



Charlotte Culinary Expert Heidi Billotto and Friends present 2014 Southern Spring Show Cooking Stage

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From the 2014 Southern Spring Show Cooking Stage as demonstrated on Friday, February 21, 11 am and Sunday, March 2, 11 am

Nacho Average Mexican with Chef Vincent Giancarlo of Cantina 1511

About Vince and Cantina 1511 - In 2004 Cantina 1511 opened its doors on East Blvd Charlotte NC with the promise to serve Charlotte with consistently outstanding Mexican fare. About the same time, a young high school grad interested in a culinary career moved to Charlotte to attend Johnson and Wales. Vince Giancarlo graduated Cum Laude from Johnson and Wales in 2009 at the top of his class. After several years working in several top Charlotte kitchens and a short stint as sous chef at Cantina's Stonecrest location, Vince was promoted to Executive Chef of Cantina 1511 Stonecrest. In May of 2013 the Cantina concept was sold to a small upstart company called Quantum Development Charlotte. Owned by two prominent restaurateurs from South African, Ben Filmlalter and Mike Maree, QDC's drive is to base out of Charlotte and create a successful culinary based operation here in the States on the premise of serving great food to great people. Filmlalter and Maree immediately promoted Vince to Corporate Executive Chef for Cantina 1511. With the new year, Cantina 1511 moves into a new era with innovative, contemporary food at a reasonable price. All chains off, Vince says they are having more fun with food than ever before. Visit cantina15eleven.com for more information.

Al Pastor Pork

From Chef Vincent Giancarlo and Cantina 1511's Spring menu
40 (2 oz) portions

For the pork:

- 14-16 Lb Pork Butt
- 3 cups Al Pastor Seasoning
- 2 cups Achiote Marinade
- 4 Cups Pineapple, diced
- 5 cups White Onion, diced

Cut pork into 3 inch cubes, do not discard bones. In a roasting pan, coat pork and bones in al pastor and achiote marinade. Top the pork with diced pineapple and white onion. Cover with plastic wrap and then aluminum foil and roast at 350 degrees for 2 hours. After two hours remove the plastic and aluminum and allow pork to roast for another hour uncovered. Once the pork is fork tender remove the bones from the pan being sure to save all meat that may be on the bones. Chop the al pastor into ½ inch pieces and cool with an ice stick.

For the Habanero Crema

Yield: 2 quarts

- ½ quart crema
- ½ ounce habanero pepper grilled
- ½ cup roasted garlic
- 2 ½ teaspoons ground black pepper
- 1 ounce lime juice
- 2 teaspoons kosher salt

Place all ingredients in a blender or food processor and puree. Check seasoning and refrigerate until ready to use.

For the Arepas

Yield: 8 to 12

- 1 cup yellow cornmeal, finely ground
- 1/2 teaspoon salt
- 1/2 cup mixed cheese
- 1 cup milk
- 2 tablespoons butter, more for serving, optional
- 1/2 cup fresh corn
- 1/4 cup chopped Cambray or spring onion
- 1/4 cup chopped fresh cilantro
- 1 small Serrano, seeded and minced
- Salt and Pepper to taste

Put cornmeal in a large bowl with salt and cheese. Put milk in a small saucepan over medium-low heat until steam rises, then add butter and stir until melted. Remove from heat and stir into cornmeal mixture until a thick batter is formed. Fold in the corn, onion, cilantro and chili, then season with salt and pepper. Let batter rest until it thickens into a soft dough, about 15 minutes. Gently form 3- to 4-inch balls from mixture and flatten with palm of your hand to a 1/2-inch-thick disk. Cook arepas on one side on the flat top in a bit of oil until golden brown, about 5 minutes, then flip and cook for another 3 minutes on other side. Store on a plastic refrigerator container for no more than 3 days. To reheat, flash each arepa on a flat griddle for 2 minutes on each side.



Paul Verica – Heritage Food and Drink presents: Three Little Pigs – Maple Glazed Pork Belly, Pulled Pork with Old School Biscuits and Bacon Doughnuts

Chef Paul Verica has spent the last 20 years developing his personal style of New American Cuisine, and the opening of Heritage Food & Drink is the culmination of years of hard work and dedication. Heritage Food and Drink is a small chef driven restaurant located at 201 West South Main Street, Waxhaw, NC, 704-843-5236.

Monday - Closed
Tuesday- 5:00 pm - 9:00 pm
Wednesday - 5:00 pm - 9:00 pm
Thursday - 5:00 pm - 9:00 pm
Friday - 5:00 pm - 9:00 pm
Saturday - 5:00 pm - 9:00 pm
Sunday - Brunch - 11:00 am - 2:00 pm
For more information visit Heritagefoodanddrink.com.

The Heritage Food and Drink culinary story of The Three Little Pigs

For the pork belly – based on using a 5 lb, piece of pork belly
Cut the pork belly into squares about 5 inches – 5 inches
Season well with salt and pepper and allow to rest at room temperature for 30 minutes
Prepare your pressure cooker – set to stew - @ 70 PSI for 50 minutes
Place the raw seasoned belly pieces in the pressure cooker
Secure the lid to the pressure cooker – according to the manufactures instructions!!
And cook the bellies...

Once they are finished cooking ,remove them from the pressure cooker and place them on a cookie sheet – then top with a piece of parchment paper – then top that with another cookie sheet and then place items on top of the cookie sheet to press the belly into a nice clean square shape (we use boxes of kosher salt) and place the pan in the cooler and let it rest for 5-8 hours or overnight)

Strain the liquid from the pressure cooker and allow it to rest for 1 hour in the fridge so that the fat settles to the top – remove and discard the fat; strain the cooking liquid into a sauce pan and place over medium heat; reduce to a glaze

The next day – remove the belly from the cooler and cut into desired portion size

To serve the bellies

Heat a saute pan; sear the belly portions on all sides as needed and coat with the reduced maple glaze- be careful while glazing as to not let the sugar burn.

If you do not have a pressure cooker use the following method

Prepare the pork belly as described above

Prepare the cooking liquid as described below just double the amount of stock

Sear the belly in a hot pan to crisp the fat and then place it in an oven proof dish and cover with the cooking liquid – then wrap the baking pan with plastic wrap and then foil and place into a 300 degree oven for 5-6 hours.

For the cooking liquid

1 ½ cups pure maple syrup

2 cups chicken stock

1 cup beef stock

¾ cup sorghum molasses

3 each cardamom pods

½ teaspoon red pepper flakes

2 tablespoons minced garlic

2 tablespoons minced ginger root

2 whole allspice berries

½ piece of nutmeg

½ cinnamon stick

Combine all in a sauce pot and bring to a boil – mix well

Pour the cooking liquid over the pork belly

Maple Fluff

1 cup pure maple syrup

½ cup water

1 vanilla bean

Pinch of salt

3 tablespoons versa whip

Combine the syrup, water, salt and vanilla bean – bring to a boil – then let boil for 1 minute- then remove from heat- puree strain

Add the versa whip – then add the liquid to your mixer bowl – with whip attachment – whip on high speed until light and fluffy like whipped cream.

