Locally Grown and Gathered Dinner

Recipe Book

Friday, April 27
5:30–9 p.m.

John Gilbert Reese Center
1209 University Drive
Newark, Ohio
Special thanks to the following local suppliers:

Cherokee Valley Bison Ranch
Hollenback Family Farm
Hand Hewn Fame
Ripple Rock Farm
Bird’s Haven Farm
Blue Owl Hollow Farm
The Dawes Arboretum
The Brooks Homestead
Blue Owl Garden
Licking Park District
Hartzler Family Dairy
Jim Bidigare
Winding Trails
Kokoborrego Cheese Company
Miceli’s
Stutzman Farms
Wholesome Valley Farm
Shagbark Seed Mill
Lucky Cat Bakery
The Russo Homestead
Snowville Creamery
Tamarack Farms Dairy
The Evening Menu

Hors d'oeuvres

Mini-quiche:
House-made Sausage & Kale
House-cured Bacon, Dried Mushrooms, and Ramps

Stuffed Meatballs
Marinara sauce

Smoked Pork Butt
over Cornbread crostini

Soup

Vegetable Barley Soup

Salad

Mixed Foraged Salad Greens
Creamy Maple Balsamic Dressing

Entrée

Italian Baked Tilapia
with Sun-dried tomatoes and Garlic-Mustard Pesto
served with a House-made Lasagna Roll

Dessert

Rhubarb Upside-down Spice Cake
Vanilla Cream Sauce and Toasted Black Walnuts
Sausage and Kale Mini-quiche

Yield: 25 portions (50 quiche)

Ingredients:

Crust:
- 15 oz. Stutzman Farms Flour
- 1 ½ tsp. Salt
- 10 oz. Hartzler Family Dairy butter
- 5 oz. cold water

Filling:
- ½ Lb. Cherokee Valley Bison Ranch Sausage
- 1 cups Bird’s Haven Farm Kale, chopped
- ½ cup Cheddar cheese, shredded
- 6 eggs
- 1 cup Snowville Creamery Heavy cream
- 1 tsp. Salt
- 1 tsp. black pepper

Directions:

To form the crust:
1. Combine the flour and the salt in a medium bowl. Cut the butter into the flour mixture until it resembles coarse crumbs. Add cold water, 1 oz. at a time, until the mixture forms a dough ball. Wrap in film wrap and refrigerate for 30 minutes.

To make the filling:
2. Heat a sauté over medium heat. Add the sausage and cook until brown, drain fat. Stir in the chopped kale and cook until slightly wilted. Place the sausage mixture in a bowl and set mixture aside to cool. Once cooled stir in shredded cheddar.
3. Whisk together the eggs and heavy cream. Season with salt and pepper.
To assemble the quiche:
4. Preheat oven to 350F.
5. On a lightly floured surface, roll the piecrust out until it is approx. 1/8-inch thick. Using a round cutter, cut 2-inch circles out (slightly larger than the diameter of the muffin pan).
6. Press the crust into the muffin pan; add 1 tsp. of the sausage filling. Pour the egg mixture over the filling.
7. Bake for 15 – 20 minutes, until quiche filling is set and lightly browned on top.
8. Allow the quiche to cool for 3 minutes before removing from pan.
Bacon, Dried Mushroom, and Ramp Mini-quiche

Yield: 25 portions (50 quiche)

Ingredients:
Crust:
- 15 oz. Wholesome Valley Farm Flour
- 1 ½ tsp. Salt
- 10 oz. Hartzler Family Dairy butter
- 5 oz. cold water

Filling:
- 1 oz. Blue Owl Hollow Farm Dried Mushrooms
- 1 Lb. Bacon, thick cut
- 15 ea. Dawes Arboretum Ramps, cleaned, chopped
- 1 cup Kokoborrego Cheddar cheese, shredded
- 6 eggs
- 1 cup Snowville Creamery Heavy cream
- 1 tsp. Salt
- 1 tsp. black pepper

Directions:
To form the crust:
1. Combine the flour and the salt in a medium bowl. Cut the butter into the flour mixture until it resembles coarse crumbs. Add cold water, 1 oz. at a time, until the mixture forms a dough ball. Wrap in film wrap and refrigerate for 30 minutes.

To make the filling:
2. Place the dried mushrooms in a small bowl. Bring ½ cup of water to a boil and pour over the mushrooms. Cover with film wrap and set aside for 20 minutes.
3. Dice the bacon into small pieces. Heat a sauté over medium heat. Add the bacon and cook until crispy, drain fat. Stir the chopped ramps into the bacon and cook until slightly wilted. Place the bacon and ramp mixture in a bowl and set aside to cool.
4. Finely chop the mushrooms. Add the mushrooms, soaking liquid and shredded cheddar into the bacon mixture.
5. Whisk together the eggs and heavy cream. Season with salt and pepper.

