

# LYNCHBURG

is for

# LOCAVORES

## COOKING DEMONSTRATION WITH CHEF TIM

FIND CHEF TIM SATURDAY'S AT GRAINS OF SENSE



### Apple Compote

2 Honey Crisp or McIntosh Apples  
(Peeled, Cored and Chopped)  
1/2 Cup Orange Juice  
1 Tbsp. Fresh Lemon Juice  
1/4 Cup Dark Brown Sugar  
2 To 3 Scrapes of Fresh Nutmeg  
Salt

In a sauce pan on medium high heat add the apples, orange juice, lemon juice brown sugar and nutmeg. Simmer until the apples are tender and the juices are thickened to a thin syrup about 10 to 12 minutes. Season with a pinch of salt.

### Chef Tim's Pancake Recipe

1 1/2 Cups Milk  
4 Tbsp. White Vinegar  
2 Cups All-purpose Flour  
4 Tbsp. White Sugar  
2 Tsp Baking Powder  
1 Tsp Baking Soda  
1 Tsp Salt  
2 Eggs  
1 Tbsp. Melted Butter

In a small bowl, mix milk and vinegar. Let sit for a few minutes. In a separate bowl, mix together flour (We use fresh milled whole wheat flour), sugar, baking powder, baking soda, and salt. Add the eggs and melted butter to milk/vinegar and whisk. Now add the wet to the dry mix just until Incorporated. Don't over mix! Let rest for 10 minutes before pouring your batter on the griddle.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES!

FEATURED EUGENE ROBINSON FROM HILL CITY HOUSE.





# COOKING DEMONSTRATIONS

★ AT THE LYNCHBURG ★  
COMMUNITY MARKET

## 10 AM

Every Saturday  
inside the Market  
with a local chef:

SEPTEMBER 24 Eugene Robinson of Hill City House

OCTOBER 1 Jonathan Gonzalez of Uprooted

OCTOBER 8 To Be Determined

OCTOBER 15 Ivy Taylor



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