



Culinary Connection

Recipe Book



pennsylvania
DEPARTMENT OF AGRICULTURE

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Mushroom Day



Mushroom Duxelle for Pasta Pinwheels

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

Serves 12

Heat a large sauté pan and add olive oil. Add shallots and garlic, then add mushrooms and sweat until the pan is nearly dry.

Cool and mix in thyme, cream cheese and bread crumbs. Spread mixture on pasta sheet and roll into a pinwheel.

Wrap the pasta in cling wrap and poach until the product reaches an internal temp of 165°F.

Allow the pasta to stand and rest. Slice into pinwheels and serve with Asiago Cheese Sauce (recipe follows).

2 Tbsp. olive oil
2 oz. shallots, minced
1 clove garlic, minced
1 lb. mushrooms
Madeira wine (for deglazing—optional)
2 tsp. thyme, chopped
4 oz. cream cheese
2 Tbsp. bread crumbs
24 12" x 10" sheets
pasta dough

DAIRYSPOT.COM HEALTHY TIP

Mushrooms are 90% water, which makes them a low calorie source of nutrients: B vitamins, selenium, potassium and vitamin D. Cooks love that mushrooms are so versatile! Grill a Portabello 'burger,' substitute mushrooms for meat in a sauce, toss mushrooms in a stir fry, layer slices over a pizza and add dried mushrooms to risotto.



Asiago Cheese Sauce

1½ gal. milk
12 fl oz. clarified butter,
divided use
4 oz. shallots, minced
12 oz. flour
1 lb. Asiago cheese, grated
Salt to taste (Asiago is salty)
White pepper to taste
Drizzle of truffle oil
(on finished dish)

Heat milk gently in a saucepan.

To a separate pan, add just enough clarified butter to gently sauté the shallots (do not brown). Add the rest of the clarified butter and make a roux with the flour.

Slowly add the heated milk and simmer. Let the roux do its job and thicken the product. (We have a tendency to be in a hurry and the roux does not cook enough so we are inclined to add more thickener. Relax, be patient!).

Add the grated Asiago cheese and season. Drizzle truffle oil on top of the finished dish. (The truffle oil is a nice contrasting addition. I used it in this preparation as it is going to be served with a mushroom-based pasta.)

DAIRYSPOT.COM HEALTHY TIP

One in six teens and one in four adults are reducing their meat intake and looking for protein elsewhere. Cheese and other dairy foods can help fill that protein gap. Cheese contributes high quality protein to the diet—plus calcium, phosphorus and vitamin A for bone health.



Baked Kale and Mushroom Ragout

with Parmesan Bread Crumbs

*presented by Dave Lieberman
Chef, Author and Host of Food Network's Good Deal
with Dave Lieberman and Dave Does*

Serves 8

Preheat oven to 350°F.

Combine the stock, 2 cups of water, tomato purée, thyme, salt, and sugar in a large, tall stockpot. Bring to a simmer over medium-high heat.

Add the kale and cook, uncovered, until very tender, about 30 minutes. Use tongs to remove the kale from the simmering liquid, shaking off as much excess liquid as possible, and set it in a 9" x 13" baking dish, preferably earthenware. Return the cooking liquid to a simmer, add the garlic and mushrooms, and continue cooking until the mixture has reduced by about half to a thick, saucy consistency, about 30 minutes longer.

Cook the bacon in a large skillet over medium-high heat until it is well browned and nearly all of its fat has rendered, about 10 minutes. Remove the browned bacon bits, leaving the rendered fat behind, and add them to the cooked kale.

Put the chopped baguette into a food processor and grind into fine bread crumbs. Transfer the bread crumbs to a foil-lined baking sheet and toast, shaking once, until very lightly browned, about 10 minutes. Transfer the toasted bread crumbs to a mixing bowl and combine with the Parmesan and olive oil.

1 qt. chicken, beef, or vegetable stock
2 cups tomato purée
1 tsp. dried thyme
1 tsp. salt
1 tsp. sugar
2 lb. kale, stems removed, leaves roughly chopped
6 large garlic cloves, thinly sliced
10 oz. cremini mushrooms, stems removed and caps thinly sliced
8 oz. bacon (optional), roughly chopped
6 oz. rustic baguette, roughly chopped
4 oz. Parmesan cheese, finely grated (about 1 cup)
3 Tbsp. olive oil

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Pour the reduced mushroom sauce over the kale and bacon and spread evenly in the baking dish. Spread the bread crumb mixture over the top of the kale, bacon, and mushroom sauce mixture and bake in the oven until the bread crumbs are nicely browned and the sauce starts to bubble up the sides of the baking dish, about 20 minutes.

DAIRYSPOT.COM HEALTHY TIP

The popularity of kale is taking off! From its inclusion in traditional Southern “greens” dishes, to hearty soups and salads, and now to the highly sought-after juice and “chips” versions—it’s one versatile green everyone is after! Often being called a “superfood” for its antioxidant characteristics, kale is actually from the cabbage family and, per one-cup serving, boasts more than 100 percent of the daily value of vitamins A, C & K. Dietary guidelines recommend making half your plate fruits and vegetables—why not start with some flavorful, nutrient-packed kale?



Broiled Asian-Style Pacific Cod

*presented by Dave Lieberman
Chef, Author and Host of Food Network's Good Deal
with Dave Lieberman and Dave Does*

Serves 4

Combine all the ingredients except the snap peas in a large resealable plastic bag. Close the bag and massage all the ingredients together. Let sit for 30 minutes at room temperature or up to overnight in the refrigerator.

Preheat the broiler to the highest heat and position the oven rack in the middle.

Remove the fish fillets from the bag and brush off the excess marinade. Place the fillets on one half of a medium baking pan lined with aluminum foil. Dump the remaining contents of the bag alongside the fish on the other half of the baking pan. Place under the broiler and cook for 10–12 minutes, shaking once or twice. Add the snap peas halfway through the cooking and cook until the fish flakes easily, the mushrooms have browned, and the peas are tender.

Place a piece of fish in the middle of a plate and spoon some sauce, mushrooms, and peas over the top. A side of brown rice is my favorite accompaniment.

3 Tbsp. soy sauce
 ½ tsp. dark sesame oil
 3 Tbsp. canola oil
 3 Tbsp. mirin or dry white wine
 3 garlic cloves, minced
 1 Tbsp. dark brown sugar
 1 Tbsp. grated fresh ginger
 4 oz. white mushrooms, thinly sliced
 1 large fresh red chile, thinly sliced
 1¼ lb. cod fillet, cut into 4 equal portions (*Note: Cod is overfished in the Atlantic, so please look for Pacific cod.*)
 8 oz. snap peas, cut on an angle into ¼-inch strips

DAIRYSPOT.COM HEALTHY TIP

For better heart health, eat seafood twice a week. The Omega-3 fats from seafood can help improve nervous system development in infants and children. Seafood should also be a part of a healthy diet for adults, including pregnant and breastfeeding women.



Pennsylvania Mushrooms, Ricotta Gnocchi & Veal Bacon Gratin

GNOCCHI:

- 1 lb. whole-milk ricotta
- 1 egg
- 1 egg yolk
- 2 tsp. salt
- 2 tsp. black pepper
- 1 tsp. parsley, chopped
- ½ cup flour
- 1 cup vegetable oil
for sheet tray

MUSHROOMS:

- Olive oil
- ¾ lb. Pennsylvania
mushrooms, sliced
- 2 baby onions, sliced
- 2 cloves garlic, thinly sliced
- ¼ cup carrot and celery,
small diced
- 1 Tbsp. parsley, chopped
- 1 Tbsp. thyme, chopped
- 1 Tbsp. marjoram, chopped
- Salt to taste
- Freshly ground black pepper
to taste
- 2 cups heavy cream
- 4 oz. veal bacon
- 4 oz. brandy or sherry

presented by Jason Viscount

Executive Chef, BRICCO Restaurant, Harrisburg, PA

Gnocchi

Add egg, egg yolk, and salt to ricotta and mix with rubber spatula. Gently fold in flour—the less you work the dough, the lighter it will be. Cover and refrigerate for 30 minutes.

Flour a sheet pan. Place dough in plastic pastry bag and pipe out ¼-inch thick rope on to sheet tray.

Using dough scraper or knife dipped in flour, cut ½-inch pieces of rope. Place on sheet trays.

Cook until they float. Take out of water and place on sheet trays with vegetable oil and let cool.

Mushrooms

Heat a large sauté pan over medium-high heat. When the pan is hot, add enough olive oil to lightly coat the bottom of the pan.

Add bacon and render. Add the mushrooms and sauté until the liquid is released and they are golden brown, about 5 minutes.

Add the onion, celery, carrot and the garlic and sauté until the onions soften, about 5 more minutes.

Add brandy and reduce. Add cream and cook until it reduces by ¾. Add herbs. Season with salt and pepper.

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To Serve:

Preheat oven to 400°F.

Toss the gnocchi with the mushrooms.

Adjust the seasoning and place in oven-safe casserole pan. Top with bread crumbs and bake for 10 minutes.

DAIRYSPOT.COM HEALTHY TIP

Whether you're counting calories or not, make your calories count. Pack more nutrients into each bite by choosing fruits and veggies, lean meats, grains (including whole grains), and lowfat and fat-free dairy foods.



Beef Short Ribs

with Pennsylvania Mushrooms, Pearl Onions and Goat Cheese Polenta

1 10-oz. beef short rib, boneless
Salt and pepper as needed
Olive oil as needed
1 cup Spanish onion, large dice
½ cup carrot, large dice
½ cup celery, large dice
2 garlic cloves
2 sprigs thyme
1 Tbsp. tomato paste
½ cup red wine
4 cups veal stock
6 pearl onions, peeled
1 cup cremini mushrooms, quartered
1 cup oyster mushrooms, cleaned
1 cup chanterelle mushrooms, cleaned
¼ cup dry vermouth
2 cups short rib braising liquid
2 cups whole milk
1 cup coarse ground polenta
2 Tbsp. butter
1 cup Camelot Valley fresh goat cheese

*presented by Robert Dacko
Executive Chef, Home 231, Harrisburg, PA*

Yields: 1 serving

Short Rib

Season the short rib with salt and pepper. Sear on all sides and place in an ovenproof braiser or a Dutch oven.

Add onion, carrot, celery, and garlic to pan. Lightly caramelize the vegetables.

Add the thyme and the tomato paste. Incorporate into the vegetables and deglaze with red wine.

Add the veal stock. Bring the liquid to a simmer.

Cover and put whole pot into a 325°F oven for about 2 hours, or until beef is tender.

While the beef is braising, clean the mushrooms and gather the other ingredients.

When the beef is done, remove the pan from the oven. Set beef aside on a plate.

Strain and reserve the braising liquid.

Note: Short rib can be prepared a day ahead.

Vegetables

In an ovenproof sauté pan, lightly brown the pearl onions. Place pan in the oven.

Allow onions to cook until tender. Remove from the pan, and set aside.

Reheat pan. Add olive oil and mushrooms. Slowly cook and brown the mushrooms.

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Add pearl onions back to the pan. Deglaze with vermouth and add the braising liquid. Add short rib back to the vegetables mixture, and place in oven to reheat.

Polenta

While the meat is reheating, bring the milk up to a simmer. Slowly whisk in polenta, and cook on low heat, continuously stirring. When the polenta has absorbed all the milk, whisk in the butter and goat cheese. Turn off the heat.

Serving

Remove the short rib from the oven. In a shallow bowl, place a couple of spoonfuls of polenta in the center of the bowl. Place the short rib on top of the polenta.

Add ½ tablespoon of butter to the pan with the vegetables and braising liquid. Spoon the vegetables and liquid around and over the short rib and the polenta.

DAIRYSPOT.COM HEALTHY TIP

When you want to still enjoy the great taste and nutrition cheeses offer, but are watching your sodium, look for these cow's milk cheeses that are naturally lower in sodium: ricotta, Swiss, Monterey Jack, Port de Salut and grated Parmesan (a tablespoon). You can also specifically look for reduced sodium varieties of Colby-Jack, provolone, Muenster, mozzarella or Cheddar. Another tip to finding lower sodium cheeses is to choose cow's milk cheeses that are softer and aged for less time (because less salt is required in cheesemaking than with harder, aged cheese varieties).



Seared Scallops

with Chanterelle Wheat Pilaf and Wilted Greens

PILAF:

¼ cup extra-virgin olive oil
¼ cup scallions, trimmed and sliced
1 cup farro or emmer wheat
5 cups water
2 Tbsp. chopped parsley
1 bay leaf
1 tsp. salt
½ tsp. black pepper, ground
¼ cup extra-virgin olive oil
½ lb. chanterelle mushrooms, sliced thinly
Black pepper to taste
1 tsp. lemon peel, grated
1 tsp. thyme, stripped and chopped
2 Tbsp. balsamic vinegar, 2-leaf grade
Salt to taste

SCALLOPS:

1 lb. large scallops
1 tsp. salt
½ tsp. black pepper, ground
¼ cup extra-virgin olive oil
4 cups arugula, chopped
1 Tbsp. fresh chives, minced

presented by Paul Mach

Chef Instructor, Pennsylvania College of Technology

Yield: 8 appetizer portions

In a 2-quart saucepan over medium heat, add the olive oil and scallions. Cook until the scallions are just bright green.

