

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH IVY TAYLOR
ALL RECIPES ARE BY IVY TAYLOR



Special Pork Presentation for
HARLEY OWNERS GROUP

Broccoli Salad

12 cups chopped broccoli
1 small red onion, thinly sliced
1 cup cashews or candied pecans
1/2 cup chopped bacon
1/2 cup dried cranberries
1 cup mandarin oranges
1 cup mayonnaise
1 cup sour cream
1/3 cup honey
1 tablespoon lemon juice
Salt and pepper to taste

In a large bowl whisk together mayonnaise, sour cream, honey, lemon juice, salt and pepper to make dressing. Add chopped broccoli, sliced onion, nuts, bacon, cranberries, and mandarin oranges. Toss to combine thoroughly. Serves 12 to 15.



MORE RECIPES ON BACK!



Sweet and Savory Dip

3 cups cream cheese, softened
2 cups white cheddar
1 cup mayonnaise
1/2 cup sour cream
1 small candy onion, thinly sliced
and caramelized (1/2 cup)
1 cup raspberry pepper jelly
or red pepper jelly
1 cup bacon, cooked & chopped finely
1 cup pork belly, cooked & chopped finely
1 cup candied nuts, roughly chopped

Combine cream cheese, cheddar, mayonnaise, sour cream and caramelized onions in a large bowl, mixing well with a hand mixer. Pour into a well-greased baking dish. Top cream cheese mixture with raspberry or red pepper jelly, chopped bacon, pork belly and candied nuts. Bake at 350 degrees for 25 minutes or until heated. Eat with your favorite cracker or crostini. Serves 8.

Sausage, Swiss Chard and Caramelized Onion Quiche

1 9" pie crust
1 pound of ground pork sausage,
cooked and drained
1/8 cup olive oil
2 large candy onions, thinly sliced
1 bunch swiss chard
2 cups shredded white cheddar
6 eggs
2 to 2 1/2 cups heavy cream
salt, pepper, and herbs to taste

Place pie crust in a pie pan or quiche pan and set aside. In a large skillet, place the olive oil and saute the onions over medium heat until browned. Lower the heat and continue to cook onions until caramelized. Add cooked sausage and chopped swiss chard and heat until swiss chard is wilted. Place vegetables and meat into prepared quiche pan. In a large bowl whisk together eggs, heavy cream, salt pepper and a tablespoon of fresh basil or parsley. Top vegetable and meat mixture with egg custard and gently stir up vegetables and meat to thoroughly distribute. Place in oven for 60 to 75 minutes or until quiche is set. Serves 8 to 10.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES!

