

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH

Frankie's of Fifth & Federal



Chipotle Tomato Butter Sauce

1 tablespoon of oil (whichever you prefer)
1/2 onion, chopped fine
5 garlic cloves, chopped
4 tomatoes, chopped (I usually removed the seeds & juices)
3 canned chipotle peppers in adobo sauce, chopped
1 1/2 cups chicken stock (low sodium preferred)
4 tablespoons unsalted butter
1/2 bunch of cilantro
juice of half a lemon
salt
pepper

Add onions & oil to a saucepan on medium heat. Sauté for a couple minutes then add the garlic. Continue to sauté for a few more minutes till the onions soften and the garlic becomes fragrant. Add in the tomatoes & chipotles, season with salt & pepper (to your preference) and continue to cook for a few more minutes till tomatoes start to cook down.

Add the stock, bring to a simmer, and cook for another 5 minutes. Transfer the mixture to a blender (or use an immersion blender) and blend till smooth. Return to a saucepan over low heat. Whisk in the butter one tablespoon at a time. Add the cilantro & lemon juice. Cut the heat and allow it to steep for 5 minutes. Remove the cilantro stems and season to taste with salt & pepper.



**More recipes
on back**

Bourbon Mushroom Ragu with Sautéed Greens

8 ounces mushrooms, rough chopped
1/2 cup onion, finely chopped
2 cloves garlic, finely chopped
1 tablespoon of oil
2 tablespoons butter, melted
1/2 teaspoon all-purpose flour
1 tablespoon parsley, finely chopped
1/2 cup bourbon
3 ounces collard greens (or your favorite green), cut into small strips
salt
pepper

Add the oil & onions to a large frying pan and sauté for a couple minutes on medium high heat. Add the garlic and continue to sauté till onions soften and the garlic becomes fragrant. Add the mushrooms & sauté till the mushrooms are a golden brown (around 6-8 minutes). If the mushrooms release a lot of liquid, strain and return the mixture to the pan. Reduce the heat slightly and add the bourbon. Cook for a few more minutes to reduce & incorporate the bourbon. Mix the butter & flour in a small bowl then stir into the mushroom mixture. Cook for another 3-5 minutes. Add the greens and cook a couple minutes to wilt the greens. Remove from heat and add parsley. Season to taste with salt & pepper.

Parmesan Polenta

3 cups water
1/2 cup chicken stock
1 teaspoon salt
1/4 teaspoon pepper
1 cup yellow cornmeal
1.5 tablespoons butter
1/2 cup shredded parmesan cheese

Bring the water to a boil. Add the salt. Gradually whisk in the cornmeal. Reduce the heat to low and cook till it thickens, stirring often. As it thickens & cooks, add in the chicken stock, parmesan cheese, and butter. Season to taste with salt & pepper. Depending on your preference, you can serve it hot as is or spread on a cookie sheet, let cool slightly and slice into squares.

To build the dish:

Plate a square (or spoonful) of polenta. Top with the chipotle tomato butter sauce and then a spoonful of the bourbon mushroom & greens ragu. Garnish with a few flakes of parsley.

Check out this dish and other rotating weekly specials at Fifth and Federal Barrel Station!