



# MetroCooking DC

The Metropolitan Cooking  
& Entertaining Show

HOLIDAY RECIPE  
COLLECTION

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E. J. KRAUSE &  
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# MetroCooking DC

The Metropolitan Cooking & Entertaining Show

The MetroCooking DC team believes in the importance of food, flavor and fun! Food connects us and brings us added joy during the holiday season. Since we can't be together in person this December, we thought we'd share some delicious holiday recipes from our award-winning chefs and vendors that you can whip up at home. We hope these recipes will warm your spirit, inspire you to try something new, and add to your holiday fun!

The MetroCooking DC show has played a vital role in shaping our community of small businesses, restaurants, chefs, and purveyors. We are here to support the culinary community and pave a way for food and beverage companies to get back to business. We look forward to seeing you all in person May 1-2, 2021. Until then, grab your apron and get cooking!

Merry Christmas and Happy Holidays,  
The MetroCooking DC Team



*MetroCooking* DC  
The Metropolitan Cooking & Entertaining Show

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# HERB-SEASONED RIB ROAST WITH RED WINE PAN SAUCE



## INGREDIENTS

- 1 well-trimmed beef rib roast (2 ribs), small end, chine (back) bone removed (4 to 6 pounds)

Salt

### Seasoning

- 2 tablespoons steak seasoning blend
- 2 teaspoons dried oregano leaves
- 2 teaspoons dried thyme leaves

### Red Wine Pan Sauce

- ¼ cup finely chopped red onion
- ¾ cup dry red wine
- 1 can (13¾ to 14½ ounces) ready-to-serve beef broth
- 2 tablespoons unsalted butter, softened
- 2 tablespoons all-purpose flour

## COOKING

1. Heat oven to 350°F. Combine seasoning ingredients; press evenly onto all surfaces of beef roast.  
*Cook's Tip: Pepper seasoning blend may be substituted for steak seasoning blend.*
2. Place roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast in 350°F oven 1¾ to 2¼ hours for medium rare; 2¼ to 2¾ hours for medium doneness.
3. Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10 to 15°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile prepare Red Wine Pan Sauce. Skim fat from pan drippings, reserving 1 tablespoon. Heat reserved 1 tablespoon fat in 3-quart saucepan over medium heat until hot. Add onion; cook and stir 1 to 2 minutes or until tender. Meanwhile place roasting pan over medium heat; add wine. Cook and stir 1 to 2 minutes or until browned bits attached to pan are dissolved. Add wine mixture and broth to onion in saucepan; bring to a boil over medium-high heat. Cook 12 to 13 minutes or until reduced by about 50%. Whisk into wine sauce; cook and stir 1 minute or until sauce is thickened.
5. Carve roast into slices; season with salt, as desired.  
Serve with wine sauce.

Browse recipes, cuts and cooking tips for this protein like no other at [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com).





## Veal Marsala

- 1 ½ lbs veal cutlets, cut 1/8" to 1/4" thick
- ⅓ cup all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon ground white pepper
- 5 Tablespoons butter (divided)
- 12 ounces, mushrooms, thinly sliced (about 3 cups)
- 1 ½ teaspoons minced garlic
- 2 ½ teaspoons minced fresh sage leaves
- 1 ½ cups Marsala or Chardonnay
- 1 teaspoon finely chopped fresh parsley
- ¼ teaspoon salt

## Cooking Instructions

1. Pound veal cutlets to ⅛" thickness, if necessary. Combine flour, salt and pepper in shallow dish. Lightly coat cutlets with seasoned flour.
2. Melt 2 Tbsp. butter in large nonstick skillet over medium heat. Add mushrooms, garlic and sage; cook and stir 5 minutes or until mushrooms are slightly browned. Remove from skillet.
3. Melt 1 Tbsp. butter in same skillet over medium heat. Place 2 or 3 cutlets in skillet; cook 2 to 3 minutes or until veal is cooked through, turning once. Remove cutlets; keep warm. Repeat with remaining cutlets, adding butter as needed.
4. Add Marsala to skillet; increase heat to medium-high. Cook and stir until browned bits attached to skillet are dissolved and wine is reduced by half. Stir in sautéed mushrooms (add 1 Tbsp. butter), parsley and ¼ teaspoon salt; heat through. Spoon sauce over cutlets. Serve immediately.

## Cook once, Eat twice

From this meal reserve:

- ½ cut mushrooms
- 3-4 cooked cutlets
- ½ cup sauce

Add from the pantry:

- provolone cheese
- artichoke hearts
- parmesan cheese
- olive oil
- fresh sage leaves (optional)
- pizza crust

For the Veal Marsala Pizza recipe or other veal recipes visit [www.vealmadeeasy.com](http://www.vealmadeeasy.com)



# RACK OF LAMB WITH BEETS, CARROTS AND PINE NUT-POMEGRANATE SAUCE

from *Season* cookbook

Serves 4



*For the rack of lamb and salad:*

Kosher salt

¼ teaspoon freshly ground black pepper

¾ teaspoon ground cumin

¾ teaspoon garlic powder

3 whole cloves, ground

4 tablespoons neutral-flavored oil

1 (3½-lb) lamb rack (8 chops), frenched

1½ cups julienned red beets, on a mandoline

1½ cups julienned carrots, on a mandoline

2 tablespoons balsamic vinegar

1 tablespoon extra-virgin olive oil

*For the pine nut-pomegranate sauce:*

¼ cup pine nuts

2 tablespoons extra-virgin olive oil

2 tablespoons minced shallot

1 tablespoon chopped fresh thyme

3 tablespoons pomegranate molasses

¼ teaspoon kosher salt

Freshly ground black pepper

¼ cup pomegranate seeds

**TO MARINATE THE LAMB:** In a small bowl, stir together 2 teaspoons salt, black pepper, cumin, garlic powder, cloves, and 2 tablespoons of the oil. In a large baking dish, rub the mixture evenly over the lamb rack, then cover and let marinate at room temperature for 1 hour.

**TO ROAST THE LAMB:** Preheat the oven to 350°F. Heat a 12-inch cast-iron skillet over high heat. Add the remaining 2 tablespoons oil, and when the oil is hot, add the lamb rack, fat side down. Cook for 3 minutes and then sear the base for 1 minute by positioning the rack so it sits straight up. Rotate the rack bone side down and transfer to the oven. Cook for 15 to 20 minutes, until an instant-read thermometer inserted into the center away from bone registers 130°F for medium-rare. Transfer to a cutting board and let rest for 5 minutes before cutting into individual chops.

**TO MAKE THE SALAD:** In a medium bowl, combine the beets, carrots, vinegar, olive oil, and 1½ teaspoons salt and toss to coat the vegetables evenly.

**TO MAKE THE PINE NUT-POMEGRANATE SAUCE:** In a small skillet, combine the pine nuts and 1 tablespoon of the olive oil over medium-low heat and toast, moving the pan as needed to color the nuts evenly, for about 5 minutes, until toasted. Add the shallot and thyme, reduce the heat to low, and cook, stirring occasionally, for 2 minutes, until the shallot is translucent. Remove from the heat, add the pomegranate molasses, the remaining 1 tablespoon olive oil, the salt, pepper to taste, and the pomegranate seeds and stir to mix.

