Tbsp. red wine vinegar

2 tomatoes

1 Tbsp. aji amarillo paste

8 oz. kimchi

6 garlic cloves

1 Tbsp. chives, finely chopped

2 red onions

Salt and pepper, to taste

Prepare your sauce by combining the tomato paste, soy sauce, red wine vinegar, and aji amarillo paste in a bowl.

Prep your veggies: Mince 6 garlic cloves. Cut 2 red onions into wedges. Slice 1 bell pepper into wedges. Trim and cut 1 pound of mixed mushrooms into bite-sized pieces, keeping them chunky to resemble meat. Cut 2 tomatoes into rough chunks; avoid including the seed pulp. Finely chop 1 tablespoon of fresh chives.

In a large skillet or wok, heat cooking oil over high heat. Add the sliced onions and garlic and sauté slightly until they become fragrant but still retain a firm texture, about 1–2 minutes. Add the bell pepper and continue to cook for 2–3 minutes, keeping the vegetables crisp. Stir in the mixed mushrooms and cook until browned without losing their moisture, about 2–3 minutes. *(continued)*



Add the tomatoes and kimchi and pour in the prepared sauce.

Season the mixture with salt and freshly ground black pepper to taste. Ensure to toss the ingredients with the classic push-and-flip wrist motion to evenly coat and cook. Stir-fry until evenly warmed through, about 1–2 minutes, allowing the mushrooms to soak up the flavors.

Finish by topping with the chopped chives.

## ASSEMBLY

Peruvian White Rice

French Fries

Mushroom Saltado

Parsley, finely chopped

Place a portion of peruvian white rice on one side of the plate. Sprinkle finely chopped parsley lightly over the rice for garnish. Next to the rice, arrange a serving of potato wedges, keeping them separate from the rice.

On the other side of the plate, spoon a generous portion of the mushroom saltado, making sure it does not overlap with the rice or fries. Serve immediately so the textures and flavors remain distinct and fresh.

**WINE PAIRING** Hungry Run Wine Cellars 2023 Riesling

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## POTATO GNOCCHI WITH MUSHROOMS AND BROWN BUTTER



presented by **Olga Sorzano**

Owner and Chef

Baba's Bucha

Phoenixville, PA

*Yield: 4–6 servings*

2 lbs. russet potatoes

½ tsp. baking powder

2 cups flour

½ cup Equinox cheese, freshly grated,  
plus more for garnishing

2 large eggs, lightly beaten

1 tsp. salt

1 pinch nutmeg

Fresh herbs, for garnishing (optional)

2 Tbsp. olive oil

4 cups mixed mushrooms, roughly torn  
or sliced

1 clove garlic, smashed

6 Tbsp. butter

2 Tbsp. fresh thyme, chopped

8 sage leaves, chopped

Bake the potatoes in a 400°F oven for about an hour. Peel the warm potatoes and press them through a ricer into a large bowl, or mash them. Measure out 2 ½ cups of potatoes.

To make the gnocchi: In a small bowl, mix the baking powder with the flour, then sprinkle it over the potatoes. Add the cheese, yolks, salt, and

nutmeg, mixing just until everything comes together into a cohesive ball. Place the dough on a floured work surface, cover with the inverted bowl, and let it rest for 30 minutes.

Take about  $\frac{1}{3}$  of the dough and roll it into a rope about  $\frac{1}{2}$  inch thick. Cut the rope into  $\frac{3}{4}$  inch long pieces. Using a gnocchi board or the back of a fork, roll the individual gnocchi to create ridges on one side and a little space in the middle.

Place the gnocchi on a parchment-lined baking sheet dusted with flour, cover lightly, and chill until ready to cook. Gnocchi may be stored in the refrigerator for up to a day, and in the freezer for several months.

When ready to cook gnocchi, bring a large pot of heavily salted water to a boil. Reduce the heat to maintain a slow boil and add the gnocchi. Once gnocchi float to the surface, cook for 4–6 minutes. Drain cooked gnocchi.

To make the mushroom and brown butter sauce, heat the olive oil in a large skillet over high heat. Add the mushrooms and season with salt and pepper. Cook undisturbed for 5 minutes or until golden. Reduce the heat to medium. Add the butter, garlic, thyme, and sage. Cook, stirring occasionally until the butter is browning and the sage is crisp, about 4–5 minutes.

Drop the gnocchi into the mushroom and butter sauce, gently tossing to combine. Remove from the heat.

Divide the gnocchi among bowls. Top with grated cheese. Enjoy!

**WINE PAIRING** University Wine Company Red Zone



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# FARRO AND MUSHROOM "RISOTTO" WITH ROASTED YAMS, LEMON AND THYME



presented by **David Katz**  
R&D Chef  
FOODMatch  
Philadelphia, PA

*Yield: 4–6 servings*

1 cup farro (uncooked)	1 ½ cups breadcrumbs
2 cups oyster mushrooms	½ lb. butter (unsalted)
2 cups shiitake mushrooms	4 cups chicken stock
2 cups cremini mushrooms	1 lemon
½ yellow onion, small dice	1 cup extra-virgin olive oil
2 medium yams	¼ cup Parmesan cheese
½ bunch thyme, picked leaves only (or lemon thyme)	1 Tbsp. kosher salt
8–10 sprigs parsley (flat leaf)	Salt and black pepper to taste

For the farro: In a large sauce pot, bring 3 quarts of water to a boil. Once boiling add 1 tablespoon of kosher salt and the farro. Cook the farro for about 25–30 minutes, checking after 15 minutes for doneness. You want the farro to be tender, but still have a little chewy texture to it. When cooked, drain from the water and spread farro onto a clean sheet pan to cool at room temperature.

For the mushrooms: Remove the stems from the shiitakes. Trim the bottom ⅓ of the cremini stem, leaving a little stem still attached. For the oyster mushrooms, cut away the bottom half of the stems from each bunch, leaving some stem intact.

Cut the creminis in quarters, slice the shiitakes about an ⅛ inch, and just half the larger oyster mushrooms while leaving the smaller ones as-is. Get a large sauté pan hot over high heat just until the pan starts to smoke. Add the cup of extra-virgin olive oil and sauté a handful or two of the mixed mushrooms, being sure to move the mushrooms around frequently. Be sure to not crowd the pan in this stage, you will likely need to do this in 2 to 3 batches depending on the size of your pan. You want to make sure that at no point during the sautéing the pan cools down and the mushrooms look like they are steaming. Once the mushrooms are starting to look wet and wilted a little, add salt and pepper to taste. After about 3–4 minutes of sautéing, spread the mushrooms onto a clean tray or large plate to cool.

For the yams: Peel the yams and cut them in a medium dice. Doesn't have to be too precise, this is a rustic dish. Once diced, add to a large mixing

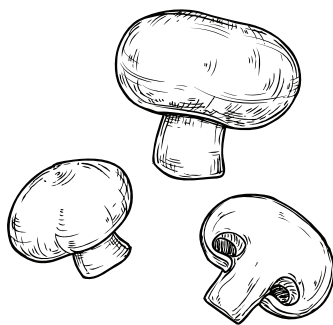
bowl and toss with the remaining extra-virgin olive oil to coat them well. Add salt and pepper. Spread the yams onto a sheet pan lined with parchment paper and roast in the oven on 400°F for about 30–40 minutes or until the yams are tender all the way through when checked with the tip of a paring knife or a toothpick. Make sure they are not mushy; they should be tender, but still hold their shape. Set aside once cooked.

For the breadcrumbs: Pick the parsley leaves from the stems and give them a rough chop. No need to mince the parsley, just a few cuts with the knife, there should still be a look of parsley leaves, not pulverized. For the lemon, use a zester or a coarse grater and zest the lemon. In a sauté pan, melt  $\frac{1}{4}$  pound of the butter on medium-low heat (do not brown) and add the breadcrumbs, chopped parsley, lemon zest, salt and pepper and stir well with a rubber spatula or large spoon. Keep stirring well until the breadcrumb mixture is getting darker brown and toasty. Remove from heat and spread mixture onto a plate to cool.

