Harvest Bowl

Created for the 2019 Maine Harvest Festival by Chef Jay Demers, CHE, FMP

Eastern Maine Community College Department of Culinary Arts

Serves Sixteen(ish)

Trim beets and place on foil. Coat with a Tablespoon of olive oil and a teaspoon of sea salt. Tightly close foil over beets. Place on a baking sheet and roast in a hot oven (400 degrees) until tender. This can vary on many factors including size, age, etc. but will likely take at least an hour. Peel when cool enough to handle, but still warm. Cut into ¾ inch cubes.

For the vegetable broth, we will take the peelings and ends from the carrots, onion, garlic, and leeks and combine with about 1/2 gallon of water and a Tablespoon each of Porcini Mushroom Powder (Oyster Creek Mushroom Company), Maine Sea Salt, Tuscany Sunset seasoning (Gryffon Ridge) and 2 Tablespoons of Apple Cider Vinegar (Ricker Hill) and simmer for 45 minutes or so before straining. If you have any mushroom trimmings, celery or celeriac trimmings, or any other allium scraps (shallot, onion) they would be a welcomed addition to this as well.

Cut carrots into ½” cubes, Sweet Potatoes into ¾” cubes, and trim and halve the Brussels sprouts. Toss these with olive oil, sprinkle with sea salt, and about a Tablespoon of Tuscany Sunset seasoning. Roast in a hot (400 degree) oven for about 30 minutes or until tender.

Slice half of your red onion as thinly as possible (a mandolin works great for this). Cover with ¼ cup apple cider vinegar, ½ cup water, a teaspoon or sugar, and ½ teaspoon of sea salt. Soak for an hour or so and drain.

Heat 2 Tablespoons of olive oil in a Dutch oven or large saucepan. Dice the other half of your red onion and sauté over medium flame about 5 minutes until translucent. Add 2 cups of Organic Whole Oat Groats (Maine Grains) and cook with the oil and onion for about 2 minutes. Add ½ cup dried cranberries and 6 cups of the stock above, reduce to low and simmer until tender and the liquid is absorbed (about 30 minutes).

Coat half a cup of pepitas with 1 teaspoon of olive oil and sprinkle with ½ teaspoon of sea salt and ¼ teaspoon of Aleppo Pepper (Gryffon Ridge) and toast in a skillet over medium-low flame for about a minute. Drain on paper towels.

For the Apple Cranberry Vinaigrette:

½ cup FIORE Arbequina Extra Virgin Olive Oil (FIORE Artisan Olive Oils and Vinegars)

¼ cup Cranberry Vinegar (Lynch Hill Farms or Sugar Hill Cranberry Company)

¼ cup Apple Cider (Rollins Orchards)

1 Tablespoon Sweet & Spicy Mustard (Raye’s Mustard)

1 Tablespoon Maple Syrup (Kinney’s Sugarhouse)

1 Bulb Georgian Fire Garlic (Ripley Farm), Roasted

½ tsp. Maine Sea Salt (Maine Sea Salt Company)

Combine all ingredients in a Mason jar or other container with a tight-fitting lid and shake to combine.

Combine all of these ingredients along with the Baby Kale and serve in your favorite bowl. Top with fried leeks which are made by thinly slicing the leeks into julienne (thin strips), tossing in cornstarch and deep frying until crispy. Drain on paper towels and sprinkle with sea salt and Aleppo Pepper to taste.

CULINARY ARTS DEPARTMENT RANGELEY HALL

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A special thanks to Gene & Mary Margaret Ripley of Ripley Farm in Dover-Foxcroft for providing us with multiple Winter CSA shares to practice with and prepare for today’s event. You can learn more about their CSA offerings by contacting them at [ripleyfarm@gmail.com](mailto:ripleyfarm@gmail.com) or visiting their website at [www.ripleyorganicfarm.com](http://www.ripleyorganicfarm.com) which is loaded with great information about their veggies, recipes, and more!

As well as to the student volunteers from the Culinary Arts Department of EMCC …

Jennifer Allen, Hudson

Brenda Bernier, Hudson

Jeremy Drews, Bangor

David Evans, Old Town

Tyler Jardine, Perham

Hannah “Beth” Moody, Bangor

Jennifer Parks, Winterport

The majority of the products used in this demonstration can be procured directly from the vendors here this weekend or from their farms/online shops, local farmers markets, or from Tiller & Rye in Brewer.

This recipe uses all of the vegetables from Ripley Farm Winter CSA week 2 (see attached) and can easily feed a crowd or set you up for several meals for the week with variations listed below. For planning purposes or reproduction of this recipe the following approximate quantities of vegetables can be used.

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| 2 # ‘Danvers’ Carrots | 1 1/4 # ‘Detroit Dark Red’ Beets |
| 1/3 # Baby Kale | 3/4 # Brussels Sprouts |
| 1 Bunch Leeks (about a pound and half) | 1 Large Red Onion (about 3/4 pound) |
| 2 # Sweet Potatoes | 1 Bulb ‘Georgian Fire’ Garlic |

As prepared this bowl is Vegan and Gluten Free. It can be served cold, room temperature, warm, or hot. It can also be topped with your favorite protein. Today we have some duck confit, perhaps you’d like to try it with an egg, some broiled chicken breast, seared salmon, braised pork belly, etc. You could change it up into a different meal for different days of the week.