



INGREDIENTS

8 large eggs
1/4 cup whole milk
1 cup cubed Gruyère cheese, divided
Kosher salt and freshly ground black pepper
1 tsp. olive oil
4 slices bacon, diced
1 1/2 cups fresh corn kernels, cut from 4 ears of corn
(or use defrosted frozen corn)
5 green onion, roughly chopped
1 jalapeño pepper, seeded and diced

DIRECTIONS

1. Adjust oven rack to 4 inches below broiler and preheat broiler to high. In a large bowl, whisk together eggs and milk until fully combined. Stir in half of cheese and season with salt and pepper. Set aside.
2. Heat oil in a 10-inch nonstick (oven safe) pan over medium-high heat until shimmering. Add bacon and cook until light brown but not crisp, about 4 minutes. Transfer to a paper towel-lined plate and remove all but 1 tbsp. bacon fat from pan.
3. Add corn, scallions, and jalapeño to skillet and cook, stirring occasionally, until just tender, about 4 minutes. Season to taste with salt and pepper.
4. Pour eggs into skillet and cook, stirring and scraping pan all over, until very loose curds form throughout, about 2 minutes. Continue to cook until eggs on bottom and edges are set, about 2 minutes. Top with remaining cheese, bacon, and a few jalapeño slices for decoration, if using.
5. Place under broiler until top is just set and golden brown, a few minutes. Serve

Agriculture **EXPO**





INGREDIENTS

4 cups Chinese Master Stock (See Recipe)
4 fresh shitake mushrooms, sliced thin
1/3 cup canned bamboo shoots, diced
1 tsp. soy sauce
½ tsp. sugar
1 tsp. salt
½ tsp. ground white pepper
¼ tsp. chili flakes
2 tbsp. red wine vinegar
1 tsp. sesame oil
2 tbsp. cornstarch
2 tbsp. water
8 oz firm tofu, cubed

DIRECTIONS

1. In a saucepan on medium heat, bring master stock just to a boil
2. Stir in the mushroom and bamboo shoots, soy sauce, sugar, salt, white pepper, vinegar, sesame oil and simmer for 5 minutes. Taste and adjust the flavors.
3. In a small bowl, mix the cornstarch and water. Pour into pot slowly, while constantly stirring. You should notice it thicken and it simmers and bubbles. Add the tofu and cook for another minute. Drizzle the raw egg into the simmering soup and remove from the heat. Stir in a figure 8 pattern so the egg forms ribbon shapes. Garnish with green onion

Agriculture **EXPO**



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CHINESE INSPIRED MASTER STOCK

INGREDIENTS

1 whole chicken, 9-piece cut
1lb pork shoulder bone
4 liters cold water
2 inch piece of ginger
2 cloves garlic, crushed
2 green onions, cut into thirds
1/2 tsp. white peppercorns
2 tbsp. oyster sauce
Salt to taste

DIRECTIONS

1. Cook off the blood and scum from the bones. Place pork and chicken pieces into pot and cover with 3 liters water. Bring to a boil and cook for 3 minutes. Strain and rinse.
2. Place chicken and pork back into the pot with 4 liters of cold fresh water and all the remaining ingredients, except salt. Bring to a boil. Reduce heat to medium and leave the lid slightly cracked. Simmer for 3 hours, occasionally skimming the surface.
3. Season with salt, let the stock cool, and then strain. Refrigerate up to 5 days

Agriculture **EXPO**





INGREDIENTS

2 tbsp. vegetable oil
1 onion. diced
½ tsp. minced garlic
½ tsp. minced ginger
1 tsp. cayenne pepper
½ tsp. turmeric powder
1 tsp. coriander powder
1 tsp. garam masala
1 – 240 ml can tomato sauce
(8oz)
1 cup water
½ cup sliced carrots
½ cup green beans
½ cup peas
1 cup potato, peeled and diced
¼ cup milk
¼ cup heavy cream
1/3 cup roasted cashews

DIRECTIONS

Heat oil in 4 to 6qt saucepan over medium heat. Add onion and cook for 1 minute. Add garlic and ginger and cook 1 minute more.

