

**MONDAY  
JANUARY 9, 2017**

**WEIS DAY**

# **Southwest Beef and Mushroom Lettuce Wraps**

presented by

**Kathryn Long, RDN, LDN and Erin Long, MS, RDN, LDN**  
**Healthy Living Coordinators**  
**Weis Markets, Inc.**  
**Sunbury, PA**

*Yields: 4 servings (3 lettuce wraps each)*

2 Tbsp. Weis Quality Pure Olive Oil, divided  
1 (8oz) container Weis Quality Sliced Baby Bella Mushrooms, finely diced  
1 lb. Weis Quality 93% Lean Ground Beef  
1 cup onion, diced  
3 garlic cloves, minced  
2 Tbsp. Weis Quality Worcestershire Sauce  
1 Tbsp. Simply Organic® Chili Powder  
Juice of 1 lime (about 2 Tbsp.)  
12 romaine lettuce leaves  
¾ cup Weis Quality Southwestern Salsa (located in produce department)  
½ cup Weis Quality Sharp Yellow Shredded Cheddar Cheese

In a large skillet, heat 1 tablespoon of oil over medium-high heat. Add the mushrooms and cook until browned, about 5 minutes. Add the ground beef and sauté until the meat is cooked through, about 10 minutes. Using a slotted spoon, transfer the mixture to a medium bowl and set aside. Discard the excess liquid left in the skillet and return the skillet to the stovetop. Add the remaining tablespoon of oil, onion and garlic to the skillet; cook until tender and fragrant, about 2-3 minutes. Add the mushroom and beef mixture, Worcestershire sauce, chili powder, and lime juice. Stir and cook another 2-3 minutes so the flavors can blend. To serve, top each lettuce leaf with the beef mixture, salsa and shredded cheese.

# **Honey Rosemary Grilled Rack of Lamb with a Cherry Red Wine Jus, Roasted Root Vegetable and Butternut Squash Hash**

presented by

**Barry Crumlich**

**Executive Chef**

**Pennsylvania Governor's Mansion**

**&**

**The First Lady of the Commonwealth of Pennsylvania,**

**Frances Wolf**

*Yields: 4 servings*

## **Lamb**

1 lamb rack

2 Tbsp. olive oil

2 Tbsp. minced rosemary

½ cup raw local honey

Sea salt and cracked black pepper to taste

Trim the excess fat from the lamb loin and rib bones. Place the remaining ingredients into a small mixing bowl and blend well. Place the rack of lamb into a zip lock bag & pour the marinade over the lamb, making sure that the lamb is completely coated. Marinate for a minimum of 4 hours or up to 24 hours in the refrigerator.

Remove the lamb from the refrigerator and allow to come to room temperature before grilling. Place the rack of lamb on a medium-high preheated grill. Grill the lamb for 5 to 6 minutes, loin side down. Flip and grill for an additional 5 to 6 minutes. Remove the lamb from the grill, placing it on a baking tray. Finish in the oven at 350 degrees for an additional 5 minutes. Remove the lamb from the oven and let rest for 10 minutes before slicing.

## **Roasted Root Vegetable & Butternut Squash Hash**

8 oz. carrots

8 oz. parsnips

8 oz. sweet potatoes

8 oz. russet potatoes

8 oz. butternut squash

3 Tbsp. olive oil

Sea salt & cracked black pepper to taste

16 oz. chicken stock

2 Tbsp. minced fresh thyme  
2 Tbsp. roasted garlic (equivalent to one bulb)  
Sea salt & cracked black pepper to taste  
2 Tbsp. arrowroot  
1 Tbsp. water

Preheat an oven to 400 degrees. Peel and dice all the vegetables to a half inch dice. Toss the vegetables with salt, pepper and olive oil. Place on a baking tray, and put in the preheated oven. Roast for approximately 20 minutes or until tender & golden brown, stirring once midway thru roasting. Place the chicken stock, with the thyme and roasted garlic, in a medium sauce pan and simmer over medium heat for approximately 10 minutes. Season with salt and pepper and then tighten with a water and arrowroot mixture. Simmer for an additional 5 minutes. Remove from the heat and toss the roasted root vegetables with the sauce.

### **Cherry Red Wine Jus**

1 bottle of dry PA Red Wine  
2 cups sundried cherries  
1 shallot, quartered  
2 Tbsp. arrowroot  
1 Tbsp. water

Place the bottle of red wine, shallot, and 1 cup of cherries into a medium sauce pan. Simmer over medium heat for approximately 20 minutes. Remove from the heat and place the contents into a blender and puree until smooth. Strain the sauce through a mesh strainer. Place the strained sauce back into the sauce pan and add the remaining 1 cup of cherries. Simmer an additional 10 minutes. If a thicker sauce consistency is desired, tighten with the arrowroot and water mixture.