For the dish: In a medium sauce pot, add a tablespoon of extra-virgin olive oil and sauté the onion on medium heat until translucent—a little bit of brownness is okay. Add the farro and stir well to coat the onions. Add the mushrooms, 2 cups chicken stock, picked thyme and yams. Heat this mixture until it gets hot and comes together well. From here you'll need to maybe add more stock if it is getting too dry, you want this to be creamy and loose, but not like soup. After you get the consistency where you want it and seasoned, add the remaining  $\frac{1}{4}$  pound butter and cheese last off the heat—just stir until it melts.

Transfer the hot farro into a shallow dinner bowl and top with an even coating of the breadcrumb mixture.

**WINE PAIRING** Deerfoot Winery 2022 Chardonnay



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# MUSHROOM CHEESESTEAK AND MUSHROOM CATSUP



presented by **Tina Ellor**  
Technical Director  
Phillips Mushroom Farms  
Kennett Square, PA  
*and*



**Maureen Fowler**  
Chef and President  
Sutton-Fowler Hospitality  
Philadelphia, PA

*Yield: 4–6 servings*

1 lb. thinly sliced beef ribeye	2 Tbsp. cider vinegar
1 qt. shredded Cooper sharp cheddar, divided	6 soft hoagie rolls
2 large yellow onions, thinly sliced	4 Tbsp. unsalted butter
5 cloves garlic, minced	Salt and pepper to taste
1 lb. enoki mushrooms	

Begin with a hot sauté pan. Add butter, onions and garlic. Sauté until onions are caramelized. Remember to season with salt and pepper. Remove from pan and set aside. Add ribeye and begin to brown. Season with salt and pepper. Deglaze pan with vinegar and continue to cook the beef fully. Once beef is browned, add onion mixture to pan. Add enoki mushrooms to mixture and allow to cook. Once mushrooms are incorporated, add half of the cheddar and melt throughout. Prepare your rolls by slicing them down the middle and distributing the remaining cheese on the roll. Top with beef mixture and your mushroom catsup (see below).

## MUSHROOM CATSUP

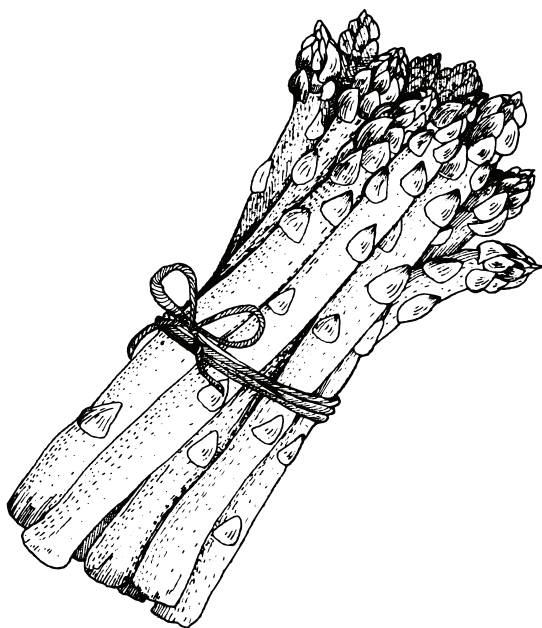
2 lbs. button mushrooms	¼ tsp. ground cloves
¼ cup salt	1 tsp. fresh ginger, grated
2 bay leaves	2 Tbsp. ground pepper
1 onion, chopped	½ cup apple cider vinegar
½ tsp. ground allspice	

Clean mushrooms. Chop the mushrooms roughly and mix with salt. Using a potato masher, mash the mushrooms and salt together. Cover with towel and leave overnight.

The next day add remaining ingredients to a large pot. Place mixture over medium heat and bring to a boil. Reduce heat and allow mixture to simmer for about 20 minutes. Remove from heat and allow mixture to cool. Strain the mixture through a fine mesh strainer or cheese cloth. Discard solids. Bottle and store in the refrigerator to use on your favorite dishes.

**WINE PAIRING** J & P Winery Baco Noir

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THURSDAY, JANUARY 15, 2026

# MILITARY APPRECIATION DAY

FEATURING HOMEGROWN BY HEROES



**GIANT**  
DIETITIAN TIP

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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.

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# QUESO SMOTHERED CHICKEN & GRITS



presented by **SrA Shannon Oliveira,**  
**MSgt Aeisha Alexander-Floyd**  
and **TSgt Hisela Mendez**

U.S. Air Force Executive Dining Facility  
The Pentagon  
Washington, DC

*Yield: 4–6 servings*

3 boneless chicken breasts, cut in half  
(for a total of 6 pieces)

2 cups milk

2 tsp. chicken base

2 tsp. fresh basil, chopped

2 tsp. fresh jalapeños, finely chopped

1 Tbsp. olive oil

Butterfly the chicken breasts by slicing them in half lengthwise so you end up with thin cutlets.

Place a sheet of plastic wrap on a cutting board, lay one cutlet on top, and cover it with another sheet of plastic wrap. Pound the chicken to an even thickness using a meat tenderizer or rolling pin. Repeat this process for all the pieces and set them aside.

In a large bowl, mix the milk, chicken base, fresh basil, jalapeños, and olive oil until well combined. Add the chicken to the mixture, ensuring all pieces are coated evenly. Cover and refrigerate for 4–6 hours.

Preheat the grill to medium-high heat. Remove the chicken from the marinade and place it directly on the grill. Cook for 2–3 minutes per side, or until nicely seared.

Transfer the grilled chicken to a baking pan. Add a small splash of water to the pan to keep it moist. Bake at 375°F (190°C) for 7–8 minutes, or until the internal temperature reaches 165°F (74°C). Remove from the oven and rest for a few minutes before serving.

## QUESO BLANCO

1 lb. Cooper sharp white cheese, cut  
into cubes

½ cup whole milk

2 tsp. finely chopped fresh jalapeños  
(seedless optional)

Warm the milk in a medium pot over low heat. Gradually add the cheese cubes, stirring continuously until fully melted and smooth. Remove from heat and gently stir in the chopped jalapeños.

## GRITS

1 cup old-fashioned grits

4 cups water

Bring 4 cups of water to a rolling boil. Gradually stir in grits and reduce heat. Stir vigorously until creamy. Stir in half of the prepared queso.

## ASSEMBLY

Spoon grits into bowls. Slice chicken breast and add to the top of the grits. Drizzle remaining queso on top of the chicken. Garnish with vegetable of your choice and serve.

**WINE PAIRING** KingView Viking Grog

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## UOVO IN RAVIOLI WITH KALE & RICOTTA FILLING IN A SALSA DI NOCI (LIGURIAN WALNUT SAUCE)



presented by **SCSC Adrian Hernandez**

Commandant's Flag Mess Manager

United States Coast Guard Headquarters

Washington, DC

*Duck eggs provided by Joey Jurgielewicz, Joe Jurgielewicz & Son, Ltd.,  
Shartlesville, PA*

*Yield: 6–8 servings*

## PASTA

350 g (12.3 oz.) “00” flour

225 g (8 oz.) eggs

50 g (1.8 oz.) semolina

Combine eggs and flour in a food processor until fully combined. Let dough rest for 30 minutes.

Roll dough through a pasta sheeter, stopping at setting 7 (KitchenAid).

## SALSA DI NOCI (LIGURIAN WALNUT SAUCE)

1 cup raw walnuts

2 Tbsp. extra-virgin olive oil

½ cup pine nuts

1 Tbsp. fresh oregano

1 slice stale white bread

¼ cup ricotta cheese

½ cup milk

4 Tbsp. butter

2 garlic cloves

1½ oz. Parmigiano-Reggiano cheese

*(continued)*

Toast walnuts and pine nuts for 8–10 minutes until fragrant.

Soak bread in milk for about 5 minutes.

Combine nuts, soaked bread, garlic, extra-virgin olive oil, oregano, ricotta, butter, and Parmigiano-Reggiano in a food processor. Blend until smooth, adding more milk as needed for a loose, sauce-like consistency. Taste, season, and adjust herbs if desired.

