

2019 Cooking Demo Recipes

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Grilled Mushroom Roasted Beet Mousse

*Recipe by Chef Justus Moll
of Mount Sequoyah*

Ingredients

20 Shitake Mushrooms
1 Cup Beets
Small bundle of Chives
3-4 Radish
Olive Oil (to coat)
Salt
Pepper
½ Cup Chicken Stock
1 Tbl Dill
1 Tbl Thyme
2 Tbl minced Green Garlic
1 lb Soft Cream Cheese

Directions

1. Light the grill
2. Preheat Oven to 400 degrees
3. Destem mushroom then wash and pat dry
4. Place mushrooms in bowl with oil, salt and pepper and coat
5. Grill mushrooms
6. Preheat oven to 400
7. Wash and prepare beets then wrap in foil and bake for 1 hour or until soft enough for knife to smoothly go in and out
8. Cool the beets and dice then place in blender with ½ cup chicken stock, 1 Tbl dill, Thyme, Green Garlic, salt and Pepper when smooth add 1 pound of soft cream cheese and blend until smooth
9. Place Beet Mixture in Zip Lock Bag
10. Pipe Mixture onto mushrooms and garnish with Chive and thin slices of radish



M' Sweet Tater Hash

*Recipe by Chef Justus Moll
of Mount Sequoyah*

Ingredients

1 lb Sweet Potato peeled and Medium Diced
1 Medium Red Onion Diced
1 lb Curly Kale pulled off stem and rinsed
¼ cup Roasted Green Garlic
¼ cup Cilantro Leaf
1 cup oil (or Bacon Fat if you wanna get real with it)
Salt
Pepper
1 Tbl Cumin
1 Tbl Thyme

Directions

1. Wash and Peel sweet potatoes then medium dice
2. Medium Dice red Onion
3. Rinse Kale and pull out stem
4. Roast Green Garlic
5. After peeling and medium dicing potatoes and onions toss in oil (bacon fat) and season with Salt, Pepper, Cumin, Thyme and roast on sheet pan separately until al dente and onions lightly charred
6. Combine ALL potatoes and onions in missing bowl
7. Sautee Kale in Hot skillet with oil (bacon fat) until lightly wilted with Salt and Pepper
8. Combine everything and sauté in hot pan together
9. Salt and Pepper to taste and garnish with cilantro



Roasted Cauliflower and Kohlrabi

Recipe by Chef Justus Moll

of Mount Sequoyah

Ingredients

4 medium heads of Cauliflower (1 each of green, yellow, purple and white cauliflower when available) Florets removed.

2 Spring Onions diced

1 bulb kohlrabi peeled and medium cubed

2 large heirloom carrots peeled and sliced into half-moons.

Two bulbs garlic peeled in whole choices

Salt and pepper

Caraway Seed

Directions

1. Preheat Oven to 375 degrees
2. Wash and Cut all vegetables
3. Toss all vegetables in oil and keep separate for roasting
4. Season with salt and pepper
5. Place all seasoned vegetables on baking Sheet and roast in oven for 12 minutes at 375 degrees or until tender
6. Add a pinch of caraway seed to taste and serve



Market Potato Salad

*Recipe by Chef Justus Moll
of Mount Sequoyah*

Ingredients

1 lb assorted fingerling potatoes
3 stalks celery chopped
1 head broccoli florets
1 diced spring onion
1/2 lb bacon cooked and chopped (save fat)

Vinaigrette:

1/2 cup cider vinegar
1 cup canola oil
1 Tbl Dijon mustard
1/2 Tbl garlic and shallots finely diced
1/4 cup sugar
Juice one lemon
1/4 cup fresh strawberries
1/4 cup fresh blue berries both frozen
Salt and pepper to taste

Directions

1. Combine all ingredients except oil in blender.
2. On low speed blend all ingredients
3. Slowly drizzle oil in until completely emulsified
4. Boil potatoes until tender then place in ice water
5. In a separate frying pan cook bacon (do not dispose of bacon grease)
6. Let Bacon cool then chop into smaller pieces
7. Sautee celery and onion in bacon fat then cool
8. Combine all ingredients in a large bowl
9. In separate bowl mix all ingredients for vinaigrette dressing
10. Pour vinaigrette over potato mixture and toss until lightly coated in vinaigrette