**TO SERVE:** Divide the salad evenly among four individual serving plates. Arrange 2 lamb chops on top of each salad and drizzle with one-fourth of the pine nut-pomegranate sauce. Serve immediately.

**WINE PAIRING:** Kendall-Jackson Vintner's Reserve Cabernet Sauvignon





## Shrimp "Bloody Mary" Seviche

### INGREDIENTS

- 2 lbs Raw 16/20 Shrimp
- Juice of 3 limes
- 1 tsp salt
- 2 celery stalks (diced)
- 1 avocado (diced)
- 1 cucumber (diced)
- 1 tsp fresh ground pepper

- 1 tomato (diced)
- 1 jalapeño (diced)
- 1 tbsp diced red onion
- 2 tbsp chopped cilantro
- 4 oz Master of Mixes Loaded Bloody Mary Mix
- 1 oz olive oil

### DIRECTIONS

Peel and devein shrimp. Bring 8 qt pot of water to a boil. Blanch shrimp for 5 minutes until just cooked through. Shock in ice water and refrigerate. Combine Master of Mixes Loaded Bloody Mary Mix with juice of 2 limes, salt and pepper. In a separate bowl, combine all remaining ingredients except avocado. Refrigerate for 1 hour. Add shrimp to plate or bowl and add Master of Mixes Loaded Bloody Mary Mix and top with salsa and avocado.

Serves 4-6 people



BLOODY MARY MIXERS

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# Celebrate the Season!

Mary's Gone Crackers rises to every occasion...

Elevate your holiday baking with REAL THIN Crackers™

## MARY'S *Magic* BARS

Mary's take on a classic treat.   
Prep time: 15 minutes, Cook time: 30 mins 

### Ingredients:

- 1 ½ cups Sea Salt REAL THIN crumbs (1 box, pulsed or pounded into crumbs)
- ½ cup coconut sugar
- ½ cup coconut oil, melted 
- 1 cup vegan dark chocolate chips
- 1 cup vegan butterscotch chips
- 1 cup shredded sweetened coconut
- ½ cup chopped pecans
- 1 can sweetened condensed coconut milk 

### Preparation:

- Preheat the oven to 325 & line a 9x13 pan with parchment or foil. 
- Mix the crumbs, sugar and coconut oil together and press firmly into the bottom of the pan. 
- Top with chocolate chips, butterscotch chips, coconut & pecans. Pour the sweetened coconut condensed milk over the top.
- Bake for 25-30 minutes or until golden brown. 
- Remove from the oven and cool completely before cutting into bars.

Use Sea Salt REAL THIN Crackers as crumbs! 







*A. Smith Bowman*  
DISTILLERY

# BROTHERS WINTER SMASH

Mix up a seasonal favorite,  
using six simple ingredients!



Virginia's oldest and most award-winning distillery shares a casual concoction to keep your taste buds tingling all season long and warm you up from the inside out. A smash in the truest sense must always include seasonal fruit, but as the winter weather sweeps into Fredericksburg and Northern Virginia, fresh fruit isn't exactly plentiful. So instead, A. Smith Bowman Distillery suggests picking your favorite jam or preserve. No matter whether you prefer the taste of delicious raspberries, strawberries, or cherries, this sweet, smooth, and savory cocktail is easy to make and even easier to enjoy.



*A. Smith Bowman*  
DISTILLERY

## BROTHERS WINTER SMASH

### What You Need:

- 1.5 oz. Bowman Brothers Virginia Straight Bourbon Whiskey
- 2 tbsp. Jam/Preserves of choice
- 0.5 oz. Triple Sec
- 1 oz. Orange Juice
- Orange Wedge
- Splash of Club Soda

### How To Make It:

1. Add all ingredients into a shaker half-filled with ice
2. Shake vigorously for 15 seconds
3. Strain into a chilled glass with ice
4. Top with a splash of club soda
5. Garnish with an orange wedge
6. Enjoy!

For more great cocktail inspiration, visit [asmithbowman.com/recipes](http://asmithbowman.com/recipes)





# INSIDE OUR SCRATCH KITCHEN

IF YOU'VE HAD OUR Snack Bar's signature grilled cheese, one of the pizzas in our new Tasting Loft, or any number of baked goods, you've had a taste of something you can only get at Tröegs.

"A sourdough starter is equal parts flour and water," says Kate Hersl, one of three in-house bakers at Tröegs. "And when wild yeast inoculates it, you get a flavor that is original to the environment you're working in. We've been cultivating ours for more than seven years now."



Our pizzas are made with sourdough and hand-pulled mozzarella.

## MAKE YOUR OWN SOURDOUGH STARTER



### INGREDIENTS

- + 16 ounces all-purpose flour
- + 16 ounces filtered water

### PROCESS

**DAY 1:** Combine 4 ounces flour and 4 ounces water in glass or plastic container. Stir into smooth batter. Loosely cover and let sit for 24 hours.

**DAY 2:** Feed the starter with 4 more ounces of flour and 4 more ounces of water. Stir into smooth batter. Loosely cover and let sit for 24 hours.

**DAY 3:** Your starter should be dotted with bubbles, look visibly larger in volume and take on a faint sour smell. Again, add 4 more ounces of flour and 4 more ounces of water. Stir into smooth batter. Loosely cover and let sit for 24 hours.

**DAY 4:** Your starter should be very bubbly and smelling quite sour. Again, add 4 ounces of flour and 4 ounces of water. Stir until smooth. Cover and let sit for 24 hours.

**DAY 5:** Your starter should have doubled in volume since Day 4 and be dotted with bubbles and smelling pungent. It's now ready to use.

**WHEN YOU ARE READY TO MAKE BREAD,** consult a sourdough recipe to determine the ratio of starter, water and flour used to make your dough.

# Discover the Chocolate of Chefs

Give your home baking a boost with the chocolate of choice for top pastry chefs around the world.



## Valrhona Dark Chocolate Cream



Recipe by Valrhona Chef Sarah Tibbetts  
Yields 4-6 portions

### OAT MILK CRÈME ANGLAISE

460 g oat milk  
15 g cornstarch  
30 g sugar

### CHOCOLATE CREAM

340 g Oat Milk Crème Anglaise  
128 g GUANAJA 70% DARK CHOCOLATE

### CHOCOLATE CRUMBLE

125 g vegan butter (cold, cubed)  
125 g raw cane sugar  
125 g almond flour  
105 g gluten-free flour\*  
20 g VALRHONA COCOA POWDER  
0.75 g fine sea salt

\*make sure it's dairy free



**OAT MILK CRÈME ANGLAISE** Combine the cornstarch and sugar. Add a small quantity of the oat milk and mix to make a slurry. Pour the remaining oat milk in a pot on medium heat. Whisk in the slurry mixture and bring to a boil, whisking constantly. Cook the mixture at a rolling boil for 1 minute. Remove from heat and scale.

**CHOCOLATE CREAM** Melt the chocolate in the microwave in 20-30 seconds intervals, until just melted. Slowly pour the hot oat milk anglaise over the melted chocolate in several additions, mixing well each time before adding more. When all the liquid is incorporated, blend with an immersion blender until smooth. Pour directly into tart shells or a shallow container and allow to chill for a minimum of 6 hours.