Pulled Pork with Old School Biscuits

Rub the pork down with brown sugar and blackening spice and salt and let rest over night

Amounts are relative to the size of pork – we typically use about a 8-10 lb. bone in Boston butt, and we rub it with ½ pound of brown sugar and 1 cup of blackening spice and salt and pepper

Line a deep baking dish with foil – then place a rack in the pan – place the prepared pork atop the rack and then wrap the pan with plastic wrap and then foil

Roast at 250 for 4 hours and then remove the covering and roast at 200 for another 3 hours

Ideally let the pork cool over night in the pan that it cooked in – the next day

Remove the pork – discard the fat and drippings and pull the pork by hand

Biscuits

Preheat oven to 500

2 cups flour – Paul prefers White Lilly self-rising flour – white bag-green label

¼ cup fat – your choice – at Heritage Paul uses a mix of bacon and duck fat

About ¾ cup of whole buttermilk

Pinch of salt and pepper

Chill a mixing bowl – with the flour in the freezer for about 15 minutes

Make sure that your fat and buttermilk are cold

Add the flour and fat to the mixing bowl and take a pastry cutter or fork and cut the fat into the flour – try not to work it to much – it is not bread

Once the fat and flour are mixed well – the fat should be ‘pea’ shaped add your buttermilk and salt and mix with a fork until the dough just starts to come together – again try not to over work it – once the dough comes together – remove it from the bowl and turn out on to a floured surface and gently fold over two or three time – then let it rest for 5 minutes

Press the dough out by hand into a circle and cut as desired

Arrange the cut biscuits out on a greased baking pan and top with a pat of butter and bake at 500 degrees for 8-12 minutes – depends on your oven – they should be golden brown on top

BBQ Sauce

This is a tough one – as I am a Yankee and it changes often – our base is apple cider vinegar, brown sugar, spices and some other stuff

Bacon Doughnuts

3 cups milk

1 ounce yeast

2/3 cup water @ 110 degrees

½ cup sugar

2.5 teaspoons of salt

4 eggs

5 ounces rendered bacon fat

3 cups diced cooked, bacon

2 teaspoon nutmeg

1 ½ pounds cake flour

1 ½ pounds hi gluten flour

heat the water to 115 degrees, dissolve the yeast with the water, add the salt & sugar

heat the milk to 105 degrees, add to the yeast mixture, mix well by hand and let sit for 10 minutes

render the bacon fat...and hold warm so it is still pour able

combine the flours, bacon fat, nutmeg

crack the eggs and mix well

place the dry ingredients in the mixing bowl, add the wet and mix until the dough pulls from the sides of the bowl

let rest for 45 to 60 minutes or until double in size

lay out the dough on a WELL floured surface and roll to a ½ thickness

cut with the ring mold and lay out on a rack on a sheet pan for another 30 to 40 minutes

fry in oil for about a 1 minute on each side, then rest for a minute and then glaze, fill, coat with sugar



From the 2014 Southern Spring Show cooking stage as demonstrated on Friday, Feb 21 2 pm

Nice and Easy Does It with Chef Bill Bigham

About Bill- Retired after 33 years at Proctor & Gamble, 56 years old, Bill Bigham went back into the classroom for the first time in years to study at Johnson and Wales, Charlotte campus. After two years of intense study and training, Bill earned an Associates Degree in Culinary Arts, graduating Summa Cum Laude - with a perfect 4.0 grade point average.

Since graduating Bill has put his finely tuned skills to work as a Personal Chef. From small dinner parties for 12 to large holiday parties for 60 to business Grand Openings for hundreds, Bill has cooked for them all. He strives to work with his clients to develop creative menus - menus that offer new and different experiences for partygoers. Bill also works part-time as a Cooking Instructor at the Lowe's Foods located at Providence Promenade, where his classes are filled with eager students who want to expand their own culinary knowledge.

Read more about Bill at chefBillBigham.com.

Mojito Chicken

Recipe from Chef Bill Bigham

Makes 36 pieces

2 Tsp. Olive Oil
½ cup diced Onion
2 cloves Garlic, minced
1 tablespoon Sugar
1 pound boneless and skinless Chicken Breast
½ cup Fresh Lime Juice
½ cup Rum
1 teaspoon Fresh Lime zest
Salt and pepper to taste
¼ cup Fresh mint leaves, chopped

Gather all ingredients and equipment

Heat olive oil in a large skillet over medium heat

Add onion, garlic and sugar and cook for 3 minutes, until soft, stirring with a wooden spoon

Add cut-up chicken and sauté 3 to 5 minutes, until golden brown on all sides

Add lime juice and carefully, off the heat, add the rum

Return to the heat and add lime zest, salt and pepper and bring to simmer

Simmer for 3 minutes, until chicken is cooked through

Garnish with mint and serve immediately



Sophisticated Southern Cuisine Chef Chris Coleman – The Asbury at The Dunhill Hotel

The Asbury is a modern southern restaurant that honors the past, celebrates the seasons, and looks forward. At The Asbury, Chef Coleman creates menus and meals that are uniquely Carolinian: modern but rustic, evolving but still rooted in classics, southern and welcoming. There is a strong tie to heirloom ingredients native to our area, lost to time and modernization, as well as specialty items grown by small, family farms throughout the region. Chef Coleman searches out the best quality he can find—much of it coming from within the local region.

The Asbury serves breakfast, lunch and dinner seven days a week, and brunch on Saturdays and Sundays. The Dunhill Hotel Bar features a selection of bar bites by Chef Coleman daily as well. In addition to the ground floor restaurant space, The Asbury caters unique, private dining experiences and hosts special events throughout its intimate second floor.

For more info visit TheAsbury.com.

Cured and Pan-Roasted Pekin Duck, Boiled Peanut Farro Risotto, Macerated Strawberries, and Peanut-Duck Jus

serves 4

Curing the duck breast before roasting creates the most perfectly crispy skin. The sweetness of the strawberry helps brighten the dish, while the peanut farro lends an earthy note. Note: Duck takes 4 days to cure.

for duck:

- 2/3 c salt
- 2/3 c sugar
- 1 T juniper berries
- 2 sprigs fresh thyme
- 1 t black peppercorns
- 4 bone-in skin on duck breasts, 6-8 oz each, preferably Pekin (Long Island) breed

for risotto:

- 1 shallot, minced
- 1 c farro piccolo, cooked
- 1/2 c boiled peanuts, shelled (reserve shells for jus)
- 1/2 c duck, chicken, or mushroom stock
- 1-2 T butter

for strawberries:

- 1/2 lb strawberries, stemmed
- 1 lime
- cilantro, chives, parsley to taste
- 1/4 c hot pepper jelly

for jus:

- 1 c duck or dark chicken stock
- reserved peanut shells
- 1 T butter

For the Duck:

Combine all ingredients "for duck" except duck with 4 c water and bring to a boil, stirring to dissolve salt and sugar. Combine with 8 c ice water to create a brine. Submerge duck breasts in brine and leave for 18-24 hours. Remove duck from brine and place on a rack on a sheet pan and place in fridge uncovered for 3 days.

Preheat oven to 375. Remove duck from fridge and score skin on a cross hatch pattern. Heat a pan over medium heat, and place duck skin side down in pan while pan is relatively cold. Cook for 2-3 minutes, or until skin starts to brown, and place in oven, still skin down. Cook for 6 minutes. Remove from oven and cut meat from bone, placing meat side down back in the hot pan. Allow to rest for 2 minutes on hot pan, then remove from pan and rest on a cutting board for 5 minutes.

For the Risotto:

Saute shallots lightly in a splash of oil until starting to soften. Add cooked farro and boiled peanuts and sauté a minute. Deglaze with stock and cook until thickened up a bit. Mount with butter.

For the Strawberries:

Cut berries in half lengthwise and combine with lime juice and desired herbs. Cook hot pepper jelly down until thick and syrupy and combine with strawberries.

For the Jus:

Combine stock and peanut shells and reduce by half, stirring in butter at the end to thicken a bit.

Here's how to Plate:

Divide risotto evenly between 4 large shallow bowls, and pour jus around to cover the bottom of the bowl completely. Slice duck on the bias and fan across risotto. Top with strawberry mixture.