**To assemble the quiche:**
6. Preheat oven to 350F.
7. On a lightly floured surface, roll the piecrust out until it is approx. 1/8-inch thick. Using a round cutter, cut 2-inch circles out (slightly larger than the diameter of the muffin pan).
8. Press the crust into the muffin pan; add 1 tsp. of the bacon filling. Pour the egg mixture over the filling.
9. Bake for 15 – 20 minutes, until quiche filling is set and lightly browned on top.
10. Allow the quiche to cool for 3 minutes before removing from pan.
Mozzarella Stuffed Meatballs

Yield: 10 portions (about 20 meatballs)

Ingredients:
- 1 Lb. Hollenback Family Farm ground beef (85-90% lean)
- ½ cup Lucky Cat Bakery breadcrumbs
- ½ tsp. salt
- ¼ tsp. pepper
- 1 clove Blue Owl Hollow Farm garlic
- ¼ tsp. The Brooks Homestead oregano
- 1 egg
- 5 ea. Dawes Arboretum ramps, finely chopped
- 1 Tbsp. water
- 4 oz. Miceli’s mozzarella cheese, cut into ½ inch cubes
- 2 cups marinara sauce
- 1 Tbsp. The Brooks Homestead fresh parsley, chopped

Directions:
1. Preheat oven to 400F.
2. Line a sheet pan with foil and coat the foil with cooking spray.
3. Place the ground beef, breadcrumbs, salt, pepper, garlic powder, oregano, egg, ramps, and water in a bowl; mix until thoroughly combined.
4. Take approximately 2 tablespoons of the meat mixture and roll it into a ball. Press a cube of cheese into the ball of meat, making sure that the meat surrounds the cheese. Place the meatball on the sheet pan and repeat with remaining meat and cheese.
5. Bake for 10 minutes or until meatballs are just done - do not overcook or the cheese filling may start to spill out.
6. Place the meatballs onto a serving platter and pour the marinara sauce over the top. Sprinkle with parsley and serve immediately.
Marinara Sauce

Yield: 4 cups

Ingredients:
- 1 Tbsp. olive oil
- ½ cup grated yellow onion
- 6 cloves Blue Owl Hollow Farm garlic, minced
- Pinch of red pepper flakes
- 12 Roma tomatoes, peeled
  (or 1 can (28-oz) crushed tomatoes)
- 8 fresh basil leaves, chopped
- 1 bay leaf
- ½ tsp. kosher salt
- ¼ tsp. black pepper

Directions:
1. In a large skillet, combine the oil, onion, garlic and red pepper over medium heat. Cook, stirring, 3 to 4 minutes.
2. Add the tomatoes, basil, bay leaf, salt and pepper. Bring to a low simmer and then reduce heat to low. Cover and cook about 45 minutes, stirring occasionally. Discard the bay leaf.
3. Lightly puree in a blender to desired consistency.
Shredded Pork Butt

Yield: about 10 servings

Ingredients:

- ¾ Lbs. Hand Hewn Fame pork butt
- ¾ Lbs. Cherokee Valley Bison Ranch
- ¾ Tbsp. liquid smoke
- 3 Tbsp. dark brown sugar
- 1 1/8 Tbsp. kosher salt
- ½ Tbsp. chili powder
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. pepper
- The Brooks Homestead Parsley, fresh, chopped (for garnish)

Directions:

1. Combine all of the ingredients except the pork and liquid smoke
2. Rub the pork with liquid smoke and coat the meat with the rub
3. Place on a rack in a hotel pan and spray with cooking spray
4. Place in a 250F oven until internal temp is 190-200 (About 9-10 hours for a 4-5lb piece)

To assemble the crostini:
1. Slice the cornbread in half and spoon a portion of pork on the bottom crostini, sprinkle with chopped parsley, and top with the upper cornbread portion.
Cornbread Crostini

Yield: 12 servings

Ingredients:
- 2/3 cup Shagbark Seed Mill cornmeal mix
- ½ tsp. Baking powder
- 8 tsp. Stutzman Farms flour
- 2 tsp. sugar
- 2/3 cup Tamarack Farms buttermilk
- 2/3 egg, lightly beaten
- 4 tsp. Hartzler Family Dairy butter, melted

Directions:
1. Preheat oven to 400F
2. Stir together the dry ingredients in a medium bowl. Combine the eggs and buttermilk in a small bowl. Whisk the melted butter into the wet ingredients.
3. Stir the dry ingredients into the wet ingredients until just moistened, be careful not to overmix.
4. Spoon batter into greased muffin pans (about 1 Tbsp.)
5. Bake 15 minutes or until golden brown.
Mixed Foraged Salad Greens

Yield: 10 Servings (10 cups)

Ingredients:

- Blue Owl Hollow Farm Foraged Greens
  - Dandelion
  - Salad Burnet
  - Yarrow
  - Chick week
  - Fennel
  - Sweet Cicely
  - Strawberry leaves
  - Sorrel
  - Sculpit
- 1 cup Creamy Maple Balsamic Dressing.

