

# Pancetta

9 pounds sea salt or kosher salt  
9 pounds sugar  
22 pounds pork belly, ribs and gristle removed  
1 large branch dried rosemary  
1 large Tupperware or nonreactive container

Mix the salt and sugar together to make a sweet cure. Sprinkle a layer of the cure into the bottom of the container, then a layer of pork, then another layer of sweet cure, finishing with a layer of the cure. Continue until all pork is used up and packed hard with the sweet cure. Leave in a cool place to cure. After 2 days, pour away any excess liquid and repack the pork upside down and in reverse order. If too much sweet cure has dissolved, make up a  $\frac{1}{2}$  batch and add more. After 3 more days, wash the pork off with cold running water, then sprinkle with a little sea salt or kosher salt and rosemary. Air-dry in a cool area for 24-48 hours. Cold smoke for 48 hours at 75-80 F. Some good wood options are: oak, cherry, beech, or chestnut.

Your bacon is ready to be fried. It can be left in the refrigerator for up to 3 months and will develop a deep, almost translucent amber color. Look for dark mold spots. If any form, throw it away. Before using the pancetta-style bacon, trim off the skin. You can either slice it thin and fry it or cut it into cubes for soups, stews and pasta sauces (See Carbonara Recipe).

# Béchamel Sauce

3 Tbsp. butter  
3 Tbsp. all-purpose flour  
 $1\frac{1}{2}$  cups whole milk

For the Béchamel sauce: In a heavy non-aluminum pot, melt the butter and add the flour. Cook on moderate heat for 2 minutes, stirring occasionally with a wire whisk. Do not allow the roux to color more than blonde. Add milk and bring to just below the boiling point. Remove from heat, but keep warm. To the spaghetti, add the warm béchamel sauce, parsley, salt, and pepper; blend thoroughly. Serve immediately with Parmesan cheese. Makes 6 servings.

# Pasta Carbonara

2 Tablespoons olive oil  
4 ounces mushrooms with stems, sliced  
3 Tablespoons shallots, minced  
12 slices pancetta, cooked, small diced  
1 pound spaghetti, cooked  
1 teaspoon parsley, finely chopped  
Salt and freshly ground black pepper  
2 Tablespoon Parmesan cheese, grated

Add the olive oil to a heavy skillet over medium heat until fragrant, then add the mushrooms and shallots and sauté until they are golden, but not brown. Add the cooked bacon strips, stir well and turn off the heat. Add the warm spaghetti; blend together thoroughly.

# Pickled Roasted Peppers

To Fill 2 pint jars:

3  $\frac{1}{4}$  pounds mixed peppers  
1 cup distilled malt vinegar (5% acidity)  
 $\frac{3}{4}$  cup granulated sugar

Roast the peppers whole either over a gas flame until blackened or under the broiler. Turn to blacken all sides. Place in a brown paper bag or in a metal bowl with plastic wrap on top of it. Allow peppers to steam until cool enough to touch. Peel and seed the peppers over a bowl lined with a strainer to catch any juices. Pack the peppers in sterilized jars. In a large sauté pan, heat the vinegar and sugar. Add the pepper juices. Add water if necessary to the jars to fill to the top. Pour the hot pickling liquid into the jar to fill. Seal the jars, and store for up to 1 year. Makes 2 pint jars. Pickled peppers are great in salads or on top of burgers (see recipe).

# Roasted Corn Relish

5 ears of corn  
2 ½ teaspoon yellow mustard seeds  
1 Tablespoon vegetable oil  
¼ cup red wine vinegar  
11 ounces cherry tomatoes, quartered  
1 teaspoon salt  
Ground black pepper  
Pinch of saffron strands  
3 stalks scallions, finely sliced

First, husk the corn, then bake the ears at 450 F oven for 30 minutes or until brown. When they come out, they will look slightly crinkly. Shave the corn kernels with a sharp knife, reserving the kernels.