Inspired in the South Chef David Moore - Gallery Restaurant at The Ballantyne Hotel & Lodge

David Moore has been around restaurant kitchens since he was 15 years old, growing up in Spartanburg, South Carolina. For the last seven years, he has worked at the Ballantyne Hotel & Lodge in Charlotte as chef de cuisine managing food service to two bars, Gallery restaurant and room service as well as meals at the Hotel's swimming pools and spa.

The Forbes Four Star Gallery Restaurant serves contemporary American fare for breakfast, lunch and dinner daily. The farm-to-table inspired menu changes seasonally to provide the freshest local ingredients. The private dining room offers intimate space for private meetings, rehearsal dinners, events and holiday parties. Gallery Bar offers an impressive wine and Scotch selection.

Gallery Restaurant at The Ballantyne Hotel & Lodge is located at 10000 Ballantyne Commons Pkwy, Charlotte, NC 28277
(704) 248-4100
For more information visit gallery-restaurant.com.

“A Southern Conundrum” Carolina Reaper and Noble hop butter roasted NC peanuts

For the Hop butter:

- 8oz NC Butter – unsalted
- 4oz Olive oil or wasabi oil
- 1C Basil fresh - blanched & shocked
- 1C Parsley fresh – blanched & shocked
- 2T Noble Hops – blanched & shocked

Method:

Combine all ingredients in a food processor and puree. Reserve chilled for later use

Method for assembly / finishing:

- Using a medium sized sauté pan.
- Bring pan to medium / low heat
- Add approx. 1C of Raw NC peanuts to every 1T of compound butter
- Add Carolina Reaper chili puree sparingly to achieve desired level of spice
- Toast over medium heat until golden brown
- Adjust seasoning if necessary
- Allow the peanuts to cool completely before enjoying

This recipe should be used as a base line to explore the possibilities of what potential simple little ingredients like the NC peanut hold.

Flavors to modify with:

- Aleppo chili
- Vinegar powder
- Basil herb crystals
- Cubeb pepper
- Whiskey smoked sugar



Chef Jill Aker-Ray Private Chef Services

Meet Jill Aker-Ray, Personal Chef/Owner of What's for Dinner. Jill's services include providing dinner parties, event planning, vacation chef services, cooking classes/demos and tastings in the Charlotte area. She is an self proclaimed "all around foodie" and infuses her love of life into all of the food and events she creates. Jill can be seen on the local Charlotte Today each month or doing cooking demonstrations at local Home Shows.

She may also be reached by messaging Jill via her Facebook or her website whatsfordinner.vpweb.com.

Easy Primavera Sauce

This versatile "springtime" recipe uses roasting vs sauteeing as an easy method and can be used over pasta, as a side dish, over wilted greens or quinoa or even as a filling for omelets. Add the creamy hummus as a healthy choice to 'richen' the dish!

1-12 ounce package pasta (optional) - I prefer farfalle

Any vegetables in season (recommended ones are below, feel free to add or substitute)

- 1 yellow squash, chopped
- 1 zucchini, chopped
- 1 carrot, julienned
- 1/2 to 1 red bell pepper, julienned
- 1/2 to 1 pint grape tomatoes
- 1 cup fresh green beans-trimmed and cut into 1 inch pieces
- 4 to 6 spears asparagus, trimmed and cut into 1 inch pieces
- 1/4 cup olive oil, divided in 2
- 1/4 teaspoon sea salt
- 1/4 teaspoon coarsely ground black pepper
- 1/2 TBSP lemon juice,
- 1 TBSP. Herbes de Provence
- 1 tsp (or to taste) crushed red pepper flakes
- Fresh shucked english peas or fresh cut sugar snap peas (raw)

For saute:

- 1 TBSP. butter
- 1/2 sweet or yellow onion, thinly sliced
- 2 cloves elephant garlic, thinly sliced
- 2 tsp lemon zest
- 1/3 cup fresh basil leaves
- 1/3 cup chopped fresh Italian parsley
- 2 TBSP. white balsamic vinegar (optional)
- 1/2 cup grated Pecorino-Romano cheese (optional)

OPTIONAL "CREAM" SAUCE:

- 1/2 cup good quality prepared hummus
- 1/4 cup reserved pasta water

1. Preheat oven to 450 degrees. Line a large baking sheet with aluminum foil.
2. Meanwhile, boil water with added salt for pasta. Cook pasta according to directions on package. Reserve 1/2 cup pasta water before draining pasta. Set drained pasta aside.

(If making cream sauce-Add hot pasta water to 1/2 cup of hummus. Whisk until smooth. Set aside.) Plunge the large stalk of basil into the pasta water and immediately into an ice bath to retain color. Roll in paper towels to dry and then remove leaves from stems and chiffonade leaves.

3. In a large bowl, toss squash, zucchini, carrot, red bell pepper, tomatoes, green beans and asparagus with 1/2 the olive oil, salt, pepper, crushed red pepper, lemon juice and Herbes de Provence.
4. Arrange the vegetable on the baking sheet evenly and roast for 15 minutes until tender but slightly al dente.
5. Heat remaining olive oil and the butter in a large skillet. Stir in the onion and garlic, saute until tender. Mix in cooked pasta, lemon zest, basil, parsley and balsamic vinegar (optional). If using "cream sauce" option, add that at this time.
6. Remove to a large serving bowl and toss with roasted vegetables, add raw peas and pecorino cheese before serving.



It's the Cheesiest with Rachel Klebaur of Orrman's Cheese Shop and Charlotte Culinary Expert, Heidi Billotto

About Orrman's Cheese Shop – Orrman's specializes in local and regional Artisan cheeses, offering only the highest quality cheeses from around the the U.S. and a small specialized selection from Europe. At Orrman's you'll find, on any given day, approximately 40 selections of the finest cheeses in Charlotte. Owner Rachel Klebaur, takes pride in dealing largely with cheese-makers that she has relationships with and knows the source and quality of the cheeses she offers at Orrman's.

"Meeting the cheese-makers and affineur's gives me the assurance that I am selling only the highest quality products and that I am supporting small businesses, like myself."

At Orrman's you'll find your favorites, such as, Cabot Clothbound Cheddar, and an array of seasonal selections that are perfect for pairing with seasonal foods.

Stop by Orrman's today, sample the days selection or pick up a hand-crafted cheese plate to go.

Orrman's Cheese Shop offers gift cards, gift boxes, and cheese club memberships. Give Rachel a call at 980-226-3025 or email us at orrmanscheese@gmail.com to place an order for the cheese lover in your life. Visit 7thstreetpublicmarket.com/vendors/orrmans-cheese-shop for more information.

About Heidi Billotto – For more than two dozen years, Charlotte culinary expert Heidi Billotto has been writing about food and restaurants for Charlotte Living as well as several other magazines, newspapers and Web sites. Between columns, Heidi teaches a regular schedule of weekly cooking classes both in her home and on local farms. She also conducts private in-home or office cooking classes for corporate team building and social gatherings. Over the years Heidi has parlayed her culinary talents to develop a small but successful catering business and she publishes a weekly email newsletter with info about her cooking classes, Charlotte restaurants, food happenings and more. Heidi is married to Charlotte singer and musician, Tom Billotto. The two often work together providing "food and mood" at private parties and corporate events Heidi's blog is HeidiBillottoFood.com.