Stir in cayenne pepper, turmeric, coriander and garam masala and cook until they bubble just a little. Add tomato sauce and water and stir together well. Add carrots, beans, peas and potato. Bring to a boil, reduce heat to low and simmer for 20 minutes until potatoes are tender.

Add milk, cream and cashews. Turn up heat and bring just to a boil. Add salt to taste

Agriculture **EXPO**





INGREDIENTS

3 whole dried chili peppers
1 quart chicken stock, divided
3 tbsp. vegetable
1 small onion, finely sliced
6 medium cloves garlic, smashed
2 tsp. ground cumin
1/2 tsp. ground cloves
2 tsp. dried oregano
1/2 can chipotle chilies packed in adobo,
roughly chopped, with 1 tbsp. adobo sauce
1/4 cup apple cider vinegar
2 tsp. fish sauce
1 whole blade roast (about 4 pounds)
Kosher salt and freshly ground black pepper
2 whole bay leaves
Kosher salt
1/4 cup milk
1/4 cup heavy cream
1/3 cup roasted cashews

DIRECTIONS

Adjust oven rack to lower middle position and preheat oven to 275°F. Add dried chilies to large heavy-bottomed Dutch oven or stock pot and cook over medium-high heat, stirring frequently, until slightly darkened with intense, roasted aroma, 2 to 5 minutes. Do not allow to smoke. Remove chilies to small bowl and set aside.

Transfer to a 2-quart microwave-safe liquid measuring cup or bowl. Add 2 cups chicken broth, cover with plastic wrap, and microwave on high power until gently simmering, about 5 minutes. Remove from microwave and set aside.

Agriculture **EXPO**





SPICED BEEF DIRECTIONS CONTINUED

Add remaining two tbsp. oil and heat along with onions and garlic and cook, stirring frequently, until deep brown and just starting to burn, about 10 minutes. Add cumin, cloves, and oregano and cook, stirring constantly until fragrant, about 30 seconds. Add chipotle chilies, vinegar, and remaining chicken broth. Scrape up browned bits from bottom of pan. Simmer until reduced by about half, let cool for 5 minutes add to blender.

Add soaked chilies and their liquid to the blender along with fish sauce. Start blender on low and slowly increase speed to high. Puree until smooth, about 1 minute. Set aside. Place beef in Dutch oven. Add bay leaves, and sauce. Bring to a boil over high heat. Place lid on pot slightly cracked, transfer to oven. Cook, turning beef occasionally, until completely, about 4 hours.

Discard bay leaves. Transfer beef to a large plate. Return Dutch oven to stovetop and cook, stirring frequently, over medium-high heat until reduced, about 5 minutes.

Beef can be cut and served immediately, but for best results, transfer beef to a sealed container with liquid and refrigerate. When ready to serve, slice beef against the grain into 1 1/2- to 2-inch slices, then shred with two forks. Return beef to a pot along with the sauce. Bring to a simmer and cook, gently stirring and folding until beef is hot and coated in sauce. Season to taste with salt.

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INGREDIENTS

2 cups bowtie pasta, uncooked
3 cups, 2 (15-ounce) cans, or 3-4 ears of corn on the cob
1 large avocado
3 green onions
1/2 bunch cilantro
1 tablespoon finely chopped jalapeno
6-8 strips hardwood smoked bacon
1/2 cup feta
1/2 cup black beans

SALAD DRESSING INGREDIENTS

1/2 cup full fat mayo
3 tbsp. freshly squeezed lime juice and 1/4 tsp. lime zest
1/8 tsp. ground cumin
1/4 tsp. paprika
1/2 tsp. chili powder
1 tsp. Sriracha or hot sauce
Pinch of salt and ground black pepper

DIRECTIONS

Bring a pot of salted water to a boil. Cook pasta to al dente. Drain and rinse under cold water. Let pasta dry by laying it out on a greased cookie sheet and place in fridge.