In a large pan over medium heat, add oil. Add the mustard seeds. Fry until they begin to pop, then immediately remove from heat. Add the rest of the ingredients and raise heat to high. Boil, stirring frequently, until the liquid starts to evaporate. Spoon into sterilized jars and seal. The relish will keep in the fridge for about 3 months. Makes 2 ½ cups.

# Hamburgers

6 ounces ground beef, 14 % or more fat content  
Salt and pepper, to taste  
Pretzel buns, recipe follows  
1 Tablespoon mayonnaise and 1 Tablespoon Dijon mustard, mixed together  
Roasted corn relish, as needed  
Pickled roasted peppers, as needed  
1 small handful of lettuce or arugula

Shape the beef into a nice firm burger. Make a small indentation in the center of each burger you're your thumb. When it cooks, the center will fill and you will know when the burger is done in the center. Season with salt and pepper. Pan sauté over medium heat for 5 minutes per side. Top bun with burger, pickled peppers, corn relish, lettuce mayo mixture and then top bun. Serves 1.

# Soft Pretzel Buns

$\frac{3}{4}$  cup warm water  
1 teaspoon dry yeast  
1 Tablespoon brown sugar  
 $\frac{1}{4}$  cup butter, melted plus 2 Tablespoons more for dipping  
1 teaspoon salt  
2 cups all-purpose flour  
3 Tablespoons baking soda  
6 cups of water for boiling  
Coarse salt to taste

In a large mixing bowl, sprinkle yeast into lukewarm water; stir to dissolve. Add brown sugar and melted butter; stir to dissolve. Stir in flour and salt; knead dough until smooth and elastic, about 8-10 minutes. Cover and let rise  $\frac{1}{2}$  hour.

Prepare a baking soda water bath by mixing baking soda with water in a large saucepan. Bring to a boil.

Preheat oven to 450°. After dough has risen, shape into 8 buns. Drop pretzel buns into soda solution and boil lightly for about 2 minutes. Remove with tongs and drain on towel. Place on greased baking sheet.

Bake until golden brown, about 10-12 minutes, depending on pretzel's size. Remove from the oven and brush with melted butter and sprinkle with coarse salt. Makes 8 pretzel buns.

# Oven -Dried Tomatoes\*

2 lbs. Roma tomatoes  
2 Tablespoons olive oil  
1 Tablespoon sea salt

\*Best performed in a convection oven. Conventional ovens will work, just occasionally crack open the door. Preheat oven to 250°F. Using a fine mesh rack, slice tomatoes into  $\frac{1}{4}$ -inch thick slices. Toss with olive oil and lay flat on the rack. Sprinkle with sea salt. Place in oven and bake for about 2 1/2 hours. Store in airtight container.

# Pissaladiere

## For the Dough:

- 1 teaspoon dried yeast
- 1  $\frac{1}{4}$  cups warm water
- 2 Tablespoons olive oil
- 3  $\frac{1}{2}$  cups all-purpose flour
- 2 teaspoons salt

## For the Toppings:

- $\frac{1}{4}$  cup olive oil
- 3 onions, sliced
- 5 cloves garlic, peeled and minced
- 2 oil-packed anchovies, smashed
- 1 Tablespoon fresh basil, chopped
- $\frac{1}{4}$  cup balsamic vinegar
- 1 cup Kalamata olives, pitted
- 20 slices oven- dried tomatoes
- 3 ounces Gorgonzola cheese, crumbled

To make the dough, in a measuring pitcher, combine warm water and yeast. Stir to dissolve. Add olive oil. In a large bowl, combine flour and salt. Add yeast mixture and stir to form a large dough ball. Turn dough ball out onto floured surface and knead the dough until smooth and elastic, about 8 to 10 minutes. Return dough to a clean bowl and cover with a damp cloth. Allow dough to double in size for 1 hour.

To make the topping, in a large sauté pan over medium heat add olive oil. Add onions and sweat until pale brown in color, about 20-30 minutes. Add garlic and cook until fragrant. Turn heat to low and add basil and balsamic vinegar. Reduce for about 2 minutes.

