



# Recipes

FROM THE

## 2015 Maryland Buy Local Cookout



**FRESH  
LOCAL**

*Presented by the Maryland Department of Agriculture*



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# Recipes

FROM THE

## 2015 Maryland Buy Local Cookout



FRESH LOCAL



*Presented by the Maryland Department of Agriculture*





Dear Friends,

I have always loved Maryland summers, especially the variety of fresh fruits and vegetables that the season brings, along with all the wonderful dishes that make their way onto Maryland tables this time of year. That's why I am happy to present the 2015 Maryland Buy Local Recipes.



This cookbook highlights dishes made with local Maryland products. All of the recipes for the wonderful dishes featured at the 2015 Buy Local Cookout are included here. There is something for everyone in the pages of this book. One of the recipes is a Korean dish made with Maryland products. It was provided by the First Lady, and I promise you won't be disappointed!

The Buy Local movement continues to expand every year, and it is easy to see why. It not only benefits consumers who want fresh and nutritious food, but it also supports our farmers, who are always on the lookout for new customers and new opportunities to sell their products.

There's a reason why there's a farmer on our state seal. Farming is the economic backbone of many of our rural communities, and buying local helps strengthen and sustain our agricultural businesses and rural economic development.

I encourage you to look through these recipes and note how many local ingredients are used and available to you for your own family meals. Then support our local Maryland farmers and farm families by buying local! Enjoy!

A handwritten signature of Larry Hogan in cursive script.

Larry Hogan  
Governor



Dear Friends,

I am pleased to present to you the 2015 Maryland Buy Local Recipes. This cookbook includes all the recipes that Maryland chefs and producers submitted for the Governor's Buy Local Cookout and generously agreed to share with all of us.



As a lifelong farmer from a fifth-generation farm family, I am overjoyed to see the growing demand for locally raised, nutritious, delicious food. Farmers markets are sprouting up across the state – more than 144 right now – and there are calls for more markets in almost every region. Our day to day contact with people in the community as well as many academic and research-driven surveys have all shown that consumers want local products whenever possible.

This past year, we at the Maryland Department of Agriculture put a renewed emphasis on local products by revamping our Maryland's Best marketing program. In more and more grocery stores and farmers markets, you'll see the Maryland's Best logo with the "Fresh Local" insignia. When you see it on a product, you'll know it came from a Maryland farm.

Consumers often buy local because they want fresh, healthy food, but buying local goes beyond that. Buying local supports our farm families and protects the open spaces they plant and harvest. Buying local reduces transportation costs and helps the environment. Buying local provides residents with local jobs, local ancillary services and strengthens local economies.

The Buy Local Cookout is a fusion of creativity and commerce, a showcase for what we have long been able to grow and new products and dishes we can develop and offer.

I thank Governor Hogan, First Lady Yumi Hogan and Lt. Governor Boyd Rutherford for their support of Maryland farmers, Maryland agriculture and Maryland business.

A handwritten signature in cursive script that reads "Joseph Bartenfelder".

Joseph Bartenfelder  
Agriculture Secretary



Maryland's Best was created to promote and identify Maryland produce and other ag products. The newest addition to the Maryland's Best family of logos introduced this year features "Fresh, Local" to emphasize to consumers that Maryland produce is not only local, but the freshest available. Today, more than 52 percent of consumers in the state are familiar with the logo and more than 78 percent want local produce.

The Maryland Department of Agriculture reaches more than 1 million Maryland and D.C. consumers a year through its Maryland's Best advertising campaigns. To learn more, go to [www.marylandsbest.net](http://www.marylandsbest.net). On Twitter @MdsBest and @MdAgDept.



To help Marylanders learn more about agriculture – a leading industry in the State – Maryland Public Television (MPT) in partnership with the Maryland Department of Agriculture (MDA) has created Maryland Farm & Harvest, a multimedia series that puts a human face on farming.

Hosted by Joanne Clendining, Maryland Farm & Harvest takes viewers around the state to see and experience what it's like to run a 21st century farm – from technological advances and conservation challenges to age-old complications such as weather hardships. Maryland Farm & Harvest also captures the number one reason why planters and growers dedicate themselves to it all: their simple love of farming.

Watch online and learn more at [www.mpt.org/farm](http://www.mpt.org/farm). On Twitter @Mdfarmtv.

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# Appetizers





# “Guinea Hog” Pulled Pork Sandwich with Kale Slaw Topping

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## Ingredients

### *Kale Slaw*

2 cups shredded kale stalks  
1 cup shredded carrots  
1 cup celery  
½ cup minced onion  
1 tablespoon minced cilantro  
1 tablespoon parsley  
1/8 cup sugar  
2 cups mayonnaise  
½ cup sour cream  
¼ cup apple cider vinegar

### *Pulled Pork*

3 pounds pork loin  
1 teaspoon rosemary  
1 teaspoon thyme  
1/8 cup paprika  
2 cups red wine

### *Korean BBQ Sauce*

1 cup ketchup  
1 cup water  
1 tablespoon lemon juice  
⅓ cup brown sugar  
⅓ cup white sugar  
1 tablespoon onion powder  
½ teaspoon pepper  
1 tablespoon ground mustard  
2 tablespoons sesame oil  
½ cup apple cider vinegar  
1 tablespoon Worcestershire sauce

## Preparation

### *Kale Slaw*

Mix together ingredients and refrigerate.

### *Korean BBQ Sauce*

Mix ingredients together in a saucepan, bring to a boil, let cool. Set to the side.

### *Pulled Pork*

Rub meat with herbs and spices, set in roasting pan and add red wine. Roast at 325°F for 90 minutes (or ½ hour per pound) Let cool, then shred, add Korean BBQ sauce. Put pulled pork on bread or rolls of choice and top with kale slaw.

## Pair With...

Märzen, Gordon Biersch Brewing Company



## About the Recipe

**Chef: Josh Asel, Seed of Life Cafe (Frederick County)**

[www.solnurseries.info](http://www.solnurseries.info)

Josh Asel has worked his way up through the restaurant industry, from food prep to line chef for Chautauqua Suites in upstate New York. He then transitioned to assistant chef for Hadley House, also in upstate New York. He is currently the head chef for Seed of Life Cafe, a nonprofit cafe in Frederick, which specializes in the healthy dietary needs of local at-risk families.

**Producer: Michael Dickson, Seed of Life Nurseries, Inc. (Frederick County)**

[www.solnurseries.info](http://www.solnurseries.info)

Products used in the recipe: Kale, onion, celery, carrot, cilantro, parsley, black guinea pork. Seed of Life Nurseries Inc. is a Frederick-born nonprofit rooted in the philosophy of training families to “fish” as well as feeding them in the interim. Seed of Life supplies a steady source of produce to families in poverty and educates these families to grow, nurture, harvest and prepare foods to sustain themselves while working with other agencies and nonprofits to better their quality of life physically, financially, emotionally and spiritually. Their motto is: “We come from a garden. We need to get back to our roots to realize how to better further our children and ourselves.”



# All Scratch Maryland BLT with Old Bay Mayo and Pickled Okra

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## Ingredients

*Makes 8 servings (2 pounds)*

### *Bacon*

2½ pounds pork belly, skin-off  
1 ounce kosher salt  
1 teaspoon pink salt  
⅛ cup sugar  
2 tablespoons black pepper  
2 bay leaves, crumbled  
½ teaspoon nutmeg  
3 garlic cloves, crushed  
3 sprigs thyme

### *Focaccia (yields ½ sheet pan)*

15 ounces all purpose flour  
13 ½ ounces water  
1 ¼ teaspoons salt  
1 ½ teaspoons instant yeast  
1 ¼ teaspoons sugar

### *Old Bay Mayonnaise (yield: ¾ cup)*

2 large egg yolks  
1 tablespoon lemon juice  
1½ teaspoons water, ice cold  
¼ teaspoon Dijon mustard  
¼ teaspoon sugar  
½ teaspoon Old Bay  
¾ cup canola oil

### *Pickled Okra (yield: ½ gallon)*

1½ pounds okra, washed, medium size  
2½ cups white vinegar  
3 cups water  
3 tablespoons sugar  
1 teaspoon black peppercorns  
1 teaspoon coriander, whole seed  
1 teaspoon fennel seed  
2 garlic cloves, whole, smashed  
6 red thai chilies  
6 sprigs thyme

### *To finish*

5 tomatoes, sliced thick  
2 heads bibb lettuce

## Preparation

### *Bacon*

Score tops of pork belly in cross-hatch fashion.  
Combine all remaining ingredients, rub into pork all sides, place into covered container.  
Refrigerate for 5 days, flip pork once per day.  
Rinse under cold running water; let stand in ice bath 1 hour.  
Pat dry, place on baking racks set into sheet pans.  
Smoke at 200°F for 2 hours or until 150°F internal temperature.  
Slice thin; pan fry or oven bake.



### *Focaccia*

In a standing mixer with a dough hook, combine flour, water, salt. Mix to hydrate at low speed (rough dough ball texture). Let dough stay in bowl and rest for exactly 20 minutes. Add yeast and sugar. Mix to combine on low. Increase to highest speed. Mix until dough forms a smooth ball. Proof in well greased covered container for 2 ½ hours. Pour out into well oiled ½ sheet pan. Use hands to work dough into corners, stretch dough as evenly as possible. Dock top of dough with fork. Bake in pre-heated 425°F oven 20 to 25 minutes.

### *Old Bay Mayonnaise*

In a food processor, add yolks, lemon juice, mustard, sugar, Old Bay. Mix 10 seconds to incorporate. With machine running, add half the water. Add oil in a slow, steady stream to create an emulsion. Add remaining water. Scrape down work-bowl. Adjust seasoning.

### *Pickled Okra*

Blanch okra in a large pot of boiling salted water for 1 minute. Remove okra directly to prepared ice-bath. Chill okra. Combine all remaining ingredients (except for chilies, garlic and thyme sprigs) into pot and boil. Put okra, garlic, thyme and chilies into large, well-cleaned container with lid. Pour pickling brine over vegetables and cool to room temperature. Cover and refrigerate overnight.

### *To Finish*

Using a serrated knife, split focaccia horizontally, or “sandwich style” to create top and bottom pieces. Generously spread mayonnaise on both insides. Layer lettuce pieces evenly over bottom slice. Follow with sliced tomatoes and bacon. Top sandwich and wrap entirely in plastic. Place wrapped sandwich into ½ sheet pan. Top sandwich with identical sheet pan and weigh top with a heavy weight to evenly compress sandwich. Four-gallon jugs of water, or similar, placed in corners of top pan will be sufficient.

### **Pair With...**

Annabel Lee White, RavenBeer





## About the Recipe

**Chef: Michael Cleary, Bon Appétit Management Company / St. John's College (Anne Arundel County)**

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

Chef Cleary has worked with Bon Appétit since 2009, starting at University of Maryland, Baltimore, and Goucher College, but his career in food and in restaurants goes back more than 20 years. He was the chef de cuisine at Restaurant Nora in Washington, D.C. from 2005-2006, and regional research and development chef for Whole Foods Market, Mid-Atlantic from 2006-2009. He has also held positions and titles at The Ritz-Carlton in Philadelphia, Signature Restaurants by Georges Perrier, and Dean & DeLuca. He apprenticed under CIA/Colavita Center Chef/Prof. Alberto Vanoli of Bergamo, Italy. He also studied Pastry and Baking Arts, and is enthusiastic about wine, particularly those from Italy and the New York Keuka Lake region.

**Producer: Jennifer Sturmer, Hummingbird Farms (Queen Anne's County)**

[www.facebook.com/hummingbirdfarms.official](http://www.facebook.com/hummingbirdfarms.official)

Products used in the recipe: Tomatoes.

Jennifer Sturmer originally studied biology when she was a student at Tufts University. Farming hadn't even been a consideration when she was approached by a business partner with the opportunity to run a hydroponic tomato greenhouse. Sturmer and her husband now produce two crops of tomatoes each year using hydroponics at Hummingbird Farms in Ridgely. Everything is done by hand, from picking to packing tomatoes. The tomatoes at Hummingbird are picked ripe the same day they are put on the trucks to be shipped to grocers across Maryland, at stores such as Giant, Whole Foods, Roots, Grauls, and Balducci's.

**Producer: Barbara Maniscalco, Chesapeake Greenhouse (Queen Anne's County)**

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

Products used in the recipe: Lettuce.

Chesapeake Greenhouse is a local commercial greenhouse in Queen Anne's County that grows 10 varieties of lettuces and nine types of herbs. Its growing method is called Controlled Environment Agriculture. (Hydroponic)

**Producer: Nick Bailey, Grandview Farms (Harford County)**

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

Products used in the recipe: Pork.

Grandview Farms is a biodiverse, multi-species, pasture-based farm. It has an open door policy and believes transparency is essential to accountability. This means that anyone can view any part of the farm at anytime.



# Chesapeake Crab Deviled Eggs

## Ingredients

*Makes 24 (Serves 8)*

### *Deviled Eggs*

12 large eggs

¾ cup Tessemae's Chesapeake Mayonnaise

2 tablespoons Tessemae's Dijon mustard

### *Crab Topping*

8 ounces J.M. Clayton crab meat,  
picked and patted dry

¼ cup Tessemae's Lemon Chesapeake Dressing

2 tablespoons fresh parsley, chopped

## Preparation

Put the eggs in a large saucepan, cover with cold water by about an inch and bring to a full boil. Cover, turn off the heat, and let stand 11 minutes. Drain the eggs and run them under cold water to stop the cooking.

Once the eggs are cool, peel and halve them. Put the yolks in a bowl and mash, then stir in the mayonnaise and Dijon mustard. Spoon the yolk mixture into the whites. Gently toss the crab with the Lemon Chesapeake and parsley. Place crab topping onto the eggs and serve.

## Pair With...

Gewürztraminer, Elk Run Vineyards

## About the Recipe

**Chef: Kristen Dittami, Tessemae's All Natural (Baltimore County)**

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

As head of research and development at Tessemae's, Chef Kittami is in charge of new product development as well as creating mouth watering recipes with Tessemae products. Before joining Tessemae's, she worked in The Test Kitchens of Marriott International and Martha Stewart Living. Chef Kittami was born and raised in Maryland and is passionate about supporting local producers. She lives in Baltimore City with her husband and daughter.

**Producer: Joe Brooks, J.M. Clayton Seafood (Dorchester County)**

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

Products used in the recipe: Crab meat.

As proprietors of the oldest working crab house in the world, the Brooks brothers at J.M. Clayton Company are experts in the handling of local Chesapeake Bay blue crabs. Their great-grandfather, Captain Johnnie, started the facility in 1890. These days, fresh crabs continue to arrive on their docks year round, where the bushels are cooked in huge steamers in preparation for the tedious task of hand-picking the fresh crab meat for packaging.