Add the wheat, water, parsley, bay leaf, salt and pepper. Bring to a boil, then cover the pot and lower the heat to medium-low. Cook the wheat for about 20 minutes, or until it is puffed and just tender. Drain any excess liquid. Cool in a bowl in the refrigerator, uncovered.

In a large sauté pan over high heat, sauté the mushrooms and thyme in the olive oil until they are soft. Add the lemon zest and black pepper. Cook for 2 minutes, or until the pepper and lemon are fragrant. Fold the warm mushrooms, balsamic vinegar and oil into the cold wheat and season. Fully chill.

Season the scallops with salt and pepper. In a large sauté pan over high heat, sear the scallops until they are just done. Remove to a side plate. In the same pan, add the arugula and chives and cook until they are just wilted.

Serving

Plate some of the chilled mushroom and wheat salad, top with the wilted greens, and place a scallop on top of the greens.

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DAIRYSPOT.COM HEALTHY TIP

Farro (pronounced FAHR-oh) is an ancient Tuscan grain that is becoming popular with health conscious consumers. It is dense and filling, cooked like pasta, and often used in place of rice.







Vegetable Day



Tony's Giambotte

(Grandma's Vegetable Stew with Polenta)

*presented by Paul Mach
Chef Instructor, Pennsylvania College of Technology*

Yields: 6 brunch portions

Giambotte

In a large frying or sauté pan over high heat, cook the garlic in the oil until lightly browned, stirring frequently. Add the eggplant and continue cooking over high heat until the eggplant turns light tan and becomes very soft. Add the peppers, zucchini and mushrooms to the eggplant and continue cooking until these vegetables are just tender but still brightly colored. Add the sun-dried tomatoes and basil, cooking until they are fragrant and wilted. Season the eggplant mixture to taste and hold warm.

Polenta

In a 3-quart heavy-bottomed saucepot, sauté the vegetables for the polenta in the oil over high heat. When they are bright in color, add the liquid to the vegetables and bring it to a boil. When the liquid boils, whisk the cornmeal slowly into the boiling liquid, stirring constantly. The cornmeal will thicken. Lower the heat and cook for at least 5 minutes, until the cornmeal is completely hydrated and softened and the mixture is the consistency of porridge.

GIAMBOTTE:

¾ cup olive oil
2 Tbsp. garlic, chopped finely
3 cups eggplant, peeled, diced large
1 cup poblano peppers, seeded, diced large
1 cup butternut squash, medium dice
1 cup cremini mushrooms, sliced
⅓ cup sun-dried tomatoes, cut into thin strips
¼ cup basil, chopped finely
Salt to taste
Ground black pepper to taste

POLENTA:

¼ cup olive oil
¼ cup red peppers, chopped finely
1 bunch scallions, washed, sliced thinly
¼ cup purple onions, chopped finely
4 cups water or vegetable stock
1 cup medium- to fine-ground cornmeal
Salt to taste
Ground black pepper to taste

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POACHED EGGS:

4 cups water

1 Tbsp. fresh lemon juice

12 small eggs

GARNISH:

½ cup shredded Parmesan
cheese

Eggs

Bring the water and lemon to a simmer in a small saucepot. Crack the eggs into a separate dish. Slide the eggs a few at a time into the simmering water, being careful not to overcrowd the pan. Cook for about 4 minutes, until the eggs are just firm in the white and soft in the yolk. Complete the process until all the eggs are done.

Serving

Serve a portion of the hot polenta topped with the eggplant stew, poached eggs and shredded cheese.

DAIRYSPOT.COM HEALTHY TIP

Liven up your meals with vegetables. Low in fat and calories, but high in fiber and key nutrients, vegetables help fill you up without filling you out. Besides good nutrition, vegetables make meals more exciting with their colors, flavors and textures.



Renee's Sautéed Saupe

*presented by Justin Miller
The World's Youngest Chef®
and Ambassador to Feed Their Dreams*

Yields: 4 servings

In a large skillet, heat olive oil over medium-high heat and brown sausage chunks. Remove sausage from skillet and reserve drippings.

Add water and soup mix to drippings to cover bottom of skillet. Add peppers and potatoes to drippings in skillet and sauté over high heat.

Reduce heat to medium-low, cover and simmer for 10 minutes. Return sausage to skillet and simmer for additional 5 minutes to heat sausage.

Serve with toasted Italian bread.

1 Tbsp. olive oil
1 lb. sweet or hot Italian sausage, cut into 1-inch chunks
¼ cup water
1 envelope dried onion soup mix
1 large green bell pepper, sliced into ½-inch strips
1 large red bell pepper, sliced into ½-inch strips
1 lb. potatoes, peeled and cut into 1-inch chunks

DAIRYSPOT.COM HEALTHY TIP

Introducing your kids to cooking may improve their diets and get them to taste new foods. Start with simple recipes like fruit-and-yogurt parfaits, smoothies, fruit salad, pasta, ants-on-a-log and fruit-filled muffins.



Rustic Mixed White Miso Vegetables

with Creamy Celery Root Purée

VEGETABLES:

1 cup light low-sodium soy sauce

1½ oz. (by volume) hoisin sauce

½ tsp. toasted 100% sesame oil (not a blend)

¾ Tbsp. chili oil

1 tsp. ginger, chopped finely

1 Tbsp. garlic

¾ cup white miso, a.k.a. shiromiso

¼ cup whole butter, melted

Veggies:

Brussels sprouts, carrots, broccoli florettes and peeled broccoli stems, zucchini, yellow squash, portabellas and cherry tomatoes. Cut into bite-sized pieces and blanch according to type of vegetable — more time for veggies like carrots and brussel sprouts and less or not at all for cherry tomatoes and squashes. Then “shock” in an ice bath and drain very well.

Potatoes:

Any type is fine, but I like the buttery texture of the Yukon Gold. Cut them into bite-sized chunks and blanch until almost fork tender (allow them to be firm in the middle). If you use a “baby” potato you won’t have to cut them to size.

GARNISH:

Fresh Thai basil

presented by Travis Mumma

Executive Chef, Café Fresco, Harrisburg, PA

Vegetables

PROCEDURE

Preheat oven to 450°F.

Mix the first group of ingredients (soy through garlic) and measure 3 oz. of this to mix with the ¾ cup of miso (this is for the veggies).

Use ¼ cup of that mixture to add it to the ¼ cup of melted butter (this is for the potatoes).

Toss the veggies in the veggie marinade and let it rest.

Drain the potatoes, but while they are still hot, toss them in the potato marinade. Let them cool to room temperature, put them onto a sheet tray and into the oven until they begin to brown.

At this point you can either toss the veggies and potatoes together and roast in the oven for 15 minutes or you could place them in a container and save to be roasted at another time. Garnish with the Thai basil as soon as it comes out of the oven.

NOTES

- You can substitute a lot of different types of veggies and potatoes in this recipe so use whatever you like and whatever is seasonally available.
- You can use this recipe under a variety of meats, poultry, seafood, tofu or even nothing and just serve as it is. I love it

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under a mild whitefish like sea bass, halibut or cod or under a rib eye or flank steak. It's nice to use a little of the veggie marinade or the leftover "soy thru garlic" mix to marinate whatever protein you are going to use, it's a great way to tie in the flavors. Also by omitting the butter you are left with a vegan dish.

Creamy Celery Root Purée

PROCEDURE

Place the celery root in a pot and add milk to cover. Add the garlic and the butter. Simmer until the celery root is tender. Strain and while still warm, add the solids to a blender and blend. Add the liquid slowly until you reach a consistency you like.

Season with salt and pepper to taste.

NOTES

- Make sure you blend the ingredients while they are still warm!
- This dish is great to use as a side or in place of a sauce for lighter dishes.

CELERY ROOT PURÉE:

1 peeled celery root (a.k.a. celeriac) cut into ½-inch pieces

½ Tbsp. minced garlic

Whole milk

1 Tbsp. butter

Salt and pepper to taste

DAIRYSPOT.COM HEALTHY TIP

Use fresh vegetables in season for the best quality, peak nutrition and lowest price. Check your local supermarket specials, visit a farmer's market, or join a CSA for seasonal best buys.

Frozen and canned vegetables are good options, too, especially out of season. Some vegetables, like carrots, greens and potatoes (as well as dried beans and peas) are low-cost favorites all year long.



Braised Apple Cider Pork Belly

with Winter Risotto

PORK BELLY:

- 4 oz. olive oil
- 1 lb. fresh pork belly
- 3 Tbsp. kosher salt
- 2 Tbsp. black pepper
- 3 Tbsp. fresh thyme
- 1 lb. leeks, cut and cleaned
- 1 yellow onion, julienned
- 2 lb. Pennsylvania apple cider

RISOTTO VEGETABLES:

- 1 lb. Pennsylvania spaghetti squash
- 1 lb. Pennsylvania acorn squash
- 2 oz. olive oil
- 1 Tbsp. salt
- 1 tsp. black pepper
- 1 tsp. ground nutmeg
- 1 tsp. vanilla bean
- 1 Tbsp. fresh ginger root
- ¼ lb. Pennsylvania poblano peppers, medium dice
- ½ lb. Pennsylvania Red Delicious apples, unpeeled, medium dice

presented by Spencer Mundy

Corporate Chef, SYSCO Food Services of Central PA

Yields: 4 servings

Pork Belly

Preheat oven to 300°F.

Remove skin from pork belly. Cut 4 portions of belly weighing about 4 ounces each. (After braising it, you will end up with about 2- to 3-ounce portions due to water weight loss.)

Season each piece of pork belly with 1 tablespoon kosher salt, 1 tablespoon black pepper and 1 tablespoon thyme. Heat cast iron skillet or sauté pan until hot; then add 1 ounce of oil and sear all sides of pork. After all sides are seared, add leeks, yellow onion and the apple cider.

Braise in oven for 2 to 3 hours or until tender. After cooking process is finished, strain liquid, reduce by half and save for sauce on finished plate. Reserve braised onions for garnish on spaghetti squash.

Vegetables

Raise oven temperature to 400°F.

Cut the spaghetti squash and acorn squash in half and season with olive oil, salt and black pepper. Roast in oven for about 1 hour 30 minutes or until tender. After spaghetti squash has cooled enough to handle, use fork to pull squash meat from skin.

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When plating, toss spaghetti squash with nutmeg, fine-microplaned ginger, and vanilla bean. Add salt and pepper if needed.

Remove skin from acorn squash, cut into medium dice and set aside for risotto.

Toss poblano pepper and apples in olive oil and roast in oven until golden brown. Set aside. Add to risotto at the end of the cooking process.

Risotto

Add 1 ounce of oil to a hot sauté pan, add diced onions and sweat them.

Add Arborio rice and cook rice until slightly brown, then deglaze with white wine. Add hot vegetable stock as needed for risotto until al dente.

Once risotto is al dente, add the heavy cream and the roasted poblanos, apples, and Parmesan. Season with salt and pepper if needed.

Plating

Place risotto on plate and top first with sautéed spaghetti squash, then braised onion, then sliced pork. Garnish with chives and reduced cider braising liquid.

RISOTTO:

¼ lb. Arborio rice

1 yellow onion, small dice

White wine

Vegetable stock

3 oz. heavy cream

1½ oz. Parmesan cheese, shredded

GARNISH:

1 Tbsp. fresh chives

DAIRYSPOT.COM HEALTHY TIP

Choose vegetables with a variety of color, especially green and orange. From acorn squash to sweet potatoes to collard greens, winter vegetables not only taste good, they're good for you, packed with vitamins and minerals for better health.



Matzo Ball Soup with Lemongrass

SOUP:

64 fl. oz. chicken stock
½ stalk lemongrass, chopped
finely
2 Tbsp. ginger
2 tsp. garlic
½ cup scallions
1 Tbsp. soy sauce
2 cups bok choy, greens
chiffonaded

MATZO BALLS:

4 eggs
¼ cup canola oil
½ cup seltzer water
1 cup matzo meal
1 tsp. kosher salt
Black pepper to taste
1 tsp. ginger
1 tsp. garlic, minced
2 tsp. cilantro, minced

presented by Mike Ditchfield

Chef Instructor, Pennsylvania College of Technology

Yields: 8 dinner portions

Soup

Combine all ingredients except bok choy. Bring to a boil and simmer for 45 minutes. Add bok choy before serving.

You may want to strain the soup after the matzo balls have been simmered in it prior to serving.

Matzo balls

Mix eggs, oil, and seltzer together. Add matzo meal, salt, pepper, ginger, garlic and cilantro. Let stand for 10 minutes.

Form into small balls by using wet hands or gloves and add to boiling soup. Simmer for 30 minutes.

DAIRYSPOT.COM HEALTHY TIP

Eggs are one of the best nutrition bargains in the grocery store. They're a great source of top quality protein with only about 75 calories each. Today's eggs are lower in cholesterol (185 mg) and higher in vitamin D (41 IU).



Eggs are also an abundant source of two natural compounds, lutein and zeaxanthin, that help protect against macular degeneration, the leading cause of blindness in older adults. Store eggs in their original carton, in the coldest part of the refrigerator and for best quality, use within 3-5 weeks of purchase.