Summer Squash Au Gratin

Recipe by Chef Heather Artripe

From Ozark Natural Foods

Ingredients

4 Tbs butter
1 onion, diced
3 garlic cloves, minced
2 zucchinis, slices lengthwise, seeds removed, and sliced thin
2 yellow squash, slices lengthwise, seeds removed, and sliced thin
½ cup freshly grated parmesan cheese
¼ cup heavy cream
½ tsp salt
½ tsp pepper
Pinch nutmeg
1 cup shredded cheese of your choice

Directions

1. Preheat oven to 425
2. In a skillet, add your butter and heat over medium heat
3. Add onion, cook until translucent, about 4-5 minutes. Add in your garlic, Cook for 30 seconds. Add in your squash. Toss to combine
4. Add in your parmesan, heavy cream, salt, pepper, and a pinch of nutmeg
5. Cook for 8-10 minutes, or until mixture is bubbly
6. Transfer to an oven safe dish and sprinkly cheese on top
7. Bake for 15 minutes or until cheese s browned on top



Maque Choux

*Recipe by Chef Heather Artripe
From Ozark Natural Foods*

Ingredients

2 Tbs Olive oil
1 yellow or white onion, diced
1 bell pepper, diced
2 stalks celery, diced
½ Tbs garlic granules
3 cups corn kernels, fresh or frozen
2 tomatoes, diced
1 cup okra, diced small
3 green onions, diced
 Crystal Hot Sauce to taste
Salt and Pepper to taste

Directions

1. In a large skillet, add olive oil. Bring to medium high heat. Once hot, add your onion, bell pepper, and celery over medium heat and saute for 4-5 minutes.
2. Season with garlic granules, salt, and pepper.
3. Add corn, tomato, and okra, cook, stirring often for 6-10 minutes.
4. Add in your green onions, Season with a bit more salt and pepper, cook for 3-4 minutes.



Ozark Natural Foods Chili

Recipe by Chef Heather Artripe

From Ozark Natural foods

Ingredients

½ lb. dry pinto beans
3 Tbs olive oil
1 yellow onion, diced
1 green bell pepper, diced
4-5 cloves garlic, minced
1 ½ lbs. ground beef, buffalo, or beefalo
2 ½ Tbs chili powder
2 Tbs ground cumin
½ Tbs paprika
1 Tbs salt
3 Tbs worcestershire sauce
42 oz. chunky tomato sauce

Directions

1. Soak beans overnight in double the amount of water than beans
2. The next day, boil your beans with twice as much water as beans, until soft, around 30-40 minutes. Drain and set aside.
3. In another pot, add your olive oil, heat over medium heat. Add your onion and bell pepper. Saute for 4-5 minutes. Add garlic, cook for 30 seconds.
4. Add in your meat, breaking up and mixing together.
5. In a small bowl, combine your chili powder, cumin, paprika, and salt. Add seasoning to pot, stir to incorporate. Cook until meat is cooked through .
6. Add in Worcestershire and tomatoes, stir, and cook for 5-7 minutes.
7. Add in beans and cook for antoher 7-10 minutes. (Can be made Vegetarian)



Bacon Wrapped Chopped Pork Steak & Onion Gravy

Ingredients

Pork Steak

½ Cup Small Diced Onion
1 T. Granulated Garlic
1 T. Smoked Paprika
1 tsp. Cumin
1 tsp. Kosher Salt
1 tsp. Ground Black Pepper
1 LB. Fresh Ground Pork
4 Strips Bacon
4 Tooth Picks

Onion Gravy

1 Cup Julienned (sliced)
1 T. AP Flour
1 Cup Chicken Stock
1 tsp. Black Pepper
¼ tsp. Kosher Salt

Directions

1. Finely dice onion and put in bowl
2. Add all seasonings and mix
3. Add ground pork and fold in
Do Not Over Mix if you do it turns to pork loaf
4. Portion into 4 each 4oz balls
5. Wrap with bacon
6. Use the toothpick to secure the bacon
7. Heat a cast iron add bacon wrapped pork
8. Reduce heat and cover cook for 6 minutes then turn and cook for 6 more minutes
9. Allow resting for 5 to 10 minutes

For the Gravy

1. Add onions to cast iron pan and sauté till onions are soft or translucent
2. Add AP Flour and cook for a few minutes
3. Add Chicken stock and stir till thickens
4. Serve over toothpick less pork steak.