**CHOCOLATE CRUMBLE** In a stand mixer fitted with the paddle attachment, combine all the ingredients and mix just until the dough begins to form small pieces. Place on a parchment lined baking tray and bake at 325°F (163°C) until completely baked. Allow to cool and store in an airtight container.

**ASSEMBLY For Pressed Base Tart:** Place the cooled crumble in a bowl and break up any large pieces. For a finer product, pulse in a food processor. Melt some dark chocolate and add just enough to coat the crumble. Before the mixture sets, press with the back of a spoon into a ring or tart base. Remove the ring and repeat the process. Place in the refrigerator to set the bases, then pipe the dark chocolate cream on top and garnish.

**For Individual Serving Glasses:** Pour the chocolate cream into serving glasses or dishes while still hot. Place in the refrigerator and allow to set completely before garnishing with crumble and other toppings like fruit or grated chocolate.

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# 2 Christmas Cocktails

FROM THE BRECKENRIDGE DISTILLERY

## SEASON CHEER IS IN THE AIR

Billie Keithley, Breckenridge Distillery Liquid Chef, has crafted up some very “spirited” Christmas cocktails perfect for your holiday parties or if you are feeling creative, the perfect gift [Tis The Season Fizz]. So bring on the holiday cheer.

## TIS THE SEASON FIZZ

### INGREDIENTS

1-1/2 oz Breckenridge Pear Vodka

1 oz cranberry, pomegranate, blackberry shrub

Top with soda

**Garnish:** cranberries



## BRECK WINTER TEA

### INGREDIENTS

1-1/2 oz Breckenridge Gin

2 oz cranberry juice

1/2 oz tea syrup\*

1/2 oz fresh blood orange juice

1/4 oz fresh lemon juice

2 dashes Fee Brothers Grapefruit

Bitters

**Garnish:** blood orange slices

*\*over medium heat add 8 oz brewed tea and 8 oz sugar. Stir until dissolved. Let cool.*

### DIRECTIONS

Shake all ingredients with ice. Strain up.



**BRECKENRIDGE**  
DISTILLERY



CHEERS FROM  
**UNCLE NEAREST®**



PREMIUM WHISKEY



**NEAREST TO  
HAPPINESS**

JAY MADISON  
ONE FLEW SOUTH • ATLANTA, GEORGIA

**INGREDIENTS**

1.5 oz Uncle Nearest 1856  
.5 oz Lillet Rouge  
.5 oz lemon juice  
.5 oz simple syrup  
3-4 blueberries

**METHOD**

Muddle blueberries, combine all ingredients in a cocktail shaker with ice, shake well and pour into rocks glass. Garnish with 3 blueberries and a mint leaf.

PEACH  
POMBERRY  
SANGRIA



One Pint Mad Magic Pomberry  
Kombucha  
2 cups of your favorite vino  
Fresh peaches muddled and cubed  
Top with ice and sparkling water  
Garnish with fresh rosemary and  
more peaches!  
CHEERS!



### CAMINO SPICE'S SMOKIN' OLD FASHIONED RECIPE

*My daughter introduced me to Smoking Old Fashioneds when I visited her in Ireland. Even though I'm of Irish descent, I've never been a big fan of whiskey, so the idea of a whiskey drink was less than appealing. Until I tried it! After much experimentation, this recipe far surpasses the one from Ireland because of Camino Spice's Divine Inspired Spice or Epiphany Blend! I hope you find it just as amazing! Cheers and Buen Camino! Sasha Carney Woods*

#### Ingredients for One Drink (adjust accordingly):

- 2 oz. whiskey, rye or bourbon
- 1/2 - 3/4 oz. maple syrup
- 1/2 - 3/4 oz. water
- 1/4 tsp. Divine Inspired Spice or Epiphany Blend
- 2 shakes bitters
- 1 Bada Bing Cherry
- 1 orange peel
- 1 cinnamon stick

#### Directions:

1. Smoke glass upside down using a wood plank (like the one used for grilling salmon), and either torch the plank or break up a cinnamon stick or piece of paper, place on board, and burn it. Place glass over and let it sit.
2. In shaker, place ice cubes and first five ingredients, and shake thoroughly.
3. Place ice rock in glass, add cherry, pour shaker contents over rock, squeeze orange peel to release oils over liquid, and place in glass.
4. Add cinnamon stick, stir, and enjoy!

Camino Spice, LLC.  
113 W. Park, Ste. #5, Livingston, MT 59047

406-624-9728  
CaminoSpice.com

# MERRY MAKER



## THE MIX

Makes one cocktail.

1½ ounces VHW Port Cask Finished Whisky

1½ ounces cinnamon, sage and cranberry simple syrup\*

½ ounce lemon juice

½ ounce lime juice

½ ounce orange juice

Fresh cranberries or sugar-coated cranberries

Orange bitters

Combine first 5 ingredients into shaker with ice. Shake vigorously until shaker is completely frosted. Pour into Rocks glass and top with 2 dashes of orange bitters. Garnish with your choice of 2-3 fresh cranberries or sugar-coated cranberries.

\*Cinnamon, Sage and Cranberry Simple Syrup: combine 1 cup fresh cranberries, 1 cup water, 1 cup sugar, 4 cinnamon sticks, and 10 sage leaves in a medium saucepan. Bring to a boil, then reduce to a simmer, and cook, stirring occasionally, until the cranberries burst open and can easily be stirred into a fairly smooth consistency (about 10 min). Remove from heat and strain, pressing solids with a spoon to release juice. Let cool, and refrigerate for up to 3 weeks.

## GIVE THE GIFT OF COURAGE & CONVICTION

Order online or find a bottle near you at [vadistillery.com](http://vadistillery.com)



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# Marina's Cranberry Chocolate Brownies



Because good, clean and wholesome food is Marina's passion, she has worked for years to perfect her sauce recipes. She believes products should be natural and taste never compromised. Circle B Ranch produces sauces with a shortlist of simple ingredients.

**Marina's**  
KITCHEN

[CircleBRanchPork.com](http://CircleBRanchPork.com)

## Ingredients:

7 oz dark or semisweet chocolate, roughly chopped (I used a combination of the two)  
1 1/4 cups sugar  
1 cup all-purpose flour  
1 cup (2 sticks) unsalted butter, cubed and softened  
3/4 cup Marina's Cranberry Chutney  
1/3 cup unsweetened cocoa powder  
3 large eggs, room temperature  
1 teaspoon pure vanilla extract  
1/4 teaspoon salt  
2 lbs Marina's Cranberry Chutney

## Directions:

1. Preheat the oven to 350 degrees and lightly grease an 8 or 9 inch baking dish with butter or non-stick spray.
2. In a medium bowl, sift together flour, cocoa powder and salt. Set aside.
3. Set up a double boiler with a heatproof bowl and set over a small saucepan of simmering water. Melt chocolate and butter over low heat and stir until smooth.
4. Remove from heat and stir in sugar, then beat in the eggs, one at a time. Complete before adding the vanilla extract.
5. While whisking, gradually add flour mixture and stir until just combined.
6. In a separate saucepan, heat Marina's Cranberry Chutney over medium to low heat.
7. Pour brownie batter into prepared baking dish and then drizzle Marina's Cranberry Chutney over the top. Use a knife to swirl jam around to create a marbled effect.
8. Place brownies in the oven and bake for about 30-35 minutes or until toothpick inserted in the center comes out mostly clean.
9. When done, remove from the oven and let cool for 10 minutes before serving. Garnish with extra Marina's Cranberry Chutney and enjoy!

