LYNCHBURG is for LOCAVORES

Cooking Demonstration with Jonathan Gonzalez

Find him at Uprooted Food Truck

Braised Short Ribs & Dandelion Greens

4 Short Ribs
Salt & Pepper-to taste
1 Cup White Wine
1/4 Cup Parsley
1/4 Cup Rosemary
1 Clove Garlic-Minced
1 Large Tomato-Diced
1 Onion
2 Cups Water
1 Bunch Greens
1/2 Stick Butter
4 Mushrooms

Rub short ribs in salt and pepper and sear on all sides on high heat until brown. Add wine to pan. Chop and add parsley and rosemary. Add minced garlic and large diced tomato and 1/2 chopped onion. Reduce wine by half. Add water and cover-cook on low heat for approx. 2 hours until tender and sauce has thickened.

Thinly slice 1/2 an onion and sauté in 1/4 stick of butter. Add dandelion greens. Lightly sauté together. Remove from heat.

Thinly slice mushrooms and roast with 1/4 stick of butter in oven at 400* for 10 minutes.

PLATING:
1. Spoon Dandelion Greens onto plate
2. Top greens with Short Ribs
3. Top Short Ribs with Shiitake Mushrooms
4. Drizzle pan sauce from short ribs over top

MORE RECIPES ON BACK!

Roasted Squash & Pickled Beet Crostinis

1 Cup Squash
1/2 Cup Beets
4oz Goat Cheese
1 Tsp Fresh Garlic-Minced
1 Tsp Rosemary-Minced
1/4 Cup Apple Cider Vinegar
1 Tbsp Raw Sugar
½ Tsp Crushed Red Pepper
Radish Microgreens
French Baguette

Peel and dice squash into small pieces. Roast them in pan or oven until soft (approx. 20 min in oven or 10 min in pan). Boil beets approx. 30 min. Prepare pickling mixtures by combining 2 cups water, apple cider vinegar, raw sugar, crushed red pepper. Remove beets-peel and dice into small pieces and soak in quick pickling mixture. Cut Baguette into 1/4in. slices, toast until golden brown. Whip goat cheese with minced garlic and rosemary. Spread Goat Cheese on baguette pieces. Top with roasted squash, pickled beets and radish microgreens. Yield: 15 Crostinis

Brie & Apple Caramel Pizza

1 Yeast Package
4 Cups Flour
1 Tsp Salt
1 Tsp Sugar
1/2 Tsp Thyme
1.5 Cups Warm Water
1 Tbsp Caramel Sauce
Brie -Sliced
1/2 Tart Apple -Thinly Sliced

Combine salt, thyme, sugar with flour. Dissolve yeast in 110*F water. Mix all together for approx. 2 min. Let mixture sit for 15 min. On a lightly floured surface, work dough in to pizza shape. Grill dough and let cool. Spread Caramel sauce over grilled dough. Add Brie and top with thinly sliced apple. Drizzle caramel on top. Place in oven at 350*F for 10 min.

Enjoy and come back next week for more recipes!
Featured Brenda of Crooked Creek.

LYNCHBURG COMMUNITY MARKET
LOCAL & PROUD SINCE 1783