Weis Markets Day



Comfort Food Makeover

featuring Broccoli-Cheddar Soup

*presented by Beth Stark
Registered Dietitian, Weis Markets*

Prep Time: 15 minutes

Bake Time: 20–25 minutes

Yields: 5 servings (1 cup each)

In a large saucepan over medium heat, sauté butter spread and onion until onion is tender, about 4 minutes. Add flour and cook, stirring for 2 minutes. Gradually stir in broth and evaporated milk.

Add broccoli and bring to a simmer until broccoli is tender, about 5 minutes. Reduce heat to low and stir in shredded cheese, grated Parmesan cheese, mustard, cayenne pepper, nutmeg and black pepper.

Cook, stirring occasionally for 10 minutes until soup has thickened; serve.

DAIRYSPOT.COM HEALTHY TIP

Sometimes healthier eating is as simple as swapping an ingredient or two. To take advantage of the nine nutrients packed into dairy foods, substitute real dairy foods (like milk, yogurt and cheese) whenever a recipe calls for imitation dairy foods. To boost calcium, any time a recipe calls for water, add fat-free milk instead. To decrease fat and increase nutrients, substitute plain yogurt for sour cream, pour fat-free evaporated milk instead of cream in coffee, and spread ricotta cheese in place of cream cheese.



1 Tbsp. Weis Quality Best Thing Since Butter Spread

½ cup onion, chopped

2 Tbsp. Weis Quality All-Purpose Flour

1½ cups 50% reduced-sodium broth

1 (12-oz. can) Carnation® Lowfat 2% Evaporated Milk

3½ cups Weis Quality Broccoli Florets, thawed

¾ cup Cabot® 75% Sharp Extra Light Cheddar Cheese, shredded

½ cup Cabot® New York Extra Sharp Cheddar Cheese, shredded

2 Tbsp. Weis Quality Grated Parmesan Cheese

1 tsp. Weis Quality Stone Ground Dijon Mustard

¼ tsp. cayenne pepper

¼ tsp. grated nutmeg

Black pepper to taste



Butternut Parmesan Pasta Toss

- 1 lb. Weis Quality thin spaghetti
- 1/3 cup Weis Quality sour cream
- 1 cup grated Weis Quality Parmesan Cheese
- 2 (16 oz.) jars of Weis Five Star Butternut Squash Pasta Sauce
- 1/8 tsp. grated or ground nutmeg (optional)
- Fresh parsley sprig for garnish

*presented by David Taddei
Executive Assistant Chef, DelGrosso*

Prep Time: 30 minutes

Yields: 6 servings

Cook spaghetti according to package directions.

While pasta is cooking, heat Weis Five Star Butternut Squash Pasta Sauce over medium heat until heated through, stirring occasionally.

Add sour cream, Parmesan cheese and nutmeg (if desired) to sauce and stir thoroughly until well blended.

After draining the cooked pasta, pour sauce over pasta and mix until well coated.

Top with fresh parsley to garnish and serve.

DAIRYSPOT.COM HEALTHY TIP

Cheese is nutrient-packed. Though it provides only 5% of the calories in the U.S. diet, it offers these nutrients:

Calcium 21% • Phosphorus 11%
Protein 9% • Vitamin A 9% • Zinc 8%



Wild Mushroom and Gruyère Tart

with Baby Arugula Salad

*presented by Barry Crumlich
Executive Chef, Pennsylvania Governor's Mansion
and The First Lady of the Commonwealth of
Pennsylvania, Susan Corbett*

Yields: 8–10 servings

Tart

Purée ricotta in food processor until smooth, approximately one minute. Add 1 egg yolk and 2 teaspoons of olive oil and blend. Place mixture in a bowl and fold in crème fraîche.

Sauté sliced mushrooms in a heated sauté pan with 2 tablespoons of olive oil.

Once mushrooms have color, add garlic and shallots and sauté for 2 minutes.

Add the fresh herbs, salt and pepper, cook for additional 2 minutes and set aside.

Take partially thawed puffed pastry sheet and place on a sheet tray. Score a ¼-inch border on the rectangular sheet.

Take ricotta filling and spread evenly to the inner edge of pastry sheet.

Top mixture with sautéed mushrooms and then finish with a layer of the grated Gruyère cheese.

Brush outer border of pastry with egg yolk and water mixture and bake at 400°F for 20–25 minutes or until pastry and cheese are golden brown.

TART:

½ cup whole milk ricotta
1 large egg yolk
2 tsp. plus 2 Tbsp. olive oil,
divided use
¼ cup crème fraîche or sour
cream
1½ lb. assorted wild
mushrooms (chanterelles,
oysters, maitaki, shitake,
crimini, enoki)
2 shallots, minced
2 garlic cloves, minced
2 Tbsp. fresh thyme leaves
1 Tbsp. fresh rosemary,
chopped finely
Salt and pepper to taste
1 sheet frozen puffed pastry,
partially thawed
1 large egg yolk beaten
with 1 tsp. water (to brush
pastry crust)
4 oz grated Gruyère cheese

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SALAD:

- 8 oz. baby arugula
- 1/3 cup fresh chives, cut into 1/2" pieces
- 2 Tbsp. fresh tarragon leaves
- 2 Tbsp. fresh chervil leaves
- 2 Tbsp. olive oil
- 2 tsp. lemon juice
- Salt and pepper to taste

Salad

Place herbs, lemon juice, olive oil, salt and cracked black pepper in a bowl and blend together. Lightly toss with baby arugula.

Serving

Place mushroom tart on a plate with baby arugula salad and serve.

DAIRYSPOT.COM HEALTHY TIP

Herbs add flavor to dishes without sodium, sugar or fat! Plus, herbs and spices contain disease-fighting antioxidants and even count towards the 3+ cups of vegetables and fruits we need daily.



Kettle Style Jambalaya

*presented by Karen Moore
Food Service Specialist and Prepared Foods Technician,
Weis Markets*

Prep Time: 20 minutes

Yields: 6–8 servings

Pull chicken and remove all bones. Place chicken in soup pot.

Melt butter in skillet and sauté pepper, onion, and celery for 5 minutes. Add sausage slices to brown. Add garlic, Cajun Spice Blend, thyme and oregano to skillet and cook another 2 minutes. Transfer mixture to soup pot. Add chicken broth to cover ingredients. Bring to a boil, then reduce heat to medium.

Add package of unflavored gelatin to ½ cup hot water and stir to dissolve. Add gelatin mixture to soup pot and stir again. Add undrained tomatoes and stir to mix. Put cover on soup pot and reduce heat to low. Cook for 1 hour.

Remove lid after 1 hour and add crushed red pepper, shrimp, and rice.

Put cover on soup pot and set to medium. Cook an additional ½ hour. Shrimp should be pink, and rice should be cooked.

Ladle into large soup bowls or crocks. Garnish with chopped parsley. Serve with slices of Toasted Sweet Pepper Baguette (recipe follows).

Approximately 1.5 lb. white and dark chicken meat pulled from one Weis Deli Rotisserie Chicken

2 Tbsp. butter

1 green bell pepper, diced in ½-inch pieces

1 large Mayan or other sweet onion, diced in ½-inch pieces

¾ cup celery, diced in ¼-inch pieces

1 lb. smoked sausage, cut into 2-inch slices

3 garlic cloves, cracked with the blade of a chef knife and finely chopped

1 Tbsp. Cajun Spice Blend

1 tsp. dried thyme

1 tsp. dried oregano

3 cups chicken broth

1 pkg. Knox unflavored gelatin

One 28-oz. can diced tomatoes, undrained

½ tsp. crushed red pepper (omit if you like less spice)

¾ lb. peeled and deveined extra large raw shrimp

1¾ cups converted rice

GARNISH:

Chopped parsley to garnish

DAIRYSPOT.COM HEALTHY TIP

Be ahead of the game. Cut up batches of veggies like bell peppers, onion, carrots and broccoli. Pre-package them for later in the week when time is tight, then enjoy them on a quick salad.



Toasted Sweet Pepper Baguette

and Sweet Pepper Compound Butter

SWEET PEPPER COMPOUND BUTTER:

2 sticks (8 oz.) butter, room temperature
2 Delallo Pepperazzi Roasted Red Peppers, drained and roughly chopped
3 Delallo Pepperazzi Tri-Colored Peppers, drained and roughly chopped
1 pinch kosher or sea salt
Freshly cracked black pepper to taste

ASSEMBLY:

1 Bakery Fresh Baguette Loaf, sliced in half lengthwise
Stella Shredded Parmesan Cheese

Sweet Pepper Compound Butter

Soften butter to room temperature. Put butter and drained peppers in mixing bowl. Using a mixer, beat peppers, salt, black pepper and butter together at low speed until thoroughly mixed. Do not whip. Cover bowl and chill until use.

Assembly

Slice baguette lengthwise and place on cookie sheet. Spread pepper butter evenly on bread, covering top with a thin, even layer. Sprinkle top of buttered bread with shredded Parmesan cheese. Place cookie sheet of bread under broiler of oven and toast to golden brown.

Cut pieces to serve with Jambalaya (previous recipe).

Tesoro Marinara Sauce

*presented by Jason Plona
Value Stream Manager, East Coast Fresh Cuts*

Preheat the oven to 250°F.

Halve each tomato and place in a mixing bowl. Drizzle the olive oil over the tomatoes and toss until evenly coated. Arrange the tomatoes evenly on a sheet pan, skin side down. Season the top of each tomato with salt, pepper, oregano, and thyme. Bake tomatoes for two hours. Tomatoes should be soft, and skin should be loose and wilted.

Once tomatoes are done, allow to cool to room temperature for 15 minutes.

Heat oil on medium-high heat in a medium-sized stock pot. Cook onions for 2–3 minutes, until slightly translucent.

Add minced garlic and season with salt and pepper. Cook for 1–2 minutes. Do not burn the garlic.

Once Tesoro Tomatoes are cooled down, flip them over and gently remove the skin.

Add the peeled tomatoes to the stockpot.

Add red chili flakes and basil to the stockpot and turn the flame to low heat.

Using a rubber spatula, thoroughly mix in the basil and red chili flakes. Make sure to break up tomatoes, being careful to leave large chunks clearly evident.

Transfer sauce to a storage container and let cool.

2 lb. Tesoro Tomatoes
2 Tbsp. extra-virgin olive oil
2 tsp. kosher salt
1 tsp. ground black pepper
2 tsp. dried oregano
1 tsp. dried thyme
4 oz white onion, ½-inch dice
4 cloves garlic, minced
1 Tbsp. extra-virgin olive oil
½ tsp. kosher salt
¼ tsp. ground black pepper
⅛ tsp. red chili flakes
1 Tbsp. basil chiffonade

DAIRYSPOT.COM HEALTHY TIP

Serve milk with meals. Milk is the number one food source of key nutrients that Americans tend to miss out on—like potassium, vitamin D, magnesium and calcium.



Smothered Shrimp and Sausage “Etouffee”

2 tsp. salt
½ tsp. cayenne pepper
¼ tsp. ground white pepper
½ tsp. ground black pepper
3 sprigs thyme, stripped and roughly chopped
½ cup salad oil
1 lb. andouille or hot Italian sausage
¼ cup all-purpose flour
½ cup Spanish onions, roughly chopped
½ cup celery, roughly chopped
½ cup green pepper, roughly chopped
½ cup button mushrooms, roughly chopped
1½ cups water or seafood stock
1 cup white wine
½ cup tomatoes, chopped
1 lb. shrimp, peeled, medium
½ cup green onions, sliced thinly

*presented by Paul Mach
Chef Instructor, Pennsylvania College of Technology*

Yields: 6 brunch portions

Combine seasonings in a small bowl and reserve.

In a heavy bottomed saucepot over medium-high heat, combine the oil and sausage and brown it completely. Add the flour, stirring constantly, until the flour is lightly browned. Add the vegetables and the spice blend and cook over medium heat until the vegetables are soft.

Add the water, wine, tomatoes, shrimp and green onions. Stir until the mixture is smooth and simmering. Reduce heat to low, cover the pan and cook for about 10 minutes, stirring once to avoid sticking in the bottom of the pan.

Serve with plain boiled rice or grain of your choice.

DAIRYSPOT.COM HEALTHY TIP

To eat seafood twice a week as recommended, get creative. Try shrimp stir fry, salmon patties, clams with whole wheat pasta or grilled fish tacos. Top a salad with grilled shrimp in place of meat or chicken.





Pork Day



Sautéed Medallions of Pork,

Glazed Fruit with Pumpkin Pasta and Italian Green Beans

*presented by Brian D. Peffley CEPC, CCE, AAC
Chef Instructor, The Lebanon County Career &
Technology Center Culinary & Pastry Arts Programs*

Yields: 5 Servings
(1 serving = 3 medallions)

Pork

Cut the pork into medallions, about 2 ounces each.

Poach the apple and pear in the white wine until tender. Let cool in the poaching liquid.

Reconstitute the dried fruit in the hot chicken broth. Strain and reserve the stock.

At service, sauté seasoned pork in small amount of fat until browned and almost cooked. Remove and keep the medallions warm.

Deglaze the pan with a small amount of reserved chicken stock. Add fruits and heat well. Add demi-glace and brandy and flame the sauce to burn off some of the alcohol.

Return pork to pan to coat with sauce.