Garnish

- Violets (purple, white, speckled)
- Lilac flowers

Directions:

1. Combine greens in a large bowl and toss lightly with dressing
2. Garnish with violets and lilacs.
Creamy Maple Balsamic Dressing

Yield: 10 servings (approx. 1 ¼ cup)

Ingredients:
- ¼ cup balsamic vinegar
- ½ cup mayonnaise
- ¼ cup Winding Trails maple syrup
- 2 Tbsp. olive oil
- 1 tsp. kosher salt
- Freshly ground black pepper
- ½ tsp Blue Owl Garden Thyme, fresh
- ½ tsp. The Brooks Homestead Oregano, fresh, minced

Directions:
1. Combine all ingredients in a bowl and whisk together until smooth.
2. Serve on a simple salad of mixed greens with sliced cucumbers, halved cherry tomatoes, and shredded carrot.
Vegetable Barley Soup

Yield: 8 servings

Ingredients:
- Salt
- 1 cup pearled barley
- 3 Tbsp. olive oil
- 5 ea. Bird’s Haven Farm bunching onions, finely chopped
- 2 stalks celery, finely chopped
- 3 medium carrots, finely chopped
- 1 red, yellow or orange bell pepper, chopped
- 1 bunch Bird’s Haven Farm Kale, diced
- 1 bunch Bird’s Haven Farm Spinach, diced
- 3 cups cabbage, finely shredded
- 3 cloves Blue Owl Hollow Farm garlic, chopped
- 6 cups Homemade chicken broth
- 2 cups tomato puree
- 2 cups tomatoes, diced
- 2 Tbsp. Italian seasoning
- ¼ cup The Brooks Homestead fresh parsley chopped
- Freshly ground black pepper, to taste

Directions:
1. Bring a saucepan of water to a boil. Add 1-teaspoon salt to the water, add the barley and boil until the barley is tender but still al dente. Drain through a sieve and set aside.
2. Heat olive oil over medium-high heat in a large pan. Add the onion, reduce heat to medium and cook, stirring often 5-6 minutes or until onion begins to soften. Add the celery and carrots and cook another 5-6 minutes. Add bell pepper and cook 2 minutes,
3. Add kale, spinach, cabbage, garlic, broth, puree, tomatoes and Italian seasoning. Bring to a boil, reduce heat to low, cover slightly and simmer until vegetables are tender, approximately 10 minutes.
4. Add the barley, parsley, salt, and pepper to taste. Adjust seasoning as desired.
Baked Tilapia with Sun dried tomato

Yield: 10 portions

Ingredients:
- 2 Tbsp. fresh dill, minced
- 8 – 10 sun-dried tomatoes, chopped
- 1 ½ cups Kokoborrego parmesan cheese, grated
- 4 Tbsp. olive oil
- 1 Tbsp. lemon juice
- ½ cup Cream Cheese
- 10 ea. Ripple Rock Farm tilapia fillets
- 1 tsp. sea salt
- ½ tsp. black pepper

Directions:
1. Preheat oven to 400 degrees F.
2. In a bowl, mix sun-dried tomatoes, Parmesan, dill, olive oil, lemon juice and cream cheese.
3. Lightly grease a 9x13-inch pan with non-stick cooking spray.
4. Rinse fish, pat dry and place in prepared pan.
5. Sprinkle with salt and black pepper
6. Spread sun-dried tomato mixture evenly over the fillets.
8. Bake for 8 – 10 minutes, until cheese topping is lightly browned and the fish is just cooked.
Garlic mustard Pesto

Yield: 10 Servings

Ingredients:
- 2 cups lightly packed garlic mustard leaves and tips, loosely chopped
- ½ cup pine nuts
- 2 cloves Blue Owl Hollow Farm garlic
- ¾ cup Kokoborrego parmesan cheese, grated
- ½ cup extra virgin olive oil
- 1 tsp. salt
- 1 tsp. sugar
- 4 Tbsp. lemon juice