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PASTA SALAD DIRECTIONS CONTINUED

Heat the grill to medium. Pull back the husks to the base and take off all the silk from each ear of corn. Fold back the husks into place. Place the ears of corn in a large bowl of water with 1 tbsp. of salt for 10 minutes and then remove from water and shake to dry. Place the corn on the grill, cover the grill, and cook for 15-20 minutes turning the corn every 5 minutes. Remove kernels.

Cut the avocado into small pieces, coarsely chop the green onions and cilantro, finely chop the jalapeno, and cook the bacon. Crumble the cheese. And add black beans

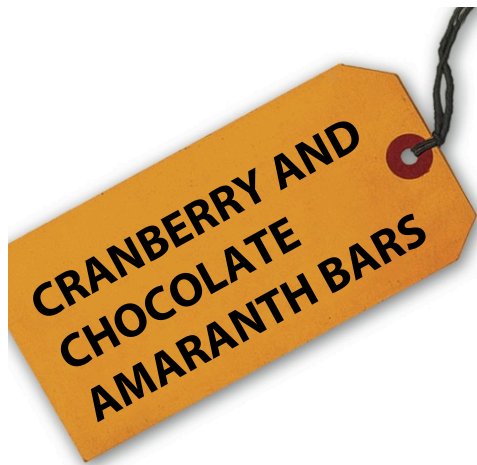
In a large bowl combine the completely dry and cooled pasta, cooled corn, avocado, onions, cilantro, jalapeno, bacon, and cheese.

If you don't plan on eating this in one sitting and immediately after making, don't add the bacon, cheese, or avocado. Add those in separately right before serving.

Toss together. In a small bowl combine all of the dressing ingredients and whisk together until completely combined.

Agriculture **EXPO**





INGREDIENTS

2 1/2 cups dark chocolate chips
1 cup maple syrup
1/2 cup honey
1 cup smooth almond butter
4 tsp. ground cinnamon
3 tsp. pure vanilla extract
1/2 cup amaranth grain
1 cup unsweetened coconut flakes
1/2 cup dried cranberries or cherries, coarsely chopped
1/2 cup salted cashews, coarsely chopped
1/2 cup instant oats, toasted
1/4 tsp. ground sea salt
1 cup heavy cream
1/3 cup caramel sauce, warmed, optional

INSTRUCTIONS

Place one cup of the chocolate chips in a plastic bag and place in the freezer until ready to use.

Mix maple syrup and honey in medium-sized saucepan. Bring to boil on medium heat. Reduce heat and simmer for 5 minutes. Remove from heat. Add almond butter, 3 tsp. of the cinnamon, and 2 tsp. of the vanilla and mix well. Set mixture aside.

Heat a large frypan on medium-high heat. Add 2 tbsp. of the amaranth, then cover and cook about 30 seconds or until most of the grains have popped. (The popped grains will look like slightly larger, small white beads.) Immediately transfer to large bowl. Repeat with remaining amaranth. (Should yield about two cups of popped amaranth.)

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CRANBERRY BARS DIRECTIONS CONTINUED

Add coconut, cranberries, cashews, toasted oats, and sea salt to popped amaranth in bowl and mix well. Add almond butter mixture, and stir to coat all ingredients. Allow mixture to cool slightly, stir in frozen chocolate chips.

Gently press amaranth mixture into bottom of foil-lined 12 x 8-inch baking pan, with ends of foil extending over sides of pan. Place pan in refrigerator to chill.

Meanwhile, bring cream just to boil in small saucepan. Stir in remaining one tsp. each of cinnamon and vanilla. Pour over remaining 1 1/2 cups chocolate chips in medium heatproof bowl.