Serve pork on a bed of pumpkin pasta with green beans.

Pumpkin Pasta

Sauté the 2 ounces of puréed pumpkin until it is reduced to 1 ounce. Cool.

Combine puréed pumpkin with all ingredients in a large bowl and knead the mixture until it is smooth.

Cover the dough and allow to rest for one hour before rolling and shaping.

PORK:

2 lb. pork loin, trimmed

2½ oz. Red Delicious apples, tournéed or large dice

2 oz Bartlett pears, tournéed or large dice

16 fl. oz. dry white wine

1 oz. dried cherries

1 oz. dried apricots

½ qt. hot chicken stock

½ qt. demi-glace

1 oz. apple-flavored brandy

PASTA:

2 oz puréed pumpkin

½ lb. bread flour or semolina flour

3 eggs

Pinch salt

2 fl. oz. water as needed

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GREEN BEANS:

- 2 lb. whole green beans
- 6 Tbsp. olive oil
- 3 garlic cloves, chopped
- 3 Tbsp. fresh lemon juice
- 1 Tbsp. lemon zest
- 1 tsp. freshly ground pepper
- ½ cup freshly grated
Parmesan cheese

Italian Green Beans

Trim and cook beans in boiling water. Cook beans in enough water to cover them. If needed, cook the beans in batches to keep the water boiling.

Cook beans at rolling boil for a few minutes then reduce heat to medium and cook slowly, 12–15 minutes. Taste beans from time to time to check for doneness. They should be crisp to the bite. Drain beans and hold.

To a sauté pan add olive oil and heat enough to sauté. Add garlic and sauté 1 minute without burning it. Add the beans and coat with oil, then add lemon juice, lemon rind and pepper. Toss to coat, spoon into serving dish and sprinkle with cheese. Serve at once.

DAIRYSPOT.COM HEALTHY TIP

Eating out can be expensive! To save money, get back to the basics of home cooked meals. Enjoy cooking together then sharing dinner with friends and family.



Roast Stuffed Pork Loin

with Butternut Squash and Blue Cheese Stuffing, Bacon Crisps, Calvados Jus, Baby Arugula Salad, and Banyuls Vinaigrette

*presented by Allan Rupert
Executive Chef, Hollywood Casino
at Penn National Race Course*

Butternut Squash and Blue Cheese Stuffing

Large dice (½-inch by ½-inch) and blanch butternut squash in salted boiling water. Once squash is tender, remove from boiling water and cool on a sheet pan. Cube French bread in ½-inch by ½-inch squares. Pick rosemary off the sprigs and chop fine. In a large mixing bowl combine butternut squash, French bread cubes, and rosemary. Pour warm pork stock over squash mixture. Hand mix to absorb stock. Crumble blue cheese into stuffing and adjust seasoning with salt as needed. Cool and keep covered.

Pork Loins

Preheat oven to 300°F.

Pat dry and split each pork loin ¾ of the way across right to left. Spread stuffing evenly between all pork loins, filling the cavities equally to each end.

Fold each pork loin back to original form. Tie with butcher's string.

Lightly oil the tied pork loin and season with combination of salt, black pepper and nutmeg.

Sear over high heat, then roast in oven to an internal temperature of 150°F.

Bacon Crisps

Cut the slab bacon into ¼-inch strips. Cook over a low flame until strips are golden and crisp.

STUFFING:

2 lb. butternut squash
1 French bread baguette
1 rosemary sprig
1 Tbsp. kosher salt
2 cups pork stock
½ lb. blue cheese
Salt as needed

PORK LOIN:

½ pork loin
½ cup canola oil
1 Tbsp. kosher salt
½ Tbsp. freshly ground black pepper
1 tsp. ground nutmeg

BACON CRISPS:

½ lb. slab bacon

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CALVADOS JUS:

- 1 lb. yellow onion
- ½ lb. celery
- ½ lb. carrots
- ½ cup canola oil
- ½ lb. tomato paste
- 1 cup dark brown roux
- 2 cup Calvados
- 1 rosemary sprigs
- 2 bay leaves

PORK FOND:

- 1 qt. pork stock
- Kosher salt
- White pepper

BABY ARUGULA SALAD:

- 1 lb. baby arugula
- 12 grape tomatoes
- ½ lb. butternut squash

BANYULS VINAIGRETTE:

- 1 cup Banyuls vinegar
- ¼ cup Dijon mustard
- 1 cup olive oil
- 2 cups canola oil
- ¼ cup honey
- ½ shallot
- 1 garlic clove
- Kosher salt
- Black pepper, freshly ground

Calvados Jus

Deglaze roasting pans with Calvados. Retain the fond.

Caramelize mirepoix and add tomato paste and cook for 10 minutes.

Deglaze pan with Calvados. Add the rosemary, bay leaves, pork fond and pork stock and bring to a rolling boil. Reduce heat to medium and add roux while stirring with a wire whisk. Simmer for 30 minutes over low heat. Adjust seasoning with salt and white pepper.

Strain thoroughly and hold hot.

Baby Arugula Salad

Wash arugula, cut grape tomatoes in half and julienne butternut squash on a mandolin. Refrigerate ingredients in separate containers until serving.

Banyuls Vinaigrette

Using a hand blender, combine vinegar, mustard, honey, oils, garlic and shallot.

Once blended thoroughly, adjust seasoning with salt and black pepper.

DAIRYSPOT.COM HEALTHY TIP

Today, pork is very lean. Don't overcook it! To make sure your roasts, tenderloins and chops are juicy, use a digital thermometer and follow The U.S. Department of Agriculture's recommendation to cook pork to 145°F then allow a 3 minute rest time.



Herb Seared Pork Tenderloins

with Citrus Jalapeños Glaze,
Served on Parmesan Coins

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

Pork Tenderloins

Remove all silver skins, heat oil in a skillet and sear the herbed pork tenderloins for about 7–9 minutes. Place tenderloins in the oven and cook until internal temperature reaches 155–160°F.

Citrus Jalapeño Glaze

Stir together all ingredients in a medium sauce pan. Bring to a boil over medium-high heat.

Reduce heat to medium, stirring often; reduce to half and serve on tenderloin or on side. Garnish with grated orange rind.

PORK:

2 Tbsp. olive oil
2 pork tenderloins
(equal to 2 lb.)
Chef special seasoning
1 cup of citrus jam for glaze
1 small jalapeño
1 bunch basil
1 bunch oregano
1 bunch parsley

CITRUS GLAZE:

3 medium jalapeno peppers,
seeded and finely chopped
½ cup lemon juice
½ cup lime juice
1 cup orange juice
2–4 garlic cloves, minced
1 Tbsp. olive oil
3 Tbsp. Pennsylvania
maple syrup
1 tsp. salt (optional)
½ tsp. fresh ginger
½ tsp. mesquite coffee
seasoning
3 Tbsp. grated orange rind
(for garnish)

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PARMESAN COINS:

- 1 1/3 cups all-purpose flour
- 3/4 cup Parmesan cheese, freshly grated
- 1 Tbsp. lemon zest
- 2 1/2 Tbsp. fresh rosemary
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/2 cup unsalted butter, cut into 1/2-inch pieces
- 1 large egg yolk
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. Grand Marnier

Parmesan Coins

Combine flour, cheese, lemon zest, rosemary, salt and pepper in a blender. Pulse in the egg yolk, lemon juice and Grand Marnier. Continue to pulse until you form small moist crumbs that clump together.

Create a 14-inch-long log that is 1 1/4 inch in diameter.

Place in refrigerator for about 4 hours.

Heat oven to 375°F.

Lay parchment paper onto a sheet tray and cut dough into 1/4-inch slices.

Place dough slices on parchment paper and bake in the oven for 8–10 minutes or until lightly brown.

DAIRYSPOT.COM HEALTHY TIP

Pork is packed with important vitamins and minerals, including B vitamins (thiamin, niacin, riboflavin and vitamin B-6). It's also full of phosphorus for strong bones, potassium for fluid balance and zinc for a healthy immune system.



Herb Roasted Pork Loin

over Mushroom Barley Pilaf topped with
Apple Cranberry Chutney and Bacon Candy

*presented by William James Edmondson Jr. CEC, CCA
Senior Executive Chef, Bloomsburg University
2012 PA Pork Producers Taste of Elegance Winner*

Yields: 32 portions

Roasted Pork Loin

Preheat oven to 350°F.

Rub an 8-pound pork loin with oil, salt and black pepper, fresh sage, thyme, and parsley. Roast to an internal temperature of 145°F, about 45 minutes.

Pilaf

Sauté garlic and onion in oil over medium-high heat for 5 minutes, or until lightly browned. Add mushrooms, leeks, and chicken stock. Next, add barley and butter. Let simmer for 15 minutes.

PORK:

8 lb. pork loin

Oil

Salt

Black pepper

Fresh sage, thyme and
parsley

PILAF:

2 Tbsp. garlic, fine chopped

3 lb. onion, small dice

3 lb. white Pennsylvania
mushrooms, sliced

1 lb. leeks, cut into whole
rings

2 cups chicken stock

3 lb. barley, par-cooked

1 Tbsp. whole butter

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CHUTNEY:

- 2 Tbsp. oil
- ½ cup red onion, small dice
- ½ cup green bell pepper, small dice
- ½ cup red bell pepper, small dice
- 2 cups dried cranberries
- 1½ cups apple juice
- 1 lb. light brown sugar
- 1 tbsp. fresh ginger
- 2 whole lemons
- ½ tbsp. cinnamon
- ½ tsp. cayenne
- 4 lb. fresh Granny Smith apple, medium dice with skin on
- ¼ cup orange zest

BACON CANDY:

- 4 lb. bacon, cooked and crumbled
- 2 cups sugar
- 1 cup water

Chutney

In a medium-sized pot, cook the oil, onion, pepper and cranberries. Add juices, sugar, ginger and seasonings. Simmer for 15 minutes, then toss in the apple and orange zest.

Bacon Candy

Cook bacon, then drain. Crumble and set aside.

Place the water and sugar in a small pot over medium-high heat until the sugar starts to brown. Add the bacon; remove to a sheet pan with paper to cool.

DAIRYSPOT.COM HEALTHY TIP

A healthy meal includes more fruits and vegetables and smaller portions of meat and grains. Fill half your plate with vegetables and fruit (this chutney counts!). Then, add lean protein like pork, beef, chicken, turkey, beans or tofu. Next, add grains; at least half the time, make it a whole grain, like barley. And don't forget to serve milk with your meals!



Dijon-Crusted Pork

with Pan-Roasted Potatoes

*presented by Dan Brodeur
Executive Chef, Gigi Restaurant & Lounge
and Chef/Owner of Big Dan's Oregon Ave Deli and
Brodeur's Catering, Philadelphia, PA*

Yields: 2 servings

Pork Chops

Preheat oven to 350°F.

Dredge pork chops in flour; tap off excess. With back of spoon, spread smooth Dijon mustard on one side of each chop. Press in panko bread crumbs. Repeat for other side.

Preheat heavy sauté pan over medium-high heat. Cover bottom with cooking oil. When up to temperature, place pork chops in sauté pan. Sauté each side until golden brown, approximately 3–4 minutes per side. Place on ungreased baking sheet into oven for approximately 12–15 minutes.

Dijon Cream Sauce

Preheat sauté pan over medium-high heat. Melt one pat of butter. Add grainy Dijon mustard and whisk until smooth. Add white wine, 1 ounce of chicken stock, and heavy cream. Reduce to desired consistency.

Potatoes

Preheat sauté pan over medium-high heat. Drizzle pan with cooking oil. Sauté bacon until crispy. Add red onion and cook until caramelized. Add poached Yukon Gold potatoes and salt and pepper to taste. Cook potatoes until pan-browned. Finish with a pat of butter.

Blended cooking oil (olive oil/
vegetable oil blend)

PORK:

4 center cut pork chops,
boneless, sliced thinly
($\frac{1}{2}$ - to $\frac{3}{4}$ -inch)

1 cup flour

1 cup smooth Dijon mustard

2 cups panko bread crumbs

SAUCE:

1 stick salted butter

2 Tbsp. grainy Dijon mustard

2 oz. white wine

1 cup chicken stock

$\frac{1}{2}$ cup heavy cream

POTATOES:

4 oz. hickory-smoked bacon,
diced

4 oz. red onion, minced

2 cups Yukon Gold potatoes,
wedged and poached

Salt

Pepper

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Serving

Place potatoes in center of plate. Top with pork chops. Drizzle with Dijon sauce.

DAIRYSPOT.COM HEALTHY TIP

More than men, women tend to have problems getting enough iron. The iron found in meat (called heme iron) is absorbed easier than the iron that comes from plants (called non-heme iron). Women capable of becoming pregnant should choose more foods that supply heme iron (like pork and beef). Foods that are high in vitamin C, like tomatoes, orange juice and bell peppers, will help increase the amount of iron absorbed from foods eaten at the same time.



Babunya's Pork Chop Milanese

*presented by Thomas Kostiw
Chef and Distributor for Babunya's Gourmet*

Difficulty: Easy

Prep Time: 15 minutes

Cook Time: 20–30 minutes

Yields: 4 Servings

Season pork chops with a fair amount of Babunya's Original Family Recipe and set aside.