Preheat oven to 450 F. Turn dough out onto floured surface and roll to fit pizza pan. Spread onion mixture over dough. Arrange anchovies on top, then olives, tomatoes and cheese. Bake for 20 minutes, or until crust is cooked through and toppings are browned. Slice into wedges and serve. Serves 4.

# Tomato Bruschetta

4 ripe plum tomatoes (about 1 1/2 lbs.)  
2 cloves garlic, minced (about 2 teaspoons)  
1 Tablespoon extra-virgin olive oil  
1 teaspoon balsamic vinegar  
6-8 fresh basil leaves, thinly sliced or chopped  
1 teaspoon kosher salt, to taste  
1/2 teaspoon freshly ground black pepper, more or less to taste  
1 baguette French bread or similar Italian bread  
1/4 cup extra virgin olive oil  
1/4 cup grated Parmesan cheese

Preheat the oven to 350°F. Using a rimmed cookie sheet lined with parchment, place a baking rack on top. Slice tomatoes into 1/4-inch slices and place them in a medium bowl. Mix in the minced garlic, 1 Tablespoon extra-virgin olive oil, and the balsamic vinegar. Stir in the thinly sliced basil and add salt and freshly ground black pepper, adding more to taste. Place tomato slices in a single layer on the baking rack. Bake for 20 minutes, or until tomatoes are dried and slightly browned. Allow to cool and roughly chop into 1/4-inch pieces. Place in a medium bowl.

Adjust oven temperature to 450°F. Use a bread knife to slice the baguette on the diagonal making half-inch thick slices. Brush one side of each slice with olive oil with a pastry brush and place olive oil-side down on a parchment-lined baking sheet. Toast for 5 to 6 minutes until lightly browned around the edges.

Arrange the toasted bread on a platter, olive oil side facing up (the olive oil will help create a temporary barrier keeping the bread from getting soggy from the chopped tomatoes). Use a spoon to gently top each toasted bread slice with some of the tomato mixture right before service. Top with Parmesan if desired. Makes about 24 appetizers.

# Gluten Free French Baguettes

- 1 cup sorghum flour
- 1 cup brown rice flour
- 1 cup tapioca flour
- 2 teaspoon xanthan gum
- 1 1/2 teaspoon salt
- 1 Tablespoon sugar
- 2 Tablespoon active dry yeast
- 1 cup warm water
- 1 Tablespoon olive oil
- 1 teaspoon apple cider vinegar
- 3 egg whites from extra-large eggs (or 1 whole egg and 2 egg whites for a richer baguette)

In the bowl of a heavy duty mixer fitted with the paddle attachment, place flours, xanthan gum, and salt. Mix to combine. In a small bowl, add the water and then dissolve sugar and then add and dissolve yeast-wait a few minutes for the yeast to foam. Add olive oil, cider vinegar, and egg whites to the dry ingredients. Add yeast mixture to dry ingredients. Mix slowly to combine turn mixer to high and mix for 3 minutes. Place dough in a greased bowl and cover with a damp cloth. Allow to rise for 1 hour or until doubled in size.

Preheat oven to 400 F. Line a rimmed baking sheet with parchment paper. Turn dough out onto lightly rice-floured surface. Divide dough in half; set one dough ball aside. Roll one into a 12-inch by 8-inch rectangle. Starting at the long end, roll the dough up into a baguette shape, pinching the edges and shaping with your hands. Place on baking sheet and repeat with remaining dough. Create 3 diagonal slashes across the bread. In a small bowl mix egg yolks and a small amount of water. Brush the loaves then place a damp towel on top. Allow to rise for 30 minutes.

Place in oven and spray oven with water to create steam. Bake for 30 minutes and spray oven every 10 minutes with water. Bake until golden brown and sounds hollow when tapped on the bottom.

