

# InSiteful Eating



**"eat local in any locale"**

Team Middlebury



# menu 1



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## middlebury, vt - 05753

Our menu highlights ingredients and dishes from our hometown of Middlebury, VT. Some elements have even been lovingly prepared by friends in our community. This family-style meal has recipes that are simple and honest, honoring the people and culinary tradition of Vermont.

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### appetizer

spinach salad with Bo's warm pancetta and vinaigrette  
apples, candied walnuts, and Vermont goat cheese

### entrée

cavatelli with Vermont pork sausage  
and broccolli rabe

### dessert

apple tart with Cabot cheddar

### beverages

apple cider ○ Acqua Vitea kombucha



## spinach salad

with Bo's warm pancetta and vinaigrette

*Bo Cleveland, chef at Middlebury College, cures his own pancetta once a year*

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1/2 cup pancetta, cubed  
olive oil  
1 Red Onion  
5 tablespoons sherry vinegar  
2 tablespoons whole-grain mustard  
1 tablespoon vermont maple syrup  
2 apples  
1 pound baby spinach  
salt and pepper  
1 cup candied walnuts  
10 oz crumbled Vermont goat cheese

1. Place spinach in large, wide salad serving bowl. Scatter with apples, red onion, walnuts and goat cheese. In a large skillet, cook bacon over medium-high heat until brown and crisp and fat has rendered. Scoop out of skillet and spread on paper towel briefly to crisp before sprinkling on salad.
2. Pour out all but two tablespoons of hot bacon fat from the skillet. Reheat over medium and whisk in sherry vinegar, olive oil, mustard, and maple syrup. Season with salt and pepper and pour over entire salad. Toss gently and serve hot.

*serves 8-10*



## cavatelli

with Vermont pork sausage and broccoli rabe

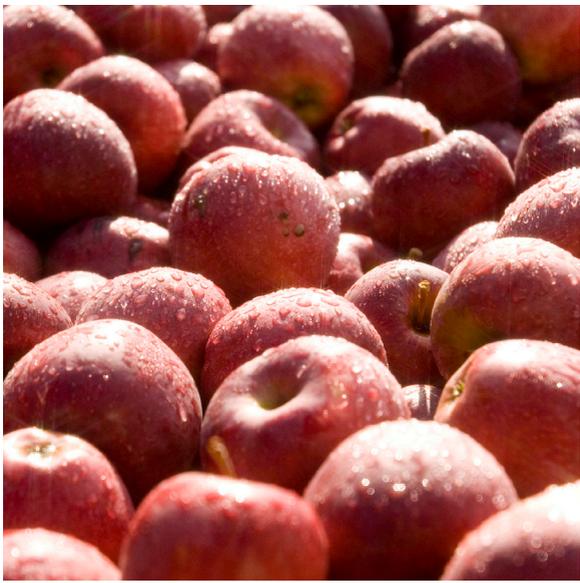
*our sausage is from a family-owned farm in Weybridge, VT called Duclos & Thompson*

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2 pounds dried cavatelli  
2 pounds Vermont pork sausage  
4 bunches broccoli rabe, washed well  
4 garlic cloves, minced  
5 cups chicken broth  
1 cup golden raisins  
4 tablespoons butter  
1-2 cups grated parmesan cheese

1. In a kettle of boiling salted water cook cavatelli until al dente.
2. While pasta is cooking, squeeze sausage from its casings into a large heavy skillet and sauté over moderately high heat, stirring to break up chunks until cooked. Transfer to a bowl and reserve drippings.
3. Cut broccoli rabe into pieces and sauté in drippings until beginning to brown. Add garlic and sauté one minute. Add broth and raisins and simmer until just tender, about 3 minutes. Add butter, stirring until incorporated.
4. Drain pasta and return to kettle. Add broccoli rabe mixture and sausage.
5. Serve pasta topped with parmesan.