Put flour in a shallow platter and set aside.

Beat eggs in a bowl and transfer to another shallow platter.

Heat the oil over medium-high flame in a large skillet. When the oil is hot dredge both sides of pork chop in flour, shaking off the excess. Dredge in the beaten egg and slip the chops into the pan two at a time.

Cook for 20 minutes, turning the chops every 5 minutes until golden brown.

Serve with your favorite side dish.

4 medium pork chops, with or without bone

Babunya's Original Family Recipe seasoning

1 cup flour

2 eggs

¼ cup canola oil

DAIRYSPOT.COM HEALTHY TIP

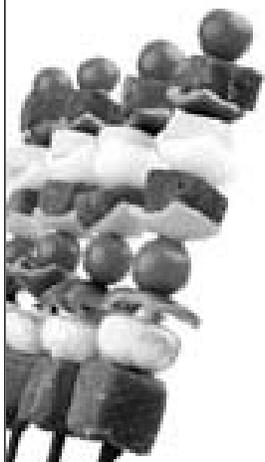
Make half your grains whole grains. Choose whole wheat bread instead of white; corn tortillas instead of flour; barley or brown rice over white; and popcorn instead of pretzels.







Beef & Veal Day



Veal Blanquette with Rice Pilaf

*presented by Brian D. Peffley CEPC, CCE, AAC
Chef Instructor, The Lebanon County Career &
Technology Center Culinary & Pastry Arts Programs*

Yields: 5 Servings

Veal Blanquette

Cover the veal with cold water and blanch. Combine the veal with the stock; simmer the veal until tender, about 1½ hours. Add the sachet during the final half hour of cooking time. Remove sachet and discard and reduce the stock briefly.

Combine roux with the stew; simmer the mixture until it is thickened.

Stew the mushrooms and pearl onions in butter until tender. Add the lemon juice, salt and pepper to taste; reserve.

Combine the egg yolks and cream for liaison. Temper with hot stew and add back to mixture.

Add mushrooms and onions and adjust seasoning.

Serve with rice pilaf or pasta.

Rice Pilaf

Preheat oven to 350°F.

Sweat the onions in butter. Add the rice and stir it in to coat with the butter, then add the hot stock and bay leaf.

Bring the liquid to a boil. Cover the pot, transfer it the oven and cook for 20 minutes, until the liquid is absorbed and the rice is tender.

VEAL BLANQUETTE:

4 lb. veal meat, diced
Cold water as needed
2 qt. white beef stock
1 standard sachet d'épices
4 oz. white roux
1½ lb. mushrooms
1 oz butter
2 Tbsp. fresh lemon juice
2 egg yolks
8 fl. oz. heavy cream
20 each pearl onions
Salt to taste
Black pepper to taste

RICE PILAF:

1 Tbsp. onions, diced small
1 Tbsp. butter
7 oz long-grain rice
14 fl. oz. hot chicken stock
1 bay leaf
¼ tsp. salt
Pinch pepper

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Use a kitchen fork to separate the grains of rice and to release the steam.

(An average portion size is 3 ounces of rice.)

DAIRYSPOT.COM HEALTHY TIP

Mom & Dad, be a good role model. If you want your kids to develop healthy habits, like drinking milk and eating vegetables, you should, too. No matter what we say, kids are more likely to do what we do.



Veal Wellington

with Roasted Fall Vegetables
and Potato & Fennel Hash

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

Yields: 6 servings

Roasted Fall Vegetables

Preheat oven to 425°F.

Heat large sauté pan over medium-high heat and add bacon to render some of its fat.

Add Brussels sprouts and parsnips and toss for 3–5 minutes, then add broth.

Cover pan and place in oven for 15 minutes. Remove, toss veggies and add apples. Recover and cook for an additional 15–20 minutes.

Before serving, squirt with balsamic glaze.

Potato & Fennel Hash

Toss all veggies in oil and seasonings. Place in casserole dish and bake in oven for 45 minutes or until crispy, tossing every 10–15 minutes.

Veal Wellington

Preheat oven to 425°F.

Season tenderloin. In heavy sauté pan with butter, sear tenderloin until browned on all sides, then place in oven until the internal temperature is 110°F.

Slice portabellas about ½ inch thick and sauté in same pan with garlic, shallots, salt and pepper. Deglaze pan with red wine as needed to get up the fond.

Beat egg for egg wash and set aside.

VEGETABLES:

2 lb. Brussels sprouts,
stemmed
2 Fuji apples, cored and
diced Brussel sprout size
2 parsnips, peeled, sliced,
and diced in ½-inch pieces
4 strips bacon, rough
chopped
½ cup broth, veal or veggie
2 Tbsp. butter, unsalted
Salt and pepper
2 Tbsp. balsamic glaze

POTATO & FENNEL HASH:

1 lb. fingerling potatoes,
quartered lengthwise
1 leek, sliced
1 fennel bulb, halved and
sliced
1 jalapeño, finely diced
2 green peppers
2 cloves roasted garlic
3 Tbsp. oil
1 Tbsp. melted butter
1 tsp. parsley
1 tsp. oregano

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½ tsp. pepper

½ tsp. paprika

1 tsp. salt

VEAL WELLINGTON:

2 lb. veal tenderloin

2 portabella mushroom caps

2 Tbsp. butter, unsalted

2 Tbsp. shallots, chopped

1 Tbsp. garlic, minced

½ tsp. thyme

½ tsp. pepper

½ tsp. salt

1 egg

½ lb. pâté (goose or duck, optional) — could be cheese instead, like a nice PA blue cheese

1 pkg. puff pastry dough, thawed

2 cups veal demi-glace

¼ cup Madeira or red wine

Flour a cutting board and lay out puff pastry.

Roll out puff pastry large enough to roll tenderloin in completely. Place mushroom cap slices on center of pastry. Place sliced foie gras on top of caps. Then lay tenderloin on top and roll dough up, sealing with egg wash.

Roll over and egg wash roll. Top with puff pastry cut outs to suit occasion.

Bake at 425°F for 10 minutes, then reduce temperature to 375°F and bake for an additional 10–15 minutes, until pastry is golden brown.

Remove from oven and carefully place on a serving platter.

Serve with veal demi-glace reduction.

DAIRYSPOT.COM HEALTHY TIP

Fiber, what grandma called roughage, is carbohydrates our bodies can't digest. Dietary fiber comes from plants, including vegetables and fruit.

Fiber that occurs naturally in foods (versus being added in processing) may help reduce the risk of heart disease, obesity and type 2 diabetes. Both children and adults need foods with dietary fiber for more nutrients, normal digestion and healthier blood sugar and cholesterol levels. Fiber also comes from beans and peas, whole grains and nuts.



Barbequed Marinated Flank Steak

with Sweet Corn Bread

*presented by Charlie Gipe, CEC, AAC
Executive Chef at the Hershey Entertainment Complex,
Hershey, PA*

Flank Steak

In a blender, combine the soy sauce, honey, vinegar, ginger, garlic and vegetable oil.

Lay the steak in a shallow glass or ceramic dish. Pierce both sides of the steak with a sharp fork. Pour marinade over the steak, then turn and coat the other side. Cover and refrigerate 8 hours, or overnight.

Place grate on highest level, and brush lightly with oil. Place steaks on the grill and discard marinade. Grill steak for 10 minutes, turning once, or to desired doneness.

Sweet Corn Bread

Preheat oven to 400°F. Lightly grease an 8-inch square baking dish.

Combine flour, cornmeal, sugar, baking powder, baking soda, and salt in a mixing bowl. Mix egg, sour cream, milk, and butter in a small bowl. Fold egg mixture into the flour mixture until moistened: pour into a prepared baking dish.

Bake in a preheated oven until a toothpick inserted near the center comes out clean, 20–25 minutes. Serve warm. Cut into 6–8 pieces.

FLANK STEAK:

- ¼ cup soy sauce
- 4 Tbsp. honey
- 1 Tbsp. white vinegar
- ½ tsp. ground ginger
- ½ tsp. garlic powder
- ½ cup vegetable oil
- 1½ lb. flank steak

SWEET CORN BREAD:

- 1 cup all-purpose flour
- 1 cup cornmeal
- ¼ cup sugar
- ½ tsp. baking soda
- ½ tsp. baking powder
- ½ tsp. salt
- 1 egg, lightly beaten
- 1 cup sour cream
- ⅓ cup milk
- ¼ cup butter, melted

DAIRYSPOT.COM HEALTHY TIP

There are 29 cuts of lean beef, with a fat content as low as skinless chicken. Lean beef is still packed with 10 nutrients, including iron and zinc.







Apple Day



Roasted Loin of Pork

with a Sausage, Apple and Cranberry Stuffing

*presented by John Reis CFBE
Corporate Executive Chef, Hilton, Harrisburg*

Stuffing

Preheat oven to 350°F. Divide bread cubes between 2 large baking sheets. Bake until slightly dry, about 15 minutes. Cool completely.

Sauté sausages in heavy large skillet over medium-high heat until cooked through, crumbling coarsely with back of spoon, about 10 minutes. Add butter and melt. Add leeks, apples, celery and poultry seasoning to skillet; sauté until leeks soften, about 8 minutes. Mix in dried cranberries and rosemary. Add the bread and parsley. Add stock as needed. Season stuffing to taste with salt and pepper. (Can be prepared one day ahead.) Cover and refrigerate.

Pork Loin

If continuing recipe from previous day, preheat oven to 350°F.

Cut the pork loin in half lengthwise. Butterfly and pound down with a meat mallet. Place the stuffing down the middle and roll the pork around the stuffing. Tie with butcher's twine, season with salt and pepper and bake in preheated oven for about 30–45 minutes or until internal temperature reaches 145°F. Remove from pan and keep warm. To same pan with drippings, add flour and beef stock and simmer for about 2 minutes.

4–6 lb. boneless pork loin
 ½ loaf white bread, cut into
 ¾-inch cubes (about 12 cups)
 ½ pound sweet Italian
 sausages, casings removed
 ⅓ cup (½ stick) butter
 2 cups sliced leeks (white
 and pale green parts only;
 about 3 large leeks)
 2 tart green apples, peeled,
 cored, chopped
 1 cup chopped celery
 2 tsp. poultry seasoning
 ½ cup dried cranberries
 (about 4 oz.)
 2 tsp. chopped fresh
 rosemary
 ⅓ cup chopped fresh parsley
 1 Tbsp. flour
 1 cup beef stock

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Serving

To serve, slice pork, arrange on platter, and spoon sauce over.

DAIRYSPOT.COM HEALTHY TIP

For food safety, keep hot foods hot and cold foods cold. Hot foods should be kept above 140°. Keep cold foods, like pork, sausages, and milk, refrigerated at or below 40°. Allow food to be out of the refrigerator no more than two hours.



Fried Apple Bread Pudding

*presented by John Reis CFBE
Corporate Executive Chef, Hilton, Harrisburg*

Preheat oven to 325°F.

Combine apples, cubed bread, and cinnamon chips and transfer to a baking dish.

In a separate bowl, combine milk, eggs, sugars, salt and ground cinnamon. Pour over apple and bread mixture. Cover and bake for 45 minutes or until set—when a knife inserted near the middle comes out clean.

When cool, scoop into small balls. Dredge in flour and then dip into the batter and fry until golden brown. Serve with vanilla ice cream and caramel sauce.

4 tart apples, diced
6 slices bread, cubed
3 cups milk
4 eggs
¼ cup brown sugar
¼ cup granulated sugar
½ tsp. salt
2 tsp. cinnamon
2 Tbsp. cinnamon chips

DAIRYSPOT.COM HEALTHY TIP

To get more vegetables and fruit into your diet, get creative with baked goods. Add chopped apples, applesauce, bananas, blueberries or pears to your favorite muffin recipe.



Apple Crème Brûlée

with a Caramelized Apple Cider Sauce
and Candied Apple Peels

CRÈME BRÛLÉE:

4 crisp apples
5 egg yolks
½ cup + 4 tsp. sugar
½ tsp. vanilla
Pinch of cinnamon
Pinch of nutmeg
6 oz. heavy cream

*presented by Autumn Patti
Chef Instructor, Harrisburg Area Community College*

Yields: 4 servings

Crème Brûlée

Preheat the oven to 350°F.

Using a paring knife, cut around the top of the apple, with the knife point facing the center, to remove a funnel-shaped piece.

Using a channel knife, remove strips from the outside peel if desired for appearance. Be careful not to remove the peel from the top cut or the apple will not hold its shape when baked. Save these strips for the candied apple peels. Using a melon baller, remove as much of the apple center as needed to shape a cup for the custard. Be sure not to go too deep or too close to the outside so it will hold the custard.

Place the apples on an ungreased sheet tray and bake for 10 minutes.

Heat the heavy cream in a saucepot over medium heat to a French simmer, just below boiling.

In a stainless steel mixing bowl, combine the yolks, sugar, vanilla, cinnamon, and nutmeg. Whisk to combine.

Slowly temper the heavy cream into the egg mixture, pouring the hot cream slowly into the eggs while whisking constantly to combine the two temperatures. Strain to remove any lumps.

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Pour the custard into the hot apples. Bake until the custard is set, about 30 minutes for a medium-sized apple.

Remove and cool.

For service, sprinkle about 1 tsp. of sugar on top of each custard. Caramelize with a torch.