# Pumpkin Maple Butter

- $\frac{1}{2}$  cup (1 stick) unsalted butter, softened
- $\frac{1}{4}$  cup canned pumpkin
- 2 Tablespoons pure maple syrup
- 1 Tablespoon honey
- Pinch of each: cinnamon, ginger, nutmeg, cloves
- 1 Tablespoon powdered sugar

In an electric mixer with the whisk attachment, cream butter and pumpkin until smooth. Add in maple syrup, honey spices and powdered sugar. Scrape the sides of the bowl and mix until smooth and creamy.

# Lemon Curd

- 4 large lemons, zested and juiced
- 4 large eggs
- $1\frac{3}{4}$  cups sugar
- 1 cup plus 2 Tablespoons unsalted butter, cut into small cubes
- 1 Tablespoon cornstarch
- 3 sterilized jars

Pour all ingredients into a medium saucepan and whisk together. Turn heat to low, whisking continuously. Continue to stir and cook. Using a food thermometer, cook until mixture reaches 158 °F. Allow to thicken for another minute. Remove pan from the heat. Pour the curd into the jars using a funnel and seal. Let cool and store in the refrigerator for up to 6 weeks.

# Lemon Meringue Pie

## Pastry Dough:

1 3/4 cups all-purpose flour  
3/4 cup powdered sugar  
Zest of 1 lemon  
1/2 cup unsalted butter, cut into 1 inch pieces  
1 whole egg plus 1 egg yolk  
1/4 teaspoon vanilla extract

## Meringue:

4 medium egg whites plus 3 egg yolks  
1/2 cup superfine sugar  
  
1/4 cup heavy cream  
2 cups lemon curd  
2/3 cup powdered sugar

Preheat oven to 375°F. To make the pastry dough, add flour, powdered sugar and lemon zest to the bowl of a food processor. While machine is running, drop butter in 1 pat at a time. Drop egg and 2 yolks into the dough and mix. Add vanilla and mix until a dough forms. Turn dough out onto lightly floured surface. Roll into a 14-inch circle. Lay dough over a 12-inch tart pan, fitting the dough into the corners, then roll over the top of the tart pan for an even tart crust. Bake for 17-20 minutes or until crust is golden brown.

Reduce oven temperature to 325°F. To make the meringue topping, add egg whites to an electric mixer. Whisk until soft peaks form, then slowly add sugar. Set aside.

In a large bowl add cream, 3 egg yolks, lemon curd and powdered sugar. Whisk until smooth. Pour filling into tart shell. Pipe meringue on top of tart into a tall pile. Bake meringue for 20 minutes or until meringue is golden and crispy yet soft in the middle. Makes 1 (12-inch) tart.

# Beef Jerky

2 pounds lean beef, trimmed (rump is good)  
1 cup soy sauce  
 $\frac{1}{4}$  cup brown sugar  
3 cloves garlic  
 $\frac{1}{4}$  teaspoon crushed red chilies  
1 Tablespoon Worcestershire sauce  
Squeeze of  $\frac{1}{2}$  lemon

Cut the meat into thin strips, going against the grain, about 1/8-inch thick. In a large Ziploc bag, blend marinade ingredients. Add meat and marinate for about 6 hours minimum in the refrigerator.

Preheat oven to 200 F. Using a fine mesh flat rack over a rimmed cookie sheet, pull meat out with tongs and lie flat on the rack. Bake in oven for about 4 hours or until dried yet pliable. Store in an airtight container.

# Fresh Berry Fruit Leather

1  $\frac{1}{2}$  cups raspberries  
2  $\frac{2}{3}$  cups strawberries, sliced  
Juice of 1 lemon  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{2}$  cup honey

Preheat oven to 160 F. In a small pan over high heat, boil the raspberries with 2 Tablespoons water until soft. Run through a mesh strainer to get rid of the seeds. Return raspberries and juice to the pan and add strawberries, lemon juice sugar and honey. Simmer on low for 5 minutes. Using an immersion blender, blend until pureed. Line a rimmed baking sheet with heavy duty plastic wrap and pour mixture until it runs to the sides. Place in the oven and cook for about 3 hours, or until leather is tacky but no longer sticky. Let the leather cool, then roll it up in plastic wrap or cut into strips. Store in an airtight container.