### **Plating**

Place a serving of root vegetables into the center of the plate , arrange two double ribbed lamb chops over the root vegetable hash and drizzle the red wine cherry jus around the perimeter of plate.

# **Pumpkin Cider Bread and Pear Crisp**

presented by

**Andrew Lookenbill  
Bakery Field Specialist  
Weis Markets, Inc.  
Sunbury, PA**

## **Pumpkin Cider Bread**

*Serves 9*

½ cup Weis Quality from the Field pumpkin  
2 ½ cups whole wheat flour  
2 tsp. baking powder  
1 tsp. cinnamon  
½ tsp. nutmeg  
2 eggs  
½ cup Weis Quality from the Field unsweetened apple sauce  
¼ cup Splenda  
½ cup apple cider  
Weis pure canola oil spray

Preheat an oven to 350 degrees F.

Combine the dry ingredients in a medium bowl. In a large bowl, combine the remaining ingredients. Add the dry ingredients slowly to the wet and mix until blended. Do not overmix.

Pour the batter into a greased 9 inch loaf pan and bake for 40 minutes. Test for doneness by inserting a toothpick into the center of the bread. The toothpick should come out clean.

## **Pear Crisp**

*Serves 6*

5 firm Bartlett pears, peeled, cored, and thinly sliced  
1 Tbsp. fresh lemon juice  
½ cup Weis Quality light brown sugar  
½ tsp. Weis Quality ground cinnamon  
¼ tsp. nutmeg  
1 cup Weis Quality old fashioned oats  
1 ½ Tbsp. vegetable oil baking stick, softened  
1/8 tsp. Weis Quality salt

½ cup dried cranberries

Preheat an oven to 350 degrees F.

In a small bowl, toss the pear slices with the lemon juice. Arrange the pear slices in a 9" round baking dish or tart pan in an overlapping spiral pattern, starting from the outer edge and working toward the center. Set aside.

In a medium bowl, combine the brown sugar, cinnamon, nutmeg, oats, and vegetable oil stick and mix with a fork until crumbly. Stir in the dried cranberries.

Sprinkle the topping over the arranged pears and bake 25 to 30 minutes until the topping browns and the pears become tender. Serve warm.

Goes great with Weis Quality sugar free vanilla ice cream! Refrigerate any remaining portions for up to 4 days.

# **Smoked Ham Hock Three Cheese Mac and Cheese**

*Featuring John F. Martin Meats in Stevens, PA*

presented by

**Robert Dacko**  
**Food Service Specialist**  
**Weis Markets, Inc.**  
**Sunbury, PA**

*Yield: 4 servings*

2 JFM smoked ham hocks  
½ lb. cavatappi pasta  
4 oz. butter  
4 oz. all-purpose flour  
1 quart milk  
8 oz. JFM Colby Longhorn cheese, grated  
8 oz. JFM NY Extra Sharp White Cheddar, grated  
8 oz. JFM White American Cheese, grated  
2 oz. Parmesan cheese, grated  
Salt and pepper to taste

## *Topping*

1 cup panko  
1 oz. unsalted butter, melted  
1 tsp. chopped parsley  
1 oz. Parmesan cheese, finely grated

Submerge the ham hocks in water by at least 4 inches. Simmer the hock for 2 to 2 ½ hours until the meat is falling off the bone. Remove the hocks from the water and allow to cool. Pick the meat from the bone and reserve.

Combine the ingredients for the topping and reserve. Cook the pasta in salted, boiling water until completely cooked through. Strain, and shock cool the pasta until it is completely cooled; reserve.

Melt the butter in a heavy bottom sauce pan over low heat. Add the flour and stir to make a roux. Cook the roux to a blonde color with no browning. Add in the milk over a medium heat, continuously whisking to avoid clumping and scorching. Allow the milk to come up to a light boil over medium heat, stirring occasionally. Whisk in the cheeses in 3 phases, allowing the cheese to melt and incorporate between additions. Add the cooked pasta and ham; stir to combine. Transfer to a baking dish. Lightly sprinkle the

reserved topping over the mac and cheese. Brown the topping under the broiler for about 30 seconds, or until browned.