Caramelized Apple Cider Sauce

In a medium-sized saucepan, simmer the cider over medium heat until reduced to 1 cup. Cool to room temperature.

Candied Apple Peel

Combine the water and sugar in a medium saucepan. Heat to dissolve the sugar.

Remove from heat and add the apple peel strips. Let sit at room temperature for 2 hours.

Strain off the sugar syrup and dust the peels with sugar.

CARAMELIZED APPLE
CIDER SAUCE:

1 qt. apple cider

CANDIED APPLE PEEL:

1 cup water

2 cups sugar, plus ¼ cup for
dusting

Apple peels, strips

DAIRYSPOT.COM HEALTHY TIP

Fall in love with dairy again. Lactose intolerance doesn't mean you should give up dairy. Instead, drink smaller amounts of milk at a time (a little at each meal), try yogurt, drink lactose-free milk and enjoy aged cheeses. Learn to manage lactose intolerance so you can still take advantage of the health benefits and great taste that milk, cheese and yogurt offer.



Breast of Turkey Cutlet

with Apple Compound Butter and
Apple Risotto, Kale and Jalapeño Sauté with
Birch Beer Reduction

Coarsely ground pepper, as
needed

Kosher salt, as needed

5½ Tbsp. butter, divided use

1 apple, diced fine, divided
use (whatever kind you
prefer, I suggest something
firm and tart)

COMPOUND BUTTER:

1 tsp. apple butter

½ clove garlic, minced

1 tsp. finely chopped fresh
parsley

RISOTTO:

2 cups short grain rice
(Arborio for example)

1 tsp red onion, diced fine

½ cup apple juice

4½ cups chicken stock

TURKEY CUTLET:

1 turkey breast, skinless

1 Tbsp. mild olive oil

presented by Allen Friend

Executive Chef, Woods Creek Grill, Jonestown, PA

Yields: 4–6 servings

Preheat convection oven to 350°F.

Compound Butter

In a mixing bowl, make compound butter by whipping 4 tablespoons of butter until fluffy. Add apple butter, ¼ of the diced apple, the garlic, fresh parsley and some black pepper if desired. Mix well.

Risotto

To make the risotto, toast rice in a medium sized stock pot with 1 tablespoon butter and onion for about a minute on medium heat (do not burn). Add apple juice until the rice absorbs the liquid. Add chicken stock to the rice in the same fashion, until the rice is cooked and creamy. You may not need to use all of the chicken stock. Once finished, add the remaining diced apples. Adjust to taste with salt and pepper. Try to time this so the turkey, rice, vegetables and sauce are finished close to the same time.

Turkey Cutlet

Cut ¼-inch slices of turkey on a bias and with the grain. In a preheated sauté pan, add olive oil to coat pan. Place turkey in the pan, add salt and pepper to taste and cook on both sides quickly until lightly browned. Spoon ¾ of the compound butter on each turkey cutlet and bake until fully cooked.

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Kale and Jalapeño Sauté

In an appropriately sized sauté pan, melt ½ tablespoon butter in a pan on medium heat. Once melted, add jalapeño and kale. Toss with tongs and sauté together until wilted. You may add a splash of water to help steam the kale. Add salt and pepper to taste.

In a small sauce pot, on high heat, add the birch beer and reduce until the bubbles are the size of a nickel. Remove from the heat, add remaining compound butter and swirl.

Serving

On individual dinner plates, spoon equal parts risotto in the center of the plates. On top of the rice, divide the vegetables equally, making sure there is not liquid if you decided to use it. On top of the vegetables, place the turkey cutlet(s) and finish by spooning the birch beer reduction on top of the turkey and around the plate. You will need very little reduction per plate.

KALE:

- 1 small fresh jalapeño, seeded and julienned
- 2 cups fresh kale, tightly packed, cut into shreds
- ¼ cup water
- 1 cup birch beer

DAIRYSPOT.COM HEALTHY TIP

*Enjoy your food but eat less overall.
Savor every bite. Pay attention to
hunger and fullness cues before, during
and after eating, to help recognize
when to eat and how much is enough.*



Apple-Stuffed Four Story Hill Farm Suckling Pig

SUCKLING PIG & BRINE:

- 2 gal. water
- 1½ cups kosher salt
- 1 cup dark brown sugar
- 1 garlic head, halved
- ½ bunch fresh thyme
- 24 fresh sage leaves
- 2 fresh rosemary sprigs
- 1 Tbsp. toasted fennel seeds
- 1 Tbsp. whole tellicherry peppercorns
- 1 suckling pig, 15–20 pounds (Four Story Hill Farms or Wanyyn Nells Meat Company)
- ½ cup extra-virgin olive oil
- 2 large yellow onions, cut into 2-inch pieces
- 2 large carrots, peeled and cut into 2-inch pieces
- 3 celery stalks, cut into 2-inch pieces
- STUFFING:**
- ⅓ cup chopped pistachios
- ¼ cup pine nuts
- 1½ tsp. fennel seeds
- 4 Tbsp. extra-virgin olive oil, divided use
- 8 oz. cremini mushrooms, diced
- 1 Tbsp. garlic, chopped
- Sea salt and freshly ground black pepper

*presented by Jason Clark
Chef, Final Cut Steakhouse*

Brine

Two days before you plan to serve the pig, make the brine.

Combine the water, salt, sugar, garlic, thyme, sage, rosemary, fennel seeds, and tellicherry peppercorns in a large pot with a capacity of at least 5 gallons. Bring the mixture to a simmer, stirring until all ingredients are well combined. Remove from the heat and cool down over an ice bath in the refrigerator. Once cooled, add the pig, ensuring that it is completely submerged. Cover and refrigerate for at least 6 hours, try for overnight for more flavor. Remove the pig from the brine and pat it dry with a kitchen towel. Place the pig on a rack set over a rimmed sheet tray to allow the pig to dry in the refrigerator for 12 hours.

Stuffing

Toast the pistachios, pine nuts, and fennel seeds in a small sauté pan over medium heat, about 2 minutes.

Heat 2 tablespoons of the olive oil in a large sauté pan over medium heat. Add cremini mushrooms and garlic; sauté until golden brown, about 5 minutes. Season to taste with salt and pepper and set aside to cool. Heat the remaining 2 tablespoons olive oil in a clean sauté pan over medium heat.

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Add the sliced onion, apples and sauté until caramelized, about 10 minutes. Season to taste with salt and pepper and set aside to cool.

Sauté guanciale in a small sauté pan over medium heat until crispy, about 5 minutes. Using a slotted spoon, remove the guanciale from the pan and place it on a plate lined with paper towels. Set aside to cool.

Mix the cooked guanciale with the pork belly, pork sausage, and foie gras in a large bowl until well combined. Add the toasted nuts and fennel seeds, sautéed mushrooms, caramelized onions apples, parsley, chopped onion, sage, and rosemary; mix well until well combined. Add the cheese, wine, Calvados, and egg whites and mix until well incorporated. Season to taste with salt & pepper.

Roasting Pig

Preheat the oven to 425°F. Pack the stuffing in the cavity of the pig. Using a lacing needle, sew the openings of the pig together. Rub the entire pig with olive oil and wrap the ears and the tail in aluminum foil. Spread the onions, carrots, and celery evenly in a roasting pan. Place the pig, belly side down, on top of the vegetables. Roast for 45 minutes and then reduce the oven temperature to 375°F. Continue to roast until a thermometer inserted into the middle of the pig reads 155–160°F, about 1 hour and 15 minutes more. Let rest for 30 minutes before serving.

1 cup thinly sliced yellow onion
 10 oz. guanciale (hog cheek bacon), finely diced
 2½ lb. ground pork belly
 22 oz. pork sausage
 2 lb. apples (any kind), peeled and diced
 15 oz. foie gras
(can substitute pork liver)
 ¾ cup fresh parsley, chopped
 ¼ cup yellow onion, chopped
 ¼ fresh sage, chopped
 1 Tbsp. fresh rosemary, chopped
 1½ cups grated cheese
 ¾ cup dry white wine
 ¼ cup Calvados
 2 large egg whites
 3 Tbsp. salt
 1 Tbsp. freshly ground black pepper

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Serving

Using an electric serrated knife, slice the stuffed pig vertically into 1-inch-thick slices, beginning behind the shoulder, and serve immediately with Caramelized Brussel Sprouts and Apples and Apple Caramel Swirl Ice Cream (recipes follow).

Caramelized Brussel Sprouts and Apples

with White Wine Poached Apples, Apple Cider and Apple Brandy Reduction

*presented by Jason Clark
Chef, Final Cut Steakhouse*

Bring a saucepan of salted water to a boil, add the parsnips, and cook until tender, about 5 minutes. Immediately transfer the parsnips to a bowl of ice water. Once cool, drain and pat dry.

Bring a saucepan of salted water to a boil and cook the brussel sprouts until tender, about 4 minutes. Immediately transfer the Brussels sprouts to a bowl of ice water. Once cool, drain and pat dry.

Melt 2 tablespoons of the butter in a pan over high heat. Add the apples and sugar and cook until the apples begin to caramelize, about 2 minutes. Using a slotted spoon, transfer the apples to a plate.

Melt the remaining 1 tablespoon of butter in the same pan and add the pearl onions, garlic, and thyme and sauté for 1 minute. Add the blanched parsnips and brussel sprouts and cook until lightly browned, about 3 minutes. Deglaze with apple cider and vinegar, scraping up any brown bits from the bottom of the pan. Return the apples to the pan.

White Wine Poached Apple Sauce

Combine the water, wine, sugar in a medium saucepan and bring to a boil over medium heat, stirring to dissolve sugar. Pour into a metal bowl set over an ice bath to chill. Making the poaching liquid first means you can put the apple balls directly into the cold syrup and you will not have to hold them in acidulated water as you cut them.

½ lb. parsnips, peeled and cut into 1½-inch pieces

1 lb. Brussels sprouts

3 Tbsp. butter, divided use

2 Granny Smith apples, peeled, cored, and each cut into 6 wedges

1 tsp. sugar

1 cup pearl onions, peeled and halved

3 garlic cloves, smashed

3 fresh thyme sprigs

2 cups apple cider

1 Tbsp. cider vinegar

POACHED APPLES:

1.7 oz. water

1.7 oz. Sauvignon Blanc wine

1.7 oz. granulated sugar

4 honey crisp apples

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MUSTARD & BRANDY
REDUCTION:

- 360 g canola oil
- 2100 g pork neck bones
- 2250 ml water, divided use
- 2250 ml chicken stock,
divided use
- 400 g yellow onions, cut into
½-inch pieces
- 270 g leeks, cut into ½-inch
pieces, white part only
- 405 g carrots, cut into ½-inch
pieces
- 180 g tomatoes, cut into ½
inch pieces
- 1500 ml veal stock
- 2 Tbsp. apple mustard

Cut off both ends of each apple and peel. Using a #18 melon baller, cut 24 balls and add to the cold poaching liquid. Transfer the poaching liquid and apples to a cryovac bag (food saver will work set on liquids) Vacuum-pack on high. Cook at 185°F for 30 minutes. Place the bag in an ice bath to chill completely.

Mustard & Brandy Reduction

Heat the canola oil over high heat in a wide heavy pot large enough to hold the bones in one layer. When it just begins to smoke, add the bones and brown them, without stirring, for about 10 minutes. Turn the bones and cook for about 10 minutes longer, or until evenly colored.

Add 750 milliliters of the water to the pot. You will hear the water sizzling as it hits the hot pot. Then as it reduces, it will become quiet. Stirring with a wooden spoon, scrape up any glazed juices clinging to the bottom of the pot and cook until the liquid has evaporated and the pot is glazed and sizzles.

Deglaze the pot with 750 milliliters of the chicken stock and cook as above. As the stock boils down this time, the color of the bones and liquid will become deeper and the natural gelatin in the stock will glaze the bones.

Add the onions, leek, and carrots, the water content of the vegetables provides the liquid for this deglazing. Cook as above until the

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moisture has evaporated and the vegetables are lightly caramelized.

Add the tomatoes and cook until the moisture has evaporated.

Add the remaining 1500 milliliters chicken stock, the veal stock, and the remaining 1500 grams water. Deglaze the pot, then transfer the stock and bones to a taller, narrower pot so that it will be easier to skim. Bring to a simmer and ladle off the oil as it rises to the top. Simmer for 45 minutes, skimming often, until the stock has reduced to the level of the bones.

Strain the sauce through a china cap and then again through a chinois strainer; you should have about 1350 milliliters of liquid. Pour the liquid into a small pot, reduce to about 600 milliliters, and strain again. Refrigerate the sauce for up to 5 days or freeze longer if needed.