# Chesapeake Gazpacho

## Ingredients

- |   |  |
|---|--|
| 3 medium vine-ripe tomatoes,<br>peeled, seeded and chopped (about 3 cups) | 3 cups canned tomato juice                 |
| 1 large cucumber,<br>peeled, seeded and chopped (about 2 cups)            | ¼ cup aged sherry wine vinegar             |
| 1 medium red bell pepper,<br>seeded and chopped (about 1 cup)             | 2 garlic cloves, peeled and finely chopped |
| 1 medium green bell pepper,<br>seeded and chopped (about 1 cup)           | Juice of ½ a lemon                         |
| 1 medium onion, chopped (about 1 ¼ cups)                                  | ½ teaspoon chili powder                    |
|   | ½ teaspoon ground cumin                    |
|   | ½ teaspoon cayenne pepper                  |
|   | 3 tablespoons extra virgin olive oil       |
|   | Salt and pepper to taste                   |

## Preparation

1. In a bowl, reserve 2 tablespoons each of the chopped tomato, cucumber, peppers and onion to garnish.
2. In a food processor or blender, purée the remaining ingredients until smooth, adjusting the seasoning to desired taste with lemon juice, salt, pepper and spices.
3. Cover and chill thoroughly for at least 3 hours but preferably overnight. Consistency may be adjusted with water.
4. Serve in chilled bowls with the reserved vegetables on top.

## Pair With...

Dry Rosé, Boordy Vineyards

## About the Recipe

**Chef: John MacPherson, Coastal Sunbelt Produce (Howard County)**

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

Chef MacPherson graduated from the Culinary Institute of America in Hyde Park, NY, with a degree in Culinary Arts. His training qualified him to understand world cuisine with strengths in French/American fare. Upon graduation, he worked as a sous chef at the premier New York City restaurant, An American Place, under the helm of Larry Forgione, one of the foremost chefs in the country who is known as the “Godfather of American cuisine.” After five years, MacPherson was promoted to executive sous chef. When Forgione opened another restaurant, The Grille Room, MacPherson was promoted to executive chef. After many years in New York, MacPherson brought his experience to the Mid-Atlantic and worked for the Clyde’s Corporation for many years as executive chef. His



expertise in food and its seasonality has catapulted his career. He is now director of imports for Cold Chain Imports, a new division under the Coastal Companies.

**Producer: Jennifer Sturmer, Hummingbird Farms (Queen Anne's County)**

[www.facebook.com/hummingbirdfarms.official](https://www.facebook.com/hummingbirdfarms.official)

Products used in the recipe: Tomatoes.

Jennifer Sturmer originally studied biology when she was a student at Tufts University. Farming hadn't even been a consideration when she was approached by a business partner with the opportunity to run a hydroponic tomato greenhouse. Sturmer and her husband now produce two crops of tomatoes each year using hydroponics at Hummingbird Farms in Ridgely. Everything is done by hand, from picking to packing tomatoes. The tomatoes at Hummingbird are picked ripe the same day they are put on the trucks to be shipped to grocers across Maryland, at stores such as Giant, Whole Foods, Roots, Grauls, and Balducci's.

**Producer: Bob Arnold, Arnold Farms (Queen Anne's County)**

Products used in the recipe: Basil, tomatoes.

Arnold Farms is a first generation, 350-acre produce farm on the Eastern Shore of Maryland that has been farming for more than 15 years. It started with leaf lettuce, cabbage, and beets in the spring and continues with squash, sweet corn and melons. The farm finishes in the fall with winter squash, pumpkins, and cauliflower. Arnold Farms prides itself on the quality of its produce and adherence to standard practices in packaging. The operation believes as M.F.K. Fisher said, "It's the difference between fresh and very fresh that makes all the difference." Arnold Farms is also Maryland Good Agricultural Practices (GAP) certified.



# Crab and Artichoke Hushpuppies with Spinach and Goat Cheese Dipping Sauce

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## Ingredients

### *Hushpuppies*

2 cups all purpose flour  
1 tablespoon baking powder  
1½ tablespoons sugar  
1 teaspoon salt  
1 teaspoon Old Bay  
½ cup cornmeal  
1 cup milk  
3 eggs  
1 cup chopped artichokes  
¼ pound crab meat, claw or lump  
¼ cup scallions

### *Spinach and Goat Cheese Dipping Sauce*

½ gallon milk  
⅓ pound butter  
1⅓ pound flour  
½ white onion  
1 bay leaf  
2 cloves  
3 sprigs thyme  
12 ounces goat cheese  
1 cup sour cream  
1 cup chopped spinach

## Preparation

### *Hushpuppies*

Combine all dry ingredients in a medium bowl. Combine all wet ingredients. Mix both together until the mixture is moist, mixture will be a little lumpy. Heat 2 inches of oil in a pot (or use a fryer) to 350°F. Spoon about a tablespoon of batter into hot oil until oil is half full with hush puppies. Cook for 3 to 4 minutes or until golden brown. Drain on paper towel. Sprinkle with a little salt and serve with dipping sauce.

### *Spinach and Goat Cheese Dipping Sauce*

Cut onion in half and peel. Stick bay leaf to onion with cloves. Once milk comes to a simmer, remove onion and thyme then immediately whisk roux into milk a little bit at a time. When the roux is simmering, add goat cheese and sour cream, simmer for 15 minutes. Add salt and white pepper to taste. Strain through fine mesh sieve to catch any lumps, add chopped spinach to sauce. Place sauce in a bowl, saucer, or souffle cup on the side. Serve warm.

## Pair With...

Merlot, Turkey Point Vineyard





## About the Recipe

**Chef: Scott Hines, Farmstead Grill (Baltimore City)**

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

Chef Hines once viewed cooking as just a job. Since then, he's discovered his ability and passion, making it into his career. He has worked his way up through some of the best restaurants in Baltimore (The Wine Market, Pabu, Wit & Wisdom). Matt Seeber of Tom Colicchio's Craftsteak gave Hines an opportunity to become his sous chef. Hines is now running his third restaurant with Monogram Hospitality (Heavy Seas Alehouse, Waterfront Kitchen, Farmstead Grill) as chef de cuisine.

**Producer: Rob Dunn, Big City Farms (Baltimore City)**

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

Products used in the recipe: Spinach.

Big City Farms, a Baltimore-based urban farming company, is building a network of urban farms that create good jobs for worker-owners, transform neighborhoods by improving vacant and blighted urban land, and produce ultra-local, organically grown, healthy food using sustainable, biological growing methods. Big City Farms grows, processes, and sells produce from its network of hoophouse farms to restaurants, institutions, grocers, and individual consumers.

**Producer: Joe Brooks, J.M. Clayton Seafood (Dorchester County)**

Website: [www.jmclayton.com](http://www.jmclayton.com)

Products used in the recipe: Crab meat.

As proprietors of the oldest working crab house in the world, the Brooks brothers at J.M. Clayton Company are experts in the handling of local Chesapeake Bay blue crabs. Their great-grandfather, Captain Johnnie, started the facility in 1890. These days, fresh crabs continue to arrive on their docks year round, where the bushels are cooked in huge steamers in preparation for the tedious task of hand-picking the fresh crab meat for packaging.



# Crab, Corn and Tomato Bisque

## Ingredients

*Makes 25 servings*

3 quarts local tomatoes	6 sprigs thyme
4 quarts chopped leeks, whites only	6 sprigs tarragon
1 quart celery, diced	4 ounces olive oil
3 quarts carrots, diced	2 ounces Old Bay
8 shallots, sliced	Salt and pepper, to taste
4 ounces garlic, minced	8 ounces butter
4 quarts heavy cream	Lump crab, desired amount
1 quart cream sherry	Chives, desired amount
4 ounces tomato paste	Roasted corn, desired amount
4 ounces crab or lobster stock	

## Preparation

Set aside lump crab, chives and roasted corn for garnish. Smoke tomatoes for 1 hour. (Tomatoes can be smoked on the grill or in an oven.) Sweat the vegetables and herbs in olive oil and butter until softened and very aromatic. Add a couple pinches of salt and pepper. Keep vegetables in the pan, deglaze with cream sherry and reduce by half. Add smoked tomatoes, heavy cream, tomato paste, lobster stock and Old Bay. Bring to a simmer and reduce by one third. Purée soup in blender until smooth. Season to taste.

## Pair With...

Prelude Gold, EVolution Craft Brewing Co.

## About the Recipe

**Chef: David Wells, Evolution Craft Brewing Co. Public House (Wicomico County)**  
[www.evolutioncraftbrewing.com](http://www.evolutioncraftbrewing.com)

Chef Wells discovered his passion for food while working alongside his parents in their restaurant. He committed himself to learning the culinary craft by reading and working in various kitchens. In 2013, he joined the team at Evolution Craft Brewing Co. as executive chef of Public House, the brewery's new-American gastropub. His passion for honest food and fresh local ingredients is evident in the dishes he prepares nightly. Chef Wells is constantly searching for innovative uses for the bountiful local products that Maryland's Eastern Shore offers.

**Producer: Timothy Fields, Baywater Greens (Wicomico County)**

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

Products used in the recipe: Tomatoes.

Baywater Greens is committed to providing locally grown, quality hydroponic lettuce varieties to restaurants, markets, distributors and homes. Located in Salisbury and servicing all parts of the Eastern Shore and beyond, Baywater is a sixth generation, family owned and operated farm. Baywater currently delivers to customers in Maryland, Delaware, Virginia and Washington D.C. Baywater Greens is a Maryland Good Agricultural Practices (GAP) certified farm.

**Producer: Matt Borys, Southern Connection Seafood (Somerset County)**

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

Products used in the recipe: Crab meat.

Southern Connection Seafood is a locally owned provider of high quality seafood, sourced from local watermen. The company prides itself on the quality of its products and on the long-standing relationships it has cultivated with local watermen.

**Producer: EVO Herb Garden (Wicomico County)**

Products used in the recipe: Herbs.

Chef David Wells and the staff at EVO Public House have a small garden for growing a variety of herbs along with tomatoes, peppers, and a few other vegetables. EVO Public House also sources its herbs and vegetables from local farmers and farm markets in the area.



# Minty Ginger Ale Quencher (Beverage)

## Ingredients

*Serves: 6-8*

32 ounce club soda (cold)  
6 cups of ice cubes  
4 cups distilled or filtered water (cold)  
1 cup fresh ginger root, crushed  
1 cup fresh mint leaves

½ cup fresh lemon balm leaves  
1 cup honey  
3 medium lemons, freshly juiced  
2 tablespoons microgreens

## Preparation

Place the ginger root, mint, lemon balm, microgreens, honey, and water in blender. Blend on high speed until herbs are dissolved. Strain the juice onto a tall pitcher. Add the lemon juice and stir until well mixed. Adjust honey to taste. Add the ice, the club soda and stir. Serve immediately.

## About the Recipe

**Chef: Maribel Rodriguez, Eco City Farms (Prince George's County)**

[www.ecoffshoots.org](http://www.ecoffshoots.org)

Chef Rodriguez is a board certified holistic nutritionist and an herbalist. She is the community nutritionist for Eco City Farms. She has a Masters of Nutrition and Integrative Health and a Masters Certificate in Herbal Studies from Maryland University of Integrative Health. She holds a Health Coach Certificate from the Institute for Integrative Nutrition and is a gluten-free certified practitioner. Her calling is to simply offer natural, healthy alternatives to everyday nutritional needs; including wholesome local foods and herbal remedies as part of a holistic approach to vibrant health. Chef Rodriguez is a retired U.S. Army officer, having served her country 27 years.

**Producer: Margaret Morgan-Hubbard, Eco City Farms (Prince George's County)**

[www.ecoffshoots.org](http://www.ecoffshoots.org)

Products used in the recipe: Honey, mint, lemon balm, microgreens.

Founder and CEO Margaret Morgan-Hubbard is a seasoned activist and environmentalist accompanied by a diverse intergenerational staff of ten, plus six apprentice farmers. Eco City Farms is a "Certified Naturally Grown," not-for-profit urban teaching and learning farm in Edmonston and Bladensburg. It works at the intersection of community farming and community health. Its programs simultaneously build local demand for healthy food, promote food access and food security, encourage healthy eating and active living, and educate the next generation of urban farmers and eaters.

# Roasted Local Sweet Corn and Blue Crab Gazpacho

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## Ingredients

2 cups sweet corn, shaved off the cob, roasted	2 tablespoons Old Bay
1 cup tomatoes, peeled, seeded and small diced	3 limes, juiced
2 cups cucumbers, peeled, seeded and small diced	3 tablespoons white balsamic vinegar
1 small sweet onion, small diced	2 tablespoons agave nectar
½ cup jalapeño, small diced, remove seeds for less heat	6 cans (5.5 ounce) V-8 Juice
3 tablespoons scallions, sliced	2 tablespoons extra virgin olive oil
1 tablespoon garlic, minced	1 pound crab meat
1 bunch cilantro, chopped	8 slices Serrano ham
	Dash of salt and pepper

## Preparation

### *To Roast Corn*

Shuck corn, brush with extra virgin olive oil and roast in 350°F oven for 30 minutes.

### *To Peel Tomatoes*

Remove core and score the bottom of the tomatoes. Submerge tomatoes in boiling water for 30 seconds, and plunge into ice bath (blanch). Peel skin, cut tomatoes in half, lengthwise, squeeze out the seeds and final dice them.

### *Combine*

Combine sweet corn, tomatoes, cucumbers, sweet onions, jalapeños, scallions, garlic, cilantro, Old Bay, lime juice, vinegar, agave, V-8, extra virgin olive oil, salt and pepper in a large mixing bowl and mix. Remove roughly ⅓ of the soup and blend into a blender or food processor until smooth. Add back to mixing bowl and mix well. Add crab meat, stir, cover and refrigerate overnight.

### *To Serve*

Heat large nonstick sauté pan, spray with nonstick pan spray, and brown the Serrano ham like it was bacon. Reserve the cooked ham. Ladle 6 to 8 ounces of soup into a chilled soup bowl. Garnish the soup with crispy Serrano ham and cilantro leaves.

## Pair With...

Catocin Clear Blonde Lager, Barley and Hops Grill & Microbrewery





## About the Recipe

**Chef: Jason Miller, Balducci's (Montgomery County)**

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

Jason Miller is the corporate executive chef for Balducci's. His responsibilities include overseeing culinary operations, menu development, food safety, research and development, product sourcing, and catering production. Prior to joining Balducci's five years ago, Chef Miller specialized in the culinary avenues of the hospitality industry and was a key culinary team member at two platinum star, nationally ranked country clubs. He attended culinary school and participated in an ACF certified chef apprenticeship, completing 6,000 hours of hands-on training with certified chefs. In 2000, he was named Chef Apprentice of the Year. Chef Miller reveled in the thrill of competition and participated in many culinary competitions, winning top medals. While his passion is cooking, he's also an avid outdoorsman and enjoys hunting, fishing, kayaking and camping. Growing up on Maryland's Eastern Shore has instilled him with a respect for wildlife and nature and is an active conservationist in his local community.