Bosky Acres Goat Cheese and Herb Fondue

Recipe by Charlotte Culinary Expert, Heidi Billotto

Hinc@carolina.rr.com

HeidiBillottoFood.com

1 garlic clove, blanched or roasted then minced or pressed
1 Tbsp butter
¼ cup white wine
½ cup heavy cream
8 ounces Bosky Acres Goat Cheese
1 Tbsp. lemon juice
1 Tbsp. minced fresh chives
1 Tbsp. minced fresh basil
1 Tbsp. minced fresh thyme
1 Tbsp. minced fresh Italian parsley
ground pepper and salt to taste

In a sauce pan sauté minced garlic in butter until nice and golden, taking care not to let it burn;; add white wine and allow mixture to reduce slightly. Add cream and bring to a simmer; add goat cheese. Whisk and reduce until nice and thick, add herbs, salt and pepper to taste. Great with whole sautéed mushrooms, grilled vegetables, fingerling baked potatoes or cubes of grilled steak or chicken!

Cheese Stuffed Jalapenos

Recipe by Charlotte Culinary Expert, Heidi Billotto

Hinc@carolina.rr.com

HeidiBillottoFood.com

8-10 whole jalapenos
1 cup queso cheese, crumbled
1 (8oz) block cream cheese
1 cup Beer Cheese from Yellow Branch Cheese in Robbinsville, NC. Made with Black Forest Stout from Heinzelmannchen Brewery in Sylva, NC.
½ cup dry seasoned bread crumbs

Wear rubber gloves and slice jalapenos in half lengthwise, scraping out all of the seeds and ribs.

Place open side up on a baking sheet.

Combine the three cheeses. Stuff jalapenos with the cheese mix. Top with a sprinkling of bread crumbs. Bake in a 350 oven for 30-40 minutes.

Serve hot or at room temp – enjoy!



Ten Healthy Ways to Use a Homemade Vinaigrette

By Charlotte Culinary Expert, Heidi Billotto with Sophie Bingly from Charlotte's Pour Olive
HeidiBillottoFood.com

About Pour Olive – Pour Olive is a locally owned and operated gourmet oil and vinegar shoppe located in the heart of Charlotte's Dilworth Neighborhood located at 1528 East Blvd. Charlotte, North Carolina. The shop provides over forty artisanal oils and vinegars for foodies and kitchen amateurs alike. They pay homage to freshness- all of our oils are sourced from both the Northern and Southern Hemispheres of the world, resulting in the freshest oils.

Pour Olive's Balsamics come from Modena, Italy, one of two places in the world for "the real balsamic deal". To protect their delicate flavors, all of Pour Olive's oils and vinegars are stored in fustis and your bottle is filled straight from the tap.

For more info visit pouoliveoil.com.

About Heidi Billotto – For more than two dozen years, Charlotte culinary expert Heidi Billotto has been writing about food and restaurants for Charlotte Living as well as several other magazines, newspapers and websites. Between columns, Heidi teaches a regular schedule of weekly cooking classes both in her home and on local farms. She also conducts private in-home or office cooking classes for corporate team building and social gatherings. Over the years Heidi has parlayed her culinary talents to develop a small

but successful catering business and she publishes a weekly email newsletter with info about her cooking classes, Charlotte restaurants, food happenings and more. Heidi is married to Charlotte singer and musician, Tom Billotto. The two often work together providing "food and mood" at private parties and corporate events Heidi's blog is HeidiBillottoFood.com.

HEIDI'S FRENCH VINAIGRETTE SALAD DRESSING with Pour Olive extra virgin olive oils and vinegars

Recipe and variations by Charlotte Culinary Expert, Heidi Billotto
HeidiBillottoFood.com

- 2-3 tsp. minced shallots, raw or sauteed (optional)
- ½ tsp dry mustard or 1 tsp. hearty, brown or honey-style prepared mustard
- Sea salt and pepper taste
- 2 Tbsp. fresh minced thyme and parsley (or use any fresh herbs of your choice)
- ¼ cup your favorite Pour Olive flavor infused dark or white wine balsamic vinegar
- 1 Tbsp. orange juice concentrate, defrosted but not diluted
- 3 Tbsp. local honey
- ½ cup your favorite Pour Olive extra virgin olive oil

Combine all ingredients in a mixing bowl, except the oil. Blend well then slowly drizzle in oil as you whisk to blend.

For a 'creamy style' dressing add 1 Tbsp. of mayonnaise to the herb and vinegar mix and then blend in the oil.

Variations:

- Use as a salad dressing
- Use as a marinate for chicken, pork or tofu
- Mix with Greek-style yogurt and use as a dip for fresh veggies or chips
- Mix with Greek-style yogurt and use as a spread on breads for sandwiches
- Use when you are sautéing mushrooms as a great finish instead of commercial Worcestershire sauce
- Grill or broil grape tomatoes and then mix the tomatoes and their juices with warmed vinaigrette to make a terrific sauce for your favorite pasta
- Mix vinaigrette with shredded cabbage, cucumbers and red bell peppers; add a bit of hot chili pepper flakes and wait one hour to serve as a fresh crunchy slaw
- Mix vinaigrette with mashed cannellini beans and canned tuna for a healthier and tastier tuna salad – no may needed at all!
- Slice and brown tempeh in a bit of extra virgin olive oil in a nonstick pan; pour vinaigrette over all and steam for a minute or two until most of the liquid disappears.
- Toss over grilled asparagus and top with toasted pistachio nuts for a delicious side.



It's Not Just for Breakfast! From Greg Collier and The Yolk Café in Rock Hill, SC

About Greg Collier and The Yolk Cafe – Chef Gregory Collier was born in Memphis, TN in the summer of 1981. Even at a very young age, he always had a special place in his heart for food and its preparations. His first real memories of cooking were at his grandmother's where she would be making her famous "butter rolls". She would never reveal the recipe to him, but he knew then that someday he would try to make people feel the same way she had made him feel about the preparation of very desirable and delectable foods.

In 2012, Greg and his wife, Subrina, moved back to the South with the intent of opening a little dinner. They found the perfect location in Rock Hill, SC at 1204 Mount Gallant Road #1, 803.792.4449. The Yolk is a special little neighborhood place open primarily for breakfast, but when Greg takes a notion, for dinner as well. The focus is on local food resources served up with a touch of contemporary flare. At The Yolk, Greg and Sabrina want everyone to feel at home and be treated to the best food and service every time they walk through the door. Go and visit – I can promise you your first time won't be your only time. For more info about The Yolk Cafe visit theyolkcafe.com.

Mushroom Risso

By Greg Collier of The Yolk

2 tablespoons unsalted butter
1 shallot, Small diced
1T chopped garlic
1C white wine
2 Thyme sprigs
1 cup steel-cut oats
5 cups mushroom stock(recipe follows)
Salt
freshly ground black pepper
1 cup roasted mushrooms (recipe follows)
1 cup asiago shavings

In a large saucepan, melt the butter. Add the shallot & Garlic and cook over moderate heat, stirring occasionally, until softened, about 5 minutes. Stir in the oats and cook for 1 minute. Add white wine and thyme and simmer until almost dry. Remove thyme. Add 1 cup of the stock and simmer over moderate heat, stirring frequently, until nearly absorbed. Continue cooking the oats, adding 1 cup of stock at a time and cooking until the liquid is nearly absorbed between additions. The risotto is done when the oats are chewy-tender and suspended in a thick sauce, about 25 minutes total. Season the risotto taste with salt and black pepper. Stir in the mushrooms and 3/4 cup of the cheese and cook about 1 minute. Transfer the risotto to bowls, sprinkle with the remaining cheese and serve.