**Mom's Taco Meat and Chips a la Vincent  
and Sheppard's Pie**  
*Featuring Country Fresh Mushrooms in Avondale, PA*

presented by

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

*Yield: 6 servings*

**Mom's Taco Meat**

16 oz. Country Fresh Mushrooms (any type - white, Baby Bellas, Shiitakes, or Oysters)  
16 oz. ground beef (can use Chicken, Turkey, Pork or Sausage)  
½ tsp. garlic salt  
1 pinch black pepper, freshly ground  
1 oz. taco seasoning  
Olive oil to coat pan

Rinse the mushrooms and slice into ¼ inch thick slices. Smaller mushrooms may be quartered, and oyster mushrooms should be separated into individual leaves. Sauté the ground beef; drain and discard the fat. Sauté the mushrooms in olive oil; drain and discard the oil. Combine the beef and mushrooms; add the spices. Serve on top of chips or in a taco.

**Sheppard's Pie**

4 large russet potatoes, cut into chunks  
½ cup milk  
½ lb. Country Fresh Mushrooms, finely chopped  
1 lb. lean ground beef  
1 small onion, chopped  
1 tsp. garlic & herb seasoning  
2 Tbsp. flour  
½ cup beef broth  
2 cups frozen mixed vegetables (carrots, corn, green beans, peas), thawed  
1 tsp. Worcestershire sauce  
2 Tbsp. tomato paste  
¼ tsp. salt  
½ cup shredded cheddar cheese



Preheat the oven to 375°F.

In a large saucepan, cook the potatoes in boiling water for 15-20 minutes, or until tender. Drain and return to the saucepan. Add the milk and mash until the potatoes are smooth. Season with salt and pepper to taste.

Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped. In a large skillet, cook the meat, mushrooms, onion and seasoning until the meat is no longer pink. Drain if needed. Stir in the flour; cook while stirring for 1 minute. Add the broth, vegetables, Worcestershire sauce, tomato paste and salt; cook 5 minutes, stirring occasionally. Spoon into a 9x13 baking dish and cover with the mashed potatoes.

Bake 20 minutes or until heated through. Remove from the oven and top with shredded cheese. Bake 3-5 minutes or until the cheese is melted.

# **Butternut Squash Rigatoni**

presented by

**Michael J. Ditchfield**

**Instructor, Hospitality Management/Culinary Arts**

**Pennsylvania College of Technology**

**Williamsport, PA**

*Yields: 8 servings*

1 large butternut squash, cleaned, peeled, large dice

3 garlic cloves, minced

2 oz. olive oil

½ cup heavy cream

1 lb. rigatoni, dry

3 cups Fontina cheese, grated

2 Tbsp. fresh sage, chopped

1 cup Panko bread crumbs

Salt and ground black pepper, to taste

Preheat an oven to 375 F. Toss the squash, olive oil and garlic together and roast until the squash is tender. After the squash has cooled, puree it with the heavy cream until smooth.

Bring a pot of water to a boil that has been lightly salted and a little oil added to cook the rigatoni to al dente'.

In a large bowl, toss the rigatoni, squash puree, sage, and 2 cups of the Fontina cheese. Season with salt and pepper. Place this mixture in a baking dish that the sides have been brushed with olive oil. Mix the Panko bread crumbs and remaining Fontina cheese together and top the mixture. Place in the oven at 350 F for about 30 minutes or until golden brown.

**THURSDAY**  
**JANUARY 12, 2017**  
**APPLE DAY/VETERANS DAY**

# **Pan Seared Sausage with Lady Apples and Corn Bread with Caramelized Apples and Onions**

presented by

**Robert Corle, CEC, CCE**

**Chef Instructor**

**Lebanon County Career and Technology Center**

**Lebanon, PA**

*Yield: 4 servings*

## **Pan Seared Sausage with Lady Apples**

1 Tbsp. olive oil  
1 lb. PA lady apples, halved through the stem ends  
1 ½ lbs. sweet Italian sausage  
¼ cup dry white wine  
2 Tbsp. white wine vinegar  
1 bunch watercress, trimmed  
Salt and pepper, to taste

Heat the oil in a large cast iron or other heavy skillet. Over medium heat, add the apples, cut side down, and cook turning occasionally until golden brown, about 5-8 minutes.

Prick the sausages with a fork and add to the skillet with the apples and cook, turning occasionally, until browned, about 10-12 minutes. Add the wine and vinegar to the skillet and bring to a boil. Reduce the heat and simmer until thickened. The liquid should coat the back of a spoon, about 4 minutes. Add the watercress and toss to coat; season with salt and pepper. Serve with pan juices spooned over.

