

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH
Ivy Frank of Forest Kroger



Maple Roasted Cauliflower

2 medium size heads, cauliflower
½ cup olive oil
¾ tablespoon kosher salt
¼ tablespoon fresh ground pepper
¼ cup pure maple syrup
3 tablespoons butter, melted

Preheat oven to 400 degrees. Cut heads of cauliflower into florets and place in a large bowl. Toss cauliflower florets with olive oil, salt and pepper and place on a parchment lined baking sheet in a single layer. Roast cauliflower in oven for 30 to 45 mins until browned. Meanwhile, in another large bowl, whisk together maple syrup and melted butter until combined. Remove cauliflower from oven. Allow to cool slightly and place roasted cauliflower in the bowl with maple syrup and butter. Toss to coat thoroughly. Serve warm. 8 to 10 servings.

MORE RECIPES ON BACK!

Enjoy and come back next week for another

LOCAVORE DEMO



Apple-Walnut-Bourbon Chutney

¼ cup butter
4 Golden Delicious apples, peeled cored, and diced (6 cups)
½ cup light brown sugar
½ cup bourbon
1 cup toasted chopped walnuts

Melt butter in a large nonstick skillet over medium high heat. Add apples; sauté 5 minutes or until apples begin to brown. Reduce heat to low; cover and cook 15 minutes, stirring occasionally. Uncover skillet; increase heat to medium and stir in brown sugar and bourbon. Cook a few more minutes and remove from heat. Stir in walnuts. Serve warm or at room temperature. Makes a great topping for pork chops or pancakes!

White Chocolate-Sweet Potato Bread Pudding

3 large sweet potatoes
6 large eggs
2 cups heavy cream
2 cups whole milk
1 cup dark brown sugar
½ cup honey
1 tablespoon vanilla extract
2 teaspoons ground cinnamon
½ teaspoon freshly grated nutmeg
½ teaspoon kosher salt
12 cups packed bread cubes (challah loaves or hearty butter rolls)
6 oz. white chocolate chips

Preheat oven to 400 degrees. Wrap the sweet potatoes in foil and bake until tender when pricked with a fork --45 to 60 minutes. Remove from oven and allow to cool before unwrapping foil and removing skins. Place the cooked sweet potatoes in bowl and mash coarsely. Lower the oven temperature to 375 degrees.

In a large bowl, whisk the eggs until frothy. Whisk in the cream, milk, brown sugar, honey, vanilla extract, and spices. Stir in the sweet potatoes. Add the bread cubes and white chocolate chips and stir to combine well. Let stand for 15 minutes for bread to soak up the liquid, stirring occasionally. Butter a 13x9" baking dish and pour the bread mixture into the dish. Cover tightly with aluminum foil and bake until pudding is set, 45 minutes to an hour. Uncover the baking dish and cook until browned on top and a knife inserted in the center comes out clean, about 15 minutes. Serve warm, drizzled with maple syrup and topped with fresh whipped cream.