Apple Caramel Swirl Ice Cream

3 lb. Granny Smith apples,
cored and thinly sliced

2 cups apple cider

2 Tbsp. plus ½ tsp. citric
acid, divided use

3½ cups milk

3½ cups cream

¼ cup glucose syrup

9 egg yolks

1¾ cup plus ½ cup sugar,
divided use

¼ cup Calvados

1 Tbsp. salt

2 lb. Fuji apples, peeled,
cored, and quartered

½ cup light brown sugar

Zest and juice of 1 lemon

1 vanilla bean, split
lengthwise and scraped

*presented by Jason Clark
Chef, Final Cut Steakhouse*

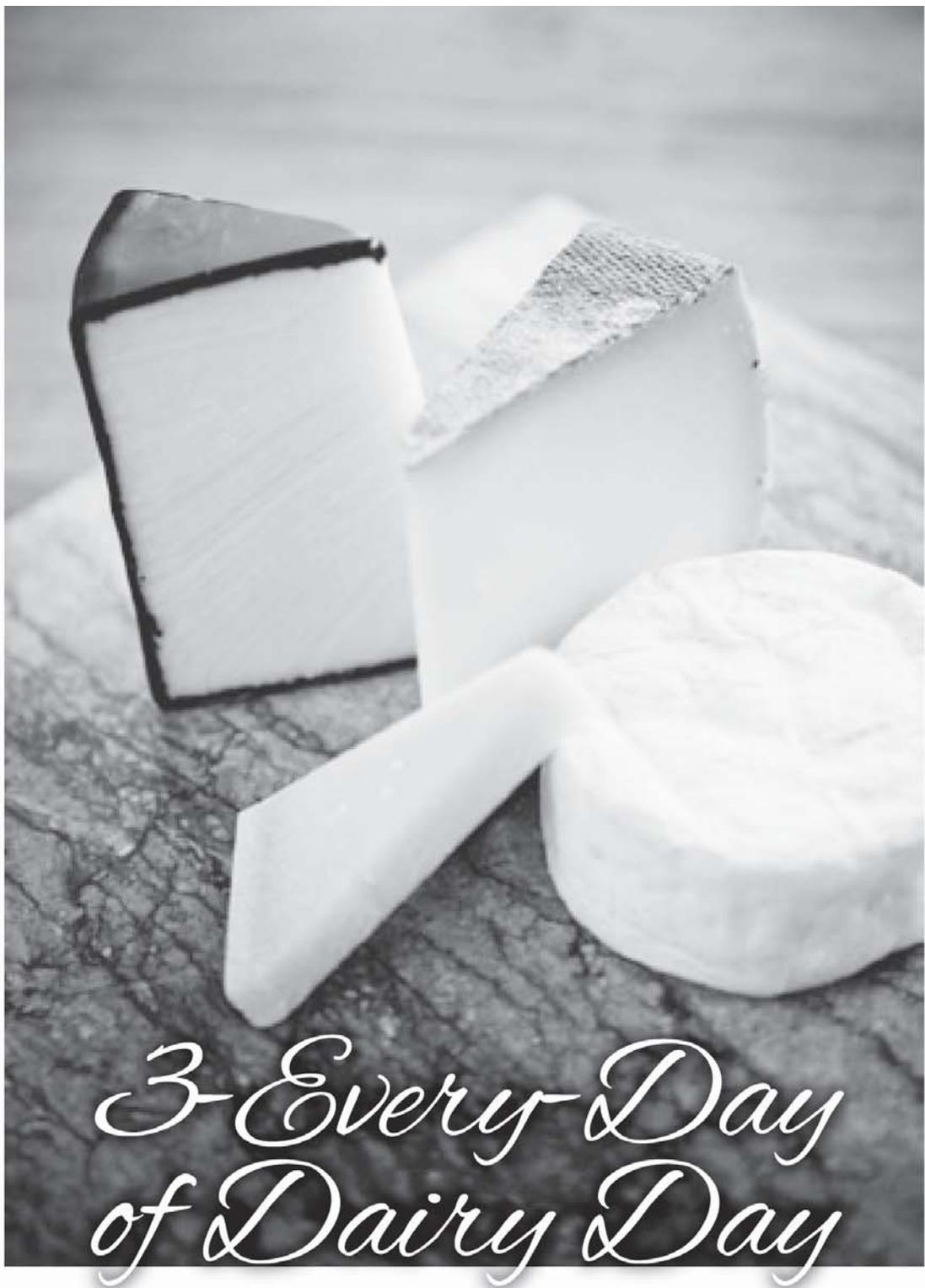
Cook the Granny Smith apples with the apple cider and ½ teaspoon of the citric acid in a saucepan over medium heat until the apples are tender and broken down, about 30 minutes. While still hot, purée in blender until smooth.

In another large saucepan, warm the milk, cream and glucose syrup. Whisk in the apple purée.

In a large bowl, whisk together the egg yolks and 1¾ cups of the sugar until pale yellow ribbons form. Slowly whisk the milk mixture into the eggs and then return to the saucepan, cook to 180°F and strain through a chinois. Add the remaining 2 tablespoons citric acid, the Calvados, and the salt. Chill over ice and freeze in an ice cream maker.

Preheat the oven to 350°F. Combine the Fuji apples, brown sugar, the remaining ½ cup white sugar, and the lemon juice in a roasting pan. Cover with aluminum foil and roast for about 45 minutes. The apples should be soft and the liquid at the bottom of the pan should be syrupy. Purée the roasted apples with the lemon zest and the vanilla bean seeds. Pass through a fine-mesh tamis. Cool over ice and transfer to piping bag.

To create a swirl effect in the ice cream, cut a medium hole at the tip of the piping bag. Scoop 3 large spoonfuls of ice cream into the bottom of a bowl. Squeeze a thin layer of Fuji apple purée on top. Continue layering the ice cream and purée until both are used. Freeze until firm.



*3 Every Day
of Dairy Day*



Mozzarella-Ricotta Flatbread

*presented by Isabel Maples
Registered Dietitian, Mid-Atlantic Dairy Association*

Yields: two 8" × 12" pizzas

Preheat oven to 500°F. Heat 2 tablespoons oil over medium heat in saucepan. Add onions and sauté for 4–5 minutes. Stir in garlic and sauté 1 minute longer. Remove saucepan from heat. Let cool 5 minutes, then add 3 tablespoons Chobani. Stir to combine; season with thyme and ½ teaspoon salt. Set aside and cool completely before using.

Whisk remaining ½ cup Chobani, ½ teaspoon salt, and ricotta together in a bowl. Set aside.

Roll dough out into large circle or rectangle; do not overwork. Transfer to baking sheet. Evenly spread sauce on top. Place dollops of ricotta mixture on top, followed by tomatoes and basil. Bake for 10–12 minutes, until crust is crisp and cheese is melted and bubbling.

Nutrition Information

Calories 425, Fat 26g, Saturated Fat 11g, Trans Fat 0g, Cholesterol 46mg, Sodium 1135mg, Carbohydrate 29g, Fiber 2g, Sugar 6g, Protein 21g

DAIRYSPOT.COM HEALTHY TIP

Despite getting too many calories, many Americans still don't meet their nutrient needs. Americans eat less whole grain, fruit, vegetables, milk and milk products, and even oil than is recommended— to the point that our low intake of vitamin D, potassium, fiber and calcium is of public health concern.



3 Tbsp. extra virgin olive oil, divided use

1 small yellow onion, diced

2 cloves garlic, minced

3 Tbsp. plus ½ cup Plain 0% Chobani Greek Yogurt

½ tsp. dried thyme

1 tsp. salt, divided use

½ cup ricotta

1 package pizza dough from supermarket or pizzeria, at room temperature

6 oz. mozzarella, sliced

12 cherry tomatoes

2 Tbsp. torn fresh basil

Slow-Cooker Creamy Vegetable Barley Soup

1 (15-oz.) can kidney beans, rinsed and drained
½ cup frozen whole kernel corn
½ cup medium pearl barley
1 (14.5-oz.) can diced tomatoes, undrained
1 cup fresh mushrooms, sliced
2 leeks, cleaned and sliced (or 1 cup sliced onion)
1 carrot, peeled and sliced
1 stalk celery, thinly sliced
3 cloves garlic, minced
2 tsp. dried oregano or Italian seasoning
½ tsp. salt (optional)
¼ tsp. pepper
1 (14-oz.) can low-sodium chicken broth
¼ cup cornstarch
3 cups cold fat-free milk
¼ cup fresh parsley, chopped
4 tsp. Parmesan cheese, shredded

*presented by Isabel Maples
Registered Dietitian, Mid-Atlantic Dairy Association*

*Recipe created by Chef Frank Scibelli, chef/owner of
Mama Ricotta's and Cantina Fifteen Eleven, Charlotte,
N.C., on behalf of 3-Every-Day™ of Dairy*

Yields: 4 servings

In a 3½- to 5-quart slow cooker, place beans, corn, barley, tomatoes, mushrooms, leeks, carrot, celery, garlic, oregano, salt (if desired) and pepper. Pour in broth, cover and cook on low heat for 8 to 9 hours (or on high heat for 4 to 5 hours).

Near end of cooking time, stir cornstarch into milk. Stir milk mixture into slow cooker until well blended. Continue cooking 20–30 minutes or until soup has thickened. Sprinkle with chopped fresh parsley and cheese at serving time.

DAIRYSPOT.COM HEALTHY TIP

To get more vegetables, sip on some vegetable soup! Made from scratch or from a can, just heat it and eat it to enjoy more veggies. Try tomato, butternut squash, or garden vegetable style soups. Boost the soup's fiber content (and how filling it is) by adding beans and whole grains, like brown rice, whole wheat noodles, or barley.



Tiramisu

*presented by Autumn Patti
Chef Instructor, Harrisburg Area Community College*

Yields: one 9" x 13" pan

Espresso Liquid

Brew espresso and add the sugar, stirring to dissolve. Combine with the water and cognac. Let cool.

Filling

In a medium bowl, whip egg yolks with Marsala and sugar. Heat over a double boiler until thick. Let cool.

Fold in the mascarpone cheese. Whip the heavy cream to stiff peaks. Fold into the egg mixture.

Assembly

Dip each ladyfinger in the espresso mixture and line the base of a 9" x 13" pan. Add ½ of the cream filling and spread in an even layer. Repeat to form the next layer. Top with the remaining ladyfingers.

Topping

Whip the heavy cream, powdered sugar, cinnamon, and nutmeg to stiff peaks. Add to the last layer of ladyfingers and spread evenly. Dust with cocoa powder.

ESPRESSO LIQUID:

1 cup sugar
½ cup water
1½ cup espresso
⅔ cup cognac

CRÈME FILLING:

8 egg yolks
⅔ cup Marsala wine
1 cup sugar
1 lb. mascarpone
1½ cups heavy cream

TOPPING:

2½ cups heavy cream
4 Tbsp. powdered sugar
Pinch of ground nutmeg
Pinch of ground cinnamon

ASSEMBLY:

48 ladyfingers
Cocoa powder for garnish

DAIRYSPOT.COM HEALTHY TIP

All foods can fit into a healthy diet. However, to balance calories, right size your portion sizes! Research shows that a simple change like using a smaller plate, bowl or glass, can mean less calories consumed. When eating out, choose a smaller entrée, share a dish or take leftovers home in a doggie bag.



Crustless Cheddar and Sun-Dried Tomato Mini Quiches

Nonstick cooking spray

½ tsp. olive oil

1 leek, cleaned and finely chopped (about 1 cup)

1 cup reduced-fat shredded Cheddar cheese, divided use

1 cup fat-free milk

1 egg

⅓ cup sun-dried tomatoes, plus additional for garnish

½ tsp. fresh or dried thyme

presented by Isabel Maples

Registered Dietitian, Mid-Atlantic Dairy Association

Recipe created by Chef Kevin Rathbun, owner of Rathbun's Restaurant and Krog Bar, Atlanta, on behalf of 3-Every-Day™ of Dairy

Prep Time: 20 minutes

Cook Time: 35 minutes

Yields: 6 servings (2 mini quiches each)

Preheat oven to 350°F. Lightly spray a 12-cup muffin pan* with nonstick cooking spray.

Heat oil in a small skillet over medium heat. Cook leeks until softened, stirring frequently, about 5 minutes. Divide leeks among muffin cups and top with ⅔ cup of Cheddar cheese.

Blend milk, egg, sun-dried tomatoes and thyme in a blender or food processor for about 20 seconds or until tomato is minced. Pour milk mixture over cheese in muffin cups and top each with remaining cheese. Bake 30 minutes or until tops and edges are browned. Cool in pan for 3 minutes; serve warm or cold. Top with additional pieces of sun-dried tomato, if desired.

Nutrition Facts per individual food recipe

Calories: 110; Total Fat: 7 g; Saturated Fat: 3.5 g; Calcium: 20% Daily Value; Protein: 8 g (6.1 g from dairy); Cholesterol: 50 mg; Sodium: 45 mg; Carbohydrates: 6 g; Dietary Fiber: Less than 1 g

* May substitute aluminum muffin cups or individual custard cups, if desired.

DAIRYSPOT.COM HEALTHY TIP

There's no need to worry that lower fat milks are 'light' on nutrition. Fat-free and lowfat milk have the same nine nutrients as whole milk, including bone-building calcium.





*Specialty
Crops Day*



Kunzler Bacon, Cheese and Cabbage Casserole

*presented by Dawson Flinchbaugh
Co-Owner, Flinchy's Restaurant, Camp Hill, PA*

Yields: 6–8 servings

Cook Time: 20–30 minutes until golden and bubbly

Preheat oven to 375°F.

Fry bacon until crisp, and drain on paper towels.