**Producer: Russ Shlagel, Shlagel Farms (Charles County)**

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

Products used in the recipe: Tomatoes, cucumbers, sweet onions, jalapeños, cilantro.

A third generation family farm approaching its 100th anniversary, Shlagel Farms has a pick-your-own strawberry patch in May and a pick-your-own pumpkin patch in October. The farm also grows a large variety of fruits and vegetables that are sold retail at local farmer's markets and wholesale on several chain stores. Shlagel Farms is Maryland Good Agricultural Practices (GAP) certified.

**Producer: Lisa Godfrey, Godfrey's Farm (Queen Anne's County)**

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

Products used in the recipe: Sweet corn.

The Godfrey family has been growing fresh market fruits and vegetables for more than 75 years. Lisa Godfrey handles sales while Tom Godfrey oversees production. Godfrey's Farm has been growing asparagus for more than 50 years, easily making it their most prolific wholesale crop. The 600-acre farm supplies both retail and wholesale customers. The season begins in April with asparagus and continues through mid-September with great in-season produce all summer. Godfrey Farm is Maryland Good Agricultural Practices (GAP) certified.



# Roasted Corn Blinis with Old Bay Crème Fraîche Cambridge Crab Salad and Micro Cilantro

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## Ingredients

### *Blinis*

1½ cups all purpose flour  
1 tablespoon granulated cane sugar  
2 teaspoons baking powder  
½ teaspoon sea salt  
1 whole egg  
2 tablespoons vegetable oil  
1 cup milk  
½ cup of roasted Richardson Farms corn kernels  
1 tablespoon chives

### *Old Bay Crème Fraîche*

2 tablespoons buttermilk  
2 cups heavy whipping cream  
1 tablespoon Old Bay

### *Cambridge Crab Salad*

1 pound lump crab meat  
2 tablespoons lemon oil  
1 tablespoon pepper supreme  
1 tablespoon dehydrated red pepper and garlic

## Preparation

### *Blinis*

Combine all dry ingredients in a mixing bowl and create a well in the center. Mix the egg, milk and 2 tablespoons of vegetable oil and mix gradually into the dry ingredients. When smooth, fold in the cooled corn kernels and chopped chives. Let rest for 1 hour in the refrigerator. Heat a non-stick fry pan on medium heat. Add 1 teaspoon of oil and heat. Ladle the batter into the heated pan, about 4 cm in diameter. When the blini starts to bubble evenly across the top surface flip and cook until both sides are golden brown.

### *Old Bay Crème Fraîche*

Combine all ingredients and let sit at room temperature for six to eight hours. Cover and refrigerate for at least 24 hours before serving.

### *Cambridge Crab Salad*

Mix all ingredients together and let marinate for one hour.

## Pair With...

Corn Whiskey, Louthan Distilling



## About the Recipe

**Chef: Ben Simpkins, Richardson Farms (Baltimore County)**

[www.richardsonfarms.net](http://www.richardsonfarms.net)

Chef Ben Simpkins is a graduate of Johnson and Wales University with an Associates Degree in Applied Science in Culinary Arts. Chef Simpkins is certified through World Association of Chefs Societies as a World Certified Chef. He is also a member of the American Culinary Federation (ACF) as a Certified Executive Chef and Certified Culinary Administrator. Chef Simpkins has garnered various awards throughout his career. He has won first place, People's Choice, and Best Wine Pairing for the 2006 Mid Atlantic Taste of Elegance, as well as numerous medals from the ACF. He chairs the Board of the NKF of Maryland. Chef Simpkins traveled to New York in 2014 with his team, where he cooked at the famous James Beard House Vegetable Farm to bring guests a "Seed to Fork Experience."

**Producer: Les Richardson, Richardson Farms (Baltimore County)**

[www.richardsonfarms.net](http://www.richardsonfarms.net)

Products used in the recipe: Corn.

Richardson is a fifth-generation family farm in White Marsh. In 1984, Barbara and Bill Richardson took the helm with their six children. They expanded the farm by purchasing two nearby farms, and renting land from several others. The additional land allowed them to expand their operations, and preserve vital agriculture properties from the encroachment of urban sprawl. Open year-round, the farm is the headquarters for flowering and garden plants, and herbs. In 2010, Richardson opened its farm market, with a fabulous selection of freshly prepared hot foods and fresh baked products, as well as an extensive deli. Richardson also operates the largest farm stand in the Northeast Market in Baltimore, a market they've operated since 1930. Today, there are three generations of the family involved in the day to day operations. Richardson Farms is a USDA Good Agricultural Practices (GAP) certified farm.



# Roasted Garlic and Fresh Radish Canapé

## Ingredients

4 whole garlic bulbs (about 6-8 ounces), unpeeled  
2 tablespoons olive oil  
¼ teaspoon sea salt  
½ pound fresh radishes (without green tops)

12 slices of crusty French bread (½" thick)  
1 tablespoon olive oil  
1 tablespoon chopped fresh thyme

## Preparation

Preheat oven to 375°F. Slice the top quarter inch off of each head of garlic, leaving the bulbs intact. Place the garlic bulbs cut-side up on a large piece of foil; drizzle oil on each bulb and sprinkle with sea salt. Tightly wrap the bulbs in foil and bake until the garlic is completely soft and light caramel in color, about 45 minutes. Cool to room temperature, and then remove the garlic from the peel by pushing the cloves out like toothpaste. Mash the cloves together with a fork. While garlic is roasting, thinly slice the radishes with a sharp knife. Spread a thin layer of the roasted garlic on each slice of French bread. Arrange sliced radish in a single layer on top of the roasted garlic. Drizzle with second listed olive oil and sprinkle with chopped thyme. Serve at room temperature.

## Pair With...

Cuvée Blanc, Great Shoals Winery

## About the Recipe

**Chef: Randall Smith, Adventist Healthcare (Montgomery County)**

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

Randall Smith has been a working chef for more than 20 years. He is currently systemwide executive chef for Adventist Health Care in the Washington D.C. area where he can focus on the connections between food, health and the community. He has written on using local produce from farmer's markets. Today, he is a tireless advocate for using products from farmer's markets, CSAs and local sustainable farms. He has traveled abroad studying the integration and branding of local food into food service, and has worked closely with the Central Rivers Farmshed, The Wisconsin Local Food Summit, The Midwest Renewable Energy Association, D.C. area "FreshFarm" Markets, The Chesapeake Food Leadership Council and The Humane Society of the United States.

**Producer: Michael Protas, One Acre Farm (Montgomery County)**

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

Products used in the recipe: Garlic, radishes, thyme.



Despite its name, One Acre Farm is on almost 30 acres of farmland in Boyds. Farmer Mike started One Acre Farm because he wanted to create a community where people could feel an association with the farm, crops and vegetables they serve their families. Michael Protas has been running One Acre Farm for five years. His interest in farming began during his college years at Penn State University. Something drew him to a small CSA right on the outskirts of State College where his passion for farming grew. In 2008, Farmer Mike started farming in Montgomery County and established One Acre Farm. In partnership with wife Kristen and daughters Amelia and Dylan, Michael delivers fresh, local and seasonal produce to families and farmer's markets throughout the metro D.C. area.





# Salmon and Yamcake

## Ingredients

3 ounces salmon  
2 ounces yams  
1 egg  
1 ounce green pepper  
½ ounce onion  
½ ounce celery

1 tablespoon creole seasoning  
2 ounces scallions  
Flour seasoned with salt and pepper  
2 tablespoons oil  
Creole aioli

## Preparation

Cook salmon until done and cool. Then, dice yams and roast, season with salt and pepper. Sauté onion, celery, and peppers until tender. Cool all items, mix all above in mixing bowl. Shape into 2-ounce patties and cook 2 minutes on each side. Top with a creole aioli.

## Pair With...

Traminette, Knob Hall Winery

## About the Recipe

**Chef: James Gray, Aramark/Northwest Hospital (Baltimore County)**

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

James Gray, who has worked in the food industry for 22 years, is now an executive chef for Aramark at Northwest Hospital. His culinary skills come from both on the job training and C.I.A training classes. His favorite food to prepare is fish with different exotic sauces. James says that the best part about working for Aramark is the chance to move around and work as the manager for his team.

**Producer: Schillinger Farms (Anne Arundel County)**

[www.papajohnsfarm.net](http://www.papajohnsfarm.net)

Products used in the recipe: Yams

If you're looking for fresh produce, vegetables and delicious corn, look for the big red barn of Papa John's Farm. Owned and operated by the Schillinger family for the past four generations, this farm's market is ripe for the picking, from apples to zucchini. Named after owner Jim Schillinger's father, the original Papa John's (well before the pizza place) has been attracting visitors from miles around for years.



# Summer Citrus Blast (Beverage)

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## Ingredients

2 cups orange juice  
1 cup pineapple juice  
½ cup lime juice  
½ cup mango purée

3 mint leaves  
2 tablespoons grenadine  
1 cup ice  
1 teaspoon ground cloves

## Preparation

Mix all ingredients in a blender and pulse to get a smooth consistency. Pour in chilled glass. Enjoy!

## About the Recipe

**Chef: Willis Stribling, Mercy Medical Center (Baltimore City)**

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

Chef Stribling is originally from New York, where he learned his trade and has now been cooking for 30 years. He has worked in a variety of venues including, 5-star hotels, and corporate and fine dining restaurants. When he moved to Maryland five years ago, he continued working in the hotel food industry for two years before making the move to culinary management. Since moving to Maryland he has been an executive sous chef for Johns Hopkins University and is currently with Metz Culinary Management.

**Producer: Brad's Produce (Harford County)**

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

Products used in the recipe: Mint

Brad's Produce is a full-time farming operation raising fresh produce, greenhouse flowers, pork, angus beef and grain. Brad's Produce officially started in 1992 when J. Brad Milton opened his first produce stand in the Kefauver's Hardware Store parking lot at the intersection of Route 22 and Route 543 in Fountain Green. Over the years, he opened a farm stand in Churchville, next to Kroh's Nursery and the Big M, along with a stand at the intersection of Route 136 and Route 543 in Creswell.

Eventually, the two stands were combined into a sale barn on the farm in Churchville. Besides selling products in the sale barn, they also sell local jams and jellies, cheese, eggs, honey, maple syrup and bread.

# Salads/Side Dishes





# Grilled Watermelon, Cantaloupe and Feta Salad

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## Ingredients

*Makes 8 servings*

8 ½-inch thick slices of seedless watermelon  
(about 2" x 3")

8 ½-inch thick slices of seeded and peeled cantaloupe

2 tablespoons extra virgin olive oil

5 teaspoons fresh lime juice, divided

8 ounces of Caprikorn Farms Feta cheese,  
cut into 8 thin slices

½ cup fresh mint leaves, cut into ⅛" strips

3 cups of arugula or other spicy greens

Sea salt

## Preparation

Heat grill or grill pan until it is very hot. Pat the watermelon and cantaloupe slices dry with a paper towel and place them on the grill.

Grill on one side only, without moving, until grill marks appear, about 2 minutes. Do not overcook – inside should be raw and crisp.

Toss the greens with 3 teaspoons lime juice, olive oil and a few pinches of salt. Put the greens on a large platter and top with 4 pieces of watermelon, with the grill-marked sides up. Top with the feta, some mint, and the remaining melon. Drizzle remaining lime juice over the watermelon. Garnish with mint and a sprinkling of salt.

## Pair With...

Sloop Betty Vodka, Blackwater Distilling

## About the Recipe

**Chef: Nancey Veldran, Caprikorn Farms (Washington County)**

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

Nancey Veldran is the corporate chef for Caprikorn Farms Artisan Goat Cheese in Gapland. Growing up in a family of gourmet cooks gave Chef Veldran an appreciation of fine food from a young age, which was then honed through on-the-job training she received while working in restaurants and catering kitchens from New York to California and abroad. Her experience ranges from cooking over an open fire in a Mexican beachfront cantina to preparing gourmet meals in a sailboat galley to cooking on the line and running a commercial kitchen. A longtime proponent of locally sourced and freshly prepared food, Chef Veldran enjoys working with producers in and around Washington and



Frederick counties and with chefs throughout the region. As corporate chef for Caprikorn Farms' artisan products, she develops recipes that highlight the unique flavor profiles that can be achieved with goat cheese.

**Producer: Alice Orzechowski, Caprikorn Farms (Washington County)**

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

Products used in the recipe: Caprikorn Farms Raw Goat Feta.

Caprikorn Farms in Pleasant Valley is a local producer of artisan goat cheeses crafted in the time-honored farmstead tradition since 1978. All of the farm's goats graze as nature intended. Caprikorn provides the highest standard of humane care and raises its goats in a natural manner, avoiding the use of artificial growth hormones. The raw goat milk cheeses are handmade in small batches in the tradition of the best artisanal farmstead cheeses. Caprikorn Farms' Gouda and Cheddar cheeses are sold at farmers markets, carried in natural food and specialty markets, and found on restaurant menus throughout the state. Caprikorn Farms' fresh Chèvre was voted "Best in Baltimore" by Baltimore Magazine and the flavored Chèvres are top sellers.

**Producer: Ali Mohadjer, Alibaad Farms (Washington County)**

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

Products used in the recipe: Watermelon, cantaloupe.

Alibaad Farms is ranked as one of the top quality growers in the state and was named Washington County's Farm of the Year for 2013. Its goal is to continue producing high quality produce during the entire year by planting various seasonal vegetables both in the field and in greenhouses.



# Maryland Spicy Salad with Berry and Herbs Vinaigrette

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## Ingredients

*Makes 6 - 8 servings*

### *Salad*

6 cups spicy salad mix  
2 cups baby kale  
1 cup arugula  
2 cups micro-greens  
1 cup chopped tomatoes  
¾ cup raw pumpkin seeds  
½ cup raw sunflower seeds  
½ cup spring onions, thinly sliced

### *Vinaigrette*

1 cup fresh strawberries, sliced  
½ cup fresh blueberries, crushed  
½ cup apple cider vinegar  
¼ cup extra virgin olive oil  
3 tablespoons fresh lemon juice  
3 tablespoons honey  
2 tablespoons fresh sage, chopped  
1 garlic clove, freshly crushed  
¼ teaspoon sea salt

## Preparation

Rinse the spicy salad mix, kale, arugula and micro-greens. Transfer to a large bowl and mix. Add tomatoes, spring onions, and sunflower seeds. Combine all the vinaigrette ingredients in a 1-quart mason jar. Shake to blend well. Coat the salad with the vinaigrette dressing and mix. Arrange on a plate and top with pumpkin seeds, serve and enjoy!