Directions:
1. In a blender, grind the garlic, pine nuts and parmesan. Add the garlic mustard.
2. While blending, pour in a steady stream of the olive oil for one minute, or until smooth.
3. Add salt, sugar, lemon juice and pulse until mixed.
Lasagna Rolls

Yield: 10 portions

Ingredients:
- 1.5 Lbs. fresh pasta dough, *see recipe*
- 2 ½ cups Miceli’s mozzarella cheese
- 1 Tbsp. olive oil
- 1 bu. Bird’s Haven Farm kale, cleaned, chopped
- 1 Lb. The Dawes Arboretum ramps
- 2 cloves Blue Owl Hollow Farm garlic
- salt, as needed
- pepper, as needed
- 1 cup Kokoborrego parmesan cheese
- 2 eggs
- 5 cups fresh ricotta cheese, *see recipe*
- 2 cups water
- 6 cups béchamel sauce, *see recipe*

Directions:
1. Roll the pasta dough on a pasta machine to desired thickness and cut into 10 12-inch sections.
2. Heat the olive oil in a large skillet over medium heat. Add the kale, ramps, and garlic, season with salt and pepper. Cook until just wilted, about 2 – 3 minutes. Set aside to cool.
3. Blend the parmesan, eggs, and cooled kale into the ricotta cheese. Spread approx. 2/3 cup of the filling over each pasta sheet leaving approx. 1-inch of a shorter pasta end uncovered, top with ½ cup of mozzarella cheese, and roll up into a pinwheel starting with the cheese-covered end. Finish the pinwheel with the uncovered pasta on the outside-bottom. Repeat for the remaining rolls.
4. Arrange the rolls into a lightly greased half-hotel pan. Pour the water into the pan around the rolls. Cover each roll with 2/3 cup of béchamel sauce.
5. Cover the pan with foil and bake for 25 minutes. uncover and bake for an additional 10 minutes.
Fresh Egg Pasta

Yield: 1.5 Lb.

Ingredients:
- 1 Lb. Wholesome Valley Farm flour
- 5 ea. eggs
- ½ oz. olive oil
- pinch Salt

Directions:
1. Mound the flour on a work surface. Make a well in the center and add the eggs, oil, and salt.
2. Working from the center outward, gradually mix the flour into the eggs to make a dough.
3. When it is firm enough to knead, begin kneading the dough, incorporating more flour. If the dough is still sticky when all the flour is incorporated, add more flour, a little at a time. Knead well for at least 15 minutes.
4. Cover the dough and let it rest at least 30 minutes.
5. Cut the dough into 3 pieces. Set the rollers of a pasta machine at the widest opening. Pass the pieces of dough through the machine, folding them in thirds after each pass and dusting them lightly with flour to keep them from getting sticky. Continue passing each piece through the machine until it is smooth.
6. Working with one piece of dough at a time, decrease the width between the rollers one notch and pass the dough through them again. After each pass, turn the rollers one-notch narrower, dust the dough with flour, and pass it through again. Continue until the dough is as thin as desired. The pasta is now ready to cut into desired shapes and to cook.
Homemade Ricotta

Yield: 12 servings, about 5 cups

Ingredients
- 1 gallon Hartzler Family Dairy whole milk
- 2 cup Snowville Creamery heavy cream
- 1 tsp salt
- ¼ cup + 2 Tbsp. fresh lemon juice

Special Equipment
- large sieve
- fine-mesh cheesecloth

Directions:
1. Line a large sieve with a layer of heavy-duty (fine-mesh) cheesecloth and place it over a large bowl.
2. Slowly bring milk, cream, and salt to a rolling boil in a 6-quart heavy pot over moderate heat, stirring occasionally to prevent scorching. Add lemon juice; reduce heat to low, and simmer, stirring constantly, until the mixture curdles, about 2 minutes.
3. Pour the mixture into the lined sieve and let it drain 1 hour. Discard the liquid Place the ricotta into a bowl and cover, keep in the refrigerator 2 days.
Béchamel Sauce

Yield: 10 servings (about 6 ½ cups)

Ingredients
- 1/3 cup + 2 Tbsp. Hartzler Family Dairy butter
- ¼ cup + 2 Tbsp. Stutzman Farms flour
- 6 cups Tamarack Farms milk
- 1 Tbsp. salt
- 1 tsp. granulated garlic
- ¼ tsp. white pepper

