

LYNCHBURG

is for

LOCAVORES



COOKING DEMONSTRATION WITH JIMMY'S ON THE JAMES

ALL RECIPES ARE BY ROBERT "BOBBY" RYGIELSKI

Bison Carpaccio

1 lb Bison Sirloin
Smoked Paprika
Salt
Pepper
1 Tbs Olive Oil

Mix equal parts of spice to create rub. Coat sirloin in rub and set aside. In a medium pan, heat olive oil on high heat. Sear sirloin a maximum of 1 minute on each side. Remove from pan and freeze for 1 hour. Slice thin and serve with Garlic Dijon Aioli

Garlic Dijon Aioli

1 Egg
1 Tbs Dijon Mustard
1 Garlic Clove (Chopped Fine)
1 Cup Olive Oil
1 Tbs Lemon Juice
1 Tbs Vinegar
Salt
Pepper

In a large mixing bowl, whisk egg and mustard, adding garlic clove once mixed. Slowly, whisk in half of the olive oil so not to emulsify and thicken the sauce. Mix in the lemon juice, vinegar, salt and pepper (to taste) before adding the rest of the olive oil. The mixture will thicken as you continue to blend it and should be slightly thinner than commercial mayonnaise.

MORE RECIPES ON BACK! 

SoulShine Vinaigrette

2 Tbs Citrus
1 Tbs Honey
2 Tbs Olive Oil

Mix ingredients in a small bowl. Great for dressing a Mixed Microgreen Salad from SoulShine Farms.

No-Bake Chocolate & Graham Cookies

1/2 Cup Coffee
1 Cup Graham (crushed)
24 oz Chocolate
12 Tbs Butter (melted)

Brew coffee using your preferred method (We suggest using your favorite coffee from Grains of Sense). Over low heat, melt chocolate. In a large mixing bowl, combine coffee, graham, chocolate, and butter. Mix until smooth. Refrigerate for 1 hour. Roll between wax paper and cut into desired shape.

Use this recipe to make drop cookies by spooning mixture onto a wax-lined tray before refrigeration.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES!
FEATURED CHEF FROM PORTERHOUSE BAR & GRILL