## Pair With...

El Pepe, Eastern Shore Brewing

## About the Recipe

**Chef: Maribel Rodriguez, Eco City Farms (Prince George's County)**

[www.ecoffshoots.org](http://www.ecoffshoots.org)

Maribel Rodriguez is a board certified holistic nutritionist and herbalist. She is the community nutritionist for Eco City Farms. She has a Masters of Nutrition and Integrative Health and a Masters Certificate in Herbal Studies from Maryland University of Integrative Health. She holds a Health Coach Certificate from the Institute for Integrative Nutrition and is a gluten-free certified practitioner. Her calling is to simply offer natural healthy alternatives to everyday nutritional needs, including wholesome local foods and herbal remedies as a holistic approach to vibrant health. Chef Rodriguez is a retired U.S. Army Officer, having served her country for 27 years.



**Producer:** Margaret Morgan-Hubbard, Eco City Farms (Prince George's County)

[www.ecoffshoots.org](http://www.ecoffshoots.org)

Products used in the recipe: Baby lettuce, baby kale, baby arugula, tatsoi cabbage, yukina savoy, purple mizuna and Osaka mustard greens, microgreens, spring onions, honey, sage, tomatoes.

Eco City Farms is a “Certified Naturally Grown,” not-for-profit urban teaching and learning farm in Edmonston and Bladensburg. It works at the intersection of community farming and community health. Its programs simultaneously build local demand for healthy food, promote food access and food security, encourage healthy eating and active living, and educate the next generation of urban farmers and eaters.



# Smokey Grilled Chicken Kabobs

## Ingredients

### *Chicken*

2 pounds of chicken breasts or thighs,  
skinned and deboned  
½ large sweet onion, cut into fourths and  
separated into pieces  
8 (8-inch) skewers  
¼ cup dark brown sugar, firmly packed  
2 teaspoons garlic salt  
1 teaspoon smoked paprika  
½ teaspoon ground cumin  
½ teaspoon cayenne pepper  
1 tablespoon dry mustard

### *Grilled Peaches and Fresh Greens Salad*

4 local peaches, halved  
1 tablespoon salted butter  
2 tablespoons minced shallots  
2 tablespoons fresh thyme leaves  
¼ cup white balsamic vinegar  
2 tablespoons honey  
Fresh baby kale and arugula

### *Goat Cheese Brûlée*

4 ounces local goat cheese, room temperature  
4 ounces cream cheese, room temperature  
Local honey  
Finely chopped fresh thyme for garnish

## Preparation

### *Smoky Grilled Chicken Kabobs*

1. Preheat grill to 350°F to 400°F (medium-high) heat. Cut chicken into 1-inch cubes. Thread chicken and onions alternately onto skewers, leaving a quarter-inch space between pieces.
2. Combine dry ingredients together, then sprinkle on kabobs.
3. Grill kabobs, covered with grill lid, 4 to 5 minutes on each side.

### *Grilled Peaches and Fresh Greens Salad*

1. Lay peach halves out and pat dry with paper towels. Grill over high heat until marked on each side and heated through, about 1 minute per side. Remove from grill and set aside.
2. In a large skillet, heat butter over medium-high heat; add shallots and sauté 2 minutes. Stir in thyme leaves and continue cooking 1 minute. Pour in vinegar and honey and bring to a simmer. Keep warm.

### *Goat Cheese Brûlée*

1. In a large bowl, combine goat cheese and cream cheese and stir until fully combined.
2. Using a 4-ounce ice cream scoop, scoop cheese mixture onto grilled peach half.
3. Drizzle honey over cheese and let run down sides.
4. With either a culinary torch or small blow torch, carefully caramelize the honey to a brûlée consistency.





To serve, place bruleed peach half on a plate with fresh greens and drizzle with vinaigrette, accompanied by chicken kabob.

## Pair With...

Resurrection, The Brewer's Art

## About the Recipe

**Chef: Bryan Davis, The Classic Catering People (Baltimore County)**

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

Chef Bryan Davis of The Classic Catering People serves as the company's chef de cuisine. He has been with Classic Catering since 1997 and is responsible for managing kitchen operations, menu creation and plating design. Born and raised in Towson, Chef Davis has led a distinguished career in the culinary arts. He has worked in many of Baltimore's most recognizable kitchens and has spent time with notable James Beard award winners and nominees. Chef Davis' passion lies in working with organic and sustainable foods. Similarly, he likes cooking with food and ingredients that are in season, so they can be enjoyed at their optimum flavors. Chef Davis studied culinary arts at Johnson & Wales University, specializing in French-American fusion.

**Producer: Tom Albright, Albright Farms (Baltimore County)**

[www.albrightfarms.net](http://www.albrightfarms.net)

Products used in the recipe: Chicken.

Albright Farms only sells chickens it grows, and its chickens are raised on grass, weather permitting, in a safe, wire-enclosed environment. This allows them to move around on fresh grass, yet remain safe from natural predators. Their diet includes corn, grass, oats, roasted soybeans, and bugs they find in the ground. The only things they are fed not coming from the farm are a natural feed supplement containing fish meal, kelp, vitamins and minerals.



# Garlic Basmati Rice with Summer Squash and Mushrooms

## Ingredients

### *Garlic Basmati Rice*

2 cloves garlic, minced  
1¾ cups of chicken stock  
1 tablespoon of butter  
1 cup of basmati rice

### *Summer Squash and Mushrooms*

2 cups yellow squash, halved and sliced  
2 cups zucchini, halved and sliced  
1 cup of mushrooms, sliced  
1 teaspoon of diced fresh herbs - thyme, chives, oregano and parsley  
2 tablespoons of extra virgin olive oil  
½ teaspoon of Montreal Steak Seasoning  
1 tablespoon of soy sauce

## Preparation

Heat a large saucepan with a tight-fitting lid on medium heat, melt the butter and sauté the garlic until fragrant, about 30 seconds. Add the chicken stock to the pot and bring to a boil. While the chicken stock is warming, measure the basmati rice and set aside. Begin slicing the squash, zucchini and mushrooms. For the squash and zucchini, take off the ends first, then stand them up to cut them lengthwise. Slice with the flat side down into medium half-rounds. Once the chicken stock begins to boil, pour in the 1 cup of rice and reduce the heat to low. Cover the rice and set timer for 20 minutes. Do not peek.

While the rice is cooking, heat a large cast iron skillet or a grill pan. A great deal of surface area is ideal, so the squash will not get soggy. Once the skillet is hot (test with a sprinkle of water) add the extra virgin olive oil and allow it to heat, about one minute. Sauté the squash and zucchini, browning lightly, after about 2 minutes, add the mushrooms. Continue to stir and flip the squash/mushroom mixture gently until most are golden brown, about 5 minutes. Add the Montreal Steak Seasoning, soy sauce and the herbs just a minute before time to serve. Serve the squash, zucchini and mushroom mixture over a bed of garlic basmati rice and sprinkle with freshly chopped herbs for garnish.

## Pair With...

Rosé, Harmony Vineyards and Winery

## About the Recipe

Chef: Julie Bailey, Four Mile Ridge (Garrett County)

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

Chef Bailey is a mother, teacher, school librarian, blogger, and a big fan of Griswold cast iron. She



has worked in Western Maryland restaurants for more than 25 years and enjoys cooking at home, especially outdoors, using nontraditional grilling techniques, smokers, Dutch ovens and charcoal. She also enjoys incorporating locally grown organic produce and fresh local meats and cheeses into family meals every day. Homemade breads, especially sourdough, and cookies are also among her favorites. She most recently won the 2014 Mountain City Cookie Contest in Frostburg.

**Producer: Ben Yoder, Savage River Farm (Garrett County)**

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

Products used in the recipe: Mushrooms, herbs, chicken stock, squash, zucchini, garlic, butter.

Savage River Farm is a small, diversified farm in eastern Garrett County that raises produce, livestock, and mushrooms on 25 acres in the Savage River watershed using natural methods. The farm's vegetables, fruits, mushrooms, eggs, chicken, turkey, pork, beef, lamb, goat, baked goods, and honey are available through a consumer cooperative. Members of the farm are invited out weekly to put together a share of the foods they love best.



# Smashed Beets with Bleu Cheese Butter

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## Ingredients

1 pound fresh beets with tops removed  
2 tablespoons butter at room temperature  
2 tablespoons crumbled bleu cheese

2 tablespoons chopped cilantro  
Salt and pepper to taste

## Preparation

1. In a small bowl, gently mix together butter, bleu cheese, and cilantro. Set aside.
2. Cut beets into 1-inch chunks and cook in boiling salted water until very tender.
3. Drain beets and place in serving dish. Quickly mash with the back of a fork before they cool.
4. Drop spoonfuls of the bleu cheese butter on top of the beets and sprinkle liberally with fresh ground black pepper.
5. Serve immediately.

## Pair With...

Autumn Frost Vidal Ice Wine, Port of Leonardtown Winery

## About the Recipe

**Chef: Randall Smith, Adventist Healthcare (Montgomery County)**

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

Chef Randall Smith has been a working chef for more than 20 years. He is currently systemwide executive chef for Adventist Health Care in the Washington D.C. area where he focuses on the connections between food, health and community. He has written on using local produce for farmer's markets. Today, he is a tireless advocate for using products from farmer's markets, CSAs and local sustainable farms. He has traveled abroad studying the integration and branding of local food into food service, and has worked closely with the Central Rivers Farmshed, The Wisconsin Local Food Summit, The Midwest Renewable Energy Association, D.C. area "FreshFarm" Markets, The Chesapeake Food Leadership Council and The Humane Society of the United States.

**Producer: Michael Protas, One Acre Farm (Montgomery County)**

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

Products used in the recipe: Beets, cilantro.



Despite its name, One Acre Farm is on almost 30 acres of farmland in Boyds. Michael Protas started One Acre Farm because he wanted to create a community where people feel an association with the farm, crops and vegetables they serve their families. Protas has been running One Acre Farm for five years. His interest in farming began during his college years at Penn State University where he was drawn to a small CSA on the outskirts of State College and where his passion for farming grew. In 2008, Protas started farming in Montgomery County, establishing One Acre Farm in 2011 outside Rockville. In partnership with wife Kristen and daughters Amelia and Dylan, he delivers fresh, local seasonal produce to families and farmer's markets throughout the metro D.C. area.



# Entrées





# Black Bean Burger with Chipotle Ketchup

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## Ingredients

### *Black Bean Burger*

1 pound dried black beans  
2 eggs  
1 cup wheat bread crumbs  
1 large red pepper, diced  
1 medium Spanish onion, diced  
¼ cup parsley, chopped  
¼ cup garlic, minced  
1 quart vegetable stock

### *Chipotle Ketchup*

4 large ripe tomatoes, quartered and seeded  
½ cup apple cider vinegar  
1 medium onion, diced  
¼ cup chipotle purée  
½ cup sugar  
2 tablespoons kosher salt  
1 cup tomato paste

## Preparation

### *Black Bean Burger*

Cover beans with water and soak for a minimum of 3 hours, drain water. Cook beans in vegetable stock until soft, let cool. Once cooled, smash until smooth. Sauté onion and pepper with garlic, let cool. In a bowl, put beans, vegetables along with oil, then add eggs, mix well. Add bread crumbs and finish with the parsley, salt, and pepper. Shape into patties. Cook thoroughly.

### *Chipotle Ketchup*

Add tomatoes and onions to a saucepan; cook on medium heat then add apple cider vinegar and cook for about 25 minutes. Add sugar, salt, and tomato paste to mixture. Once sugar has dissolved, add chipotle purée and blend until smooth. Chill until ready to serve.

## Pair With...

1605 Red, Antietam Brewery (Washington County)

## About the Recipe

**Chef: Will Stribling, Mercy Medical Center/Metz Culinary Management (Baltimore City)**

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

Chef Will Stribling is originally from New York, where he learned his trade. He has now been cooking for 30 years. He has worked in a variety of venues including, five-star hotels, and corporate and fine dining restaurants. When he moved to Maryland five years ago, he continued working in the hotel food industry for two years, before making the move to culinary management. He has been an executive sous chef for Johns Hopkins University and is currently with Metz Culinary Management.





**Producer: Bob Arnold, Arnold Farms (Queen Anne's County)**

Products used in the recipe: Onions.

Arnold Farms is a first generation, 350-acre produce farm on the Eastern Shore of Maryland that has been farming for more than 15 years. It started with leaf lettuce, cabbage, and beets in the spring and continues with squash, sweet corn and melons. The farm finishes in the fall with winter squash, pumpkins, and cauliflower. Arnold Farms prides itself on the quality of its produce and adherence to standard practices in packaging. The operation believes as M.F.K. Fisher said, "It's the difference between fresh and very fresh that makes all the difference." Arnold Farms is also Maryland Good Agricultural Practices (GAP) certified.



# Braised Chicken with Green Tomato Chili Verde

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## Ingredients

2 pounds fresh chicken thighs  
2 tablespoons vegetable oil  
2 yellow onions, chopped  
2 cloves garlic, minced  
Salt and pepper to taste  
1 teaspoon ground cumin  
6 cups chicken stock

2 fresh poblano chiles, seeded and chopped  
1 fresh jalapeño pepper, seeded and chopped  
1 bell pepper, seeded and chopped  
1 pound fresh green tomatoes, cored and roughly chopped  
½ cup cilantro, chopped

## Preparation

1. In a large stock pot over high heat, sear the skin side of the chicken in the vegetable oil until browned.
2. Remove the chicken from the pot, reserve the oil in the pan.
3. In the same pot, sauté the chopped onion and garlic in the reserved oil over medium heat until onions are tender. Season with salt and pepper.
4. Add the cumin. Add the chicken stock. Add the chicken thighs.
5. Bring stock to a boil, reduce the heat and simmer for 30 minutes.
6. Add in poblanos, jalapeños and bell peppers.
7. Purée the tomatillos and cilantro in a blender, and add them to the pot.
8. Cook for an additional 30 to 45 minutes.
9. Serve hot with rice.

## Pair With...

Scoville, Jalapeño IPA, Jailbreak Brewing Company (Laurel)

## About the Recipe

**Chef: Randall Smith, Adventist Healthcare (Montgomery County)**

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

Chef Randall Smith has been a working chef for more than 20 years. He is currently systemwide executive chef for Adventist Health Care in the Washington D.C. area where he focuses on the connections between food, health and community. He has written on using local produce for



farmer's markets. Today, he is a tireless advocate for using products from farmer's markets, CSAs and local sustainable farms. He has traveled abroad studying the integration and branding of local food into food service, and has worked closely with the Central Rivers Farmshed, The Wisconsin Local Food Summit, The Midwest Renewable Energy Association, D.C. area "FreshFarm" Markets, The Chesapeake Food Leadership Council and The Humane Society of the United States.