## KALE & RICOTTA FILLING

1.1 lbs. (500 g) leafy greens, such as kale	1½ oz. Parmigiano-Reggiano cheese
2 Tbsp. extra-virgin olive oil	1½ oz. mascarpone cheese
1 small shallot, minced	5 oz. fresh mozzarella cheese
2 garlic cloves, minced	
Kosher salt and freshly ground black pepper, to taste	

Roughly chop the greens.

In a Dutch oven, heat olive oil, shallot, garlic, and a pinch of salt and pepper over medium heat. Add half the greens, stirring to combine. Add a splash of water and cook for 2 minutes. Continue cooking until wilted, about 5 more minutes. Drain excess liquid thoroughly.

Combine cooked greens and cheeses in a food processor; pulse until chopped but not puréed. Season to taste and transfer mixture to a piping bag for filling ravioli.

## UOVO IN RAVIOLI

6 duck eggs

Roll pasta dough into thin sheets (setting 7).

Pipe a small ring of kale-ricotta filling onto one sheet of pasta to form a nest. Carefully separate an egg yolk and place it in the center of each nest. Gently lay a second pasta sheet over the top, pressing around the filling to seal. Cut into individual ravioli squares. Boil in salted water for 2–3 minutes, or until the pasta is tender and the yolk is just set.

Serve immediately with Salsa di Noci and garnish with extra Parmigiano-Reggiano.

**WINE PAIRING** Woody Lodge Winery 2024 Chardonnay

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# MEAT LASAGNA WITH GARLIC TOAST AND ARUGULA SALAD



presented by **CS2(SCW/EXW) Kamaja Z. Elmore**  
Food Service Galley Watch Captain  
United States Navy  
Thurmont, MD

*Yield: 16–20 servings*

## MEAT LASAGNA

2 large onions	2 tsp. dried oregano
5 garlic cloves	2 tsp. dried basil
2 Tbsp. olive oil	2, 28 oz. cans whole tomatoes
2 lbs. ground beef	1, 15 oz. can crushed tomatoes
1 lb. ground veal	2, 8 oz. cans tomato sauce
1 lb. ground pork	4 cups water
Salt and pepper, to taste	2 cups chicken broth
2 tsp. red chili powder	

Slice 2 large onions and roughly crush 5 cloves of garlic and place into a large heated pot with olive oil. Make sure to hear the sound of the ingredients sizzle when you place them in. Mix until onions and garlic are translucent and aromatic. Add 2 pounds ground beef and 1 pound each of ground veal and pork. Mix until fully browned and caramelized. Add a bit of salt and pepper to taste as well as 2 teaspoons of red chili powder and 2 teaspoons of dried basil and oregano. Add 2 cans of whole tomatoes, making sure to crush them in the pot, 1 can of crushed tomatoes, and 2 cans of tomato sauce. Once tomatoes are mixed add 4 cups of water and 2 cups of chicken broth and bring pot to a boil. Once it is boiling, lower to simmer and cover anywhere from 30 minutes to 2 hours. The longer you let it simmer, the deeper and richer the flavors will be.

## BÉCHAMEL SAUCE

32 oz. butter	Salt, to taste
32 oz. flour	2 tsp. ground nutmeg
5 qts. milk	

For the béchamel sauce, bring another large pot to a medium heat and add 32 ounces of butter with 32 ounces flour mix until roux is formed. Slowly add 5 quarts of milk while whisking in together until the sauce is smooth and thickens slightly. Add salt to taste and 2 teaspoons of ground nutmeg.

*(continued)*

## ASSEMBLY

Olive oil, as needed	4 cups Parmigiano-Reggiano cheese, grated
4 boxes non-boil “oven ready” lasagna pasta	4 lbs. mozzarella cheese, sliced
1 bunch fresh parsley, chopped	8 oz. Edam cheese, grated

In a medium sized lasagna dish, add a little bit of meat sauce and olive oil to the bottom 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. To finish the lasagna, grate Edam cheese until top is fully covered and add one more layer of mozzarella. Coat the bottom of some aluminum foil generously with oil and place over the lasagna pan to prevent cheese from sticking to the top as it cooks.

## BAKING

In a preheated oven at 375°F, place lasagna tray in for 1 hour. Once lasagna is ready, remove foil and broil cheese on top for 2–3 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	8 oz. butter
3–4 garlic cloves	1 cup Parmigiano-Reggiano cheese, grated
2–3 Tbsp. fresh parsley, chopped	

Slice baguette in half and set aside. Smash 3–4 cloves of garlic and chop into small pieces. Chop 2–3 tablespoons of fresh parsley. In a medium-sized pan melt 8 ounces butter and let come to a very low simmer. Add garlic and parsley and mix until cooked through, about 2 minutes. Make sure to not burn garlic; watch and stir carefully. Spoon butter mixture over baguette. Grate Parmigiano-Reggiano over the top of the bread. Reduce oven temperature to 350°F and place bread in the oven. After 5 minutes, switch the oven to broil and let cook for 5 more minutes or until top is browned. Slice into 2–4 pieces and serve.

## ARUGULA SALAD

8 oz. fresh arugula

5-8 pieces California sun-dried  
tomatoes

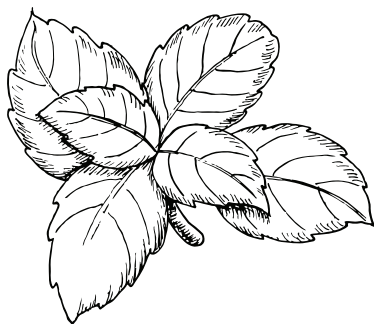
4-8 small strips fresh mozzarella

Olive oil, as needed

Balsamic vinegar, as needed

Wash fresh arugula and place into large bowl. Take about 5-8 pieces of sun-dried tomatoes and place into bowl along with a bit of the oil from the jar. Tear mozzarella cheese into 4-8 small strips and place in bowl. Drizzle in a swirling motion a bit of olive oil as well as a bit of balsamic vinegar.

**WINE PAIRING** Cellar '54 Cabernet Franc



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# MINI APPLE CINNAMON WHOOPIE PIES



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

*Yield: 12–14 servings*

*Whoopie Pies are classic Pennsylvania treats, here reinvented with cinnamon and apple.*

## MAIN BATTER

¼ cup apple cider	¼ cup unsalted butter, room temperature
¼ cup ground apple chips (about one 2.5 oz. bag)	⅓ cup granulated sugar
1½ cups flour	2 Tbsp. brown sugar
½ tsp. baking powder	1 Tbsp. vegetable oil
¼ tsp. baking soda	⅓ cup unsweetened applesauce
1 tsp. ground cinnamon	¼ cup milk
¼ tsp. ground ginger	1 tsp. vanilla extract
¼ tsp. ground nutmeg	2 large eggs, yolks removed, at room temperature
¼ tsp. salt	

## FILLING

¼ cup unsalted butter, room temperature	½ cup marshmallow fluff
⅓ cup powdered sugar	¼ tsp. cinnamon

## COATING

1½ Tbsp. butter, melted	¼ tsp. cinnamon
2 Tbsp. sugar	

Preheat oven to 350°F. Line baking sheets with silicone baking mats or parchment paper.

Use a food processor to grind the apple chips; the result should resemble graham cracker crumbs. Combine the ¼ cup ground apple chips with the ¼ cup apple cider and set aside.

Whisk together the flour, baking powder, baking soda, cinnamon, ginger, nutmeg and salt and set aside. In a stand mixer with paddle attachment, beat the butter, granulated sugar, and brown sugar together until creamed.

Add the oil, applesauce, vanilla, and apple cider/apple chip mixture; beat until combined. Add half the flour mixture and mix, add half the milk and mix, repeat, and mix just till combined. Set aside.

Place a new bowl in the stand mixer and use the whisk attachment to beat the egg whites until stiff peaks appear. Fold the egg whites into the prepared batter just until incorporated; do not over mix.

