

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH JASON ARBUSTO
of The Manor Houses at Locust Thicket



Brown Butter Sea Salt Cookies

7 Sticks Butter (1.75 Lbs)
7 Cup Brown Sugar
3 Teaspoon Vanilla
8 1/2 Cup All-Purpose Flour
2 Teaspoon Baking Soda
1 Teaspoon Baking Powder
4 Egg yolks
5 Eggs
Coarse-flake Sea Salt for Sprinkling

Preheat your oven to 325 degrees.

In a medium saucepan, melt the butter over medium heat. Use a pan with a light-colored bottom so you can keep track of the color. Swirl the pan occasionally to be sure the **butter** is cooking evenly. As the **butter** melts, it will begin to foam. Watch closely so as not to burn the butter. Once brown, remove the butter.

Add sugar and vanilla to the butter and gently mash it into the butter with the tines of a fork. Continue to stir the butter and sugar until they are light and fluffy. Add the flour, baking soda, and baking powder, mixing thoroughly. Add the eggs one at a time and mix until combined.

Cookies can be rolled out or dropped directly onto baking sheet. Sprinkle with sea salt and lightly press it into the top of the cookies. Bake at 325 for 20 minutes.

MORE RECIPES ON BACK!

Enjoy and come back next week for another
LOCAVORE DEMO with *Joy Taylor & Willie*



Green Goddess Dressing

1 1/2 Roasted Serrano Chilies
2 Cups Mayonnaise
1 1/2 Tablespoon Chopped Garlic
2 Tablespoon Red Wine Vinegar
2 Tablespoon Dijon Mustard
2 Tablespoons Worstershire Sauce
1/2 Bunches Cilantro, Chopped
1 Tablespoon Salt
1/2 Teaspoon Black Pepper
1 Teaspoon Fish Sauce

Set the oven to broil. Place whole chili peppers on a lightly oiled baking sheet and broil about 10-15 minutes, or until skins are thoroughly blackened. Flip the peppers to expose the other side and broil another 5-10 minutes, or until skins are thoroughly charred. Remove peppers from heat.

Add chili peppers to a plastic baggie and seal. Allow their heat to steam in the baggie about 5 minutes to loosen the skin. Remove peppers from baggie and peel off the skins using a towel or fork. Discard the skin.

Combine all ingredients in a food processor and mix until smooth. Serve on salad, sandwiches, or as a dip for veggies.

Lynchburg Community Market

WE GOT THE

Free for Adults & Children!



The We Got the Beet campaign, a collaborative effort between the City of Lynchburg, Central Virginia Health District of Virginia Department of Health and Virginia Cooperative Extension, will occur every **Wednesday and Saturday, 10-12pm from June to August**. Educational programming will be offered to both children and adults to include cooking demonstrations with tastings, recipes, and meal-starter kits.

Join the Beet as we move, shake, and **EVEN BAKE** our way to wellness! Youth programming will include movement, craft activities, and cooking demonstrations in order to engage a variety of learners. After each cooking demonstration, kids who have attended for three consecutive programs will be given a “Beet Box” that contains produce and recipes from that day’s lesson. Attend weekly to build your knowledge of a healthy lifestyle and celebrate your success at Graduation.

Learn more by visiting

www.LynchburgCommunityMarket.com/WeGotTheBeet