## MoonPie® Peanut Butter Cheesecake



MoonPie® a 100-year Southern Tradition  
Added to a Peanut Butter Cheesecake  
A new Southern Tradition!

## Ingredients:

**Crust**  
1 3/4 c. chocolate cookie crumbs  
2 T. light brown sugar  
5 T. Butter, melted  
**Cheesecake Filling**  
32 oz. cream cheese, room temp  
4 eggs  
1 c. peanut butter  
4 Single Chocolate MoonPies®  
**Topping**  
1/4 c. semisweet chocolate chips  
1/3 c. heavy cream  
1 T. honey

[Shop.MoonPie.com](http://Shop.MoonPie.com)

## Directions:

Preheat oven at 325 degrees.

Combine cookie crumbs, brown sugar and melted butter in a medium bowl until crumbs are damp. Lightly press into the bottom of a 10" springform pan, covering the bottom and about 2 inches up the sides. Refrigerate.

Mix cream cheese in stand mixer. Add eggs, one at a time, then sugar until combined. At medium speed, add peanut butter.

Pour enough cream cheese mixture over cookie crust - about 1 inch. Arrange MoonPies® - with one full pie in the center, cutting the other pies in half, over cheesecake mixture. Pour the remaining cream cheese mixture over pies.

Bake for 50 minutes at 325 degrees, until cheesecake is set. Cool completely.

In small pan over low heat, melt chocolate chips, cream and honey. Stir until smooth. Remove from heat and cool for 5 minutes. Pour topping over cheesecake. Chill for at least 4 hours or until topping is set.







# CATOCTIN CREEK

## TUXEDO COCKTAIL

A Classic Cocktail by Harry McElhone  
Harry's New York Bar, Paris - 1927

*A classic cocktail created by Harry McElhone, the celebrated and infamous American bartender/owner of Harry's New York Bar in Paris during Prohibition. This drink is a variation of the classic martini recipe, substituting fino sherry for vermouth, giving the cocktail a welcome nutty, yet very dry flavor from the sherry.*

2 oz Catoctin Creek Watershed Gin  
1 oz fino sherry  
1 dash orange bitters

Stirred, never shaken, and strained up into a martini glass. Lemon twist.



### I AM VIRGINIA

2 oz Catoctin Creek Roundstone Rye  
¾ oz fig simple syrup\*  
liberal dash of orange bitters  
orange peel

*Todd Thrasher's riff on the Old Fashioned pays homage to his home state with the Virginia figs and local Catoctin Creek Roundstone Rye Whisky.*

Combine fig simple syrup, bitters and rye in a mixing glass, stir and strain over fresh ice. Garnish with orange peel.

\*Fig simple syrup - 1 cup figs, 1 cup sugar, 1 cup water - boiled, simmer for 20 minutes, then strain. Refrigerate for up to eight weeks.

**Bring this advertisement into the Distillery Tasting Room for a free tasting!**

# Apple Harvest Cake



*My mother has been making this family favorite since she was young, especially during apple-picking season. Since apples keep, we enjoy this dessert through the winter. I fondly remember as a young girl picking apples on my grandparent's farm in Virginia or going to the local apple orchard to pick many varieties. No matter which apples I use, the cake always comes out just right – rich and moist and just delicious!*

*Enjoy – Jennifer Neilson Cross*

## The Recipe

4 cups apples, peeled & diced (4-6 medium apples)

*(Golden delicious, Gala, McIntosh, you name it, any combination or variety is delicious! -JNC)*

2 cups granulated sugar

Mix the apples and sugar and let them stand for at least a couple of hours.

2 eggs, lightly beaten

1/2 tsp salt

1 cup vegetable oil

2 tsp baking soda

1 tsp vanilla

1 cup walnuts (optional)

3 cups sifted flour

1 cup raisins (optional)

Add remaining ingredients and hand mix everything together. Do not use a beater. Preheat oven to 350°. Bake in a greased and floured bundt pan for 45-60 minutes. The cake is finished when a toothpick inserted in the center comes out clean. Cool on wire rack and sprinkle with powdered sugar, fresh whipping cream, caramel, or a pourable icing.

## Food Facts from Real Farmers

No one knows food better than farmers. That's why CommonGround is your best resource for reliable food facts on topics like GMOs, animal welfare, food safety, and sustainability.

Visit [FindOurCommonGround.com](http://FindOurCommonGround.com) to see what we're all about. We are here to answer your food and farm questions!



[www.FindOurCommonGround.com](http://www.FindOurCommonGround.com)



*On our southern Maryland farm, our family grows wheat for baking flour, and hay, soybeans and field corn for animal feed. I love to bake and cook with produce from my garden and local farm markets.*



# TUSCANY PUMPKIN RISOTTO



## Ingredients:

- 2 jars of 25 oz Cucina Antica Tuscany Pumpkin Sauce
- 1/4 cup of Extra Virgin Olive Oil
- 6 cups warm water
- 1-3/4 cup Arborio rice
- 1/2 cup dry white wine
- 1-1/2 cups diced pumpkin or firm squash, cut into 1/4" cubes (optional)
- 2 cups fresh baby arugula or escarole, washed and chopped (optional)
- 1/2 cup fresh mozzarella, diced in 1/4" cubes
- 1/3 cup grated Pecorino Romano cheese
- Salt and pepper to taste



## Preparation:

For the broth, mix one 25 oz jar of Cucina Antica Tuscany Pumpkin Sauce and 6 cups of warm water in a stockpot. Bring to simmer, then set aside. In separate pot, heat Extra Virgin Olive Oil over medium heat, then add rice and diced pumpkin. Stir until rice is coated with olive oil. Add the white wine, stirring continuously until it is absorbed by the rice. Add the broth 1/2 cup at a time in the same fashion, letting the rice fully absorb the broth before adding more. After 20-25 minutes of total cook time, the rice should be al dente. Finish by stirring in the second jar of Tuscany Pumpkin Sauce, arugula, mozzarella, half of the grated Pecorino Romano cheese, and salt and pepper to taste. Spoon into pre-warmed bowls and sprinkle with the remaining Pecorino Romano cheese. Serve immediately.

This risotto is both hearty and healthy, and would make a delicious addition to your dinner table.



## Mission

To provide specialty food products while supporting Mental Health Awareness. Your purchase directly supports the lives of those in need.