Use a 1 tablespoon cookie scoop to place batter on lined cookie sheet, about 2 inches apart. Bake for 12–14 minutes, tops of the cookie should spring back when lightly touched. Remove from oven and transfer to wire rack to cool.

While cookies cool, make the filling. Beat  $\frac{1}{4}$  cup butter until smooth, then add the powdered sugar and cinnamon and beat until combined. Beat in the marshmallow fluff until combined.

Once cookies are cooled, brush the rounded part of the cookie with the melted butter and combine the sugar and cinnamon and sprinkle over the buttered cookies.

Spread or pipe the filling onto the flat side of one cookie and sandwich with another. Repeat, serve and enjoy!

**WINE PAIRING** J&P Winery Vignoles

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## PENNSYLVANIA DUTCH CHICKEN POT PIE



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

*Yield: 6–8 servings*

*This pot pie is a simplified, faster take on the classic Pennsylvania Dutch comfort food. It is a hearty, one-pot old-fashioned dinner to bring a bit of Pennsylvania history to your table.*

*(continued)*



## FILLING

1 GIANT brand rotisserie chicken,  
pulled  
3 bay leaves  
2 Tbsp. butter  
4 celery stalks, chopped  
4 medium carrots, chopped

1 medium onion, finely chopped  
64 oz. GIANT brand reduced-sodium  
chicken broth  
1–2 Tbsp. fresh parsley  
Salt and pepper, to taste

## NOODLES

2 cups flour, plus extra for rolling  
2 eggs

1½ tsp. salt  
½ cup water\

In a large pot or enameled Dutch oven, add butter and heat over low heat. Add the onions, celery, and carrots. Sauté for a few minutes until the onion becomes fragrant. Season with a pinch of salt and pepper. Add 48 ounces of chicken broth and the bay leaves. Cook until the vegetables become softened, about 15–20 minutes.

While the vegetables are cooking, make the noodles. Combine the eggs, salt, water, and flour together in a medium-sized bowl. Mix with a wooden spoon or your hands until it forms a slightly sticky, shaggy dough. If it is too sticky to work with, add more flour 1 tablespoon at a time until you get the consistency you like.

On a floured surface, flatten dough into a circle. Roll the dough out to about ⅛ inch thickness using a pastry roller. Keep using flour as necessary to keep the dough from sticking. Once rolled out, use a pizza cutter to cut the dough into 2 inch squares. If there's extra dough on the edges, roll into a ball and repeat. Place squares on floured baking sheet until ready to cook. You can pile the noodles on top of each other; just make sure there's plenty of flour to keep them from sticking.

After vegetables become softened, remove the bay leaves. Maintain a very gentle boil. Add the noodles one at a time to prevent them from sticking together. Cook the noodles on medium heat, stirring occasionally. After 4–6 minutes, test noodles for doneness. They should be tender and slightly fluffy. The cooking time can vary depending on the thickness of your noodles, so cook until they are done to your liking. Check the consistency of the broth. It should be slightly thickened after the noodles. If the pot pie becomes too thick (very little liquid visible) add more broth, ½ cup at a time, stirring and allowing it to heat through before adding more. Continue until you reach your desired consistency.

Add chicken and fresh parsley. Stir and season with salt and pepper to taste. Cook until hot. Serve.

**WINE PAIRING** J & P Winery Vignoles

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# CHILI MAC



presented by **Bobby Miller**

Chef Instructor

Cumberland Perry Area Career & Technical Center

Mechanicsburg, PA

*Yield: 6 servings*

1 whole yellow onion

2 garlic cloves

2 Tbsp. olive oil

2 Tbsp. all-purpose flour

1 Tbsp. chili powder

½ tsp. smoked paprika

½ tsp. garlic powder

½ tsp. dried oregano

8 oz. tomato sauce

3 cups beef broth

½ lb. uncooked macaroni

1 cup cheddar cheese, shredded

1 lb. ground beef

Dice the yellow onion and mince garlic. Add the onion and garlic into a large deep skillet with the olive oil and sauté over medium heat until the onions are soft and translucent, about 5 minutes.

Add the ground beef to the skillet and continue to stir and cook the beef until it is cooked through. If using a higher-fat variety of ground beef, you might want to drain excess fat at this point.

Add the flour, chili powder, smoked paprika, garlic powder, and oregano to the skillet with the beef and onions. Continue cooking and stirring for about 2 minutes, allowing the flour and spices to coat the bottom of the skillet, but not burn.

Add the tomato sauce and beef broth to the skillet and stir well to combine, making sure to scrape and dissolve any browned bits off the bottom of the skillet.

Add the uncooked macaroni and stir to combine. Place a lid on the skillet and turn the heat up to medium-high. Allow the broth to come to full boil. Once boiling, give the pasta a quick stir to loosen any pasta that is stuck at the bottom, turn the heat down to medium-low, and place the lid back on top.

Allow the macaroni to simmer, stirring every few minutes and always replacing the lid, until the macaroni is tender and the broth has reduced to a rich red gravy, about 10 minutes.

Stir half of the shredded cheese into the sauce until melted and sprinkle the remainder on top. Place the lid on the pot, turn off the heat, and allow the residual heat to melt the cheese on top. Serve hot and enjoy!

**WINE PAIRING** La Vigneta Winery Bianco Delizioso

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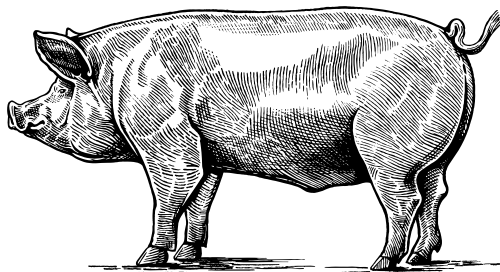


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FRIDAY, JANUARY 16, 2026

# PORK DAY

# PA PORK

## **GIANT** DIETITIAN TIP

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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.

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# PEACH-JALAPEÑO PORK TENDERLOIN SALAD WITH CILANTRO- LIME VINAIGRETTE



presented by **Amber Denmon** and **Sarah Davis**  
Penn State Extension Educators  
Food Safety & Quality Food, Families, &  
Communities  
PennState Extension  
Dushore, PA

*Yield: 4–6 servings*

- |                                      |  |
|--------------------------------------|--|
| 1 (16 oz.) pork tenderloin           | 2 heads romaine lettuce, thinly sliced                           |
| 1 (15 oz.) can peaches in 100% juice | 1 (15.25 oz.) can sweet corn, drained<br>and rinsed              |
| ½ jalapeño, seeded                   | 1 large avocado, sliced  |
| 4 limes, juiced (divided)            | 1 cup cherry tomatoes, halved                                    |
| Salt and black pepper to taste       | 4 oz. cotija or Mexican-style cheese<br>(optional)               |
| ½ cup olive oil                      | ½ cup tortilla strips or 12 crushed<br>tortilla chips (optional) |
| 1 Tbsp. Dijon mustard                |  |
| 1 Tbsp. honey                        |  |
| 1 bunch cilantro, finely chopped     |  |

To make peach-jalapeño jam, add peaches, jalapeño, 2 tablespoons of lime juice and a pinch of salt and black pepper to a blender. Blend until smooth. Pour mixture into a small pot; bring to a simmer, uncovered over medium heat. Simmer for 5–8 minutes until mixture begins to thicken. Remove the pan from heat. Let the jam cool for a few minutes.

Place 3 tablespoons of peach-jalapeño jam into a large jar to use for the vinaigrette. Set aside.

Pour ½ cup of the peach-jalapeño jam into a large plastic freezer bag. Place pork tenderloin into the bag. Seal bag and gently shake until tenderloin is fully coated with jam. Place bag in the refrigerator and marinate tenderloin for at least 2 hours or, for best results, marinate overnight.

Preheat grill to 400°F. Grill marinated pork tenderloin, rotating every 3–5 minutes. Continue to rotate until pork reaches an internal temperature of 145°F. Remove tenderloin from grill; let rest for 3 minutes. Thinly slice.