*serves 8-10*



## apple tart with Cabot cheddar

*cheddar from Cabot, a VT dairy cooperative*

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2 Sheets Puff Pastry  
8 Apples  
2 cups brown sugar  
1/2 teaspoon salt  
1 Lemon, juiced  
10 ounces extra sharp cheddar  
Powdered Sugar

1. Heat oven to 415 degrees Fahrenheit
2. Thaw puff pastry for twenty minutes. Then unfold sheets and cut in half and place on nonstick baking sheet.
3. Core apples, cut in half and slice as thinly as possible. Put apple slices in bowl and toss with lemon juice, brown sugar and salt. Let sit for several minutes
4. Grate cheddar and sprinkle on top of puff pastry.
5. Arrange apple slices on top of cheddar in a straight line, overlapping slightly.
6. Bake tarts for 15-20 minutes until puffed and golden brown.
7. Top tarts with sifted powdered sugar and serve sliced and with scoops of vanilla ice cream.



# menu 2



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## irvine, ca - 92618

Our menu reflects the influence of Mexican food on the regional cuisine of Southern California. We have adapted traditional Mexican dishes to highlight the delicious fresh produce available in the area. Our ingredients are sourced locally from Irvine, and the menu is designed to require minimal energy for cooking.

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### appetizer

citrus and avocado salad with escarole and agave vinaigrette

### entrée

black bean tacos with homemade pickled vegetables

### dessert

baked churros with citrus cinnamon sugar and vanilla ice cream

### beverages

iced sun tea



## **citrus and avocado salad**

with escarole and agave vinaigrette

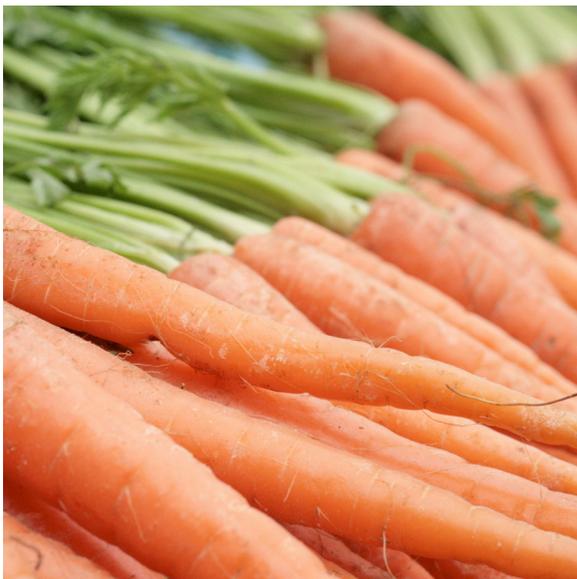
*adapted from recipes by Alice Waters as well as Joanne Weir and Gonzalo Rivera from Sausalito, CA*

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4 Cara Cara oranges  
4 medium ruby grapefruits  
1 Fresno chilli, thinly sliced  
4 medium Haas avocados  
1 head of escarole  
  
2 teaspoons grated lime zest  
2 medium shallots, minced  
Lime juice from 2 fresh limes  
2 teaspoons agave syrup  
2 teaspoons white wine vinegar  
4 tablespoons olive oil  
pepper  
salt  
1 cup cilantro leaves

1. Peel oranges and grapefruit, removing all white pith. Slice oranges and grapefruit and arrange on plates. Slice chili, avocados and cut up escarole. Arrange avocados and chilis on citrus.
2. Whisk lime zest, juice, and agave syrup together in a bowl. Slowly whisk in vinegar and olive oil, then season with salt and pepper. Add the escarole, and cilantro. Toss and then mound on top of citrus, topping with extra avocado or chile slices. Serve.