Add onion to a pot and brown, typically only a few minutes. Add cabbage and stir. Cover the pot and cook cabbage until it is wilted but still crisp. Stir in cream cheese until melted, then add sour cream and salt and pepper to taste.

Optional: pour part of the collected bacon grease from frying pan into this mixture.

Pour cabbage mixture into a buttered casserole dish. Top with cheese, bacon and bread crumbs. If desired, alternate layers with cabbage mixture with cheese, bacon and bread crumbs.

8 slices of your favorite Kunzler Bacon

1 large onion, diced

6 cups cabbage, finely shredded

3 oz. lite cream cheese, cut into small chunks

1 cup sour cream

Salt and pepper to taste

1½ cups shredded sharp Cheddar cheese

2 Tbsp. bread crumbs (choose your favorite style)

DAIRYSPOT.COM HEALTHY TIP

A mix of minerals—calcium, potassium, and magnesium—seem to play a big role in blood pressure control. Research shows that the DASH Diet, high in this trio of minerals, can decrease blood pressure quickly and effectively.

The DASH diet includes two to three servings of dairy foods, plus eight to ten servings of fruits and vegetables.



Fresh Pennsylvania Marinara Sauce

2 Tbsp. extra-virgin olive oil
¼ cup onion, shredded
3 Tbsp. fresh banana
peppers, diced
1½ tsp. garlic, chopped
⅓ cup fresh basil, chopped
6 cups fresh Pennsylvania
tomatoes, chopped
2 tsp. salt
1 tsp. pepper

*presented by Roger Hoffman
Chef, River Run Foods*

In a large soup pot heat the extra-virgin olive oil. Add the onions and the diced banana pepper and sauté on medium heat about 5 minutes. Add the garlic and sauté for 3 more minutes. Add the basil and cook for 2 more minutes. Add the tomatoes and their juice and stir to combine. Bring to a simmer and cook on low, stirring occasionally for at least 2 hours, or longer depending on the water content of the tomatoes. The sauce should be thick with much of the water evaporated to concentrate the flavor. Add salt and pepper to taste.

DAIRYSPOT.COM HEALTHY TIP

Tomatoes are naturally high in lycopene, an antioxidant (carotenoid) that gives tomatoes that red color. Studies with tomatoes indicate that they help prevent cancer and heart disease, though it's unclear whether it's due to the lycopene or other factors, like vitamin C in the tomatoes.



Fruit and Vegetable Salsas

with Plain and Cinnamon Sugar Tortilla Chips

*presented by Autumn Patti
Chef Instructor, Harrisburg Area Community College*

Yields: about 2 cups each

Salsas

Combine all ingredients and let sit for 2 hours to allow flavors to incorporate.

Plain and Cinnamon Sugar Tortilla Chips

Yields: 2 dozen

Heat canola oil in a shallow pan over medium heat. Cut each tortilla into 6 wedges. Place 6 tortilla pieces in the hot oil, one at a time, cooking until crisp and golden brown. Remove from the oil and place on paper towels to absorb excess oil. Immediately sprinkle with either kosher salt or the cinnamon sugar.

TOMATO SALSA:

2 cups tomatoes, diced
1 Tbsp. cilantro, chopped
1 Tbsp. red onion, minced
Juice of 1 lime
Kosher salt to taste

1 jalapeño, minced, seeds removed

ROASTED CORN & BLACK BEAN SALSA:

1 cup black beans
2 ears of corn, roasted and cut
2 Tbsp. chopped cilantro
1 Tbsp. minced red onion
Juice of 1 lime
Kosher salt to taste

1 jalapeño, minced, seeds removed

PEAR SALSA:

2 cups diced pears
1 Tbsp. cilantro, chopped
1 Tbsp. red onion, minced
Juice of 1 lime
Pinch kosher salt
1 jalapeño, minced, seeds removed
Honey to taste

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APPLE CRANBERRY SALSA:

1½ cups crisp apples, diced
1 Tbsp. cilantro, chopped
1 Tbsp. red onion, minced
Juice of 1 lime
Pinch kosher salt
1 jalapeño, minced, seeds removed
¼ cup dried cranberries, chopped
Honey to taste

TORTILLA CHIPS:

4 six-inch flour tortillas
3 cups canola oil
Cinnamon sugar
(mixture of 1 tsp. cinnamon to 2 Tbsp. sugar)
Kosher salt

DAIRYSPOT.COM HEALTHY TIP

Beans, beans, good for...YOU! Dried beans and peas are packed with protein, vitamins, minerals and fiber.





*Supplemental
Recipes*



The Ultimate Macaroni & Cheese

Pasta with Four Cheeses

Recipe Developed by Chef Diane Lee Ganci

Yields: 8 servings

Preheat oven to 350°F.

Heat a small cast iron pan or heavy skillet dry (do not add any oil or butter to the pan). Add the panko breadcrumbs and dry-toast them over medium heat, swirling the pan so that the breadcrumbs do not burn. When they are a golden brown, transfer them to a plate to cool. Set aside.

Heat the olive oil and butter in a heavy saucepan over medium heat. When the butter starts to bubble, add the finely diced onions and minced garlic. Cook, stirring occasionally with a wooden spoon, until the garlic is golden brown and the onions are soft. Sprinkle the onions and garlic with the flour and stir well to combine. Continue to stir until the flour gives off a slightly nutty aroma, about 3–4 minutes.

Carefully add the whole milk and vegetable (or chicken) stock and stir until the sauce begins to thicken. Cook this cream sauce over low heat for 30 minutes, carefully stirring often so that the sauce does not stick to the bottom of the pan.

In the meantime, cook the pasta in rapidly boiling water for 7–8 minutes or until the pasta is not quite al dente (firm to the tooth). Drain the pasta, saving some of the pasta water. Do not rinse the pasta.

Add the chopped parsley and chopped basil to the cream sauce. Stir well to combine.

½ cup panko breadcrumbs

3 Tbsp olive oil

3 Tbsp butter

¼ cup yellow onions, finely diced

1 Tbsp. fresh garlic, minced

6 Tbsp. flour

4 cups whole milk

2 cups vegetable or chicken stock

2 lb. campanile pasta

¼ cup fresh parsley, chopped fine

2 Tbsp. fresh basil, chopped fine

8 oz. Mozzarella cheese, shredded

8 oz. Provolone cheese, shredded

8 oz. Asiago cheese, shredded

¼ cup Parmesan cheese, shredded

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Add the shredded Mozzarella, Provolone, Asiago, and Parmesan cheeses to the cream sauce and stir well. Gently stir in the cooked pasta. If the sauce is too thick, add some of the reserved pasta water. The sauce should be thin enough to coat all of the pasta and still be a bit soupy. Do not worry. It will thicken as it bakes.

Transfer the pasta to a shallow baking dish that has been lightly sprayed with pan spray or rubbed lightly with butter. Sprinkle the top with the toasted panko breadcrumbs. Bake the pasta in oven for 15–20 minutes or until the sauce is bubbly and the top is lightly browned and crisp.

Pork Sliders

with Wisconsin Blue Cheese Sauce

Inspired by Chef Ted Cizma

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Yields: 4 Servings (2 sliders per serving)

Combine all marinade ingredients. Whisk well to mix. Place steaks in heavy resealable plastic bag. Pour marinade over. Seal and refrigerate overnight.

For sauce, sauté shallot and garlic in butter until limp. Add wine and let boil until wine almost totally evaporates. Add cream, blue cheese, thyme, salt and pepper. Turn heat to low and cook until mixture is reduced by half, about 10 minutes. Add vinegar to taste. Pour sauce into blender beaker and purée until mixture is smooth. Cool.

Remove steaks from marinade and wipe dry. Grill outdoors or on stovetop until cooked through.

To assemble sliders, cut steaks in half. Place each piece on bottom of bun and top with blue cheese sauce, arugula and bun tops.

MARINADE:

¾ cup whole-grain honey
mustard

1 Tbsp. liquid from can
of chipotle chiles in
adobo sauce

1 Tbsp. granulated garlic

1 Tbsp. cilantro, minced

⅓ cup rice wine vinegar

¼ cup shallots, sliced

2 Tbsp. brown sugar, packed

Juice and zest of 1 lime

½ Tbsp. cracked black pepper

4 8-oz. boneless pork steaks,
preferably flatiron cut

SAUCE:

1 shallot, diced

1 clove garlic, minced

½ Tbsp. butter

2 Tbsp. dry white wine

1¾ cups heavy cream

1½ cups (about 8 oz.)

Wisconsin Blue Cheese

1 Tbsp. fresh thyme,
chopped, or ½ tsp. dried
thyme

Salt and pepper to taste

1 tsp. white distilled vinegar
or to taste

8 slider buns, preferably rye

2 cups baby arugula

Baked Apples with Cinnamon Yogurt Topping

APPLES:

- 4 Granny Smith or Gala apples
- ¾ cup brown sugar
- ¼ cup cornstarch
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. salt
- ¼ cup unsweetened apple juice (or apple cider)

CINNAMON YOGURT TOPPING:

- 2½ (8-oz.) containers lowfat plain yogurt
- 2 Tbsp. honey
- ¼ tsp. cinnamon

Recipe created by Chef Michael Bussinger of San Francisco on behalf of 3-Every-Day™ of Dairy

Yields: 4 servings

Preheat oven to 350°F. Spray an 8" × 8" baking dish with nonstick cooking spray; set aside.

Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice. Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until apples are coated.

Pour apples into prepared baking dish. Bake in preheated oven 40 minutes or until apples are slightly browned at edges and sauce is bubbling.

For the cinnamon yogurt topping:

Line a colander with several paper towels and place over a bowl to catch drips. Pour yogurt into colander and allow to drain about 30 minutes. Spoon yogurt into a small bowl and stir in honey and cinnamon. Serve apples warm and top each serving with ¼ of the yogurt topping.

Bread Pudding

Recipe and Photo by Chef Dennis Littley, A Culinary Journey with Chef Dennis, www.askchefdennis.com

Prep time: 20 mins

Cook time: 1 hour 15 min

Preheat oven to 350°F.

Place bread in a 9" x13" baking dish.

In a mixer or large container, mix the milk, eggs, sugar, and vanilla together, making sure all the eggs are beaten into the milk and all the sugar has been incorporated.

When it is well mixed, pour this mixture over the cut bread, mixing it well so that all of the bread has absorbed some of the milk. Let it sit for at least 15 minutes before baking (overnight in the fridge is even better).

Before it is baked, pour the cup of half-and-half over the bread; this will enhance the flavor of the pudding. Do not mix it in—let it seep into the bread.

Then drizzle the melted butter over the entire pan, letting the butter's richness touch as much of the top of the mixture as possible.

Cover the bread pudding with cling wrap (trust me, it will not melt), then cover it with foil.

Bake for about one hour, then uncover and continue to bake for 15 minutes more, or until center is fully set. (If the butter has pooled in any area, spread it around before the final 15 minutes; this will help get it golden brown.)

BREAD PUDDING:

One loaf of potato bread, cut into cubes, (more if you need it—the bread should mound high above your casserole dish.)

4 cups whole milk

3 large eggs

2 cups sugar

2 Tbsp. pure vanilla

1/3 cup raisins (optional)

1/2 stick of butter, melted (optional)

1 cup half-and-half

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CREAM CHEESE
FROSTING:

½ lb. butter, softened
1 lb. cream cheese, softened
(not whipped)
1 cup 10x sugar (more if you
like it sweeter)
2 tsp. pure vanilla extract

Now while you are letting your bread pudding bake, make the cream cheese frosting.

Cream Cheese Frosting

Allow butter and cream cheese to come to room temperature and soften.

Whip the butter and cream cheese in your mixture at high speed to get some air into it.

Now, and this is important (believe me I know too well) turn the mixer down all the way.

Now you can add your 10x sugar and turn up the speed gradually.

Add the vanilla and mix well.

If you're serving the bread pudding right away, spread the frosting over the baked bread pudding and as it melts in, spread it over the surface

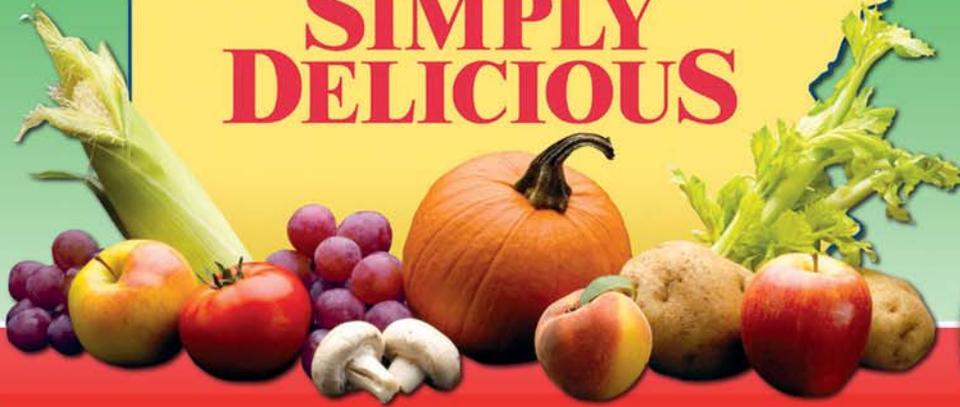
Serve warm or at room temperature.

Notes

Notes

• PENNSYLVANIA PRODUCE •

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