To make cilantro-lime vinaigrette, use the reserved peach-jalapeño jam jar from above. Add olive oil, ¼ cup lime juice, mustard, honey, cilantro and a pinch of salt and black pepper to the jar. Cover and shake vigorously to mix the vinaigrette.

Place lettuce, corn, avocado and cherry tomatoes in a large salad bowl. Top with cheese and tortilla strips, if desired. Place peach-jalapeño pork

tenderloin slices on top of the salad; drizzle generously with cilantro-lime vinaigrette. Toss, serve and enjoy!

**WINE PAIRING** University Wine Company Lions Roar White

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## PORK MEDALLIONS SMOTHERED IN MUSHROOM BBQ REDUCTION WITH CANDIED SWEET POTATO PUREE AND FRIED BRUSSELS SPROUTS WITH TOASTED HAZELNUTS



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

*Yield: 6 Servings*

### SMOTHERED PORK MEDALLIONS

1, 4–5 lb. pork loin	½ cup garlic powder
1 cup kosher salt	½ cup onion powder
½ cup black pepper	4 Tbsp. olive oil
¼ cup sweet paprika	1 Tbsp. butter

On a cutting board with a sharp knife, trim any excess fat from the pork tenderloin along with the silver skin and cut into 1 inch slices.

In a small bowl, stir together the seasonings. Generously season each round medallion on both sides with the spice mixture.

Add the olive oil and butter to a large skillet (cast-iron, if available) over medium-high heat. Add the pork medallions to the hot pan, ensuring that you do not crowd them (you may need to work in two batches). Sear the pork slices for 3–4 minutes per side until browned. Flip and cook for an additional 2 minutes and then set the pork medallions on a plate.

*(continued)*

## CANDIED SWEET POTATO PUREE

1 large sweet potato	1 tsp. ground cloves
Water, to cover	½ cup brown sugar
½ cup heavy cream	Salt, to taste
1 Tbsp. cinnamon	4 Tbsp. butter
½ Tbsp. nutmeg	

Peel and cut sweet potato. Add to medium-sized sauce pot. Add heavy cream and enough water to cover potato.

Add cinnamon, nutmeg, clove, brown sugar, salt and butter. Bring to a boil, then lower to a simmer immediately. Cook until fork tender, then remove from heat.

Add mixture to blender or use an immersion blender until pureed smooth.

## FRIED BRUSSELS SPROUTS WITH TOASTED HAZELNUTS

1 lb. Brussels sprouts	1 cup. hazelnuts
2 Tbsp. vegetable oil, plus more for deep-frying (follow your fryer's instructions)	Salt and pepper, to taste

Wash and air dry Brussels sprouts. Cut sprouts in halves or in quarters, depending on the size.

Preheat fryer to 375° F. Preheat frying pan to medium/medium-high heat.

Add 2 tablespoons of cooking oil to the pan. When pan is hot (not smoking), add hazelnuts and move around until toasted. Remove nuts from pan and drain excess fat, then set aside to cool.

Rough chop hazelnuts with a knife or machine.

Drop Brussels sprouts in fryer and shake until color is achieved. Remove from fryer and drain oil.

Toss with nuts. Add salt and pepper to taste.

## MUSHROOM BBQ REDUCTION

1 Tbsp. olive oil or butter	¼ cup water or beef/vegetable broth (optional, for braising/thinning initially)
1 medium yellow or white onion, finely minced	Salt and black pepper to taste
2-3 cloves garlic, minced	
1 lb. (16 oz.) cremini mushrooms, sliced	
1 cup quality store-bought or homemade BBQ sauce	

In a medium saucepan or skillet, heat the olive oil over medium heat. Add

the onion and cook until softened and translucent, about 5 minutes. Add the garlic and cook for another minute until fragrant.

Add the mushrooms to the pan. Cook until they release their liquid and begin to brown and reduce in size, stirring occasionally, about 5–10 minutes.

Stir in the BBQ sauce and the water/broth (if using). Bring the mixture to a gentle boil, then reduce the heat to low.

Allow the sauce to simmer, uncovered, for 15–20 minutes, or until the sauce thickens and a rich consistency is reached. Stir occasionally to prevent sticking.

Taste the sauce and adjust seasoning with salt and pepper if needed.

For a smoother reduction, use a blender or an immersion blender.

## ASSEMBLY

On a plate, place servings of sweet potato puree and Brussels sprouts alongside pork medallions. Cover pork with BBQ reduction.

**WINE PAIRING** La Vigneta Winery Rosso Delizioso

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# PENNSYLVANIA STUFFED PORK LOIN WITH APPLE PUREE AND POTATO HASH



presented by **George Adams**  
Production Chef  
Helping Harvest Community Kitchen  
*and*



**Melanie Galarza**  
Director of Culinary Operations  
Helping Harvest Community Kitchen  
Reading, PA

*Yield: 4–5 servings*

## STUFFED PORK LOIN

3–5 lbs. PA-raised pork loin

2 Tbsp. fresh thyme

1 Tbsp. finely chopped rosemary

Kosher sea salt

Butcher-ground black pepper

2 medium butternut squashes

4 cups stock of choice

2 bunches curly parsley, finely chopped

Olive oil

48 oz. crusty bread or baguette

15 cloves roasted garlic (see below)

*(continued)*



Peel and separate 15 cloves of garlic. Place in oven-safe dish, covering with your oil of choice. Roast in 350° F oven for about 40 minutes or until garlic is fragrant and brown.

Using a sharp boning knife, make a lengthwise incision into a pork loin, and roll loin as you cut until it lays flat. Meat should be about ½ inch thick after cut. Cover loin with plastic wrap and pound with a meat mallet to even out the thickness. Remove wrap and season with salt, pepper, 1 tablespoon of thyme and ½ tablespoon of rosemary.

For the filling, cut squash in half lengthwise and remove seeds and stringy pulp. Season cut sides of squash with salt and pepper. Place cut side down on a parchment lined baking sheet, lightly oil squash skin, and roast in a 400° F preheated oven until soft. Remove the outer skin, keeping the flesh of the squash, and lightly mash.

Cut bread into ½ inch cubes. Toss bread cubes with small amounts of squash pulp, garlic and chopped parsley until the stuffing is a vibrant orange. Add stock as needed to soften the bread cubes without making it soggy.

Evenly distribute the filling onto the flattened pork loin, leaving two inches on one end. Tightly roll the pork back into form and tie with butcher's twine. Season the outside of tied loin with the remaining thyme and rosemary, salt, and pepper. Roast in 400° F oven for approximately 40–45 minutes. Let rest for ten minutes, slice and serve.

## APPLE PUREE

8 PA-grown Honeycrisp apples, peeled and cored	1 small onion, chopped
4 PA-grown Granny Smith apples, peeled and cored	2 celery ribs, chopped
4 cups PA apple cider	1 carrot, peeled and chopped
¾ cup brandy	2 Tbsp. butter
	1 cinnamon stick

Peel and core all apples and place in an oven-safe pan with 2 ½ cups apple cider and cinnamon stick. Cover and poach in a 350° F oven until flesh is soft. Reserve and strain poaching liquid. Puree apples until smooth in a food processor or blender.

To a small pot add 2 tablespoons of butter and chopped vegetables and lightly sauté until vegetables begin to brown. Discard vegetables.

To the same pot, carefully add brandy and reduce until flame is gone and ¾ cup of brandy remains. To the brandy, add poaching liquid, apple puree, and salt and pepper to taste. Serve warm.

## POTATO HASH

5 lbs. PA-grown potatoes, scrubbed and diced  $\frac{3}{4}$  inch

1 butternut squash, peeled and diced  $\frac{1}{4}$  inch

2 lbs. Brussels sprouts, trimmed and quartered

Olive oil, salt, and pepper

Trim and quarter Brussels sprouts. Peel, halve and clean out seeds and stringy pulp from squash, then dice into  $\frac{1}{4}$  inch cubes. Scrub and cut potatoes into  $\frac{3}{4}$  inch dice. Toss squash and potatoes in oil, salt, and pepper and place on a sheet tray. Roast in a 400° F oven for 35–45 minutes, until soft and edges begin to caramelize. Toss Brussels sprouts with oil and season with salt and pepper. Pan roast over medium heat until they soften and brown. Combine with squash and potatoes. Serve warm.