Roasted Mushrooms

Mushrooms (about 2C total) Portabella, Cremini, Oyster (trimmed), Shittake (Shittake stems removed and saved)
2T diced garlic
1C dried parsley
1T salt
1T pepper
3C oil

In a large ix all ingredients to coat all mushrooms evenly. Drain excess oil from bowl. Place on sheet pans spread evenly. Roast on 400 for 15 minutes. Let cool and drain excess oil. Place in small container & refrigerate

Mushroom stock

1 yellow onion, thinly sliced
1 leek top, chopped and washed
4 garlic cloves, in their skin, crushed with the side of a knife blade
2 ounce dried mushroom mix
! C white wine
1 teaspoon salt
1/2 teaspoon peppercorns
1 pound white mushrooms, sliced
6 parsley sprigs, coarsely chopped
3 fresh thyme sprigs
2 bay leaves
Reserved stems from roasted mushrooms
12 cups of ice

Place onions, leeks, garlic in pot and sauté at medium heat with light oil. Once lightly browned add wine and reduce by half. Add remaining ingredients and cover simmer on low for about 40 min. Strain stock and season to taste with additional salt.



Snap into Spring with Tons of Flavor and Chef Paul Ketterhagen of Carpe Diem

About Carpe Diem - Carpe Diem is a fine dining restaurant and catering company located at 1535 Elizabeth Avenue in Charlotte, North Carolina. Interiors are done in a beautiful art nouveau style. Mahogany doors, copper lighting that vines around the wood work, and marble floors are just a few details that will engage you in the surroundings. The much loved menu features long time favorites, like our hazelnut crusted goat cheese salad and buttermilk chicken with black pepper-shallot cream, but we offer a variety of specials to keep your palate interested. Look for several vegetarian options on the menu as well as a daily vegetarian special. Carpe Diem Restaurant and Caterers has consistently been voted one of the top ten Charlotte restaurants in Zagat's *Guide to America's Top Restaurants* every year since 2005. For reservations call 704-377-7976

For more info visit carpediemrestaurant.com.

Smokey Piri Piri Pepper Rub

- 3 tbsp ground Piri Piri
- 1 tbsp Alderwood smoked salt
- 1 tbsp light brown sugar
- 1 tsp smoked paprika
- 1 tsp granulated garlic

Roasted Fennel and Tangerine Vinaigrette

- 1 bulb fennel
- 1 tbsp honey
- 1/3 cup tangerine puree
- 1/2 cup White Balsamic vinegar
- 3/4 cup blended oil 80/20
- 1 tsp Kosher salt
- 1/2 tsp black pepper

Method: Cut fennel in half and core. Season fennel with oil salt, pepper and roast in a 350 degree oven for 20 minutes. Place fennel in a food processor and blend with remaining ingredients except oil. Slowly drizzle in oil once ingredients are blended to incorporate. Check the seasoning and adjust if needed.

Pea and Mint Vinaigrette

- 1/3 cup freshly shucked peas
- 1/3 cup packed fresh mint
- 1 tbsp Dijon mustard
- 1/3 cup fresh lemon juice
- Zest of one whole lemon
- 2/3 cup extra Virgin Olive Oil

Method: Add cooked peas, mint, Dijon lemon juice and zest into food processor and blend until smooth. Slowly add EVOO to emulsify vinaigrette. Season with salt and black pepper.



Oh, So, Southern Biscuits and Gravy with Chef Sam Stachon from The King's Kitchen

About The Kings Kitchen – The Kings Kitchen is a not for profit restaurant serving up southern cuisine made with fresh, local ingredients from right here in our community. And the proceeds go back to the community, helping to feed those in need. The King's Kitchen is managed by Jim Noble Restaurants and donates 100% of profits from sales to feed the poor in Charlotte, the region, and the world. Additionally, The King's Kitchen partners with area ministries to provide employment opportunities to Charlotteans in search of a new beginning.

And while every penny of profit at The King's Kitchen has a higher calling, each bite of the food served to patrons, features Jim's signature "New Local Southern Cuisine." Specialties include premium local and

organic produce paired with fine meats like Aunt Beaut's Pan Fried Chicken. The King's Kitchen is located at 129 W. Trade St., Charlotte, NC (Intersection of Trade St. and Church St.), 704.375.1990. For more information visit kingskitchen.org.

Sam's Southern Biscuits

12 ounces	Self-Rising flour
1 tsp	Salt
6 ounces	Butter
8 ounces	Buttermilk

Mix dry ingredients together.

Cut in the butter.

Add the buttermilk and mix just until combined, mixture will be wet.

Bake at 400° F for 10 minutes.

Rotate and bake for 5 more minutes.

Brush with melted butter for service.

Sam's Black Pepper Buttermilk Gravy/ Sausage Gravy

14 ounces	Whole Milk
8 ounces	Heavy cream
8 ounces	Buttermilk
4 ounces	Butter
6 ounces	Flour
16 ounces	Breakfast sausage
To Taste	Salt, Pepper

Heat cream, milk, salt, and pepper.

Melt butter, stir in flour to make a roux.

Slowly add milk to roux, continuously stirring.

When fully combined and smooth, allow to simmer on low heat for 10 min.

Take off heat, whisk in butter milk and cool.

Reheat with ¼ cup milk.



Smoked Pork Dumplings with Chef Tim Groody from FORK! Restaurant

About Chef Tim Groody and FORK! Restaurant – Perhaps the original locavore chef in Charlotte, Chef Tim Groody has made many contributions to the Charlotte dining scene not the least of which is to turn the public eye towards local farmers. Tim has the unique and much celebrated distinction of being the first chef to put a farmer's name on his menu. With stints working with Daniel Boulud, Jean-Georges Vongerichten and Ben Barker, as well as several Charlotte dining spots, the pedigreed chef is now living his dream as owner and operator, chief cook and sometimes bottle washer, of his own farm to fork restaurant located in Cornelius NC. FORK! Is open for dinner only. Menu changes daily with the availability of local product. FORK! is located at 20517 N. Main Street, Cornelius, NC 28031. Call 888.991.6948.

For more information visit forkrestaurantcornelius.com.

Smoked Pork Dumplings

Serves 4

- 12 dumpling wraps
- 3 T peanut oil
- 2 cup shredded cabbage
- ½ cup shredded carrot
- 1 T chopped ginger
- 1 tsp chopped garlic
- 4 oz smoked pork chopped
- 1 tsp chili paste
- 1 ½ T hoisin sauce
- 2 T chopped cilantro

Sauté cabbage & carrot in peanut oil. When soft add ginger and garlic. Remove from heat and cool. In a bowl mix with all other ingredients. Squeeze filling to remove excess liquid. Save liquid. Place 3 wrappers out on table. Place 2 tsp filling in center. Brush edges with water. Lift and cup dumpling between your thumb and index finger. Start pinching the wrapper around the filling, until it forms a circle. At the same time squeeze the sides with your index finger and thumb, while you press the top and bottom with your other fingers. Press firmly enough to hold shape. Repeat. Fry in a nonstick pan to brown bottoms of dumpling. Add reserved liquid & ½ cup water (1/4 way up dumpling), cover and steam over low heat until tender. Place on plates or a platter. Drizzle with pan sauce. Serve & Enjoy!!!



Carolina Hushpuppies Stuffed with Rock Shrimp & Crawfish and Creole Tomato Sauce with Chef Jon Fortes from Mimosa Grill, a part of the Harper's Group

About Jon Fortes and Mimosa Grill – Consistently named one of Charlotte's best restaurants since 1995, Mimosa Grill features global cuisine with a unique southern twist. Dedicated to artisans, farmers, and craftsmen whose passion for food creates the finest ingredients possible, Executive Chef Jon Fortes creates Mimosa Grill's dishes using only the freshest, natural ingredients that come straight from farm to the fork. The cuisine, along with the restaurant's stunning décor by renowned architect Bill Jonson, make Mimosa Grill one of Charlotte's most distinctive dining experiences. Chef Jon Fortes is the winner of Competition Dining NC's Charlotte Battle Fire in the City 2013. Mimosa Grill is located at 327 South Tryon Street (one block from Charlotte Convention Center), Charlotte, NC 28202. Call 704.343.0700.