**Producer: Michael Protas, One Acre Farm (Montgomery County)**

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

Products used in the recipe: Garlic, peppers, green tomatoes, cilantro.

Despite its name, One Acre Farm is on almost 30 acres of farmland in Boyds. Michael Protas started One Acre Farm because he wanted to create a community where people feel an association with the farm, crops and vegetables they serve their families. Protas has been running One Acre Farm for five years. His interest in farming began during his college years at Penn State University where he was drawn to a small CSA on the outskirts of State College and where his passion for farming grew. In 2008, Protas started farming in Montgomery County, establishing One Acre Farm in 2011 outside Rockville. In partnership with wife Kristen and daughters Amelia and Dylan, he delivers fresh, local seasonal produce to families and farmer's markets throughout the metro D.C. area.



# Fisherman's Inn Tidewater Rockfish

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## Ingredients

### *Fish*

4 pieces striped bass (4-6 ounces), skinless,  
pin bones removed  
2 tablespoons, all-purpose flour

### *Tomatoes*

2 large green tomatoes  
1 ounce butter or oil  
1 cup dredging flour (recipe follows)  
1 egg, beaten

### *Dredging Flour*

2 cups any good fish or shellfish breader (preferably  
one that contains fine ground cornmeal)  
½ cup light brown sugar  
1 tablespoon Old Bay

### *Sauce*

½ ounce unsalted butter, melted  
½ cup country ham, finely diced  
1 cup sweet corn, frozen or fresh cut from the cob  
4 ounces white wine, dry  
2 cups heavy cream, 36-40%  
Salt and pepper to taste

## Preparation

### *For the tomatoes*

1. Prepare the green tomatoes first.
2. Slice tomatoes to yield 8 pieces thickly sliced, about ¾ inches thick.
3. Dredge in dredging flour, dip in egg and then back into dredging flour.
4. Pan fry or deep fry tomatoes until golden brown and tender. Reserve.

### *For the fish*

1. In separate skillet, put butter or oil into bottom and heat.
2. Season with salt and pepper and flour fish fillets, place in hot pan skin side up and sauté fish on one side, turn and then the other.
3. After fish is cooked, remove from skillet, place on plate or platter atop the fried green tomatoes.

### *For the sauce*

1. In same skillet used to cook fish, drain excess oil, sauté country ham until it starts to smoke, deglaze with white wine, add heavy cream and corn, and reduce by half. Sauce should coat the back of a spoon.
2. Pour completed sauce over the rockfish and green tomatoes and serve immediately.



## Pair With...

Vidal Blanc, Crow Vineyard & Winery (Kent County)

## About the Recipe

**Chef:** Chef Paul Wernsdorfer graduated from one of the nation's premier culinary colleges, Johnson & Wales University in Providence, R.I.

**Producer:** Farmer John's Produce

Products used in the recipe: Corn and tomatoes. Farmers John's is a retail farm stand on Kent Island.

**Producer:** United Shellfish Co. (Howard County)

Products used in the recipe: Rockfish

A wholesale seafood market located in Jessup, Maryland.



# Grilled Chicken

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## Ingredients

2 pounds boneless chicken breasts  
2 cups julienne shallots  
1 bunch basil  
12 sprigs thyme

12 sprigs rosemary  
1 bunch parsley  
5 cloves garlic  
2 cups vegetable oil

## Preparation

Clean chicken, place in pan, add smashed garlic along with herbs and oil, mix and cover. Let sit overnight in refrigerator. Remove from pan, season with salt and pepper before grilling.

## Pair With...

Chardonnay 2014, Big Cork Vineyards (Washington County)

## About the Recipe

**Chef: Will Stribling, Mercy Medical Central /Metz Culinary Management (Baltimore City)**  
[www.mdmercy.com](http://www.mdmercy.com)

Chef Will Stribling is originally from New York, where he learned his trade. He has now been cooking for 30 years. He has worked in a variety of venues including five-star hotels, and corporate and fine dining restaurants. When he moved to Maryland five years ago, he continued working in the hotel food industry for two years, before making the move to culinary management. He has been an executive sous chef for Johns Hopkins University and is currently with Metz Culinary Management.

**Producer: Nick Marvall, Nick's Organic Farm (Montgomery County)**

Website: [www.nicksorganicfarm.com](http://www.nicksorganicfarm.com)

Products used in the recipe: Chicken breast.

Nick's Organic Farm encompasses a 165-acre, certified organic farm near scenic Buckeystown in the fertile Frederick Valley, which the Maravell family purchased about 20 years ago. The farm also includes the family home and a few acres in Potomac. From 1980 to 2012, the Maravells organically farmed a 20-acre plot of land leased from Montgomery County Public Schools adjacent to their home along Brickyard Road. That land has now reverted to the school system. In 2012, the site was operated as the Brickyard Educational Farm by Sophia Maravell (Nick's daughter). The farm aims to minimize off-farm inputs through a diversified and integrated farming system, which combines animals under management intensive grazing and an 8-12 year crop rotation to raise vegetables, hay, pastures, grains, seed and livestock.



# Grilled London Broil with Corn, Onion, and Pepper Relish

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## Ingredients

*Yield: 2 pints*

### *Corn, Onion, and Pepper Relish*

1 vine ripe tomato  
4 fresh corn  
1½ red onion  
1 green bell pepper  
½ orange bell pepper  
½ red bell pepper  
1 jalapeño pepper  
¼ cup sugar

½ tablespoon mustard seed  
½ tablespoon kosher salt  
¼ teaspoon black pepper  
¼ cup apple cider or apple juice

### *London Broil*

2 pounds flank steak  
2 tablespoons kosher salt  
1 tablespoon black pepper

## Preparation

1. Cut the tomatoes, peppers, and onion into a quarter-inch dice.
2. Shuck the corn and remove the kernels from the ears. To remove kernels, place root end of the corn cob in the center of a bundt pan and run the knife down the side to easily remove the kernels and contain them.
3. In a large pot, combine all the ingredients and simmer for 15 to 20 minutes until the corn is tender.
4. Place the relish in the fridge and serve chilled or at room temperature with any roasted or grilled beef.
5. Preheat the grill on high.
6. Remove the excess fat from the edges of the flank steak and season with salt and pepper.
7. Char grill the steak on both sides, rotating once on each side to create “X” marks. Each side should take approximately 5 minutes total.

## Pair With...

Channery Hill, Old Westminster Winery (Carroll County)



## About the Recipe

**Chef: Michael Archibald, Herrington on the Bay Catering (Anne Arundel)**

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

Chef Michael Archibald has been working in the restaurant industry for more than 15 years. During that time, his passion for excellent food and service has grown. He has a great love for classical and cutting edge cuisine that pleases his guests. He attended Johnson and Wales University where he studied Culinary Arts. Prior to graduation in 2002, Chef Archibald worked in Ireland for the university's cooperative education program at The Great Southern Parknasilla, one of Ireland's finest hotels. A native of New Jersey, Chef Archibald has found his new home at Herrington on the Bay. There he creates unforgettable catered cuisine to compliment amazing events. His true passion lies in traveling to farms and developing working relationships with local farmers. Sourcing the freshest possible food from local farms is a fun and challenging experience for him.

**Producer: Joe Swann, Swann Farms (Calvert County)**

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

Products used in the recipe: Corn, peppers, onions, tomatoes.

Swann Farms is a sixth generation, wholesale produce farm that supplies fresh-picked produce to the Southern Maryland, Baltimore and Washington D.C. regions. U-Pick Strawberries are offered from April through May. White sweet corn is offered in mid June, peaches in late June, tomatoes in early July, watermelon in early July, cantaloupe in early July, and pumpkins in mid-September.

**Producer: Rick Catterton, Progressive Farm (Anne Arundel County)**

Products used in the recipe: Flank steak.

Progressive Farm raises all natural beef with no hormones or antibiotics. All cattle are raised on high quality grain and hay grown on the farm.

**Producer: Jamie Tiralla, Monnett Farms (Calvert County)**

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

Products used in the recipe: Flank steak.

Monnett Farms is a fourth-generation family farm operated by Benson and Jamie Tiralla, who produce all natural meats including grass fed beef, pasture raised pork, cage free eggs, goat meat (chevon) and lamb.





# Maryland Blue Catfish with a Sweet Corn Sauce

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## Ingredients

*Makes 4 servings*

- |   |                                      |
|---|--------------------------------------|
| 2 pounds Maryland Blue Catfish filets, cut into four 8-ounce portions   | 1¼ teaspoons sea salt                |
| 1 cup whole milk  | ¾ teaspoon fresh ground black pepper |
| 3 ears Maryland sweet corn, shucked, cooked, cooled and cut off the cob | 1 teaspoon smoked paprika            |
| 1 green bell pepper, diced  | 1 teaspoon garlic, minced            |
| 1 medium yellow onion, diced  | 6 fresh basil leaves, chopped        |
| 1 tablespoon olive oil  | 16 ounces heavy cream                |
| 2 cups heavy cream  |                                      |
- Optional: 1 pound of Maryland lump crab meat*

## Preparation

### *Catfish*

For best results, start a day before serving. Place catfish filets in a large mixing bowl. Mix milk and paprika then pour over fish. Cover bowl with plastic wrap and place in refrigerator for a minimum of 2 hours, overnight for best results. Remove catfish from milk mixture, pat dry with a paper towel and place on cookie sheet that has been lightly coated with nonstick cooking spray. (Cast iron skillet will also work well, chef's preferred method.) Using a ¼ teaspoon of salt and a ¼ teaspoon of black pepper, lightly dust the fillets. Place in a 375°F pre-heated oven. Bake for 15 to 20 minutes until internal temperature is 145°F.

### *For the sauce*

In a medium sauce pan over medium-high heat, sauté onions and peppers until onions are translucent. Add cooked corn, heavy cream and the remaining salt and pepper. Cook until the sauce comes to a boil, stirring frequently. Reduce heat and continue to cook until sauce reduces to the constancy of creamed corn. Remove from heat. Add freshly chopped basil. Stir and spoon sauce over catfish filets. For a true Maryland flavor, add 1 pound of fresh Maryland lump crab meat (optional) to sauce and bring up to a simmer.

## Pair With...

Bryant's Folley Belgian Pale, Assawoman Bay Brewing Company (Worcester County)



## About the Recipe

**Chef: Jim Fields, Good Samaritan Hospital (Baltimore City)**

[www.medstargoodsam.org](http://www.medstargoodsam.org)

Chef Jim Fields has more than 25 years of culinary experience in and around Maryland. He has had a passion for cooking since he was a small child. His grandfather was a waterman, so Chef Fields learned at a young age about the importance of using quality, fresh ingredients, as well as being a caretaker of the resources.

**Producer: John Rorapaugh, Profish (Washington, D.C.)**

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

Products used in the recipe: Blue Catfish.

ProFish, a seafood company serving the Washington metro area, is dedicated to bringing its customers the finest, freshest, and safest seafood at competitive prices. Sustainability is the core of its business, and the company proactively seeks methods to conduct its business as responsible stewards for the environment, both in the way it sources products and the way it runs the business. The ProFish staff has a combined 250 years of experience in the seafood business.



# Maryland Crab Poutine

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## Ingredients

### *Cream of Crab Soup*

8 tablespoons unsalted butter  
½ cup flour  
2 teaspoons Old Bay Seasoning  
2 tablespoons onion, minced  
2 tablespoons lemon juice, freshly squeezed  
2 tablespoons sherry  
2 cups heavy cream  
2 cups half and half  
1½ tablespoons seafood base  
1 pound Kellam's Maryland Lump Crab Meat  
Cayenne pepper to taste

### *French Fries*

Russet potatoes, peeled, cut in ½-inch uniform strips  
Oil  
Kosher or sea salt

### *Garnish*

Clover Hill Amish Dairy Queso  
Fresco White Cheese Curds  
Kellam's Seafood Maryland  
Jumbo Lump Crab Meat

## Preparation

### *French Fries*

1. Cut potatoes into uniform strips. Soak in cold water for 2 hours or overnight. Drain and dry well on paper towels.
2. Poach potatoes in 300°F oil to cook (3 to 4 minutes).
3. Fry second time in 375°F to 400°F oil, until crisp and golden brown.
4. Season with kosher or sea salt while hot.

### *Cream of Crab Soup*

In a saucepan over medium heat, melt the butter. Add onions and cook 2 to 3 minutes. Add the flour, stirring constantly. Add Old Bay, lemon juice, and sherry and stir thoroughly. Gradually whisk in the cream, half and half, and seafood base, continuing to stir. Heat until warm and at a low simmer. Do not boil. Add the crab meat and let simmer for about 15 minutes. Do not allow the soup to boil.

### *Assembly of Poutine*

Plate a generous handful of seasoned, hot fries. Generously ladle cream of crab soup over fries. Garnish with Maryland Jumbo lump crab meat and crumbled cheese curds.

## Pair With...

Black Lightning, DuClaw Brewing Company (Harford County)



## About the Recipe

**Chef: Jennifer Purcell, Quality Street Kitchen and Catering (St. Mary's County)**

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

Jennifer Purcell is the executive chef and catering manager at Quality Street Kitchen and Catering. She has been with the company for eight years and has worked in the food industry for more than 20 years. She previously worked at Black Market Bistro in Garrett Park.

**Producer: Paul Kellam, Kellams Seafood (St. Mary's County)**

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

Products used in the recipe: Maryland lump crab meat.

Paul Kellam is a long-time waterman in St. Mary's County. He also owns a retail seafood store in Ridge.

**Producer: Clover Hill at Homegrown Farmers Market (St. Mary's County)**

Products used in the recipe: Clover Hill Queso Fresco White Cheese Curds.

Clover Hill Dairy is an Amish producer that is featured at the Homegrown Farmers Market in Lexington Park.



# Meaty Pierogies with Chickpea Salad and Yogurt Feta Dip

## Ingredients

### *Pierogies*

3-4 ounces each of ground lamb, beef, and pork  
1 carrot  
1 celery stalk, minced  
1 small red onion, minced  
¼ cup fresh parsley, minced  
1 tablespoon paprika, minced  
1 teaspoon sumac  
½ cup panko bread crumbs  
Salt and pepper, dash

1 tablespoon olive oil  
2 cups flour  
2 eggs  
⅔ cup water

### *Dip*

¾ cup plain yogurt  
6 ounces feta  
2 tablespoons dried dill

### *Salad*

16 ounce can chickpeas  
1 small head cauliflower  
1 small potato  
1 small red onion  
2-3 cloves fresh garlic, minced  
½ pound arugula  
1 tablespoon sumac  
1 lemon, juiced  
¼ cup sesame oil, bested  
Salt and pepper, dash

## Preparation

### *Pierogies*

First, make the noodle. Put four cups of flour and one teaspoon salt in a large mixing bowl. Make a crater in the flour, and add 2 eggs. Work eggs into flour with a fork. When mixture is crumbly, add water. Knead with hands until dough is smooth and firm, but not sticky. This can take up to 10 minutes. If dough is too sticky, add flour by the tablespoon. If dough is too dry, add water by the tablespoon. When dough is firm, wrap in plastic and refrigerate. Dough can be made up to a day in advance. If dough will not be used within a day, freeze it.