**WINE PAIRING** Allegheny Cellars Winery Fawnd Memories

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## MAPLE SAUSAGE WITH ROQUEFORT, BRUSSELS SPROUTS AND CRANBERRY SLAW



presented by **A.J. O'Neil**  
"Son of a Butcher" on PBS

and



**Kurt Wewer**  
Chef and Owner  
Central PA Chef Consultants  
Harrisburg, PA

*Yield: 4–6 servings*

### MAPLE SAUSAGE

*To make Blueberry Maple Sausage, add 1 cup of frozen blueberries. For Apple Maple Sausage, add  $\frac{2}{3}$  cup of dried apples, finely diced.*

*This recipe can be used to stuff casings for sausages if you have the equipment and means, but also can be used in alternative ways, including to stuff peppers or butternut squash, shape into patties for sausage burgers, cooked for pastas and sauces, or scattered on pizzas.*

*(continued)*

- |  |                            |
|--|----------------------------|
| 2 lbs. ground pork (80% lean, 20% fat) | 1 tsp. ground white pepper |
| 1 Tbsp. kosher salt                    | ¼ cup maple syrup          |
| 1 Tbsp. white sugar                    |                            |

Add all ingredients to a mixing bowl and mix well with gloved hands until completely incorporated. Shape into palm-sized round patties.

Cook the sausage patties in a skillet until browned and cooked through. Serve with Roquefort, Brussels, and Cranberry Slaw (below).

## ROQUEFORT, BRUSSELS SPROUTS AND CRANBERRY SLAW

- |  |                                    |
|--|------------------------------------|
| 1 lb. Brussels sprouts, shaved finely on a mandolin                | ¾ cup Greek yogurt or mayonnaise   |
| 2 medium or 1 large carrot, grated                                 | 2 Tbsp. sesame tahini              |
| 1 bunch scallions, shaved finely                                   | 2 Tbsp. apple cider vinegar        |
| 1 bunch flat-leaf (Italian) parsley, finely chopped                | ¼ tsp. Worcestershire sauce        |
| 3 to 4 oz. Roquefort, broken up into ½ to 1" pieces (not crumbled) | 1 Tbsp. lemon juice                |
| 1 cup dried cranberries  | ½ tsp. lemon zest                  |
| ½ cup sunflower seeds, roasted and salted                          | 1 tsp. kosher salt                 |
|  | ¼ tsp. freshly ground black pepper |

In a large bowl, whisk together the yogurt or mayonnaise, tahini, vinegar, Worcestershire sauce, lemon juice and zest, kosher salt and black pepper until completely combined. Add the Brussels sprouts, carrot, scallions, parsley, and dried cranberries and mix until completely dressed. Place this mixture onto your serving vessel and top with the sunflower seeds and roquefort. Serve on same plate as cooked sausage from above, or on top of a sausage in a bun!

**WINE PAIRING** Woody Lodge Winery 2019 Pinot Noir



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# ROAST PORK SANDWICHES



presented by **Tonii Hicks**  
Chef Instructor  
Community College of Philadelphia  
Philadelphia, PA

*Yield: 20 servings*

10 lbs. boneless pork shoulder	½ cup olive oil
3 cups orange juice	2 lbs. Swiss cheese
1½ cups lime juice	1 lb. red peppers, roasted
20 cloves garlic, minced	2 lbs. pepperoncini peppers
4 yellow onions (2 for marinade, 2 for sautéing)	20 sesame seed log rolls
1 cup fresh parsley, chopped	2 cups mayonnaise
3 Tbsp. salt	6 cloves garlic, pressed (for garlic spread)
1 Tbsp. black pepper	½ cup chopped parsley (for spread)

Mix orange juice, lime juice, minced garlic, 2 sliced onions, parsley, salt, and pepper in a large bowl or container. Add pork and marinate 12–24 hours.

Preheat oven to 250°F (120°C). Remove onions and garlic from marinade and place pork with liquid into a roasting pan or Dutch oven. Cover and roast 3–3½ hours, until fork-tender. Shred the pork in its juices.

Slice remaining onions. Sauté in olive oil until golden and caramelized. Set aside.

Combine mayonnaise, pressed garlic, and parsley for garlic spread. Mix well and refrigerate.

Slather garlic spread on both sides of each roll. On the bottom half, layer a portion of pepperoncini and roasted red peppers, shredded pork with a spoon of pan juice, and sautéed onions. Add Swiss cheese on top and close with the top half of the roll.

**WINE PAIRING** Deerfoot Winery 2023 Chambourcin

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# Stars, Stripes & Shakes: An Undenably Dairy 250th Celebration



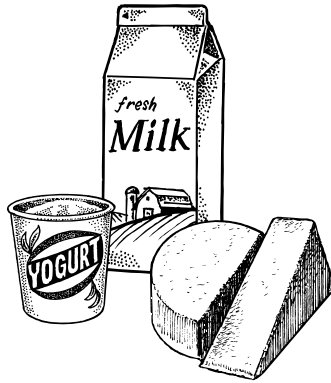
Celebrate Our Nation's Birthday  
at the Culinary Connection

*Watch a media celebrity milkshake  
contest & enjoy a sample!*

**Saturday, January 17, 1:00pm**



AMERICAN DAIRY  
ASSOCIATION NORTH  
EAST



SATURDAY, JANUARY 17, 2026

# DAIRY DAY



## GIANT DIETITIAN TIP

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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.

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# Diversity at the Table, Panel Discussion

“Redefining The American Dream”

Saturday, January 17, 2026

10 AM to 11 AM

Culinary Connections Stage

Moderator: Dr. Bilan Jessie, Director of Food Safety and Laboratory Services, PA Department of Agriculture

As we celebrate our nation's 250th birthday, we are hosting the third Diversity at the Table Panel Discussion and hope you can join Students and Instructors from C\*Cap Schools in Philadelphia for a panel discussion on “Redefining the American Dream.” Panelists will highlight how working in the culinary industry has redefined their individual American Dreams, chat about their favorite meals, and discuss how they incorporate Diversity, Equity, Inclusion, and Belonging (DEIB) into their everyday lives. This event is sponsored by Pennsylvania Department of Agriculture's JUST Committee along with the PA Preferred program.

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# CHEESE SABLÉ COOKIES



presented by **Alyssa Termini**  
Program Director  
Culinary Careers Program  
Philadelphia, PA

*Yield: 40 cookies*

- |  |                                      |
|--|--------------------------------------|
| 1 stick cold unsalted butter, cubed into 16 pieces                                       | ¼ tsp. freshly ground black pepper   |
| ¾ cup smoked or traditional Gouda cheese, cut into tiny cubes                            | ¼ tsp. smoked paprika                |
| ½ cup lightly packed shredded sharp cheddar cheese                                       | 1 egg yolk                           |
| ¾ tsp. fine sea salt (less if you plan to sprinkle top of baked cookies with flaky salt) | 1¼ cups all-purpose flour            |
|  | Flaky salt for sprinkling (optional) |

Put cold butter, Gouda, cheddar, ¾ tsp fine sea salt, black pepper, smoked paprika, and egg yolk in a food processor and pulse in short bursts until you have small curds. Add the flour and blend on low until you have larger curds and the dough begins to come together.

Turn the dough onto a surface and slightly knead it until you have a cohesive ball. Halve the dough and roll into 2 logs about 1½–2 inch in diameter. Wrap each log in plastic wrap and freeze for at least 1 hour.

Preheat your oven to 350° F and line a baking sheet with either parchment paper or silicone baking mats. Remove only one log of dough from the freezer at a time to work with. Using a sharp chef or serrated knife, slice the log into ¼–½ inch slices and place on the lined baking sheet. These cookies do not spread much so you can place them one inch apart.

Bake for 12–14 minutes, rotating your pan halfway through. The cookies are done when they are golden brown and hold their shape without breaking. Remove from the oven, and if using flaky salt sprinkle it on top now. Allow the cookies to cool on the pan for 2–4 minutes before cooling on wire rack.