For more information visit harpersgroup.com/mimosa.asp.

Hushpuppies

- 1 egg
- 2 cups stone-ground whole-grain cornmeal
- 3 tsp. bacon grease
- 1 tsp baking powder
- 1 tsp. salt
- 1 tsp. baking soda
- ½ cup flour
- ½ cup chopped onion

Mix the egg into the buttermilk in a mixing bowl, then add the cornmeal and beat it well into the batter, which should be thin. Add the baking powder, salt, and soda to the batter, beat in well, and the flour until it is thick. Add the chopped onions and drop by spoonfuls into 365 degrees deep fat fryer until golden, about 3 minutes

Creole Tomato Sauce

- 2 Tomatoes, diced
- 2 Onion, diced
- 5 stalks Celery
- 1 each Green Pepper, diced
- 1 T. Cajun Seasoning
- 1 tsp. Tobasco Sauce
- 2 cups Chicken Stock
- 2 T. Tomato Paste
- 1 T. Salt
- 2 T. Cracked Black Pepper

In a heavy sauté pan add 2 T. of oil and sauté the celery, onion and pepper together until soft. Add the tomato paste and the cajun seasoning and cook for 3 minutes. Add the chopped tomatoes and chicken stock and cook for 10 minutes. Add remaining seasonings and puree the sauce and pass through sieve.

To complete the dish:

Saute together in 2T of olive oil ½ lb. of Rock Shrimp and ½ lb. of Crawfish Tail Meat. Add 2 cups of leek sauce and pour into hollowed out Hushpuppies and serve on top of Creole Sauce.



Heidi's Springtime Beef BBQ

Recipe by Charlotte Culinary Expert, Heidi Billotto
hlnc@carolina.rr.com

About Heidi Billotto – For more than two dozen years, Charlotte culinary expert Heidi Billotto has been writing about food and restaurants for Charlotte Living as well as several other magazines, newspapers and websites. Between columns, Heidi teaches a regular schedule of weekly cooking classes both in her home and on local farms. She also conducts private in-home or office cooking classes for corporate team building and social gatherings. Over the years Heidi has parlayed her culinary talents to develop a small but successful catering business and she publishes a weekly email newsletter with info about her cooking classes, Charlotte restaurants, food happenings and more. Heidi is married to Charlotte singer and musician, Tom Billotto. The two often work together providing “food and mood” at private parties and corporate events Heidi’s blog is HeidiBillottoFood.com.

For the Rub – Use your favorite local rub or combine:

- 1/2 cup dark brown sugar
- 1/4 cup sweet or hot smoked paprika
- 1 Tbsp. black pepper
- 1 Tbsp. coarse sea salt
- 1 Tbsp. chili powder
- 1 tsp. cayenne

For the Beef:

- Local or organic stew beef, short ribs or chuck roast
- 2-3 cups apple cider vinegar

For Sauce: use your favorite local sauce or combine:

- 1 cup ketchup
- 1/4 cup water
- 1/4 cup dark brown sugar
- 1/4 cup red wine
- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. smoked paprika
- 1 Tbsp. chili powder
- 2 cloves garlic, minced OR 2 tsp. garlic paste
- 1 tsp. cayenne

Combine all of the ingredients for the barbecue rub. Use to season generously on both sides of steaks and then place steaks in the vinegar in a large pan (should be about a half inch deep). Cover pan tightly with foil. Roast in a slow 250-300 degree oven for 2 ½ to 3 hours.

While steaks are cooking, prepare barbecue sauce. Simmer for 15 minutes until thick. Cook until the beef is tender and may be easily shredded or pulled. Toss shredded beef with a bit of the sauce enjoy!



Chef Jill Aker-Ray Private Chef Services

Meet Jill Aker-Ray, Personal Chef/Owner of What's for Dinner. Jill's services include providing dinner parties, event planning, vacation chef services, cooking classes/demos and tastings in the Charlotte area. She is an self proclaimed "all around foodie" and infuses her love of life into all of the food and events she creates. Jill can be seen on the local *Charlotte Today* each month or doing cooking demonstrations at local Home Shows.

She may also be reached by messaging Jill via her Facebook or her website whatsfordinner.vpweb.com.

Homemade Boursin Cheese

Easy homemade version of the luxurious and expensive store bought favorite – made with dried or fresh herbs and used as a spread for crackers, tucked in omelets and for many springtime vegetable appetizer favorites! Add it to your mashed potatoes for a punch of restaurant quality flavor.

1 or 2 garlic cloves

1 cup unsalted butter (2 sticks)

2 teaspoons dried herbs (or 2 TBSP. fresh)

**3 to 1 ratio fresh to dried

(Recommended amounts of dried – 1 tsp oregano, 1/4 tsp dill, 1/4 tsp basil, 1/4 tsp marjoram, 1/4 tsp thyme, 1/4 tsp black pepper, dash salt)

1. In food processor, add garlic and process until finely chop. Scrape down sides.
2. Add cream cheese, butter, herbs and salt and pepper. Process until smooth (stopping once or twice to scrape down sides).
3. Put into airtight container in refrigerator for up to two weeks and freezer up to 3 months.

Use for recipes below:

Asparagus bundles

12 spears asparagus

12 thin slices prosciutto

4 TBSP Boursin cheese

balsamic vinegar-reduced to syrup or balsamic glaze

Rinse asparagus and trim ends. Wrap in damp paper towel and microwave for 1 minute. Immediately unwrap and plunge into a bowl of ice water. Remove and dry. Take each spear, spread with a small amount of Boursin cheese and wrap with prosciutto. Place on a pretty tray. In small saucepan, add 1/2 cup good quality balsamic vinegar. On medium to medium high heat, reduce vinegar (at a simmer) to a syrup like glaze (be careful as it happens quickly – add a drop or two of water if it gets too thick). Cool and drizzle on top of asparagus spears and garnish with freshly cracked black pepper and Parmesan (optional). Serve cold or at room temperature.

Radish, Boursin and Chive Tartines

Thinly sliced ciabatta or french rounds-toasted (optional)

Homemade (or prepared) Boursin cheese-room temp

Fresh radishes-washed and dried-very thinly sliced

Fresh chives or spring onions-minced or thinly sliced

Kosher salt (or pink himalayan) and freshly ground pepper

Spread the bread rounds with the cheese, cut radishes on a mandolin and half lengthwise, add to bread.cheese rounds and sprinkle with chives, salt and pepper. Place on a pretty tray to serve.



Everyone Loves Italy! With Nada Vergili and Charlotte Culinary Expert Heidi Billotto

About Nada and Nada's Italy – Nada's tours are limited to only 12 travelers because she believes the memories of Italy should involve laughter and joy, not getting lost in a crowd. Small groups. Amazing experiences. Zero stress. Italian is not just a language, it's a way of life. Italy is not just about good food (although it's a big part of it!), wine, fashion, art, history, beautiful natural sceneries, but it's the combination of all these elements which come together as a perfect pizza, displaying a colorful picture that inspires people to appreciate the simpler, yet fine things in life. This intriguing ensemble makes people fall in love with Italy and return there over and over again. If you say to yourself: "I don't like tours", then Nada's trips are PERFECT for you! There is plenty of free time, no moving from one hotel to another, and you do what you want to do! Have the best food and wine Italy has to offer, discover local traditions, and make friendships that will last a lifetime. Visit nadasitaly.com for information.