While the dough is chilling, make the meat filling. Sweat minced vegetables in olive oil for 2 minutes. Add pork, beef, and lamb. Brown meats, breaking them up with a wooden spoon so they are a smooth consistency, like you would for chili or taco filling. When meats are thoroughly cooked, pour into a large bowl. Add parsley, paprika, sumac, salt, pepper and panko. Mix thoroughly. Set aside to cool for an hour, or until all liquid is absorbed into the panko, and filling is cool to the touch. Remove dough from refrigerator. Flour the surface of a table or counter. Using a rolling pin or pasta machine, flatten dough until it is ⅛ inch thick. Use a cup or biscuit cutter to cut dough into circles 3 to 4 inches in diameter, re-rolling scraps as needed until all dough is used. With a spoon or small scoop, place one ounce of meat filling in the center of the dough circle. Wet the circumference of the circle, and fold over filling to make a semi-circle. Press the rim of the pierogie to seal. Make sure there are no air pockets in the pierogie, and also that the edges of the dough are tightly sealed. Place finished pierogies in a single layer on a floured cookie sheet. Bring a large pot of water to a boil. Boil pierogies until they float. Drain. Before serving, you may pan fry pierogies in olive oil for 2 to 3 minutes on each side on a medium low heat.



**Salad:** Break up cauliflower into pieces as close to a half-inch as possible. Coat in olive oil, salt and pepper. Bake in a single layer on a cookie sheet at 425°F for 20 minutes, until golden brown. While cauliflower is roasting, peel and dice potato into half-inch cubes. Boil until tender. Drain and let cool. Drain and rinse chickpeas. Combine potato, chickpeas, cauliflower, arugula, minced onion, lemon juice, zest, sumac, parsley, sesame oil, salt and pepper and mix thoroughly.

**Dip:** Mash feta. Add feta and dill to yogurt.

## Pair With...

Deep Six, Heavy Seas (Baltimore)

## About the Recipe

**Chef:** Krista Sermon, Rogue Pierogies (Anne Arundel County)

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

Krista Sermon, an Annapolis-based chef, owns Rogue Pierogies, the only place for locally sourced, handmade pierogies. Chef Sermon was born in Rockville and attended college in Washington, D.C. She learned to cook from her grandmother and by watching the Food Network as well as by working in several area restaurants. When she is not making pierogies, she is thinking about pierogies. She also enjoys running, taking care of her husband and two daughters, and sleeping.

**Producer:** Deanna Tice, En-Tice-Ment Farm Raised Meats (Anne Arundel County)

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

Products used in the recipe: Lamb, pork.

Joe, Deanna, and Jay are fourth generation farmers, while Brittany, Josh, Justin, and Cody are fifth. Joe and Jay are brothers who grew up on farmland in Anne Arundel County and are electricians by day. Deanna, Joe's wife, grew up in Montgomery County on land that had beef, lamb, pigs, and turkeys. She received a degree from the University of Maryland in agriculture and farming resources. Deanna and Joe's children, Josh, Justin, and Cody, are active members in the Harwood 4-H Club. Farming and livestock consumes most of their day. Jay's daughter Brittany joined 4-H in 1999 where her love for raising livestock began. She pursued her dreams in agriculture when she went to Texas and received her degree in animal industries from Tarleton State University. Upon graduation, she moved home to help with the family meat and horse businesses.

**Producer:** Lew Dodd, Cedar Run Farm (Queen Anne's County)

[cedarrun.eatfromfarms.com](http://cedarrun.eatfromfarms.com)

Products used in the recipe: Beef.

Cedar Run Farm is a family owned business run by Marilyn and Lew Dodd. The Dodd family can trace its farming roots in Queen Anne's County back to Revolutionary War times. The current farm in Sudlersville was purchased in 1951 and the family moved in January 1, 1952, when Lew was 11 months old. The family has been there ever since, growing healthy food while preserving the natural beauty of the land. The family farms on 92 acres and cuts hay from other nearby rented farms.



# Naptown Moules (Rules!)

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## Ingredients

### *Crab and Corn Stock (Yield: 2 quarts)*

- 1 pound crab shells (substitute 3 tablespoons of Minor's Crab Base for shells)
- 2 celery stalks, sliced in 2-inch pieces
- 1 large carrot, sliced in 2-inch pieces
- 2 corn cobs
- 1 onion, large dice
- 4 cloves garlic
- 1 bottle citrus-flavored IPA (India Pale Ale)
- 2 quarts cold water

### *Base Sauce*

- ¼ cup unsalted butter
- ¼ cup flour
- 4 cups half & half
- 1 cup yellow onion, chopped
- 4 cups crab and corn stock

### *Mussels*

- 3 tablespoons unsalted butter
- 1 pound Roma Old Bay Sausage, diced
- 2 ears of corn, grilled and cut from husk (save cob)
- 4 pounds PEI rope-grown mussels
- 1½ quarts base sauce

## Preparation

### *Crab and corn stock*

1. Roast the crab shells in an oven at 400°F until they become brittle.
2. Place crab shells in a large plastic bag (a 1 gallon freezer bag works best) and with a mallet or a similar object, crush the crab shells.
3. In a large pot, sweat the carrots, onions, celery and garlic until soft.
4. Add in corn cobs and crab shells.
5. Stir all ingredients and turn up heat to medium high and add in bottle of IPA.
6. Cook for 3 minutes and add in water.
7. Turn heat down to a simmer and reduce for 45 minutes (reduce about a third)
8. Strain through a fine mesh strainer (use cheesecloth if you have to in order to eliminate shells)
9. Cool and store in a labeled container.

### *Base sauce*

1. Melt butter in a saucepan on medium low heat; stir in flour, onion.
2. Cook until thickened and bubbly (5 minutes).
3. Gradually add half and half; cook and stir until mixture is hot (do not boil).
4. Slowly add in crab and corn stock (do not boil).
5. Simmer for 5 minutes and set aside.



### *Mussels*

1. In a large sauté pan or small rondeau, brown sausage and corn in butter.
2. Add in mussels.
3. Stir for one minute.
4. Add in base sauce.
5. Continue to stir mussels. At about 4 minutes they will start to open.
6. At about 6 minutes, all mussels should be open. Discard those that do not open.
7. Continue to cook for 2 more minutes.
8. \*If sauce is too thick add water\*
9. Season with salt and pepper and serve with a loaf of crusty French bread!

### **Pair With...**

Bloodline, Blood Orange Ale, Flying Dog Brewery (Frederick County)

### **About the Recipe**

**Chef:** Teddy Folkman, BAROAK Cookhouse & Taproom (Anne Arundel County)

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

Chef Teddy Folkman is the executive chef at BAROAK Cookhouse & Taproom, a neighborhood restaurant featuring plates influenced by the best taverns in Belgium and America and a wide variety of Belgian and craft beers. BAROAK opened in March 2015 at the Loews Annapolis Hotel. Folkman, also executive chef and co-owner of Granville Moore's in Washington, D.C., has earned the "Best Mussels in D.C." award for the past seven years in a row, and he is excited to now be serving them in Annapolis. Folkman and his mussels were victorious against Iron Chef Bobby Flay in a "Moules Frites" battle on Food Network's "Throwdown with Bobby Flay." He is also the kitchen consultant/co-owner of D.C.'s Capitol Lounge and the chairman and co-founder of D.C. Beer Week.

**Producer:** Ben Savage, Flying Dog Brewery (Frederick County)

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

Products used in the recipe: The Truth Imperial IPA.

In 1990, George Stranahan founded the Flying Dog Brewpub in Aspen, Colorado. The brewpub turned into a full-fledged Denver brewery (co-founded by George and his longtime friend and partner, Richard McIntyre) in 1994. In May 2006, Flying Dog acquired the Wild Goose brand when it purchased the Frederick Brewing Company in Frederick. In January 2008, all production moved to the Maryland facility. The current state-of-the-art brewing facility is best known for pale ales. The brewery make several dozen different varieties of beer annually. Flying Dog Brewery is known for using the art of Ralph Steadman, best known as the illustrator of the works of Hunter S. Thompson, on their labels. Flying Dog artwork typically consists of strange dogs with wings and a vast array of bright and vibrant colors.





**Producer: Bob Arnold, Arnold Farms (Queen Anne's County)**

Products used in the recipe: Corn.

Arnold Farms is a first generation, 350-acre produce farm on the Eastern Shore of Maryland that has been farming for more than 15 years. It started with leaf lettuce, cabbage, and beets in the spring and continues with squash, sweet corn and melons. The farm finishes in the fall with winter squash, pumpkins, and cauliflower. Arnold Farms prides itself on the quality of its produce and adherence to standard practices in packaging. The operation believes as M.F.K. Fisher said, "It's the difference between fresh and very fresh that makes all the difference." Arnold Farms is also Maryland Good Agricultural Practices (GAP) certified.

**Producer: McConnel, Roma Gourmet Foods (Baltimore City)**

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

Products used in the recipe: Roma Old Bay Sausage.

Roma Gourmet Sausage has been locally owned and operated in Baltimore for more than 50 years. Roma has produced award-winning sausage using only the finest ingredients and original, authentic recipes. Select from gourmet mild and hot Italian sausage, Polish kielbasa, celery and exclusive flavors such as Natty Boh bratwurst and Old Bay sausage. Roma's sausage is available in pork or chicken and sold in links, rope and bulk. It is available in many supermarkets and served at fine restaurants in the Mid-Atlantic region.



# New Orleans Style Tilapia

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## Ingredients

*Makes 6 servings*

2 6-ounce tilapia fillets  
¼ cup Cajun spice  
Extra virgin olive oil, as needed  
1 zucchini  
1 red pepper  
1 yellow pepper  
1 green pepper  
10 garlic cloves, peeled  
1 Vidalia onion  
2 heirloom tomatoes  
¼ cup each rosemary, thyme, cilantro  
1 cup ketchup

1 cup olive oil  
⅓ cup dijon mustard  
½ cup brown sugar  
⅓ cup balsamic vinegar  
Kosher salt, pinch  
Black pepper, pinch  
¼ cup capers  
⅓ cup mayonnaise  
2 tablespoons Dijon mustard  
Paprika, pinch  
1 jalapeño pepper  
Old Bay to taste

## Preparation

1. Rub tilapia generously in Cajun spices. Marinate zucchini, onion, tomato, ketchup, olive oil, herbs and garlic.
2. Mix in bowl: olive oil, Dijon mustard, brown sugar, balsamic vinegar, salt and pepper.
3. Pour over vegetables and herbs.
4. In bowl, mix capers, Dijon mustard, paprika, jalapeño, Old Bay, and pinch of Cajun spice.

## Procedure

1. In hot cast iron pan, sear tilapia for 2 minutes on both sides.
2. Grill vegetables.
3. Mix mustard, vinegar, onion, tomato, and peppers.
4. Julienne grilled vegetables and toss in balsamic vinegar; place vegetables on plate top with tilapia and creole tartar.

## Pair With...

Terrapin, Liganore Winecellars (Mount Airy)



## About the Recipe

**Chef: Frank Leake, FutureCare Cherrywood (Baltimore County)**

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

With more than 30 years of catering, cooking, and kitchen management experience, Chef Frank Leake is the executive chef at FutureCare Cherrywood and has incorporated local produce, meats, and poultry in its menus. He was the executive sous chef at the Harriman House in Reisterstown for 17 years where he incorporated fresh, local farm produce, meats and poultry. Leake has been a first place winner in the 2012 Taste of the Town and the National Hard Crab Derby Salad division.

**Producer: Tom Reynolds, Farmer Tom's (Baltimore County)**

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

Products used in the recipe: Zucchini, tomatoes, peppers, onion.

In its early days, the Reynolds' farm was an orchard. It also raised pigs, chickens, and various crops. In 1985, after graduating Penn State University with a degree in agriculture business management, Tom Reynolds began farming full time. The farm has grown from 50 to 170 acres and grows tomatoes, cantaloupes, watermelon, zucchini, squash, peppers, corn and other vegetables. Reynolds is part of a marketing group with other farmers who help each other out by sharing and buying each others products.



# Pork Bulgogyi and Cucumber Salad

## Ingredients

*Makes 4 - 6 servings*

### *Pork Bulgogyi*

2 pounds thinly sliced pork shoulder  
or pork collar butts  
4 tablespoons Korean red pepper flakes  
½ cup sugar (organic or brown)  
3 tablespoons garlic, minced  
2 tablespoons ginger, minced  
½ cup green onion, chopped  
1 large onion, sliced  
⅓ cup soy sauce  
¼ cup sesame oil  
2 teaspoons ground black pepper

### *Cucumber Salad*

3 large English cucumbers, ¼-inch thick slices  
½ cup vinegar  
3 tablespoons sugar  
1 tablespoons salt  
3 cloves garlic, chopped  
2 teaspoons chives, chopped  
½ tablespoons toasted sesame seeds  
1 to 3 teaspoons Korean red pepper flakes \*depending  
on desired spiciness

## Preparation

### *Pork Bulgogyi*

Place the thinly sliced pork in a large mixing bowl, combined with all other ingredients – except for the chopped green onions. Let the mixture marinate for about 30 minutes to 1 hour. Afterwards, place large skillet on high heat and add marinated pork mixture. Sauté marinated pork mixture until thoroughly cooked and liquid is reduced. Add green onions and cook for an additional 1 minute to slightly soften green onions. Remove from heat and place pork on serving platter with rice.

### *Cucumber Salad*

Mix vinegar, sugar, and salt with sliced cucumbers. Let the mixture sit for 30 minutes. Add rest of the ingredients to the mixture until thoroughly combined. Place in a serving bowl and serve chilled.

## Pair With...

Hoppy Dog IPA, Pub Dog Brewing Company

## About the Recipe

### **Chef: First Lady Yumi Hogan**

Maryland's First Lady Yumi Hogan is the first Korean-American First Lady in the United States. Mrs. Hogan is a first-generation Korean-American, an accomplished artist, and an adjunct professor at Maryland Institute College of Art. Mrs. Hogan grew up on a farm in the South Korean countryside



and immigrated to the United States more than 20 years ago. Her artwork, created on traditional Hanji paper with traditional Sumi ink, has been featured in art shows and museums around Maryland, Virginia, the District of Columbia, and Seoul, Korea. In 2010, she won the Caruso Award at the International Juried Exhibition Circle Gallery in Annapolis. As First Lady, Mrs. Hogan plans to support the arts community and advocate for arts programs in schools across the state, and host exhibitions for Maryland artists at Government House. In addition she plans to become involved with organizations aimed at supporting single mothers and victims of domestic violence.