Branded Blueberries & Ice Cream

Ingredients

¼ Cup Butter
¾ Cup Light Brown Sugar
½ tsp. Cinnamon
3 each Orange Slices
Juice of the rest of the orange
1 qt. Blueberries
¼ Cup Brandy

Ice Cream Pretty much whatever your favorite is.

Directions

1. Melt butter over medium heat
2. Add light brown sugar
3. Add cinnamon and orange slices
4. Allow to cook till nice and bubbly
5. Add half of the blueberries and cook for 2 minutes
6. Remove pan from heat add brandy and replace on burner make sure to catch on fire.
7. Allow alcohol to burn out
8. Add the rest of the blueberries
9. Scoop ice cream and serve over ice cream

ENJOY!!!!!!



Blistered Shishito Peppers with Sesame Seeds and Garlic Aioli

ingredients:

Shishito Peppers

Vegetable Oil 4 Cups and a bit extra for blistering peppers

2 Eggs

Lime Juice 4 Tbsp

5 Cloves Garlic, Minced

Salt and Pepper To Taste

Toasted Sesame Seeds

For the Aioli:

In a food processor combine the garlic, eggs, and lime juice. After it is thoroughly combined, while the food processor is on slowly pour in the oil. Once the oil is emulsified and the aioli is the desired consistency stop adding the oil. Add salt and pepper to taste.

For the Toasted Sesame Seeds:

In a dry pan slowly toast the sesame seed on low heat. You could also toast them in the oven on a dry sheet tray for 5 minutes at 250 degrees Fahrenheit.

For the Peppers:

Preheat a decent sized frying pan or cast iron on high heat then add enough oil to lightly coat the bottom of the pan. Once you start to see the pan slightly smoking add your peppers to the pan. Stir the peppers around as they cook. Once they start to blister and char slightly pull them from the pan and sprinkle with salt and toasted sesame seeds.



Limpin Susan Recipe

Ingredients

½ Cup Okra Quartered Lengthwise
1 Jalapeno Minced (Or scotch bonnet if available)
2 Cups Cooked Rice (Carolina Gold Rice would be the best option, works best if cool and cooked the day before or a few hours beforehand)
1 Tbsp Garlic Minced
1 Tbsp Ginger Minced
1 Tbsp Shallot Minced
3 Tbsp Vegetable oil
Salt and Pepper to Taste

Directions

1. Preheat pan on high and once hot add oil.
2. Once oil starts to smoke add in the okra. Shake the pan every 20-30 seconds until okra starts to blacken and char.
3. After the okra has charred add in your cooked rice and salt slightly. Keep pan in motion as to fry the rice and toast the edges.
4. Once rice is fried and you can see slight browning in spots, add your Jalapeno(or other hot peppers), garlic, ginger, shallots, and turn the pan down to a medium, once everything is sweated and thoroughly combined season to taste.



Sausage and Eggplant Frittata

Ingredients

2 tablespoons olive oil, divided
2 uncooked spicy Italian sausages (about 8 ounces), casings removed
1 medium eggplant (about 1 pound), diced into 1/2-inch cubes
1/2 large yellow onion, diced
1 clove garlic, minced
Kosher salt
8 large eggs
1/4 cup coarsely chopped fresh basil leaves
2 ounces fresh goat cheese

Instructions

1. Arrange a rack in the middle of the oven and heat to 400°F.
2. Heat 1 tablespoon of the oil in a 10- to 12-inch cast iron or oven-safe skillet. Add the sausages and cook, breaking them up with a wooden spoon, until browned and cooked through. Transfer to a paper towel-lined plate and drain any excess fat in the pan.
3. Add the remaining 1 tablespoon of oil, eggplant, and onion to the pan. Cook, stirring occasionally, until softened, 6 to 8 minutes. Add the garlic, cooked sausage, a big pinch of salt, and stir to combine.
4. Whisk the eggs and basil together in a large bowl. Pour over the vegetables and sausage. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Crumble the goat cheese evenly over the top. Cook until the eggs at the edge of the pan begin to set, 1 to 2 minutes.
5. Transfer the pan to the oven and bake until the eggs are set, 8 to 10 mins. Remove from the oven and let cool for 5 minutes. Cut into wedges and serve.