## **Corn Bread with Caramelized Apples and Onions**

¾ cup + 2 Tbsp. unsalted butter  
1 medium onion, thinly sliced  
Kosher salt and freshly ground black pepper, to taste  
2 medium PA red or pink skinned apples, thinly sliced  
5 Tbsp. sugar, divided  
3 tsp. fresh thyme, divided  
1 ½ cup cornmeal  
1 cup all-purpose flour  
1 Tbsp. baking powder  
2 large eggs  
1 ½ cups buttermilk

Preheat an oven to 400 degrees.

Melt the butter in an 8" cast iron skillet, or other heavy skillet, over medium heat. Pour all but 2 tablespoons of the butter into a small bowl; set aside. Add the onion to the butter in the skillet and season with salt and pepper. Cook while stirring occasionally, until the onion is softened and beginning to brown, about 4 minutes. Add the apples, 2 tablespoons of the sugar, and 2 teaspoons of the thyme. Cook, stirring often, until the apples are softened, about 4 minutes. Transfer the onion mixture to a medium bowl and reserve the skillet. Whisk the cornmeal, flour, baking powder, salt and remaining sugar in a large bowl. Gradually whisk in the eggs, buttermilk, and the  $\frac{3}{4}$  cup reserved melted butter until smooth. Fold in half of the onion mixture and the remaining thyme. Bake the corn bread until golden brown and a tester inserted into the center comes out clean, about 30-40 minutes. Let cool slightly before serving.

**Gala Apple and Sweet Potato Soup**  
*Featuring Strites Orchard in Harrisburg, PA*  
presented by

**Maureen Fowler**  
**Executive Chef**  
**The Mill in Hershey**  
**Hershey, PA**

*Yields: 1 gallon*

2 Tbsp. unsalted butter  
4 cups medium-diced yellow onions  
5 lbs. PA sweet potatoes, peeled and diced  
2 lbs. PA gala apples, peeled and diced  
2 tsp. kosher salt  
½ tsp. freshly ground black pepper  
3 cups water  
3 cups PA apple cider

Melt the butter over medium heat in a saucepan. Sweat the onions until tender. Season with salt and pepper. Add the sweet potatoes and half of the apples, brown slightly. Season with salt and pepper. Simmer until tender. Puree until smooth. Add the apple cider and simmer for about 10 minutes. Add the rest of apples. Check to ensure the seasoning. Serve immediately.

# **Seared Pork Chops with a Sweet and Spicy Apple "Chutney" And the "Elvis"**

presented by

**Chris Cognac**

**Writer, Host of Food Network's The Hungry Detective,  
Judge on Iron Chef America  
and co-producer of "All Forked Up" on the Travel Channel**

## **Seared Pork Chops with a Sweet and Spicy Apple "Chutney"**

*Yield: 4-6 servings*

2 oz. rice wine vinegar  
1 tsp. soy sauce  
1 Tbsp. Sriracha hot sauce  
2 Tbsp. honey  
2 PA Gala apples, chopped  
6 pork chops, about 2 pounds  
Cajun seasoning spice of choice  
1 tsp. chopped parsley

Combine the vinegar, soy sauce, Sriracha, honey, and apples in a medium saucepan. Simmer over medium low heat until the apples are soft and the liquid is reduced and thick. Remove from the heat.

Season each pork chop with your favorite spice blend. Sear the chops in a preheated pan, turning to brown both sides. Transfer to a serving dish and top with the apple chutney. Garnish with the chopped parsley.

## **The "Elvis"**

*Yields 1 serving*

1 large flour tortilla  
2 Tbsp. smooth peanut butter  
1/3 PA Granny smith apple, chopped  
1 Tbsp. Hershey chocolate spread  
1 Tbsp. honey  
1/2 banana, sliced  
2 strips bacon, cooked and crumbled

Layer the ingredients on one half of the tortilla. Fold in half and cook in a skillet coated with butter over medium heat until the tortilla browns and is crispy. Flip and brown on the other side. Eat! It's a bit messy, but awesome!!

**Apple Cinnamon Crunch Cake**  
*Featuring Three Springs Fruit Farm in Aspers, PA*  
presented by

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

*Yield: 1- 10" spring form pan*

**Cinnamon Crunch Crumble**

6 oz. sugar  
1.3 oz. vegetable shortening  
1 oz. light corn syrup  
1 Tbsp. cinnamon

Blend all the ingredients together in a mixer with a paddle attachment until it reaches a uniform crumble. Set aside until assembly.

**Apple Filling**

3 PA granny smith apples, peeled and sliced  
4 oz. light brown sugar  
1 tsp. cinnamon  
½ tsp. nutmeg

Toss all the ingredients together in a bowl. Set aside until assembly.