**Producer: Hannah Cawley, Hay Jay Acres (Caroline County)**

Products used in the recipe: Cucumbers.

Hay Jay Acres in Federalsburg is a family farm operation consisting of grain, vegetables, and poultry. Hay Jay grows a variety of crops including corn, wheat, barley, soybeans, and sweet corn on 1,000 acres. It also raise 60,000 broilers for Perdue. However, the main focus of the operation is machine-harvested cucumbers, growing 1,000 to 1,300 acres each summer, selling to Kenny Brothers Produce in Bridgeville, DE. The cucumbers are then sold to brands such as Vlasic, Mt Olive, and B&G. Hay Jay has grown its cucumber operation from hand picking in 1978 to harvesting with five machines which family members own and operate.



# Solomons Rockfish

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## Ingredients

6 6-ounce fillets fresh rockfish  
1 large onion  
8 tomatoes  
2 ounces fresh basil  
2 teaspoons garlic, chopped  
2 cups balsamic vinegar

½ cup sugar  
½ cup extra virgin olive oil  
½ teaspoon salt  
½ teaspoon pepper  
1 cup goat cheese  
1 cup flour

## Preparation

Clean and lightly dust rockfish with flour, salt, and pepper. Pan fry for 15 to 20 minutes depending on thickness. In a bowl, combine diced tomatoes, chopped onions, garlic, basil, salt and pepper; in a separate bowl, mix balsamic vinegar, sugar and olive oil together with a whisk. Combine all together. Plate rockfish and top with tomato mixture and garnish with goat cheese.

## Pair With...

Honeygut Lite, White Marsh Brewing Company

## About the Recipe

**Chef: Sandra Stallings, Chesapeake Shores Nursing Home & The Striped Rock Restaurant (Calvert County)**

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

Chef Sandra Stallings started working in restaurants at the age of 14 and has been working in restaurants and nursing homes for more than 35 years. Starting at Middleborough Inn, she worked closely with executive chef Ming for more than 10 years. After that, she got into healthcare providing upscale meals for the elderly. She always had the desire to have her own restaurant, and in 2012 Chef Stallings opened The Striped Rock in Solomons Island. Today, she has both a successful restaurant and still works in healthcare at Chesapeake Shores Nursing Home.

**Producer: Will Kremer, Chesapeake's Bounty (St. Mary's County)**

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

Products used in the recipe: Rockfish, basil, tomato, onion.

Chesapeake's Bounty was originally founded in 1994 by the late Greg Ciesielski, a teacher, waterman, and entrepreneur. His daughter Marci Kremer managed the storefront and was the kind face that most people remember when they think of the store. Over the years, Chesapeake's Bounty grew



tremendously thanks to the support of the Calvert County community and patrons from other areas. Eventually, the entire Ciesielski/Kreamer family was involved with the store until it closed in December 2006. In September 2007, Greg's grandson William Kreamer re-opened the store. Within a year, a new store location was under construction on a small farm in St. Leonard. That location is now flourishing as more people discover the benefits of buying local, quality food products. With a growing selection of local products and an expanding on-site farm, Chesapeake's Bounty continues family's legacy of innovation, community service, and customer appreciation.



# Sriracha Glazed Rockfish

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## Ingredients

*Makes 4 servings*

4 fresh Maryland rockfish, 5-6 ounce portions  
8 ounces vermicelli (rice noodles, typically 1 box)  
1 cup cantaloupe, julienne cut  
1 cup honeydew, julienne cut  
1 teaspoon thai basil, chopped  
½ cup cilantro, chopped  
2 tablespoons sesame oil  
1 tablespoon canola oil  
2 tablespoons sriracha glaze (see below)

### *Sriracha Glaze (Yield: ½ cup)*

½ cup sugar  
2 tablespoons Sriracha  
1 tablespoon reduced sodium soy sauce  
1 tablespoon oyster sauce  
1 tablespoon fish sauce

## Preparation

*Sriracha Glaze: (Cook time around 2 to 5 minutes and can be made in advance)*

1. Combine first four ingredients in a small sauce pot and stir over medium heat just until the sugar dissolves.
2. Remove from heat, then add fish sauce, cool and reserve. Note: the sugar will reduce the heat intensity as it sets.

*Dish: (Estimated cook time 25 minutes)*

1. Bring water to a boil in pot on the stove for the vermicelli. In the meantime, combine the cantaloupe, honeydew and Thai basil together in a small bowl and reserve for service.
2. Once the water comes to a boil, add the noodles and cook for 4 to 5 minutes until soft but still firm. Rinse with cold water and finish by tossing with sesame oil, canola oil, cilantro and a pinch of salt. Reserve for service.
3. Glaze each piece of fish with ½ tablespoon of Sriracha Glaze and bake or broil. (Cook time will vary depending on cut of fish and cooking method. Thick cuts generally take 8 to 10 minutes.) If grilling or pan searing, brush with glaze when finished or near finished cooking to not burn the glaze.
4. Serve fish with 6 ounces of sesame vermicelli and ¼ cup of blended melon. Season with salt at tableside. Serve remaining Sriracha Glaze on the side. Enjoy!

**Chef's Note:** Everything can be made or prepared a day in advance. If you have a busy night or a party all you would need to do is cook the fish and glaze it for a meal in minutes! Many stores now carry Thai basil but you can substitute regular basil if needed or omit altogether.





## Pair With...

Springhouse, Rocklands Farm

## About the Recipe

**Chef: Patty Henley, Saval Foodservice (Howard County)**

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

Chef Patty Henley is a certified executive chef with more than 15 years experience as an industry professional. She is the corporate chef for Saval Foodservice in Hanover. Active in the community, she also serves as treasurer for the Nation's Capitol Chef's Association. Chef Henley trained early in her career under the mentoring of a certified master chef, one of only 53 in the country at the time. Her strengths include presentations, trainings and recipe development. A Baltimore native, she now lives on Maryland's Eastern Shore with her daughter.

**Producer: Tina Schillinger, Schillinger's Farm (Anne Arundel County)**

[www.papajohnfarm.net](http://www.papajohnfarm.net)

Products used in the recipe: Cantaloupe and honeydew melon.

Schillinger's Farm has been owned and operated by the Schillinger family for the past four generations. Each year the family grows a wide variety of produce for the wholesale market and their retail produce stand.

**Producer: Robert Coleman (Kent County)**

Products used in the recipe: Rockfish

Bio: Robert Coleman owns the commercial fishing vessel, Marsan, in Rock Hall.



# Sweet and Sour Honey Glazed Grilled Pork Tenderloin and Old Bay Tomato Corn Relish

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## Ingredients

### *Pork Marinade*

½ cup vegetable oil  
1 teaspoon garlic, minced  
1 teaspoon ground black pepper  
1 teaspoon smoked paprika  
1 teaspoon onion powder  
¼ teaspoon cayenne pepper

### *Honey Glaze*

1 cup Banner Bee raw honey  
¼ cup apple cider vinegar  
¼ cup sherry  
1 teaspoon garlic, minced

### *Old Bay Tomato Corn Relish*

2 cups silver queen corn, cut from cob  
2 cups grape tomatoes, halved  
1 cup red onion, medium diced  
1 jalapeño, seeds removed, minced  
½ cup minced cilantro, plus ¼ cup set aside  
2 teaspoons Old Bay  
¼ cup honey glaze (from above)

## Preparation

1. Marinate pork tenderloin at least 1 hour and if possible, marinate overnight.
2. Mix ingredients for sweet and sour glaze and set aside.
3. Mix ingredients for tomato corn relish, add salt and pepper to taste, then refrigerate.
4. Remove pork tenderloin from marinade and allow oil to drain off pork 4 to 5 minutes.
5. Grill over medium heat and rotate to sear all sides. When internal temperature reaches 145°F, lower heat to low and brush with sweet and sour glaze. Brush all sides of the pork and move pork to top rack of grill for 5 minutes.
6. Remove pork from grill and allow to rest 5 to 10 minutes before cutting.
7. Cut into quarter-inch thick medallions and serve atop tomato corn relish.
8. Drizzle sweet and sour glaze on pork and garnish with minced cilantro.



## Pair With...

Stay Sour Pony Boy, Backshore Brewing Company

## About the Recipe

**Chef: Christopher Vocci, Alexandra's Restaurant at Turf Valley (Howard County)**

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

A Maryland native, Chef Christopher Vocci focuses on the use of local products from Roseda Beef, Wagon Wheel Ranch Pork, True Chesapeake Oysters and the bounty of the Atlantic and Chesapeake. A 2007 graduate of Baltimore International College, Chef Vocci specializes in creating modern interpretations of classical Italian, French and American southern dishes with an emphasis on locally sourced products. He is the executive chef of Alexandra's Restaurant at Turf Valley and was previously executive chef of Oyster Bay Grille in Towson, and restaurant chef of Baltimore Country Club's two campuses in Roland Park and May's Chapel where he worked with staff horticulturists to build an herb and vegetable garden on site.

**Producer: Andrea Langworthy, Banner Bee Honey (Montgomery County)**

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

Products used in the recipe: Wildflower honey.

Banner Bee Company LLC, formerly the NakedBee LLC, began as a beekeeping hobby for the Langworthy family two generations ago. The family's apiaries are located on various farms throughout northern Montgomery, Frederick and Howard counties, providing the bees with an abundance of tasty nectar which is evident in the award-winning honeys! The family considers it their responsibility to educate all who will listen about the importance of the honeybee from crop pollination to the medicinal qualities of the products created in the honeybee hive. The family's mission and passion is to provide consumers with exceptional all-natural and effective hive-based products, outstanding customer service, social responsibility, and a steadfast commitment to the environment and a sustainable future.





# Desserts





# Blueberry and Lemon Ice Pops

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## Ingredients

*Makes about ten 3-ounce pops*

2¼ cups fresh blueberries, puréed  
¾ cup simple syrup  
2 tablespoons fresh lemon juice  
2 teaspoons lemon zest

### *Simple Syrup*

½ cup organic evaporated cane juice  
½ cup water

## Preparation

### *For simple syrup*

Combine the sugar and water in a small saucepan and bring to a simmer over medium-high heat, stirring until the sugar dissolves and the mixture is transparent. Turn off the heat and cool.

Combine the puréed blueberries, simple syrup, lemon juice, and lemon zest. Whisk until smooth and all of the ingredients are thoroughly combined. Pour mixture into ice pop molds and freeze 4 to 5 hours or overnight until solid. Unmold and enjoy!

## About the Recipe

**Chef: Tracy King, Cumberstone Ice Pops, LLC (Anne Arundel County)**

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

Tracy King is a former professional photojournalist and 17 year resident of Harwood along with her husband, Chris, and her two children, Parker and Sara. Her creativity behind the camera also transferred to her love of food. A graduate of Virginia Tech with a Bachelor's of Science degree in finance and a closet foodie, Ms. King began her baking career five years ago selling her homemade French macaroons and cake pops to her friends and family. With a passion for hyper freshness and unique flavors, Chris and Tracy began Cumberstone Ice Pops in 2013 with the idea of bringing their own fresh grown berries, fruit, and herbs along with their farming neighbors produce to the farmers' market in a fresh, new, unique, and fun way. Sold exclusively at the Anne Arundel County Farmers' Market since 2013..

**Producer: Chris and Tracy King, Compromise Farm (Anne Arundel County)**

Products used in the recipe: Blackberries, red raspberries, fresh herbs, and pears that are used in their handcrafted, gourmet ice pops. Chris and Tracy King have been growing blueberries in Harwood, Anne Arundel County for 17 years. They also produce blackberries, red raspberries, fresh herbs, and pears that are used in their handcrafted, gourmet ice pops.



# Firefly Farms Goat Cheese Cheesecake with Caramel Sauce and Grilled Black Rock Orchard Peach Compote

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## Ingredients

2 cups graham cracker crumbs  
2/3 cup melted butter  
3 8-ounce packages cream cheese, room temperature  
4 ounces chèvre goat cheese, room temperature  
1 1/2 cups sugar  
1 cup sour cream  
3 eggs  
1 tablespoon cornstarch  
1/4 cup heavy cream  
1 teaspoon vanilla  
1/4 cup graham cracker crumbs

### *Topping*

1/4 cup sour cream  
1/4 cup chèvre goat cheese, room temperature  
3 tablespoons honey  
1 cup caramel sauce

### *Peach Compote*

2 cups grilled peach slices, finely chopped  
1 cup sugar  
1 tablespoon fresh squeezed lemon juice  
1 tablespoon vanilla extract

## Preparation

### *Cheesecake*

Preheat oven to 350°F. In a mixing bowl, combine the crumbs and butter. Press the mixture into the bottom and up the sides of a 10-inch spring form pan. In a food processor, combine the cream cheese, goat cheese, sugar, and sour cream and blend until smooth. Add the eggs one at a time until incorporated. Dissolve the cornstarch in the cream and add to the cheese mixture. Fold in the vanilla. Pour the filling into the springform pan and bake for one hour or until the cake has set. Spoon the topping over the cheesecake and return to oven for 5 to 8 minutes. After removing the cake from the oven, run a knife around the edges of the pan to prevent the cake from cracking. After the cake has cooled sprinkle the top of the cake with graham cracker crumbs. Cut and serve adding a dollop of Peach Compote (recipe follows) to each serving.

### *Topping*

Whisk all the ingredients together in a bowl.

### *Peach Compote*

Place all the ingredients into a medium saucepan and cook over a medium until the mixture reaches a simmer. Reduce heat a bit and continue cooking for 5 to 8 minutes. Remove from heat.



## Pair With...

Milk Stout, Ruhlman Brewery, “Our Ales”

## About the Recipe

**Chef: Doug Wetzel, Gertrude’s (Baltimore City)**

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

Chef Douglas Wetzel is a graduate of the Culinary Institute of America, Hyde Park and has been at the helm of Gertrude’s for the past 8 years. A lifelong Maryland resident, his first job was working in the fields of Schillinger Farm in Anne Arundel County. He is dedicated to building relationships and featuring local growers in the restaurant menu.

**Producer: David Hochheimer, Black Rock Orchard (Carroll County)**

[twitter.com/blackrockorchrd](https://twitter.com/blackrockorchrd)

Products used in the recipe: Peaches.

Black Rock Orchard is a family owned orchard in Lineboro. With 92 acres of land, David Hochheimer and Emily Zaas grow 77 varieties of apples, peaches, pears, nectarines, plums, apricots, blueberries, gooseberries and more. Their produce can only be found at farmers markets in the Maryland-Washington-Virginia region.

