



Recipes

Fresh Salad with Pickled Okra, Tomato Confit, and Cider Dressing

Makes 4 servings

Recipe courtesy Andrea Griffith, Executive Chef, Pursell Farms, Sylacauga, Ga.

Ingredients:

8 ounces mixed baby salad greens
1 small red onion, thinly sliced
1 ear fresh corn, shucked, grilled until lightly browned, and kernels cut off
Tomato Confit (recipe follows)
8 spears Pickled Okra (recipe follows)
1 hard-cooked egg, peeled and quartered
4 tablespoons Cider Dressing (recipe follows)
Fresh chives

Procedure:

Divide salad greens, onion, corn, and Tomato Confit among 4 serving plates. Top each with 2 spears Pickled Okra and 1 egg quarter. Drizzle each with 1 tablespoon Cider Dressing, and top with chives. Serve immediately.

For pickled okra (makes 6 pints):

6 pint-size canning jars, lids, and bands, sterilized
24 cloves garlic, peeled
2 jalapeno peppers, sliced
1 habanero peppers, sliced
6 tablespoons crushed red pepper
6 teaspoons mustard seeds
6 teaspoons cumin seeds
2 teaspoons salt
4 pounds fresh whole okra, washed well and stems cut off
3½ cups water
3½ cups apple cider vinegar

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*Presenter materials not included in binders can be found at www.cheftochefconference.com after the Conference.



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Procedure:

- Prepare a water-bath canner.
- To each pint jar, add 4 cloves of garlic, 2 slices jalapeno, 1 slice habanero, 1 tablespoon red pepper, 1 teaspoon each mustard and cumin seeds.
- Pack okra into jars as tightly as possible. In a large saucepan, bring 3½ water and vinegar to a boil over high heat. Ladle hot liquid into jars to cover okra. Add lids and bands to fingertip tightness.
- 4. Process in canner for 10 minutes. Carefully remove jars, and let cool, undisturbed, on a kitchen towel for 24 hours. Sealed jars can be stored in a cool, dark place for up to 6 months.
- 5. Refrigerate after opening.

For tomato confit (makes about 2 cups):

- 1 pint cherry tomatoes
- 2 sprigs thyme, cut in half
- 1 clove garlic, shaved
- 2 tablespoons sugar
- 2 tablespoons extra-virgin olive oil
- Salt, to taste

Procedure:

- Bring a large saucepan of water to a boil. Prepare a large bowl of ice water.
- Cook tomatoes in boiling water for about 15 seconds; transfer to ice water to stop the cooking process. Drain well.
- Peel tomatoes, leaving some peel on if desired.
- Preheat oven to 300°. Line a rimmed baking sheet with parchment paper.
- On prepared pan, toss together tomatoes, thyme, garlic, sugar, olive oil, and salt to taste; spread in a single layer.
- Bake until tomatoes are dried halfway through, about 4 hours. Let cool completely. Transfer tomatoes to a container, and pour liquid from baking sheet onto tomatoes. Cover and refrigerate for up to 1 week.

For cider dressing (makes about 1 cup):

- ¾ cup olive oil
- ¼ cup unfiltered apple cider vinegar
- 2 tablespoons grated fresh Parmesan cheese
- 1 teaspoon Dijon mustard
- ½ teaspoon garlic powder
- ½ teaspoon sea salt

Procedure:

- In a small resealable jar, shake together all ingredients until well combined. Refrigerate for up to 1 week.

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Recipes

Seared Pork Chops with Vanilla Parsnip Purée, Cider Bacon Jam, and Pickled Pears

Makes 4 servings

Recipe courtesy Andrea Griffith, Executive Chef, Pursell Farms, Sylacauga, Ga.

4 (4-ounce) farm fresh pork chops, patted dry with paper towels
Salt, to taste
Ground black pepper, to taste
2 to 3 tablespoons butter
½ cup apple juice
4 sprigs fresh thyme

Procedure:

- Season both sides of pork chops with salt and pepper to taste.
- In a large skillet, melt butter over medium heat. Add pork, and cook until browned on both sides, about 4 minutes per side.

For Vanilla Parsnip Purée (makes 4 servings):

1 pound parsnips, peeled and diced
¼ vanilla bean, split lengthwise
1 clove garlic
2/3 cup heavy whipping cream
Salt, to taste
Ground black pepper, to taste

Procedure:

- In a large saucepan, bring parsnips, vanilla bean, garlic and water to cover to a boil over high heat. Reduce heat, and simmer until parsnips are tender, about 10 minutes. Drain well, discarding vanilla bean and garlic.
- Transfer parsnips to the work bowl of a food processor, and add cream. Pulse mixture until smooth. Season to taste with salt and pepper. Refrigerate in an airtight container for up to 4 days.

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Cider Bacon Jam (makes 2 cups):

1 (16-ounce) package bacon, chopped
1 shallot, shaved
½ red onion shaved
2 cloves garlic, minced
½ cup brown sugar
1 cup apple cider
¼ cup apple cider vinegar
Salt, to taste

Procedure:

- In a large skillet, cook bacon over medium-high heat until crisp. Remove bacon using a slotted spoon, and let drain on paper towels, reserving drippings.
- Add shallot, onion, and garlic to skillet, and cook for 1 minute. Stir in brown sugar, cider, and vinegar until well combined. Cook, stirring occasionally, until mixture starts to thicken, about 3 minutes. Stir in cooked bacon, and season with salt as needed. Refrigerate in an airtight container for up to 10 days.

Pickled Pears (makes 2 cups):

4 pears, peeled and shaved
1 1/3 cups sugar
1/4 cups water
1 1/3 cups of cider vinegar
1/8 teaspoon ground cinnamon
1/8 teaspoon crushed red pepper

Procedure:

- In a medium bowl, stir together all ingredients until well combined. Let stand for 30 minutes before serving.