

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH

Chef Rufus of Fifth & Federal



Pork Sandwich with Bean Slaw

thinly sliced smoked Boston butt (2-3oz)
2 tablespoons of green beans slaw
rosemary ciabatta bread
1 teaspoon of diced red onion
bacon bits (a pinch)
your favorite dry rub (a pinch)
BBQ sauce

For slaw:

Green beans
3-4 cloves garlic
salt & pepper to taste

Brine:

2 cups apple cider vinegar
1 cup water
1 cup white sugar
1 tablespoon salt
1 teaspoon pepper

Spread BBQ sauce on Rosemary Ciabatta. Assemble the sandwich by placing the thinly sliced smoked Boston butt, adding chopped red onion, green bean slaw, and a pinch of bacon bits. Finally, add a pinch of your favorite dry rub, slice and serve.

For slaw:

Trim both ends of the green beans, and cut into pieces approximately 1.5 to 2 inches. Place into a container. Chop the garlic and add to the beans. Season per your preference.

*You also can add many others ingredients and/or seasonings if you prefer (chilies, onions, dill, other vegetables, etc)

Add the brine ingredients to a pot, warm (stirring occasionally) until the sugar & salt dissolve, and the brine is hot (but not boiling).

Poor the brine into your bean container. Cover & let sit for 30 minutes before refrigerating. Place in fridge to cool. The beans can be served as soon as an hour later, but for best flavor allow 24 hours in the fridge.