**Producer: Pablo Solanet, FireFly Farms (Garrett County)**

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

Products used in the recipe: Goat cheese.

Firefly sources fresh goat milk from six family farms, all within a 30-mile radius of the creamery.

Firefly has implemented a mutually beneficial contract, paying farmers fairly based on the components (butterfat and protein) and quality (low bacteria and somatic cell count) of their milk.

Firefly crafts, ages, and wraps its entire line of goat cheeses by hand – using apprenticed cheesemakers, not machines.





# Peach and Goat Cheese Upside Down Cobbler

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## Ingredients

*Makes two 8 x 8 inch pans.*

### *Cobbler Dough*

2 tablespoons sugar  
1¾ cups of all-purpose flour  
1 teaspoon salt  
1 tablespoon baking powder  
6 tablespoons butter, chilled  
¾ cup heavy cream

### *Goat Cheese Mixture*

1½ cups chèvre goat cheese  
¼ cup Governor's Gold Honey

### *Peach Mixture*

4 cups sliced peaches  
¼ cup lemon juice  
1 cup sugar  
½ cup cornstarch  
½ cup butter

## Preparation

### *Cobbler Dough*

Mix dry ingredients together. Cut butter into dry ingredients using pastry cutter until it resembles coarse cornmeal. Stir in cream until mixture comes together. Press mixture into two 8 x 8 inch square baking pans and bake in 400°F oven for about 15 minutes or until golden. Let cool.

### *Goat Cheese Mixture*

Mix ingredients together and spread onto cooked crusts.

### *Peach Mixture*

Place ingredients in pot and mix together. Heat slowly and stir occasionally until mixture boils and thickens. Pour over crust and goat cheese and spread evenly. Chill thoroughly and cut into squares.

## About the Recipe

**Chefs:** Medford Canby, Cathy Ferguson and Charles (Buz) Porciello, Government House (Anne Arundel County)

**Chef Medford Canby** is a 1983 graduate of Johnson and Wales University with a degree in Culinary Arts. He has worked at Government House for 29 years and is proud to have served six Maryland governors and thousands of Marylanders.

**Chef Cathy Ferguson** studied baking and pastry at Baltimore Culinary College. After graduating in 1991, she worked in luxury hotels in Washington, D.C. as well as private clubs in Baltimore. She



joined Government House in 2007. She has spent most of her life in Maryland and enjoys cooking local seafood as well as creating wedding cakes and desserts.

**Chef Buz Porciello** has spent the last seven years at Government House offering his techniques and knowledge gained through many years in various kitchens as well as a formal education at Baltimore International College in 1990. With over 25 years in the food industry, he has worked at several top restaurants and resorts. After several years in the healthcare system with Vantage House in Columbia and Sunrise Assisted Living in Annapolis, he moved on to co-own and operate The Rockfish in Eastport before joining the team at Government House.

**Producer: Ilene Milburn, Milburn Orchards (Cecil County)**

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

Products used in the recipe: Peaches.

For more than 100 years, families have been driving from Pennsylvania, New Jersey, Delaware, Maryland and points beyond to visit the Milburn Orchards. The family owned and operated farm has been growing and selling fresh fruit since 1902, and is now run by the fourth generation of the Milburn family. The orchard was established by Esma B. Milburn in 1902.

**Producer: Pablo Solanet, FireFly Farms (Garrett County)**

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

Products used in the recipe: Goat cheese.

Firefly sources fresh goat milk from six family farms, all within a 30-mile radius of the creamery.

Firefly has implemented a mutually beneficial contract, paying farmers fairly based on the components (butterfat and protein) and quality (low bacteria and somatic cell count) of their milk.

Firefly crafts, ages, and wraps its entire line of goat cheeses by hand – using apprenticed cheesemakers, not machines.



# Peach and Polenta Upside Down Torte with Honey Thyme Liquid Nitrogen Ice Cream

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## Ingredients

*Makes 8 servings*

### *Peach-Polenta Cake*

½ cup blanched almonds, peeled  
¼ cup granulated sugar  
½ cup polenta  
1 cup all-purpose flour  
1 teaspoon kosher salt  
8 tablespoons soft butter  
½ cup granulated sugar  
2 eggs  
1 teaspoon pure vanilla extract  
1 teaspoon peach schnapps  
5 peaches, peeled, cut in half

### *Peach Syrup*

½ pound peaches, peeled, cut in half, and roughly chopped  
1 cup granulated sugar  
½ cup dry white wine  
½ cup water  
1 tablespoon peach schnapps  
1 vanilla bean, split lengthwise, seeds scraped

### *Honey Thyme Liquid*

#### *Nitrogen Ice Cream*

2 cups heavy whipping cream  
1 cup whole milk  
15 large fresh thyme sprigs  
4 lemons, zest only  
2 large eggs  
¼ cup sugar  
½ cup rooftop honey  
1 vanilla bean, split and scraped  
3 liters liquid nitrogen

## Preparation

### *For the peach-polenta cake*

1. Preheat oven to 350°F.
2. Place almonds and sugar in a food processor and pulse until they are finely ground.
3. In a medium-sized bowl, combine the almond-sugar mixture, polenta, flour, and salt.
4. Cream butter and sugar together in electric mixer.
5. Add the eggs, one at a time, until fully incorporated.
6. Add the vanilla extract and peach schnapps.
7. Turn the mixer to low and add the dry ingredients.
8. Cut the peach halves into quarter-inch wedges and arrange them in concentric circles, starting in the center of the pan, forming a spiral pattern in a 9-inch round pan.
9. Spoon the batter over the peaches. Bake for 30 to 40 minutes or until the cake springs back when lightly pressed and a toothpick inserted in the center comes out clean.
10. Remove the sides from the pan and allow the cake to cool on a rack.



### *Peach Syrup*

1. In a small stainless steel saucepan, combine the peaches, sugar, wine, water, peach schnapps, and vanilla bean and seeds. Set over low to medium heat and simmer, stirring occasionally, until the mixture is slightly syrupy, about 6 to 8 minutes.
2. Remove from heat. Allow syrup to cool to room temperature.
3. Cover and refrigerate until cold, at least 2 hours or overnight.
4. Remove the vanilla bean pieces from the syrup. Place syrup in a blender or food processor and purée until smooth.

### *Ice Cream*

1. Bring cream, milk, thyme and lemon zest to boil in medium saucepan.
2. Remove from heat. Cover and let steep 2 hours.
3. Whisk eggs and sugar in a separate medium bowl. Add honey to cream mixture. Simmer over medium heat, stirring until honey dissolves.
4. Gradually whisk cream mixture into egg mixture. Return custard to same pan. Stir over medium heat until custard thickens enough to coat spoon and thermometer reads 170°F, about 4 minutes using great care not to boil.
5. Strain into clean bowl; whisk in vanilla. Cover; chill until cold, at least 3 hours and up to 1 day.
6. Process custard in electric mixer using liquid nitrogen to freeze. Transfer to bowl, cover, and freeze until firm, at least 3 hours and up to 3 days, or, place custard in an ice-cream maker.

### **Pair With...**

Bourbon Barrel Aged Rum, Lyon Distilling Co.

### **About the Recipe**

**Chef:** James Barrett, Azure at the Westin Annapolis (Anne Arundel County)

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

From his beginnings in local restaurants in southern Anne Arundel County to the deserts of Arizona, Chef James Barrett has worked tirelessly to put together good flavors and textures. His passion for fresh, local ingredients is a nod to his family's farming roots in Anne Arundel County. Buying local and eating local are more than buzzwords for chef; they are a way of life that was instilled in him by his grandparents.

**Producer:** Russ Shlagel, Shlagel Farms (Charles County)

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

Products used in the recipe: Peaches.

Shlagel Farms is a third generation family farm approaching its 100th anniversary. The farm has a pick-your-own strawberry patch in May and a pick-your-own pumpkin patch in October. Shlagels



also grow a large variety of fruits and vegetables that they retail at local farmer's markets and wholesale to several chain stores. Shlagel Farm is Maryland Good Agricultural Practices (GAP) certified.

**Producer: Vinton Lawrence, Land's End (Kent County)**

[www.uppershoreregionalcouncil.org/harvestdirectory/business/businesspage.php?VendorID=180](http://www.uppershoreregionalcouncil.org/harvestdirectory/business/businesspage.php?VendorID=180)

Products used in the recipe: Cornmeal.

Land's End Farm is a 600-acre, certified organic farm in Chestertown on Maryland's Eastern Shore. The farm was established in the mid-1930s and has operated under family control since then. The family has designed, implemented, and managed the conversion to organic methods and permaculture on the entire farm's acreage. All of the acreage is managed and certified as organic.

**Producer: Cloverland Green Spring Dairy (Baltimore)**

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

Products used in the recipe: Milk, cream.

Cloverland Farms Dairy started in Baltimore in 1919. Its Monroe Street location was where the horse and wagon teams left every morning, delivering dairy products. In 1932, Greenspring Dairy was founded, and over the years Cloverland and Greenspring became the two major milk producers in the Baltimore/ Washington market. Today, Cloverland operates a state of the art facility in Baltimore and its line of products has grown from milk to teas and juices.



# Peach Iced Tea Ice Pops

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## Ingredients

*Makes approximately ten 3-ounce pops.*

3-4 yellow peaches, ripe  
½ cup organic evaporated cane juice

2 large sprigs of fresh mint  
3 bags of English Breakfast Tea

## Preparation

Cut the peaches in half, place pit side down on a baking sheet and place in a 350°F oven for 10 to 15 minutes until the peaches are soft and syrupy. Cool.

In a saucepan, bring the sugar and 2 cups of water to a boil. Lower the heat and simmer until the sugar is dissolved, about 5 minutes. Remove from heat. Add the tea bags and mint. Let steep for 10 minutes or longer for more mint flavor. Discard the tea bags and mint. Cool.

Purée the peaches (you will need 1 cup to work with). Add the tea and mint mixture to the puréed peaches and thoroughly combine. Chop any leftover peaches into small pieces and drop into the pop molds. Pour the peach mixture into the pop molds and freeze 4 to 5 hours or overnight until solid. Unmold and enjoy!

## About the Recipe

**Chef:** Tracy King, Cumberstone Ice Pops, LLC (Anne Arundel County)

Website: <http://cumberstoneicepops.com>

Tracy King is a former professional photojournalist and 17-year resident of Harwood. A graduate of Virginia Tech with a Bachelor's of Science degree in finance and a closet foodie, Ms. King began her baking career five years ago selling her homemade French macaroons and cake pops to her friends and family. With a passion for hyper freshness and unique flavors, Chris and Tracy began Cumberstone Ice Pops in 2013 with the idea of bringing their own fresh grown berries, fruit, and herbs along with their farming neighbors' produce to the farmers' market in a fresh, fun way. Sold exclusively at the Anne Arundel County Farmers' Market since 2013.

**Producer:** Tim Zang, Zangs Farm (Anne Arundel County)

Products used in the recipe: Peaches.

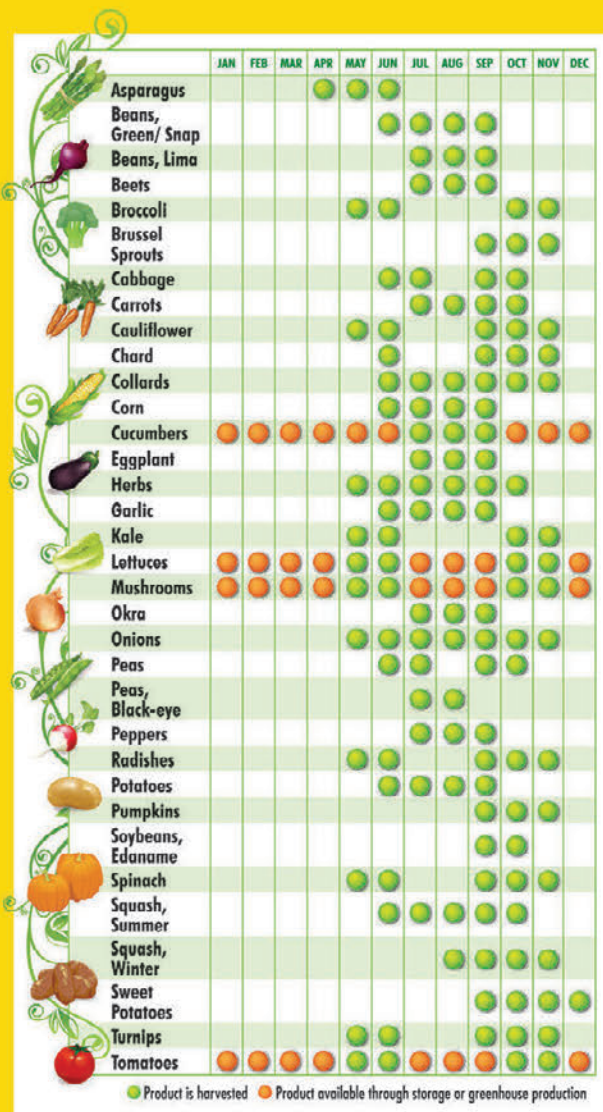
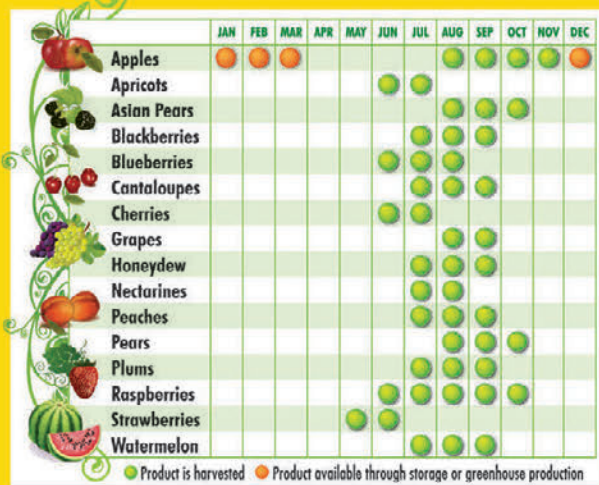
The Zangs are a local farm family who operate their stand in the traditional way, selling only fresh-picked produce. Most of it is grown on their land or on their neighbors' land. At 69, Laura Zang runs her family's stand on Muddy Creek Road in Harwood. She and her husband Billy (now deceased) bought the 100-acre farm 47 years ago. Today, their son and grandchildren live on the farm. The family leases some of their farm for grain production, while they tend to about five acres of produce and flowers, and a 300-tree peach orchard.





# Buy Local Year-Round

You'll find dozens of varieties of locally grown produce available April through December, and value-added products like meat, cheese and other dairy items, jams and wine available year-round. Visit [MarylandsBest.net](http://MarylandsBest.net) for listings and maps of your nearest producers.



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[www.marylandsbest.net](http://www.marylandsbest.net)