# Herbert's<sup>®</sup>

## Premium Products with a Mission

## Herbert's Wine Jelly Crowd-Pleasing Kielbasa

### Ingredients:

- 3 lb. package of Kielbasa
- 3 Green peppers and 3 large onions, chopped

### For sauce mixture:

- One 6 oz Jar of Herbert's Orange Pineapple Chardonnay Wine Jelly
- ¼ cup of ketchup
- ¼ cup of chicken broth

### Directions:

1. Slice Kielbasa according to desired length.
2. In a large skillet or pot, brown Kielbasa on all sides.
3. Mix Herbert's wine jelly with ketchup and chicken broth; pour over Kielbasa.
4. Add peppers and onions.
5. Cover and simmer until kielbasa splits open.
6. Occasionally check to make sure there is enough liquid so Kielbasa doesn't burn, add more broth if necessary. (Flavor intensifies with cook time and can be made ahead and stored)
7. Serve with a spoonfull of the sauce mixture and the peppers and onions.



*This recipe works well with other Herbert's wine jelly, such as Apple Merlot, Blackberry Cabernet Sauvignon, and Lager: **try them all!***



- 17 Wine, Cocktail, and Beer Jellies including 3 Low-sugar Flavors
- 3 Peanut Butter Spreads
- 4 Dip/Seasoning Mixes
- 8 Premium Cocoa flavors in 8-serving and Single-serve sizes

Recipe created by Herbert's Wine Jelly, LLC. Palmyra, VA.

[herbertswinejelly.com](http://herbertswinejelly.com)

# *Holiday Cocktails with Stateside Vodka*

## CRANBERRY SPARKLER

Stateside Vodka, Cranberry Juice  
Prosecco, Fresh Rosemary Sprig



### STATESIDE URBAN CRAFT VODKA

Certified



Gluten-Free



KOSHER

ZERO  
SUGAR  
ZERO  
CARBS



cold



filtered

# Wishing you and yours a very happy and healthy holiday season!

## Smoked Salmon Spread

A sensational holiday appetizer that's fast and easy to make.

### Ingredients

- 1 - 8 oz. piece of smoked salmon (finely chopped)
- 1 - 8 oz. block of softened cream cheese
- 3 oz. sour cream
- 2 tablespoons chopped capers
- 2 teaspoons of Mom's Gourmet *Jammin' Salmon Rub*™
- 1/2 red onion (finely chopped)

### Instructions

Mix everything together and refrigerate for several hours or overnight.

Serve with water crackers.  
Enjoy the compliments!



## FREE Holiday Cookbook!

Looking for new recipe ideas this holiday season? Download our **FREE Holiday Cookbook** to make your get-togethers even more fabulous. It's packed with fun and flavorful appetizers, entrées, side dishes, desserts, and more. **Be sure to explore our artisan spice and seasoning blends that not only add exciting flavors to every dish but make the perfect gift idea as well.**



**MOM'S GOURMET™**  
Artisan Seasonings  
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Find us at:





# HOME FOR THE HOLIDAYS



## K's Special Green Beans

### Directions

- Clean and trim the green beans.
- Add a few tablespoons of water to a saute pan over low to low/medium heat.
- Add the green beans and cover to steam for 2-3 minutes.
- Remove lid and continue to cook until water has evaporated.
- Add 4 ounces of K Bloody Mary Mix to pan.
- Raise heat to medium. Cook 2-3 minutes stirring occasionally.
- Remove from heat. You will see the mix start to thicken.
- Using tongs or a spoon, plate the the vegetable and drizzle remaining mix over.
- Eat by itself as a side or spoon over rice, quinoa, or even couscous.



## K's Perfect Bloody Mary

### Directions

- Add 2 oz. Peppered vodka of your choice
- Add 4-5 oz. K Bloody Mary Mix
- Shake lightly over ice and pour in a Collins glass rimmed with togarashi
- Garnish with a stalk of celery, olives, lime wedge, or lemon wedge



This year more than ever, there's definitely no place like home for the holidays. Why not mix things up a little at your holiday get-togethers and give that green bean mushroom soup casserole recipe the year off?

Instead, make K's Green Beans - super tasty, healthier, EASY to make and...because you'll have a bottle of our award-winning small-batch, vegan, gluten-free and organic mix on hand to use in the recipe, you can also make K's Perfect Bloody Mary to sip on while you stir. Delish with or without alcohol.

Happy Holidays! xo

[www.kbloodymarymix.com/](http://www.kbloodymarymix.com/)  
[facebook.com/kbloodymarymix](https://www.facebook.com/kbloodymarymix)  
[@kbloodymarymix](https://www.instagram.com/kbloodymarymix)



# HARVEST PIE

(Based on our favorite Pecan, Pumpkin, and Apple Pie recipes that we decided to combine to make an All – In – One Pie!)

\*When we added the cranberries we found we had added just the right jewels in the apple crown on this glory of a pecan and pumpkin and apple pie!

Serves 8+

*We suggest a deep-dish 9 ½ inch pie pan to accommodate all the goodness in this pie beauty.*

#### *For the crust:*

##### *Pie dough for single crust pie*

- 1 cup GF all purpose flour blend
- ½ tsp. salt
- 1 stick cold Unsalted Butter
- 1 Egg
- Ice water

One large egg white to coat crust when par baking

#### *For the pecan layer:*

- 1 cup pecan pieces
- 1/3 cup maple syrup
- 1 ½ tablespoons unsalted butter, melted
- 1 large egg
- pinch sea salt

#### *For the apple trimming:*

- 3 Granny Smith apples
- 1 ½ tablespoons coconut sugar
- 1 1/2 teaspoons vanilla extract
- 1 tablespoon lemon juice
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

#### *For the pumpkin filling:*

- 1 16 oz. can pure pumpkin puree
- ½ cup heavy cream
- ¼ cup coconut sugar
- 1 large egg
- ½ teaspoon pumpkin pie spice

#### *For the Cranberry Jewels*

- ½ - ¾ cup fresh cranberries

*Preheat oven to 350 degrees F*

#### **To make the crust:**

Using a stand mixer, on low speed combine salt with all-purpose flour.

Again, with mixer on low, add chopped butter gradually until mixture resembles coarse breadcrumbs.

Add egg and water and mix on a low to medium speed until dough comes together in a ball.

Flatten ball of dough into a disk shape and wrap with film.

Refrigerate until ready to use.

When rolling out dough, dust work surface with white rice flour. Sprinkle rice flour on disk of dough and roll out to fit a 9 ½ inch pie pan. Place rolled dough in pan and press evenly on bottom and sides of pan. Fold the overhang of dough under itself and crimp the edges as desired.

Refrigerate the dough (to prevent it from shrinking) prior to filling.

Par bake the piecrust for 10 minutes or until lightly golden. Remove from oven and brush with egg white and bake an additional 5-8 minutes longer. Transfer to a rack to cool.

#### **To make the pecan layer:**

Lightly toast the pecans by spreading on a baking sheet and baking in a 350 degree oven for 8 – 10 minutes. Remove from oven and let cool.

Scatter the pecans on the bottom of the cooled pie shell. Combine the maple syrup, butter, egg, and salt in a small bowl. Pour over the pecans and bake 20 minutes until just set. Transfer to a rack to cool.

#### **To make the apple trimming:**

*Wash, peel, core and cut the apples into ¼ inch thick slices. Stir in the coconut sugar, vanilla extract, lemon juice, cinnamon, and nutmeg. Mix well to combine.*

#### **To make the pumpkin filling:**

In a medium bowl combine the pumpkin, heavy cream, coconut sugar, egg, and spice until completely blended. Pour into the center of the pie, atop the pecans and leaving the apples intact around the edge.