Fall Squash, Sweet Potato, Kale + Goat Cheese Frittata

Ingredients

2 tablespoons butter
1 shallot, sliced
4 cups (loosely packed) raw kale, hard stems removed
1 cup cooked and cubed butternut squash*
1 cup cooked and cubed sweet potato
8 eggs
3/4 teaspoon salt
black pepper to taste
4 oz goat cheese

Instructions

1. Preheat the oven to 400 degrees.
2. Melt butter in a cast iron skillet. Add the shallot to the pan and cook for 2-3 minutes, until its translucent and just starting to brown. Add the kale to the pan with a splash of water, and toss it around for a few minutes, then throw a lid on the pan and let it steam for 2-3 minutes, or until tender. Remove the lid and add the cooked squash, then toss around until it's warmed through.
3. Crack the eggs into a medium bowl, add the salt and pepper, and whisk until thoroughly combined. Pour the eggs over the vegetables and use a rubber spatula to spread them out evenly. Crumble the goat cheese over the top, then place the pan in the oven for 10-15 minutes, until puffed up and golden on the outside. The inside should be totally set. If it's still runny, place back in the oven for a few minutes more.
4. Allow the frittata to rest for 5-10 minutes before slicing. Serve warm or at room temperature.



Summer Panzanella Salad

Recipe by Haley O'Brien

Ingredients

2 c. peaches or nectarines
2 c. baby tomatoes (cut in halves or fourths)
2 c. of diced stale bread (sourdough, rye or whole grain recommended)
2 tbsp of olive oil
10-15 basil leaves
10-15 leaves of watercress (optional)
¼ c. red wine vinegar
1/8 tsp of cayenne
1 tbsp of local honey
¼ tsp of salt
1/3 c. of olive oil
Salt + pepper to taste

Directions

1. Preheat oven to 350 degrees
2. First, dice peaches and bread into ½ inch by ½ inch chunks, keep separate. Also, cut tomatoes into halves or fourths and set aside.
3. Toss bread cubes in salt and 2 tbsp of olive oil. Toast in oven until lightly toasted and slightly soft in center (about 8 min). Remove from oven.
4. Use a small bowl and whisk to combine the red wine vinegar, cayenne, honey, and salt. Then slowly whisk in the 1/3 cup of olive oil.
5. Tear or slice up basil and watercress. Toss all ingredients together in a bowl, top with salt and pepper. Serve immediately.



Summer Gazpacho

Recipe by Bon Appetit

Ingredients

½ cucumber, peeled, seeded

½ large red bell pepper, stemmed, seeded

2 lbs very ripe red tomatoes, preferably heirloom, cut into ½-inch wedges, 3 tbsp seeds reserved

½ large shallot, chopped

1 garlic clove, finely grated

2 tbsp (or more) sherry or red wine vinegar

Flaky sea salt

3 tbsp olive oil, plus more for drizzling

Quartered cherry tomatoes, chopped chives and grilled or toasted country-style bread (for serving)

Directions

1. Cut 2" of the cucumber into ¼-inch pieces and set aside for serving; coarsely chop remaining cucumber and place in a large bowl. Cut one-quarter of the bell pepper into ¼" pieces and set aside for serving; coarsely chop remaining bell pepper and add to bowl with chopped cucumber. Add tomatoes to bowl and toss with shallot, garlic, 2 Tbsp vinegar, and 1 Tbsp salt. Let stand for 30 minutes at room temperature to let flavors meld.
2. Transfer tomato mixture alone with any juices to a blender. Add 3 Tbsp oil and puree on medium speed until smooth; season with salt and vinegar, if desired. Strain through a coarse-mesh sieve into a large bowl or pitcher and chill about 1 hour.

To Serve: Top with cherry tomatoes, chives, reserved cucumber and red pepper pieces, and tomato seeds; drizzle with oil and season with salt. Serve with bread.

Do Ahead: Gazpacho can be made 1 day ahead; cover and chill.