Let stand 10 minutes, then stir until smooth. Pour chocolate sauce evenly over chilled amaranth dessert. Refrigerate two to three hours or until chocolate is set

Agriculture **EXPO**





INGREDIENTS

1 red bell pepper
1 yellow bell pepper
olive oil
1 medium eggplant, cut into 2" cubes
salt & freshly ground black pepper
1 cup pumpkin, peeled & cut into 1" cubes
1 small zucchini, cut into 1" cubes
2 medium onions, thinly sliced vertically
2 bay leaves
11 ounces pie crust dough * (see recipe)
8 thyme sprigs, leaves picked
1/3 cup ricotta cheese
4 1/4 ounces feta cheese
7 or 8 cherry tomatoes, halved
2 medium eggs
1 cup heavy cream

DIRECTIONS

1. Preheat the oven to 450°F. Use a small serrated knife to cut around the stem of the peppers and lift it out along with the seeds. Shake the peppers to remove all the remaining seeds. Place the two peppers in a small ovenproof dish, drizzle with a little oil and put on the top shelf in the oven.

2. Mix the eggplant in a bowl with 4 tbsp. of olive oil and some salt and pepper. Spread in a large baking pan and place in the oven on the shelf beneath the peppers.

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VEGETABLE TART DIRECTIONS CONTINUED

3. After 12 minutes add the sweet potato cubes to the eggplant pan and stir gently. Return to the oven to roast for another 12 minutes. Then add the zucchini cubes to the pan, stir and roast for a further 10 to 12 minutes. At this point, the peppers should be brown and the rest of the vegetables cooked. Remove all from the oven and reduce the temperature to 325°F. Cover the peppers with foil and cool, then peel and tear roughly into strips.

4. Heat 2 tbsp. of olive oil in a frying pan over medium heat. Sauté the onions along with the bay leaves and some salt for about 20 to 25 minutes, stirring occasionally, until they turn brown, soft and sweet. Remove from the heat, discard the bay leaves and set aside.

5. Lightly grease a 9-inch loose-bottomed tart pan. Roll out the pie crust dough to a circle roughly 1/8 inch thick and large enough to line the pan, plus extra to hang over the rim. Line the dough with a large sheet of parchment paper and fill it with pie weights or dried beans or rice. Bake the crust for 30 minutes. Carefully remove the paper with the weights, then bake for 10 to 15 minutes more. Remove and allow to cool a little.

6. Scatter the cooked onion over the bottom of the crust and top with the roasted vegetables. Scatter half the thyme leaves over. Next, dot the vegetables with cheeses and then with the tomato halves, cut-side up. Place the tart pan on a rimmed baking sheet.

7. Whisk the eggs and cream in a small bowl with salt and pepper. Carefully pour this mix into the tart; the top layer of tomatoes and cheese should remain exposed. Scatter the remaining thyme over the top. Bake for 35 to 45 minutes, or until the filling sets and turns golden. Remove rest for at least 10 minutes before removing the tart from the pan and serving

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TURKEY VEGETABLE SOUP

INGREDIENTS

4 liters water
1 leftover roast turkey carcass, cut into rough chunks
2 bay leaves
2 sprigs thyme
1 tbsp. Mt. Scio Savory
1 large potato, cubed
1 large onion, finely diced
2 medium carrots, diced medium
3 ribs celery, sliced at a bias
½ cup jasmine rice, rinsed in cold water (optional)
1lb leftover roast turkey meat, roughly torn into bite-sized pieces
Kosher salt and freshly ground black pepper

DIRECTIONS

1. Combine turkey parts and carcass, bay leaves, and thyme sprigs in a large stockpot. Cover with cold water and bring to a boil over high heat, reduce to a bare simmer, and cook for 2 hours. Strain broth into a medium saucepan and discard solids.
2. Add onions, carrots, celery. Bring to a boil, reduce heat and simmer and cook until vegetables are tender, about 10 minutes. Add potato, savory and rice (if using).
3. Stir in turkey pieces and season to taste with salt and pepper. Stir in parsley and serve.