#### **For the cranberry jewels:**

Add the cranberries atop the apple edges as desired.

Bake the pie for 30 minutes, turn heat down to 275 and continue baking for another 30 minutes or until the pumpkin is set (should be a slight jiggle to the pumpkin center). If the apples and crust are getting too dark, cover with foil.

Allow the baked pie to cool completely on a rack before serving.

Figg's Ordinary  
Pastry Bakers



# *The Best Beef Brisket at Home Recipe* *with* *We Are Wonderfully Made, LLC*



*Here's what you'll need:*

*Marinate your brisket for 2 hours in a mixture of the following ingredients*

*1/4 cup of vegetable oil  
2tbsp of white vinegar  
2tbsp of chili powder  
2tsp of salt  
2tsp of pepper  
2tbsp of Grandma's Trini Pepper Sauce  
2tbsp of water*

*Next, mix the following ingredients together in a bowl to create a wet rub*

*1/4 cup of liquid smoke  
1tbsp of garlic powder  
1tbsp of onion powder  
3tbsp of brown sugar  
1tbsp of ground mustard  
1tbsp of chilli powder  
2 tsp of thyme  
2tbsp of Grandma's Trini Pepper Sauce*

*preheat oven to 350 degrees  
spread wet rub on brisket*

*pour 4 cups of water into bottom of roasting pan with 1/4 cup of liquid smoke  
cook until internal temp is 165 degrees*

*Voila! The best beef brisket at home!*

*Shop Grandma's Trini Pepper Sauce at [wearewonderfullymade.com](http://wearewonderfullymade.com)  
[@wawonderfullymade](https://www.instagram.com/wawonderfullymade)*





# HARVEST KALE SALAD

SERVES 4-6

## SWEET MAPLE DRESSING

.5 cup Maple Syrup  
1oz Creole Mustard  
2oz Apple Cider Vinegar  
6oz Blend Olive Oil

## SALAD

8 oz Roasted Delicata Squash  
6oz Baby Kale  
5oz Cooked White Quinoa  
2oz Red Onion Sliced  
2oz Chopped Pecan Pieces  
3oz Sweet Maple Dressing

## DIRECTIONS

Combine maple syrup, mustard and apple cider together in a blender. Blend and slowly pour in oil to emulsify.

## DIRECTIONS

In a mixing bowl: add baby kale, quinoa, red onion and the dressing. Toss together and place in serving bowl. Top the salad with squash and pecans. Serve.

**THOMPSON  
ISLAND**  
BREWING COMPANY  
REHOBOTH BEACH, DE

[thompsonislandbrewing.com](http://thompsonislandbrewing.com)

## CHEF LOU ORTIZ

THOMPSON ISLAND EXECUTIVE CHEF

EXPERIMENTATION IS THE HALLMARK OF CHEF LOU ORTIZ'S STYLE. VISITORS TO THOMPSON ISLAND CAN EXPECT REIMAGINED CLASSICS, FROM THE SMOKED BOLOGNA REUBEN TO SLOPPY JOE EGG ROLLS. YEARS OF BREWPUB EXPERIENCE HAVE CREATED A KITCHEN MASTER THAT CAN CREATE THE PERFECT RECIPE TO PAIR WITH THOMPSON ISLANDS EVERY CHANGING LINEUP OF IN-HOUSE BREWS.





The hugely popular Pietro salad dressings began as a humble sideline to the pasta business. "We cook our pastas to order and that takes about 10 minutes," said Mr. Murata. "To keep our patrons happy, we created the idea of an Italian vinaigrette with Japanese flavors to accompany a small salad and vegetables as a start. Customers loved it, but most importantly, children loved it." As the story goes, parents noticed that children would eat their salads and vegetables – but only with Pietro's special dressing.

with ANGELO PIETRO SESAME & MISO DRESSING



## Meatballs

**Ingredients: < for 8-10 persons >**

- 4 lb ground beef
- 4 lb ground pork
- 2 cup panko
- 1 1/3 cup milk
- 1 cup onion, diced
- 2 teaspoon garlic powder
- 8 teaspoon dressing
- 4 egg
- 1 cup parsley chopped
- 1 cup shredded parmesan
- salt and pepper to taste

### Preparation method

- ① Preheat oven to 400 degrees F.
- ② In a medium bowl, mix all ingredients until just combined.
- ③ Shape mixture into meatball, approximately 1 tablespoon each.
- ④ Bake 20-25 minutes or until cooked through.



Angelo Pietro Sesame Miso Dressing is available at the following accounts

angelopietro.com amazon.com

Wegmans Market, Raley's Markets, Central Markets  
selected Ralphs Grocery Stores and selected QFC stores  
and your local Asian market

# Meme's Mini's cookies and cakes

## Pumpkin Icing

### Ingredients:

- 1 lb confectioner sugar
- 1/2 cup of butter
- 4 oz cream cheese
- 1 tsp nutmeg
- 1/2 tsp cinnamon
- 1/8 tsp pumpkin spice extract
- 1/8 tsp orange extract
- 3 T of milk (or until desired thickness)

Prep	Total	Serving size	Serving per batch
<b>10 mins</b>	<b>10 mins</b>	<b>2 T</b>	<b>about 18</b>



### Directions :

Allow butter to soften, With an electric or standing mixer on medium speed, beat butter and cream cheese until you achieve a smooth texture. Add confectioner sugar, nutmeg, cinnamon, pumpkin spice extract, orange extract and milk. Mix until well blended and fluffy. Use less or more milk based on desired thickness.

Feel free to add or lessen the amount of spices and extracts used

Enjoy on muffins, cinnamon rolls scones, cupcakes, cookies, or mixed with ice cream !

Email : [meme@meme-mini.com](mailto:meme@meme-mini.com)

[www.meme-mini.com](http://www.meme-mini.com)



*Irresistibly delicious is an understatement for Meme's treats. From the infamous bite size sugar cookies to the moist and flavorful strawberry cake and cake bites. Baked with fresh ingredients paired with a flawless recipe there is a delicacy inspired for every sweet tooth.*



*Martha Stewart's*

# Kitchen-Sink Cookies

Makes 8

## What you need:

- |  |   |
|--|---|
| 2 sticks (1 cup) unsalted butter, room temperature | 1/2 teaspoon baking powder                      |
| 3/4 cup granulated sugar                           | 1 1/2 cups old-fashioned rolled oats            |
| 3/4 cup packed light brown sugar                   | 1 cup large unsweetened coconut flakes          |
| 2 large eggs                                       | 1 cup dried apricots, coarsely chopped          |
| 2 teaspoons vanilla extract                        | 6 ounces semi-sweet chocolate, coarsely chopped |
| 2 cups unbleached all-purpose flour                | 1 cup dried cherries                            |
| 1 teaspoon coarse salt                             | 1 cup pecans, toasted                           |
| 1 teaspoon baking soda                             |   |

## What to do:

1. Preheat oven to 350°F. In a large bowl, with an electric mixer on medium, beat butter and both sugars until pale and fluffy, about 2 minutes. With mixer on low, beat in eggs, one at a time, until combined. Beat in vanilla.
2. In a medium bowl, whisk together flour, salt, baking soda, and baking powder. With mixer on low, gradually add to butter mixture, beating until well combined. Add oats, coconut, apricots, chocolate, cherries, and pecans, and mix with a wooden spoon until just combined.
3. Scoop dough into 8 balls (3/4 cup each). Transfer to parchment-lined baking sheets, spacing about 3 inches apart. Use the palm of your hand to flatten into 4-inch rounds. Bake cookies, rotating sheets halfway through, until golden brown, about 16 minutes. Let cookies cool on sheet 2 minutes before transferring to wire racks to cool completely. (Cookies can be stored in an airtight container at room temperature up to 3 days.)