**WINE PAIRING** Mazzotta Winery Peach Wine



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# SEA SALT CARAMEL FRENCH MACARON COOKIES



presented by **Annabelle Martin**, age 9  
PA Preferred Jr. Baking Contest Winner  
and Danielle Martin  
Wattsburg, PA

*Yield: 12 cookies*

## FRENCH MACARONS

1½ cups almond flour	½ cup granulated sugar
2 cups powdered sugar	¼ tsp. cream of tartar
4 egg whites, room temperature	Pinch of sea salt

Line two baking sheets with parchment paper.

Sift almond flour and powdered sugar together. Then, sift again. Discard any large pieces.

In a stand mixer, combine egg whites, cream of tartar, and sugar. Beat on medium-low speed until stiff peaks. Do not over beat the egg whites.

Sift dry ingredients into the bowl with the egg whites. Using a rubber spatula, fold the dry ingredients into the egg whites, until the batter is thick. The batter should slowly fall off your spatula when you pick it up and any peaks in the batter should settle down within 20 seconds.

Transfer batter to a piping bag. Pipe 2 inch circles onto the parchment paper. Once all the macarons are piped out, slam the baking sheet against a flat stable surface to get the air bubbles out.

Let the macarons dry out on the countertop for an hour. They are ready to bake when you touch the top of the macaron and it is completely dry.

Preheat oven to 345 °F.

Bake macarons in the middle rack of your oven for 9 minutes and 45 seconds. Once fully baked, let them cool down to room temperature on the baking sheets. Then, gently remove from the parchment paper.

## CARAMEL FILLING

1 cup sugar

½ cup water

1 stick butter, cubed, room temperature

½ cup heavy cream, room temperature

1 tsp. sea salt

Whisk sugar and water together in a deep saucepan over medium high heat. Simmer, stirring occasionally, until sugar is dissolved. Continue to simmer without stirring until mixture is a deep caramel color, swirling pot to maintain even caramelization as needed.

Remove from heat and whisk in butter. Once incorporated, add heavy cream and whisk to combine. Add salt and whisk once more. Set aside to cool.

## BUTTERCREAM

2 Tbsp. milk

Pinch of sea salt

1 Tbsp. caramel

½ cup of butter

2 cups of powdered sugar

To prepare buttercream, using an electric hand mixer, beat together butter, milk, powdered sugar, and caramel, until thickened and creamy.

Pair up the macarons that are similar in size and shape. Pipe buttercream onto the half of the macarons and fill with caramel in the middle. Top them with the other half and sea salt.

**WINE PAIRING** Cellar '54 Harmony

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## QUICHE LORRAINE



presented by **Chef Tina Arnt**

Culinary Instructor

Western Montgomery Career & Technology Center

Royersford, PA

*Yield: 1 pie (6 portions)*

## MAIN QUICHE

1 pie crust (see below)

1 recipe Quiche Royale (see below)

8 slices bacon, diced

1½ cups diced onions

½ cup Parmesan cheese, shredded

½ cup Gruyère cheese, shredded

½ cup cheddar cheese, shredded

1½ tsp. fresh thyme, minced

1 Tbsp. fresh chives, minced

*(continued)*

Preheat oven to 350°F.

Cook diced bacon in a sauté pan over medium low heat until desired doneness, stirring often. Remove bacon and set aside for later. Remove most of the grease from the pan then add the diced onion to the pan and sauté for 4-6 minutes, until lightly caramelized. Allow onions to cool slightly. Add the cheddar and Gruyère cheeses, cooked bacon, sautéed onions, thyme, and chives to the quiche royale and mix well.

Pour this mixture into the pie crust, making sure the ingredients are evenly distributed around the bottom of the crust. Sprinkle shredded parmesan over the top of the quiche. Place quiche onto a baking sheet and bake for about 45 minutes. Quiche is cooked when it is firm to the touch and does not jiggle when shook, like the consistency of set Jell-O. Cool the quiche for at least 15 minutes before slicing.

**NOTE:** *If using dried herbs, use only half the amount as you would fresh herbs.*

## BUTTER FLAKY PIE CRUST

1¼ cups all-purpose flour

1 Tbsp apple cider vinegar

½ tsp. kosher salt

¼ cup ice water

2 tsp. sugar

½ cup (1 stick) cold butter, shredded or  
cut into small dice

In a large bowl, combine flour, salt, and sugar. Cut shredded butter into the flour mixture until it is in pea-sized pieces. Stir vinegar into ice water and drizzle over the flour mixture. Mix ingredients until mixture forms a ball; it should come together without much kneading. Dough will be soft and slightly sticky.

Shape dough into a 1-inch-thick disk. Wrap in plastic wrap and refrigerate for 2 hours or overnight.

Roll dough out to fit a 9-inch pie plate with a 1-inch overhang. Fold crust overhang under, tucking it in between the crust and the pie pan, making the exposed crust a double thick crust. Use your fingers to flute this “double” crust so it stands up high, about ½ of an inch. A high crust prevents the quiche royale from overflowing when it puffs up in the oven.

## QUICHE ROYALE

2 large eggs

½ tsp. kosher salt

1 cup heavy cream or half & half

¼ tsp. black pepper

Heat oven to 350°F.

Combine the cream or half-and-half, eggs, salt and pepper and whisk until thoroughly combined.

**WINE PAIRING** Seven Mountains Wine Cellars 2024 Black Tie

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# EASY BUTTERMILK RANCH DRESSING



presented by **Chef Tina Arnt**

Culinary Instructor

Western Montgomery Career & Technology Center

Royersford, PA

*Yield: 6–8 servings*

1 ½ cup heavy cream

1 tablespoon of apple cider vinegar  
or freshly squeezed lemon juice (to  
make buttermilk)

½ cup mayonnaise

½ cup sour cream

2 teaspoons fresh lemon juice (for  
dressing)

2 teaspoons dried parsley

1 teaspoon dried dill weed

1 teaspoon dried chives

1 teaspoon onion powder

½ teaspoon garlic powder

1 teaspoon table salt

¼ teaspoon freshly ground black  
pepper

In a medium bowl, combine the heavy cream and lemon juice and set aside for 10 minutes. This will create a thick and creamy buttermilk. After 10 minutes stir your thick buttermilk well and add the mayonnaise and sour cream, whisk until smooth and creamy. Add the herbs and seasonings to the dressing and whisk till well combined. Store in the refrigerator. Flavor builds if allowed to sit in the refrigerator overnight. NOTE: if using fresh herbs, use double the amount as you would dried herbs.



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# APPLE SKYR COFFEE CAKE



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

*Yield: 6–8 servings*

1 stick butter, room temperature  
1 cup unrefined sugar  
2 large eggs, room temperature  
2–5 oz. Painterland Sisters Plain Skyr  
Yogurt  
1 tsp. salt  
1 tsp. vanilla  
1 Tbsp. cinnamon

1 tsp. baking powder  
1 tsp. baking soda  
2 cups gluten-free all-purpose flour  
3 Honeycrisp or Cortland apples, diced  
4 Tbsp. melted butter  
¼ cup walnuts or pecans  
½ cup coconut sugar or brown sugar  
1 tsp. cinnamon

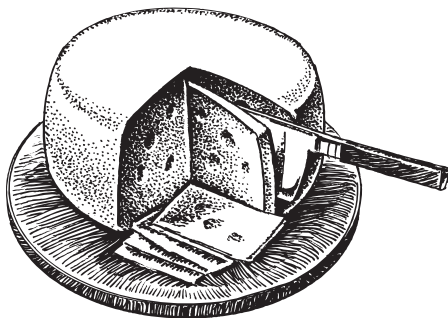
Preheat your oven to 350°F. Grease a square 9" baking dish and line with parchment paper.

In a mixer, cream together butter, sugar and eggs. Add skyr yogurt, salt, vanilla, cinnamon, baking powder, baking soda, and flour and combine. Mix in apples. Place mixture in your baking dish and spread out evenly.