Directions
1. Melt butter in a large saucepan over medium heat. Once melted, stir in the flour until smooth. Continue stirring as the flour cooks to a light, golden, sandy color, about 7 minutes.
2. Increase heat to medium-high and slowly whisk in milk until thickened by the roux. Bring to a gentle simmer, then reduce heat to medium-low and continue simmering until the flour has softened and no longer tastes gritty, 10 to 20 minutes, then season with salt and nutmeg.
Rhubarb Upside-Down Spice Cake

Yield: 8-10 servings (9” round cake pan)

Ingredients:

Topping:
- 1 Lb. Bird’s Haven Farm rhubarb, trimmed
- ¾ cup granulated sugar
- ¼ cup brown sugar
- Finely grated zest from ½ a lemon
- ¼ cup Hartzler Family Dairy unsalted butter
- 2 pinches of salt
- 2 tsp. cornstarch

Cake:
- 6 Tbsp. Hartzler Family Dairy unsalted butter, softened
- 2/3 cup brown sugar
- ¼ cup granulated sugar
- 2 eggs
- ½ tsp. vanilla extract
- 2 tsp. baking powder
- ¼ tsp. sea salt
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- 1/8 tsp. ground cloves
- ¼ tsp. ground nutmeg
- ½ cup buttermilk
- 1 ½ cups Stutzman Farms flour

Directions:

To make the topping:
1. Trim the rhubarb to lengths that will fit across the bottom of a sauté pan, then cut each lengthwise into thin (about ¼” thick) ribbons
2. Add sugar, lemon zest, butter, and salt to pan over medium heat until butter is melted, stirring frequently
3. Add rhubarb and cook for 3 to 4 minutes until it has softened slightly and released some liquid
4. Add topping to the bottom of a greased cake pan and arrange the rhubarb as desired

To make the cake:
1. In a large bowl, cream the butter, brown sugar, and granulated sugar until light and fluffy
2. Add the eggs one at a time until combined
3. Add the vanilla
4. Sprinkle in the baking powder, salt, and all the spices, then thoroughly mix them in
5. Add in the buttermilk
6. Stir in the flour until it’s fully incorporated
7. Pour the cake batter over the rhubarb topping in the round cake pan
8. Bake for about 35 minutes in a 350F oven
Crème Anglaise
Vanilla Cream Sauce

Yield: 10 servings (2 ½ pints)

Ingredients:
- 8 oz. (12 count) egg yolks
- 8 oz. sugar
- 1 qt. Hartzler Family Dairy milk
- 1 Tbsp. vanilla extract

Directions:
1. Combine the egg yolks and sugar in a bowl. Whip until thick and light
2. Scald the milk in heavy saucepot until bubbles form around the edges
3. Temper the egg yolk mixture and combine with the remainder of milk
4. Stir constantly until it thickens enough to coat the back of a spoon or until it reaches 180F
5. Immediately remove from pan and begin to cool, stir in vanilla

Toasted nuts
The Hartford Fair Natural Resources Area provides fun, free and educational programs related to wise use of our natural resources. Located next to the campground and horse parking area, the Natural Resources Area includes a pond and fishing dock, wetland and stream, pavilion and walking paths, and many native plant demonstration gardens. The Hartford Fair Natural Resources Area mission is to build a sustainable natural resources program celebrating Ohio’s natural heritage that is supported by local conservation partners and organizations in order to provide educational, recreational, and interactive conservation experiences during the Hartford Fair and at other outdoor events. Programs and activities are carried out by an advisory committee with representatives from the Hartford Fair Board, Licking County Ohio Certified Volunteer Naturalists, Licking County Recycling, Licking County Soil & Water Conservation District, Licking Park District and community members.

**Hartford Fair Natural Resource Area Partners**
The Culinary Science Technology program at COTC is designed to provide skills and experiences essential for those who are interested in culinary careers including work in research and development. Students learn essential knowledge and skills for a career in the culinary field. Culinary Science courses are offered on the Newark campus, but a number of the general education requirements may be completed online or at one of the College’s extended campuses.

Graduates of the two-year program earn an Associate of Applied Science degree in Culinary Science Technology. COTC also offers a One-Year Certificate program in Culinary Science which is designed to provide students with a knowledge of food safety, an understanding of product identification/utilization and hands-on abilities in culinary skills.

Jobs in culinary and food science are projected to increase through 2020, with graduates finding rewarding careers as chefs, food science technicians, managers or ingredient and product developers.

Central Ohio Technical College opened in 1971 and is a fully accredited, public college dedicated to providing high-quality, accessible programs of technical education in response to current and emerging employment needs, as well as encouraging the professional development of students, staff, faculty and administrators to assist them in achieving their maximum potential. COTC is the only technical college in Ohio operating four full-service campus locations: Newark, Coshocton, Knox and Pataskala.