About Heidi Billotto – For more than two dozen years, Charlotte culinary expert Heidi Billotto has been writing about food and restaurants for Charlotte Living as well as several other magazines, newspapers and Web sites. Between columns, Heidi teaches a regular schedule of weekly cooking classes both in her home and on local farms. She also conducts private in-home or office cooking classes for corporate

team building and social gatherings. Over the years Heidi has parlayed her culinary talents to develop a small but successful catering business and she publishes a weekly email newsletter with info about her cooking classes, Charlotte restaurants, food happenings and more. Heidi is married to Charlotte singer and musician, Tom Billotto. The two often work together providing "food and mood" at private parties and corporate events Heidi's blog is HeidiBillottoFood.com.

Biscotti di Prato (or Cantucci)

3 cups flour
2 cups sugar
4 whole eggs
1 stick of butter (melted)
1 cup almonds
zest of 1 lemon
1 teaspoon baking powder
pinch of salt

VARIATIONS: use chocolate chips, raisins, pistachios, or other nuts.

Mix all ingredients in a bowl.

Make long rolls and place them on a baking sheet. Use flour on the baking sheet to prevent the biscotti from sticking. Heat oven to 400. Bake for about 20 mins. or until golden.

Take out of the oven, cut diagonally. Place back into oven for 5 minutes. Cool & serve.



Foie Gras Gougeres with Chef Nathan Volz from The Ritz-Carlton, Charlotte

About Chef Nathan Volz – Nathan Volz brings 14 years of experience to his new role as Executive sous chef for The Ritz-Carlton, Charlotte from the position of Chef de Cuisine for Eric Ripert's 10 Arts at The Ritz-Carlton, Philadelphia. Volz also brings an acclaimed reputation earned while serving as Chef de Cuisine for 2-West French-American Steakhouse and Rise Bar at The Ritz-Carlton, Battery Park. In Charlotte, you can experience Volz's culinary talent in the guise of appetizers and small bites in the hotel's Lobby Lounge and upstairs at Urban Sip wine and Scotch bar. Volz is also the lead for in-room dining, banquets and the year-round retail and cooking class offering of Bar Cocoa dessert boutique. Volz joined The Ritz-Carlton Hotel Company at a young age following culinary training with Le Cordon Bleu, but unlike many famous chefs, he did not always have the kitchen in his sights. He grew up cooking alongside his mother and working in restaurants as a teenager, yet he chose to major in accounting at college. Ultimately, though, he gave up a future at a desk and returned to what had already become his lifelong passion -- creating great food. Volz brings a strong and admired Ritz-Carlton pedigree to his position, having also provided his culinary skills and leadership to The Ritz-Carlton, Laguna Niguel in Dana Point, California and The Ritz-Carlton Lodge, Reynolds Plantation in Greensboro, Georgia.

For reservations or more information about the culinary experience at Urban Sip, Bar Cocoa and The Ritz-Carlton, Charlotte Lobby Lounge, please call 704-547-2244 or visit ritzcarlton.com/charlotte or barcocoacharlotte.com.

Foie Gras Gougeres

Foie Mousse

1 lobe foie gras
3 T salt
1.5 T sugar
Pinch of curing salt
3 T Port or Brandy

1.5 cups heavy cream
Salt and white pepper to taste

Lay out your foie at room temperature until it is soft enough to pull apart. Gently remove the veins and fatty tissue from your lobe, then season with the salts and sugar, drizzle your port or brandy over the foie, wrap and refrigerate for 24 hours.

Remove the foie from the fridge and allow to come up to room temperature again before rolling in cheese cloth or a thin towel. Roll the cloth tightly and tie it securely on the ends. Lightly poach in chicken stock or lightly salted water at 120 for 10 minutes. Remove from the liquid and allow to cool before rerolling your torchon. This will hold for 7-10 days in the cooler.

When ready to prepare your mousse, again pull out your torchon and cut it into small pieces and then allow to soften at room temperature. Now, place in your mixer with a paddle attachment and beat it as you would softened butter. Slowly drizzle in your heavy cream and season to taste. Place into a pastry bag with a small tip until ready to squeeze into your gougeres.

Gougeres

Water 1L
Butter 400g
AP Flour 600g
Salt 10g
Eggs 20ea
Pistachio paste 40g

Bring water, butter and salt to a boil. Add flour and stir continuously for 3 mins. Transfer to a mixer and slowly add eggs while mixing on low. Finally add in pistachio paste and pipe on lined baking pans. Bake at 350 until just starting to set and becoming toasted.

Mostarda

4 cups cherries
1 1/2 cups sugar
2 pieces of cinnamon
2 pieces of star anise
Zest of 1 lemon
1-2 T. mustard powder
3 T. ginger, fresh grated
Juice of 1 lemon

Combine the cherries, sugar, cinnamon, star anise and lemon zest. Mix thoroughly and allow to sit for 24 hours. Strain the juice and put in a small pot on the stove. Bring to a boil and reduce on low heat until it is at a syrup consistency. Pour over the fruit again and allow to sit another 24 hours. Remove the spices and lemon zest from the fruit and lightly pulse in a food processor. Add the mustard powder, ginger and lemon juice to the fruit. Adding more or less depending on your tastes.

To complete: Gently poke a small hole in the side of each gougere, then squeeze around 2/3 T. of foie mousse inside each gougere, then place on a tray in a pre-heated oven at 350 for 3-4 minutes. Spoon a small amount of the mostarda on the bottom and then place your gougere on top. Sprinkle some toasted, chopped pistachios around to garnish and enjoy!



Cheeseburger in Paradise with Chef David Lucarelli from The Cowfish Sushi Burger Bar

About David Lucarelli and The Cowfish – The Cowfish brings to the world the first restaurant focusing on offering both the best sushi AND the best burger in town. Fresh, innovative and delicious, the sushi segment of the menu is powered by the success of sister company, eeZ Fusion & Sushi. All natural, creative and hearty, the burgers entice with fresh, never frozen, ingredients and bold flavors. Spiked hand-spun milkshakes, premium sakes, craft beers, wine and 10oz exotic martinis round out a huge bar menu that is sure to please.

The Cowfish aims to offer something for the entire family. Scrumptious appetizers for sharing, hot soups and entree-sized salads, homemade desserts and a fun kid's menu are joined by our signature creations that we call "Burgushi"! A cutting edge fusion of burger and sushi, burgushi items include sushi rolls created using burger components, and pick-up style sandwiches created using sushi components.

Chef David Lucarelli, Executive Chef with The Cowfish Sushi Burger Bar's vast culinary education includes studying at Johnson and Wales University in Providence, Rhode Island as well as the prestigious International Culinary Institute for Foreigners in Torino, Italy.

Lucarelli's talents wow diners and has ensured that The Cowfish quickly garnered much attention including "Best Sushi," "Best Milkshakes" and "Best New Restaurant" awards from Elevate Lifestyle Magazine, Charlotte Magazine's "Best New Restaurant Concept" and a mention from "Everyday With Rachael Ray" as a notable family-friendly restaurant.

For more info visit thecowfish.com.