In a separate bowl, combine melted butter, nuts, sugar and cinnamon. Distribute mixture evenly across the top of the cake batter in the pan. Bake for 30–35 mins and enjoy!

**WINE PAIRING** Courtyard Winery Spiced Apple Wine

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## CULINARY CONNECTION

### PARTICIPATING CULINARY ARTS PROGRAMS AND FACULTY

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

#### **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.

#### **VITO MANNINO**

*Instructor, Culinary Arts*

Chef Vito Mannino grew up in the food service industry, working at his father's pizza shop, starting at 12 years old. He really liked the fast paced environment and decided to attend a local CTC. That is where he found his passion for cooking. After graduating from high school, Chef Mannino attended the Culinary Institute of America. After graduating, he worked in different hotels and restaurants before returning to work for his father to learn the business side of things. He then had the opportunity to open his own restaurant, Room 101 The Med. After selling the business he went into food sells with a major broadliner. When the Culinary Instructor position opened with DCTS, Chef Mannino felt it would be a great opportunity to pass down the knowledge he has gained to the next generation of chefs.

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## 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 Michael J. Ditchfield has earned his MS in Education from Wilkes University and a BS from the Pennsylvania College of Technology in Culinary Arts Technology. Chef Ditchfield was awarded the Excellence in Teaching, Distinguished Teaching Award in May 2011. Prior to his retirement in 2023, Chef Mike taught Regional American Cuisine, Catering, Meat Fabrication, Advanced Dining Room Management, and a class on Food Sustainability. He was also an internship coordinator. Chef Mike works extensively with organic and sustainable farmers, considering them to be primary sources of the fine ingredients needed to prepare excellent cuisine. His classes often involved trips to an organic farm, trout nursery, a winery, food demonstrations at local growers' markets, harvest dinners, and sourcing out quality food and producers.

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## CUMBERLAND PERRY AREA VOCATIONAL SCHOOL



Culinary Arts at Cumberland Perry Area Career & Technical Center is a program that offers a broad range of skills and knowledge concerning the selection, preparation, and handling of foods. Skill development will center around: safety and sanitation; dining room service; preparation of food; buffet service; meat cutting; baking; store room procedures; and basic management skills. Unlike

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

### **ROBERT MILLER**

*Culinary Arts Instructor*

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

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## IUP ACADEMY OF CULINARY ARTS



IUP Academy of Culinary Arts, located in Punxsutawney, PA, 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. Students study at the Punxsutawney Campus for 12 months and spend their final semesters at paid externships.

### **ERIN REED**

*CEPC, CCE, FMP, Chef Instructor*

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**

*CEC, CCE, CHE, FMP, Chef Instructor*

Chef Thomas Barnes is a proud alumnus of the Indiana University of Pennsylvania Academy of Culinary Arts (IUPACA), where he completed both the Culinary Arts and Baking and Pastry programs in 2007 and earned his Bachelor of Science in Hospitality Management. He then went on to earn a Master of Arts in Employment and Labor Relations and a Master of Arts in Instructional Design and Technology from Indiana University of Pennsylvania. He is currently pursuing a Doctorate in Administration and Leadership at Slippery Rock University. Chef Barnes has been a full-time culinary instructor at IUP ACA for the past 10 years, teaching a wide range of classes within the Culinary Arts and Pastry Arts curriculum. He also advises the Academy's ice carving club.

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## **CULINARY CAREERS PROGRAM**



Culinary Careers Program (C•CAP) empowers under-resourced high school students & adults to become the next generation of leaders in food and hospitality through culinary arts education, job skills training, college scholarships, and career opportunities. To date, we have uplifted close to 400,000 students across the United States and awarded \$76 million in college scholarships. C•CAP is a national organization, working with students in Arizona, Chicago, Los Angeles, New

York, Philadelphia, and the Washington D.C. region.

In the Philadelphia region, C•CAP works with 19 high schools, 1,500 high school culinary students, 34 educators, and countless alumni across Camden, Delaware, Montgomery, and Philadelphia Counties.

### **ALYSSA TERMINI**

Alyssa Termini is the Program Director of C•CAP Philadelphia. She is a graduate of Johnson & Wales University where she earned a degree in Baking & Pastry Arts and Food Service Management. Before moving to Philadelphia, Alyssa honed her skills in the high-energy world of luxury weddings and events in Newport, RI.

Now based in South Philly with her dog, Roux, she continues to inspire the next generation of chefs and hospitality professionals. One of Alyssa's favorite aspects of teaching is imparting the "soft skills" that are often overlooked in culinary training. But when it comes to hands-on teaching in the kitchen, nothing beats sharing the joy of making gougères.

As part of her work, Alyssa loves collaborating with chefs, restaurants, teachers, and educators in the Philly region and beyond.

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## COMMUNITY COLLEGE OF PHILADELPHIA



Community College of Philadelphia is the largest public institution of higher education in the City of Philadelphia. With an open admissions policy, the College serves all who may benefit – regardless of age, income, or ability.

For nearly 60 years, the College has lived up to its mission and goals by providing educational access for over 700,000 Philadelphians, setting families, businesses and neighborhoods on the path of shared prosperity and opportunity. For information on the College's degree and certificate programs, workforce development strategies, and community engagement initiatives, visit [ccp.edu](http://ccp.edu) and follow us on social media @CCPedu.

### TONII HICKS

*Chef Instructor, Educator, Culinary Food Wellness Coach, and Interdisciplinary Creator*

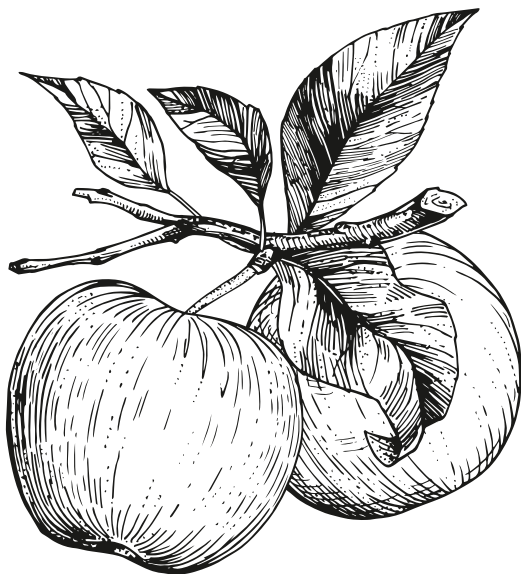
Chef Hicks' academic journey has been the cornerstone of her distinctive approach to food, wellness, and education. She earned her Bachelor's degree in Food Science from Drexel University, where she developed a deep understanding of the chemistry, functionality, and innovation behind food. This foundation equipped her with the tools to explore how ingredients interact—and how to optimize their flavor, performance, and nutritional value.

For more than a decade, Chef Hicks has worked in high-profile restaurants across Philadelphia and Mexico, honing her culinary expertise while deepening her understanding of food as a medium for creative and personal expression. Her experience spans teaching, community engagement, recipe development, and food research—each reinforcing her belief that food nourishes not only the body, but also the mind and spirit.

Chef Hicks' dedication to her craft has been further enriched through prestigious fellowships and residencies with the James Beard Foundation, Stone Barns Center & Blue Hill, The Philadelphia Museum of Art, and The Free Library of Philadelphia. These opportunities have refined

her culinary artistry and cultivated her deep appreciation for the interconnectedness of food, culture, and wellness.

Through her work as a chef and educator, Chef Hicks continues to inspire others to embrace food as both a tool for self-care and a form of creative expression, empowering individuals to explore the profound connection between what we eat and how we feel—fostering wellness through every dish she creates.



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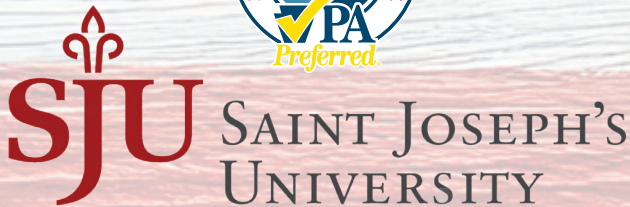
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