

# Mistletoe Market

at the Lynchburg Community Market

COOKING DEMONSTRATION

with *Chef Ivy Frank*  
of *Forest Kroger*



## Caramelized Onion Topped Mini Ground Beef Sliders

2 pounds ground beef  
1 cup shredded parmesan cheese  
½ tablespoon kosher salt  
¼ teaspoon fresh ground pepper  
½ cup sweet pickle relish  
2 large yellow onions  
2 tablespoons olive oil  
1 tablespoon brown sugar  
½ cup sherry  
Mini slider buns

Preheat oven to 350 degrees. Slice yellow onions and sauté in a large skillet with olive oil on medium-high heat until browned. Add brown sugar and sherry and allow to slowly cook and caramelize on low for 15 to 20 minutes. Transfer to bowl and set aside.

Combine ground beef, parmesan, salt, pepper and sweet pickle relish in a large bowl. Form small burgers and place on a baking sheet lined with parchment paper. Bake for 20 to 30 minutes or until burgers register 165 degrees or higher.

Assemble burgers on mini-slider buns and top with caramelized onions and your favorite sauce. Makes 20 mini burgers to serve 10 to 12.

**MORE RECIPES ON BACK!**

# Creamy Sweet Potato & Yukon Potato Bake

½ cup butter  
½ cup flour  
2 cups heavy cream  
2 cups whole milk  
1 cup shredded parmesan cheese  
Salt and pepper to taste  
4 pounds Yukon gold potatoes  
4 pounds sweet potatoes

Preheat oven to 350 degrees. Spray a 13x9" baking dish. Set aside. Wash all potatoes and dice into medium size pieces. Place in a large pot and boil potatoes in lightly salted water until potatoes are al dente. Drain potatoes and set aside.

In a large skillet, place butter and allow to melt over medium heat. Whisk in the flour and combine until it looks like wet sand. Slowly whisk in heavy cream and then gradually add milk whisking constantly until it begins to thicken. Add salt, pepper and parmesan and whisk a few more times until thoroughly combined. Transfer white sauce into a large mixing bowl big enough for potatoes and sauce.

Add the cooked and drained potatoes to the bowl holding white sauce and stir to gently combine. Transfer to sprayed baking dish and cover with foil. Bake 30 minutes until heated thoroughly and white sauce starts to bubble. Uncover and allow to cook 15 minutes more, browning the top of the potatoes. Serves 15 to 20.



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