Chef Lucarelli's Ketchup/Condiment Bar for your homespun burgers –

Chipotle Ketchup:

1 cup ketchup

1-1/2 teaspoons chopped chipotle chilies from canned chipotles in adobo* plus 2 tablespoons adobo sauce from can

2 teaspoons (or more) balsamic vinegar

Burger Sauce:

1 Cup mayonnaise

1/4 Cup Ketchup

2 TBL Mustard

1 TBL Worcestershire Sauce

1/4 Cup sweet pickle relish

Roasted Garlic Mayonnaise:

2 Cup Mayonnaise

4 oz. Roasted garlic

2 tsp Black Pepper coarse grind

1 tsp salt

1 TBL Chopped Parsley



Spinach and Cheese Souffles and Braised Chickpea Spinach “Salad” with Mary Roberts and Heidi Billotto

About Mary Roberts and Windcrest Certified Organic Farms – Ray and Mary Roberts Tarlton are co-owners and managers of Windcrest Farm and Final Touch Construction Services. Their 14 acre farm and greenhouses are located in Monroe, NC, 30 miles south of downtown Charlotte and they have preserved and nurtured this farmland organically since 1978. After twenty years as a corporate instructor and project manager, Mary used her passion for growing plants organically into a business that supplies market farmers and home gardeners with over 300,000 heirloom vegetable, flower and herb plants each year. In addition to growing hard-to-find plant varieties, Mary also conducts on-farm classes to help beginning farmers and gardeners learn the principles and practices of sustainable agriculture. Ray Tarlton is a NC/SC General Contractor, ace greenhouse builder, and our on-farm "MacGyver". Windcrest Farm products are available at the Matthews Community Farmers market on Saturday mornings and at the Food Hub at Atherton Mills and market during the week. For more info visit windcrestorganics.com.

About Heidi Billotto – For more than two dozen years, Charlotte culinary expert Heidi Billotto has been writing about food and restaurants for Charlotte Living as well as several other magazines, newspapers and websites. Between columns, Heidi teaches a regular schedule of weekly cooking classes both in her home and on local farms. She also conducts private in-home or office cooking classes for corporate team building and social gatherings. Over the years Heidi has parlayed her culinary talents to develop a small but successful catering business and she publishes a weekly email newsletter with info about her cooking classes, Charlotte restaurants, food happenings and more. Heidi is married to Charlotte singer and musician, Tom Billotto. The two often work together providing “food and mood” at private parties and corporate events Heidi’s blog is HeidiBillottoFood.com.

Spinach and Cheese Souffles

Recipe by Charlotte Culinary Expert, Heidi Billotto
hnc@carolina.rr.com

butter
finely grated Parmesan
3 Tbsp. butter
3 Tbsp. flour
1 1/2 cups whole milk
1 1/2 cups shredded emmenthaler or jarlsburg
6 cups fresh picked certified organic Windcrest farms spinach, cut in a chiffonade
4 local egg yolks
8 local egg whites
Black pepper and sea salt to taste

Butter 6-8 small ramekins Dust with Parmesan; shake out excess. Place dishes in roasting pan. Reserve.

Melt 2 tablespoons butter in a saucepan. Add flour; whisk 1 minute. Add milk and whisk until mixture is thick and smooth. Remove from heat. Add cheese and whisk until melted and smooth. Add spinach and blend well. Whisk in egg yolks, salt and pepper. Cool.

Beat egg whites in until stiff. Fold whites into soufflé base. Divide soufflé among prepared dishes. Bake in a preheated 350 degree oven until soufflés are slightly puffed and golden on top, about 35 minutes. Serve hot or at room temperature.

Braised Chickpea Spinach “Salad”

Recipe by Charlotte Culinary Expert, Heidi Billotto
hnc@carolina.rr.com

2 Tbsp. extra virgin Spanish Olive oil
1 red onion, thinly sliced
1 clove minced garlic
½ lb. East of Eden chicken or turkey sausage
2 bay leaves
¼ cup toasted pine nuts
2 cans organic chickpeas, drained of half the liquid in the can
1-2 firm but ripe tomatoes, seeded and chopped
4-6 cups Windcrest farms certified organic spinach, cut in a chiffonade

Heat olive oil in a skillet, add onion, garlic, chicken sausage and bay leaves.

Saute over gentle heat for 5 minutes or until onion is softened but not browned.

Ad spinach to the pan and cook until wilted.

Stir in pine nuts and chickpeas with the juice that was saved off. Heat through until the flavors are combined, mashing a little with a fork.

Sprinkle with pepper and chopped tomato and serve hot, warm or cool.



Block & Grinder Mustard with Chef Ben Philpott

About Ben Philpott and Block & Grinder – The Block & Grinder is a unique retail and restaurant concept specializing in premium beef as well as all-natural, organic meats and wild game.

The name “Block & Grinder” signifies the philosophy of everything under one roof culminating in a true “Butcher Block to Grinder” steak burger, cooked to perfection and ground in-house daily. Every meat selection at the butcher counter and on the menu is hand-cut by Block & Grinder staff.

Corned Beef and Pastrami is brined, steamed, smoked, trimmed and cut in-house.

Complementing the quality and assortment of meats are premium selections of artisan cheeses, breads, fresh local produce and a well-rounded variety of wines, craft beers and signature cocktails. Block & Grinder’s seasonal menu items will encourage patrons to stretch their palates and to further enhance the experience: the staff has knowledgeable recommendations for the best wine, beer and cocktail pairings.

This innovative concept keeps the focus on the food, thoughtfully prepared by Chef Ben Philpott, with farm to table ingredients set within a relaxing environment. Block & Grinder boasts a full bar, wine shop and butcher counter all curated for a fresh and exemplary experience.

At the neighborhood butcher counter or at the end of their meal, guests can order steaks and meats cut

to order to take home with them along with a bottle of wine. Block & Grinder is located at 2935 Providence Rd. on the corner of Sharon Amity and Providence,

Charlotte, NC 28211

(704) 364-2100

For more info visit blockandgrinder.com.

Block & Grinder Mustard = perfect on any of Block&Grinder’s deli meats and cheeses

Recipe from Chef Ben Philpott

- 1/2 cup yellow mustard seeds
- 1/2 cup black mustard seeds
- 2 cups dry white wine
- 2 cups white balsamic vinegar
- 1 tblsp brown sugar
- 1/2 tblsp kosher salt

soak the mustard seeds in the vinegar and wine for 2hrs

place all ingredients in a blender (careful not to overfill!) blend on highest setting until the mixture becomes smooth and starts to thicken. (3-5min)

refrigerate the mustard overnight before serving



Rigatoni with Coffee Spiced Sausage from Scott and Amy McCabe at The Savory Spice Shop - SouthEnd

About Scott and Amy MacCabe and Savory Spice Shop - SouthEnd – Savory Spice Shop offers 400 fresh ground herbs and spices, 140 hand-blended seasonings, organic selections, extracts, and gift sets. Spices are ground fresh weekly, so that they can offer the freshest possible product. Taste before you buy and then buy exactly the amount you need. Savory Spice Shop is located in Atherton Mill and Market in Charlotte, North Carolina. Owner/Operators are local Charlotte residents Amy and Scott MacCabe.

For more info visit savoryspiceshop.com/north-carolina/charlotte-south-end.html.

For sausage:

1/2 lb. ground pork
1/2 lb. ground beef
3 Tbsp. Black Dust Coffee & Spice Rub

For pasta:

1 lb. rigatoni pasta
1/2 yellow bell pepper, cut into 2-inch pieces
1/2 tsp. dehydrated minced garlic
1/2 cup white wine
1/4 cup Guinness beer
3/4 cup heavy cream

For garnish:

4 scallions, 1-inch bias cut
10 grape tomatoes, halved
1 pinch crushed red pepper flakes

Thoroughly mix together sausage ingredients and place in refrigerator, covered, for 30 min. Cook rigatoni according to package directions until al dente; drain and set aside. Meanwhile, place sausage mixture into a deep skillet and brown over medium-high heat, 4 to 6 min. Add bell peppers, garlic, wine and Guinness and simmer until reduced by half, 4 to 5 min. Stir in cream and simmer for to 2 to 3 min. Stir in the drained rigatoni, tomatoes, scallions and crushed red pepper and toss to coat.

6 servings