---

*Tip: Feel free to customize the add-ins: If you don't like pecans, use walnuts; try cranberries instead of cherries. Just make sure there's enough space between the cookies, as they spread in the oven.*





Tuffy Stone's



# Fennel Sausage Stuffing

(crusty bread, fresh fennel + loads of Italian sausage)

Serves 8 - 12

*Choose sweet or hot Italian sausage for this dish. I choose a mixture of the two.*

## What you need:

12 tablespoons salted butter, divided, plus more  
to butter the casserole

1 cup medium-dice yellow onion

1 cup medium-dice celery

1 cup medium-dice fennel

1 pound Italian sausage, casing removed

10 cups stale French bread or other crusty bread,  
cut into one-inch cubes

1 teaspoon kosher salt

1 teaspoon cracked black pepper

1 teaspoon rubbed sage

3 cups chicken stock

## What to do:

1. Preheat the oven to 350° F. Butter a 9x13 casserole dish and set aside.

2. Sauté Vegetables: In a large, heavy-bottomed sauté pan, melt 8 tablespoons butter over medium-high heat. Add the onions, celery, and fennel, and cook 15 minutes, stirring often, or until the onions are lightly browned and translucent. Transfer the vegetables to a large bowl and set aside, reserving the sauté pan.

3. Cook the Sausage: Add the remaining 4 tablespoons butter to the sauté pan over medium-high heat, then add the sausage, breaking up the meat into small pieces with a wooden spoon, and cook 5 to 7 minutes, or until the sausage is cooked through. Add the cooked sausage to bowl of vegetables, scraping the pan to incorporate any browned bits.

4. Mix the Stuffing: Add the breadcrumbs to the bowl and toss gently but thoroughly. Season with the salt, pepper, and rubbed sage, and toss lightly. Add the chicken stock and toss until the breadcrumbs have completely absorbed the liquid.

5. Bake Stuffing: Transfer the mixture to the prepared casserole dish and bake 20 to 30 minutes, or until it's golden brown and crusty on top. Let the Fennel Sausage Stuffing rest 5 minutes before serving.

*Tuffy Notes: Have leftover stuffing? I like to make a version of "Toad in the Hole" for breakfast using my leftover stuffing. To make, cut out of round of stuffing using a large glass or ring mold, then cut a smaller whole in the center. Add both rounds to a skillet with a little butter to sauté and crisp up. Turn rounds over and drop an egg in the hole. Cook until desired doneness (runny yolks are best). Serve with a little warmed leftover gravy spooned over the top.*

Photos by Ken Goodman



*Kwame Onwuachi's*



# Curried Shrimp & Pumpkin

Serves 4

## What you need:

- |   |   |
|---|---|
| 2 tbsp Canola Oil   | 1.5 tbsp Creole Seasoning               |
| 1 Medium Yellow Onion, halved and thinly sliced                           | 1 cup Shrimp Stock                      |
| 1 Medium Green Bell Pepper, stemmed, seeded, and thinly sliced lengthwise | 1 13.5 oz can Coconut Milk              |
| .75 cup Recaito   | 1 tbsp Habanero Hot Sauce               |
| 2 cups Pumpkin, large dice  | 1 lb Shrimp, Large, peeled and deveined |
| 3 tbsp Palm Sugar   | 1 tbsp Salt + more to taste             |
| 2 tbsp Jamaican Curry Powder  | 2 Limes                                 |

## What to do:

1. In a dutch oven, heat oil over medium-high heat. Add onion and peppers and saute until onions turn translucent - about 7 minutes. Stir in the recaito and pumpkin and sauté 5 minutes, then add palm sugar, jamaican curry powder, and creole seasoning and cook 5 minutes more.
2. Stir in the shrimp stock, coconut milk, habanero hot sauce, and 1 tablespoon salt. Bring the mixture to a boil, then reduce heat - simmer for 10 minutes. Add the shrimp and cook for 8 minutes, stirring frequently until the shrimp are bright red and fully cooked. Squeeze in the juice of one (1) lime, then taste. Add more lime juice and salt if you like.
3. Serve immediately with steamed rice plus coco bread, tostones, and/or fried sweet plantains





Amy Brandwein's

# Cavatelli with Cauliflower Ragu

## What you need:

### Cavatelli

- 1/2 lb. "00" Pasta Flour
- 1/2 lb. Whole Milk Ricotta Cheese, drain off extra liquid or whey
- 2 oz. Semolina Flour
- 5 oz. Parmesan Cheese

### Cauliflower Ragu

- 3 tablespoons olive oil
- 3 cloves garlic (smashed)
- 1/2 onion, cut brunoise

- Pinch saffron
- 1 small head cauliflower, cut into large florets (about 2 pounds)
- 1 3/4 cups canned crushed tomatoes in thick puree (one 15-ounce can)
- 2 tablespoons water
- 3/4 teaspoon salt
- 2 T. Italian parsley, chopped
- 1/4 teaspoon fresh-ground black pepper
- Pinch hot pepper to taste

### For finishing pasta with cauliflower ragu:

- 2 T olive oil
- 1 clove garlic sliced very thinly
- 1/2 cup basil leaves
- 2 T butter
- 1/4 cup grated Parmesan (plus more for serving)



## What to do:

**To Prepare Cavatelli:** Mix all ingredients in food processor until smooth. Remove and wrap in plastic wrap, form into a ball and let sit for 30 minutes. Flatten the ball a bit and then cut into larger pieces of 3 inches long x 2 inches wide or thereabouts. On a cutting board (do not use flour), roll into four logs about 1/2 inch in diameter at a time and feed into cavatelli machine. If you do not have a cavatelli machine, cut into 1/2 inch pieces. Press each piece on the back of a fork to make an indentation, like gnocchi. Place onto sheet tray lined with paper and OO flour.

*Makes 4-5 portions of cavatelli*

In a large frying pan, heat the oil over moderately low heat. Add the garlic and cook until fragrant, stirring, about 30 seconds. Add the minced onion and cook over medium low heat until the onions are lightly golden and translucent; add the saffron, peperoncino and parsley. Increase the heat to moderate. Add the cauliflower, tomatoes, water, and salt and pepper and bring the sauce to a simmer. Continue to simmer, covered, until the cauliflower is very tender, about 10 minutes.

In a large pot of boiling, salted water, cook the cavatelli until it floats to the top, indicating it is done, about 2 minutes. At the same time, heat a saucepan to medium low heat. Add 2 T. Olive oil, sliced garlic, the cauliflower sauce and simmer for a second. Add 2 T butter to emulsify. Drain the cavatelli and add basil, parmesan and toss well. Serve with additional Parmesan.