Agriculture **EXPO**





INGREDIENTS

3 cups Thai Chicken Stock (See recipe)
6oz chicken breasts, cubed
1 cup mushrooms, sliced thick
2 red Thai chilies, split lengthwise
5 tbsp. fish sauce
4 tbsp. lime juice
1 ½ cups coconut milk
1 tbsp. chili paste in soybean oil
1 1/2 cups chopped cabbage
Cilantro for garnish

INSTRUCTIONS

Bring the Thai Chicken stock to a simmer over medium high heat in a large pot. Add the chicken, mushrooms, chilies, and cook for 5 minutes.

Stir in the fish sauce, lime juice, coconut milk and chili paste. Add the chopped cabbage and cook until just tender. About 1 minute

Serve and garnish with cilantro

Agriculture EXPO





THAI CHICKEN STOCK INGREDIENTS

1 whole chicken, cut into 9 pieces
Enough cold water to cover by 1 inch
8 cups fresh water
2 inch piece of ginger, thinly sliced
2 stalks lemongrass, bottom thick portion only, pounded
2 garlic cloves
1 large shallot, peeled and sliced
2 Thai chiles, pounded with side of knife

THAI CHICKEN STOCK INSTRUCTIONS

Place chicken in large pot 8qt or bigger and cover with cold water. Bring to a boil and simmer for 5 minutes. Strain and rinse the chicken to remove it off the blood and foam. Rinse pot and put rinsed chicken back into pot and cover with 8 cups fresh water. Bring to a rolling boil over high heat, then reduce to simmer.

Add ginger, lemongrass, garlic cloves, shallots, and chilies to the pot and simmer. Continue to skim off the foam and fat while simmering about 90 minutes. Skim off additional fat and strain through cheesecloth.

Stock will keep in fridge for one week. Freeze for 3 months

Agriculture **EXPO**





HOMEMADE EGG PASTA INGREDIENTS

1 1/2 cups semolina

1 cup flour, or as needed, and for dusting

1 cup water, room temp

DIRECTIONS

Combine the semolina and flour in a large bowl and mix well. Make well in the center and add the water. Use your hands and gradually incorporate the dry ingredients into the water. Keep mixing until the dough comes together.

Turn dough out onto the counter with a little flour. Knead the dough for 8 to 10 minutes. Cover with plastic wrap and refrigerate for 1 hour.

Remove dough from fridge and cut into quarters. Work with one quarter at a time, while covering the remaining dough balls with a damp cloth.

On a floured surface, use the palms of your hands to roll the dough into a rope shape about 1/2 inch in diameter. Using a knife cut the rope shaped dough crosswise into 1/2 inch pieces.

Next, press you thumb into each piece to form a saucer shaped disk.. Place each orecchiette on a baking sheet, cover with kitchen towel until ready to use. Place in salted boiling water and cook until tender, 5 minutes. Strain and toss in olive oil to coat.

Agriculture **EXPO**





Pesto Ingredients

2 cups gently packed fresh basil leaves
2 large garlic cloves, roughly chopped
1/2 cup grated Parmigiano-Reggiano
1/3 cup walnuts
1/2 tsp. salt
1/4 tsp. ground black pepper
2/3 cup extra virgin olive oil,

Pesto Instructions

Place the walnuts and garlic in the bowl of a food processor fitted with a steel blade. Process until coarsely chopped, about 10 seconds. Add the basil leaves, salt, and pepper and process until mixture resembles a paste, about 1 minute.

With the processor running, slowly pour the olive oil through the feed tube and process until the pesto is thoroughly blended. Add the Parmesan and process a minute more.

Use pesto immediately or store in a tightly sealed jar or air tight plastic container, covered with a thin layer of olive oil. It will keep in the refrigerator for about a week. If freezing it, hold back the cheese and stir it in once you defrost it.

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