

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH PHILIPP GABATHULER



Peaches

Peach Pancakes with Butter Sauce Recipe

Ingredients:

2 cups all-purpose flour
2 tablespoons sugar
4 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon salt
2 cups 2% milk
2 eggs, lightly beaten
1/4 cup canola oil
2 cups peach slices, finely chopped

Sauce:

1 cup corn syrup
1/2 cup sugar
1/3 cup butter, cubed
1 egg
2 to 3 teaspoons vanilla extract

1. In a large bowl, combine the flour, sugar, baking powder, cinnamon and salt. Combine the milk, eggs and oil; add to dry ingredients just until moistened. Fold in peaches.
2. Pour batter by 1/4 cupfuls onto a greased hot griddle; turn when bubbles form on top. Cook until the second side is golden brown.
3. Meanwhile, in a small saucepan, combine the corn syrup, sugar, butter and egg. Cook and stir over medium heat until mixture is thickened and coats the back of a spoon. Stir in vanilla. Serve with pancakes.

16 pancakes

2 cups sauce

MORE RECIPES ON THE BACK! ➔

Roasted Beet, Peach and Goat Cheese Salad

2 beets, scrubbed
1 bunch mache (lamb's lettuce), rinsed and dried
1 bunch arugula, rinsed and dried
2 fresh peaches - peeled, pitted, and sliced
2 shallots, chopped
1/4 cup pistachio nuts, chopped
4 oz chevre goat cheese, crumbled
1/4 cup walnut oil
2 tablespoons balsamic vinegar
salt and pepper to taste

1. Preheat oven to 375 degrees F (190 degrees C). Wrap each beet in two layers of aluminum foil, and place onto a baking sheet. Bake in the preheated oven until the beets are tender, about 1 hour and 20 minutes. Allow the beets to cool slightly, then remove the skins. Let the beets cool to room temperature, or refrigerate until cold. Once cooled, thinly slice the beets.
2. Place the mache and arugula into a large mixing bowl. Add the sliced beets and peaches; sprinkle with the shallots, pistachios, and goat cheese. In a separate bowl, whisk together the walnut oil, balsamic vinegar, salt, and pepper until emulsified, and pour over the salad mixture. Toss well, and serve.

Peach-and-Tomato Gazpacho with Cucumber Yogurt

5 large peaches, peeled and divided
3 large tomatoes, cored and divided
1/2 medium-size sweet onion, coarsely chopped (about 1/2 cup)
3 tablespoons apple cider vinegar
Kosher salt and freshly ground white pepper to taste
3/4 cup finely diced English cucumber
1/3 cup plain Greek yogurt
2 tablespoons chopped fresh chives
1 garlic clove, minced
Extra virgin olive oil

Garnishes: fresh chive pieces

1. Quarter 4 peaches and 2 tomatoes. Process quartered peaches and tomatoes and next 2 ingredients in a food processor until smooth.
2. Chop remaining peach and tomato. Stir into pureed mixture. Season with kosher salt and freshly ground white pepper to taste. Cover and chill 1 hour.
3. Meanwhile, combine cucumber and next 3 ingredients in a medium bowl. Season with kosher salt and freshly ground white pepper to taste. Cover and chill 1 to 24 hours. (Chilling can dull the seasoning, so you may need to add more salt and pepper before serving.)
4. Ladle gazpacho into bowls. Spoon cucumber mixture over gazpacho. Drizzle each serving with about 1 tsp. extra virgin olive oil. Serve immediately.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES AND NEW WAYS
TO PREPARE OUR SPOTLIGHTED ITEM: CHOCOLATE!



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