**Sour Cream Cake Batter**

4 oz. butter  
8 oz. sugar  
11 oz. sour cream  
1 Tbsp. vanilla  
2 eggs  
10 oz. all-purpose flour  
¾ tsp. baking soda  
¾ tsp. baking powder  
1/8 tsp. salt

In a mixer, cream together the butter and sugar with the paddle attachment. Add the vanilla, sour cream and eggs. Blend and scrape the sides of the bowl. Sift the dry ingredients, add all at once, and pulse with the mixer until fully incorporated. Spray a 10" spring form pan well.



**Assembly**

Add half of the batter to the sprayed pan, spread to the edges. Layer half of the apple mixture across the middle. Sprinkle 1/3 of the crunch mixture over the apples. Add the remaining batter and spread to edges. Spread the remaining apples over the top. Sprinkle the remaining crunch over the top. Bake at 350 degrees for approximately 1 hour. Serve warm or at room temperature with the Maple Crème Anglaise sauce.

**Maple Crème Anglaise**

1 quart heavy whipping cream

1 vanilla bean

4 oz. maple syrup

8 oz. yolks

8 oz. sugar

Heat the first three ingredients until simmering. In a separate bowl, whisk the yolks and sugar to combine. Slowly stir in the warm mixture. Blend fully and return to the heat. Stir continuously over medium heat until the sauce just coats the back of a spoon. Strain and cool.

# **Pork Tenderloin with Roasted Apples and Onions and Curried Apple Soup**

presented by

**John Reis, CFBE  
Corporate Executive Chef  
Hilton, Harrisburg  
Harrisburg, PA**

*Yield: 4 servings*

## **Pork Tenderloin with Roasted Apples and Onions**

1 large PA pork tenderloin, about 14 oz.  
3 Tbsp. olive oil, divided  
2 Tbsp. whole grain Dijon mustard  
2 tsp. fennel seeds, chopped  
1 large onion, sliced  
2 medium PA granny smith apples, peeled, cored, and cut into wedges  
8 oz. PA fingerling potatoes  
4 oz. baby carrots  
½ cup PA apple cider  
1 Tbsp. whole butter  
Salt and pepper, to taste

Preheat the oven to 450°F.

Season the pork with salt and pepper. Heat 2 tablespoons of the oil in a large nonstick ovenproof skillet over medium-high heat. Add the pork and sear until all sides are brown, turning occasionally, about 5 minutes. Transfer the pork to a plate and cool slightly. Spread the mustard over the top and sides of the pork; press the fennel seeds into the mustard. Add the remaining 1 tablespoon of oil to the skillet. Sauté the onion slices and apples wedges over medium heat until golden, about 5 minutes. Spread evenly in a skillet and sprinkle with salt and pepper. Place the pork atop the apple-onion mixture. Add the carrots and potatoes.

Transfer the skillet to the oven and roast until the apple-onion mixture is soft and brown and a meat thermometer inserted into the center of the pork registers 140°F, about 10 minutes. Transfer the pork to a platter and tent with foil. Let stand for 5 minutes.

Meanwhile, pour the cider over the apple-onion mixture in the skillet. Stir the mixture over high heat until slightly reduced, about 2 minutes. Fold the butter into it, adjust the taste with salt and pepper.

Cut the pork on a diagonal into ½ inch thick slices. Arrange on a plate; spoon the apple-onion mixture over the pork and serve with the roasted potatoes and baby carrots.

### **Curried Apple Soup**

*Yields: 4 servings*

1 Tbsp. unsalted butter  
2 shallots, minced  
2 tsp. freshly grated ginger  
1 ½ Tbsp. curry powder  
2 PA granny smith apples, peeled, cored, and cut into 1-inch pieces  
1 small PA russet potato, peeled and cut into 1-inch pieces  
1 tsp. coarse salt, plus more for seasoning  
3 ¾ cups chicken stock  
½ cup heavy cream  
Freshly ground pepper  
½ cup sour cream  
½ cup chopped walnut, roasted

Melt the butter in a medium saucepan over medium heat. Add the shallots and cook until soft and translucent, about 2 minutes. Add the ginger and curry powder; cook while stirring for 1 minute. Add the apples, potato, salt, and chicken stock. Bring to a simmer over medium-high heat, and cook until the potato is tender when pierced with a paring knife, about 12 minutes. Remove from the heat, and let cool slightly.

Using an immersion blender, puree the soup just until smooth (do not over-process). Add the cream and season with salt and pepper. Place over medium heat until it is just heated through; do not boil. Divide the soup among serving bowls, and garnish with sour cream and the roasted walnuts.