*Scott Drewno and Danny Lee's*



# BULGOGI

Bulgogi is one of the most popular preparations of beef in Korean cuisine.

## Ingredients:

- 1 lb – Sliced Ribeye (1/8" cut)
- 1 cup – Soy Sauce
- 1/2 cup – Sugar, Granulated
- 1/2 cup – Mirin
- 1/4 cup – CHIKO Aromatics
- 1 Tbsp – Black Pepper, Freshly Ground
- 1 Tbsp – Sesame Oil
- 1/2 Tbsp – Sesame Seeds, Toasted

## Method:

Place all of the ingredients, except for the ribeye, into a mixing bowl and whisk until fully incorporated

Place ribeye into the resulting marinade and use your hands to thoroughly coat the ribeye in the marinade

Move beef and marinade into a sealable container, seal, and refrigerate and let sit for a minimum of 4 hours (ideally overnight)







*Katherine Thompson's*

# Brown-Butter Tart with Cranberries

Makes 1 10" Tart - Serves 8 - 10

## Ingredients

### Tart Shell:

1 ½ c AP Flour  
2 Tbs. Sugar  
½ tsp. Salt  
4 oz. Butter, unsalted, diced, chilled  
¼ c. + 3 Tbs. Heavy Cream  
1 egg yolk

### Filling:

6 oz. Butter, unsalted  
1 ea Vanilla Bean, Scraped  
3 ea. Eggs  
1 c. Sugar  
1 ½ tsp. Orange Zest  
¼ c. AP Flour  
½ tsp. Salt  
2 c. Cranberries, fresh or frozen



## What to do:

**Tart Shell:** pulse the flour, sugar, and salt in a food processor. Add the chilled butter and pulse until the mixture looks like cornmeal. In a small bowl, whisk together the cream and egg yolk. Add the cream mixture to the food processor. Pulse several times until the mixture forms a dough. Do not over pulse. If the dough gets over mixed, it will be too tough. Remove the dough from the machine and wrap tightly in plastic wrap. Chill for 30 minutes.

Preheat oven to 350 degrees. On a lightly floured surface, roll the dough to just over an 1/8" thick. Place dough in a greased tart pan. Trim off any excess dough on the edges. Place a piece of parchment paper or foil over the dough and fill with pie weights or dried beans.

Bake the tart shell for 20 minutes, or until the edges are slightly golden in color. Remove the parchment paper or foil with the pie weights. Continue baking the shell for 10-15 minutes longer. The tart shell should be completely golden in color. Remove from the oven and let cool.

**Tart Filling:** In a saucepan, heat the butter and vanilla beans over medium heat. Cook the butter until it has a rich, dark brown color when you remove the pan from the heat. The aroma of the brown butter will overwhelm your kitchen. If you

are unsure, continue cooking the butter for a few more minutes. Do not be afraid if the bottom of the pan looks almost black. That is a good sign! Once the butter is ready, strain the contents of the pan through a fine mesh strainer. Press on the vanilla bean in the strainer in order to remove all of the delicious vanilla elements. Set aside hot butter mixture

In a medium size bowl, whisk together the eggs, sugar, and orange zest. Slowly whisk in the brown butter mixture and combine until smooth. Add the flour and salt and whisk until smooth. *(This brown butter mixture can be made a day or two ahead of time and stored in the refrigerator.)*

To assemble the tart, scatter the cranberries in an even layer on the bottom of the pre-baked tart shell. Pour the brown butter mixture in the center of the tart. There is no need to spread the brown butter mixture; it will naturally spread itself out in the baking process.

Bake the tart for 45-55 minutes. Remove the tart from the oven when the center no longer jiggles and it is slightly puffed up.

Cool for 1 hour before removing from the tart shell. ***This is excellent served warm with vanilla ice cream.***



*Erik Bruner-Yang's*

# Lao Gan Ma (Chile Crisp)

Great on stir fry and randomly vanilla ice cream!

Always good to have in the pantry.

## What you need:

- 1/3 cup Ginger
- 1 cup Garlic
- 1 Tbsp White pepper
- 1 Tbsp Tbsp Five-spice powder
- 1 Tbsp Diluted Black Vinegar
- 3 cups vegetable oil
- 4 Tbsp Shichimi togarashi
- 1 Tbsp Sesame oil

## Equipment list

- Mid-size pot
- Mixing bowl
- Spoon

## What to do:

Heat up oil to 375 in a midsize pot

Peel & mince garlic

Slice ginger into slivers

Fry garlic in oil. When garlic is golden brown, turn off heat.

Place togarashi into the frying oil

In a separate bowl, combine sesame oil, diluted black vinegar, five-spice powder, and white pepper.

When oil has cooled, add five-spice powder mix

Store in airtight Tupperware container, at room temperature



*Tina Zaccardi's*

# Brutti ma Buoni



“Brutti ma Buoni” when translated to English means “Ugly but Good”. The combination of delicate meringue and nuts and chocolate give these cookies a crispy cloud like texture.

## Ingredients

### **Swiss Meringue Method:**

60 grams of egg whites (approximately 2)  
100 grams of granulated sugar  
1/8 teaspoon of cream of tartar  
pinch of salt, **or**

### **Italian Meringue Method:**

60 grams of egg whites (approximately 2)  
100 grams of granulated sugar  
1/4 cup of water  
1/8 teaspoon of cream of tartar  
pinch of salt  
1 cup of toasted coarsely chopped hazelnuts  
1 cup of toasted coarsely chopped almonds  
2 ounces of semi-sweet chocolate chopped into pieces approximately 1/4"  
1 tablespoon of sifted confectioner's sugar  
1/2 teaspoon of ground cinnamon  
1/2 teaspoon of vanilla extract

## What to do:

### **Swiss Meringue Method:**

Whisk egg whites, sugar, salt and cream of tartar in the bowl of an electric mixer over simmering water until the egg-white mixture reaches a temperature of 160°F (71°C) and sugar is dissolved.

Place the bowl on the mixer and whip with the wire whisk attachment on high speed until the mixture has stiff peaks. This will take about 6-8 minutes, **OR**

### **Italian Meringue Method:**

The first step in making an Italian meringue is to make the sugar syrup. In a small pot heat the sugar and water to 240 degrees Fahrenheit (softball stage). The softball stage is when you drop some of the sugar syrup into cold water it will form a soft flexible ball.

While the syrup is heating, whip the egg whites, cream of tartar and salt until they are foamy and almost at the soft peak stage.

Slowly pour in the syrup into the egg whites and whip until the bowl is cool to the touch. Your meringue should have stiff glossy peaks.

Fold in the nuts, chocolate, confectioner's sugar, cinnamon and vanilla extract into the meringue.

Drop the batter on a parchment lined baking sheet with a scoop approximately 1 tablespoon in size and lightly press on each to slightly flatten.

Bake at 325 degrees Fahrenheit for 30 minutes. Allow to cool completely on a wire rack and store in an airtight container.

**Makes approximately 20 cookies.**





SAVE THE DATE!

*MetroCooking* DC  
The Metropolitan Cooking & Entertaining Show

May 1 - 2, 2021

Until then, grab your apron  
and get cooking!