*serves 8-10*



## black bean tacos

with homemade pickled vegetables

*all vegetables harvested and preserved by team members*

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### Tortillas

2 cups masa  
1/2 teaspoon salt  
vegetable oil  
water

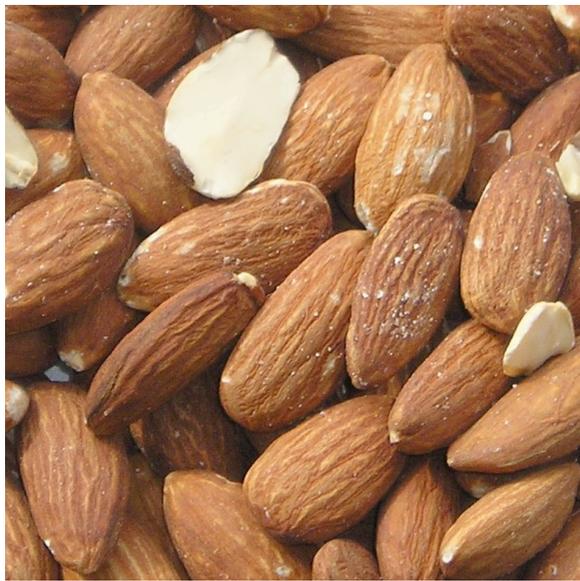
1. Whisk masa and salt in a bowl. Stir in 1.5 cups water; knead until dough forms. Should feel firm and springy and look slightly dry. Add more water if too crumbly.
2. Measure 1 heaping Tbsp. of dough and roll into a ball. Flatten on a tortilla press lined with wax paper. Repeat, pressing out all tortillas.
3. Heat a large cast-iron skillet over medium-high heat; lightly brush with oil. Cook 2-3 tortillas until charred in spots and edges start to curl, 1-2 minutes. Turn, cook through, about 15 seconds. Transfer to a kitchen towel; fold over to keep warm. Repeat, in batches, with remaining dough.

### Black Bean Filling + Toppings

Olive Oil  
1 Red Onion  
2 Garlic Cloves  
4 fresh chiles  
4 cups cooked black beans  
1/2 teaspoon cumin  
1/4 teaspoon chile powder  
salt and pepper  
2 tomato, diced

1 cup queso fresco  
Homemade pickled carrots and radishes  
Fresh chopped cabbage  
2 tablespoons chopped cilantro  
Chile Powder

1. Heat oil in a skillet over medium heat. Add onion, garlic, and chile, and sauté until onion is translucent. Add black beans, cumin and chile powder and cook until heated through. Remove from heat. Add salt and pepper to taste. Stir in diced tomatoes.
2. Spoon the topping into the tortillas. Top with queso fresco, pickled veggies, cabbage, cilantro and a dusting of chile powder.



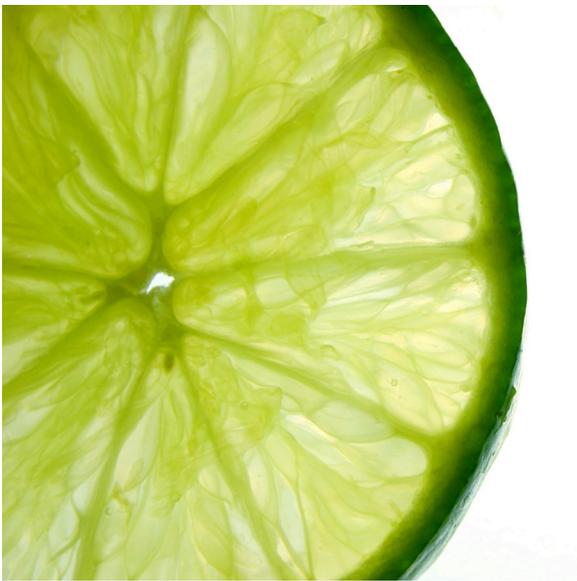
## baked churros and cinnamon ice cream

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### Churros

1/2 cup unsalted butter  
1/2 teaspoon salt  
1 cup water  
1 cup flour  
3 eggs  
1 teaspoon vanilla  
1 teaspoon cinnamon  
1/2 cup cinnamon sugar (mixed with lemon and grapefruit zest)  
Parchment Paper

1. Preheat oven to 350 degrees Fahrenheit
2. In saucepan combine butter, salt and water. Bring to boil. Remove from heat and add flour and stir to combine. Mixture will thicken and start to resemble mashed potatoes.
4. Leave dough in saucepan, whisk in one egg at a time, mixing well before adding another. Add the vanilla and cinnamon. The dough will be thick and starchy.
6. Spoon the dough into a pastry bag with a large star tip. Line a cookie sheet with parchment and pipe 3 inch rows of the dough with a least 1 inch in between.
7. Bake in the oven for 15 to 20 minutes or until golden brown.
8. Brush lightly with butter and roll in cinnamon sugar mixture.
9. Serve hot with vanilla ice cream.



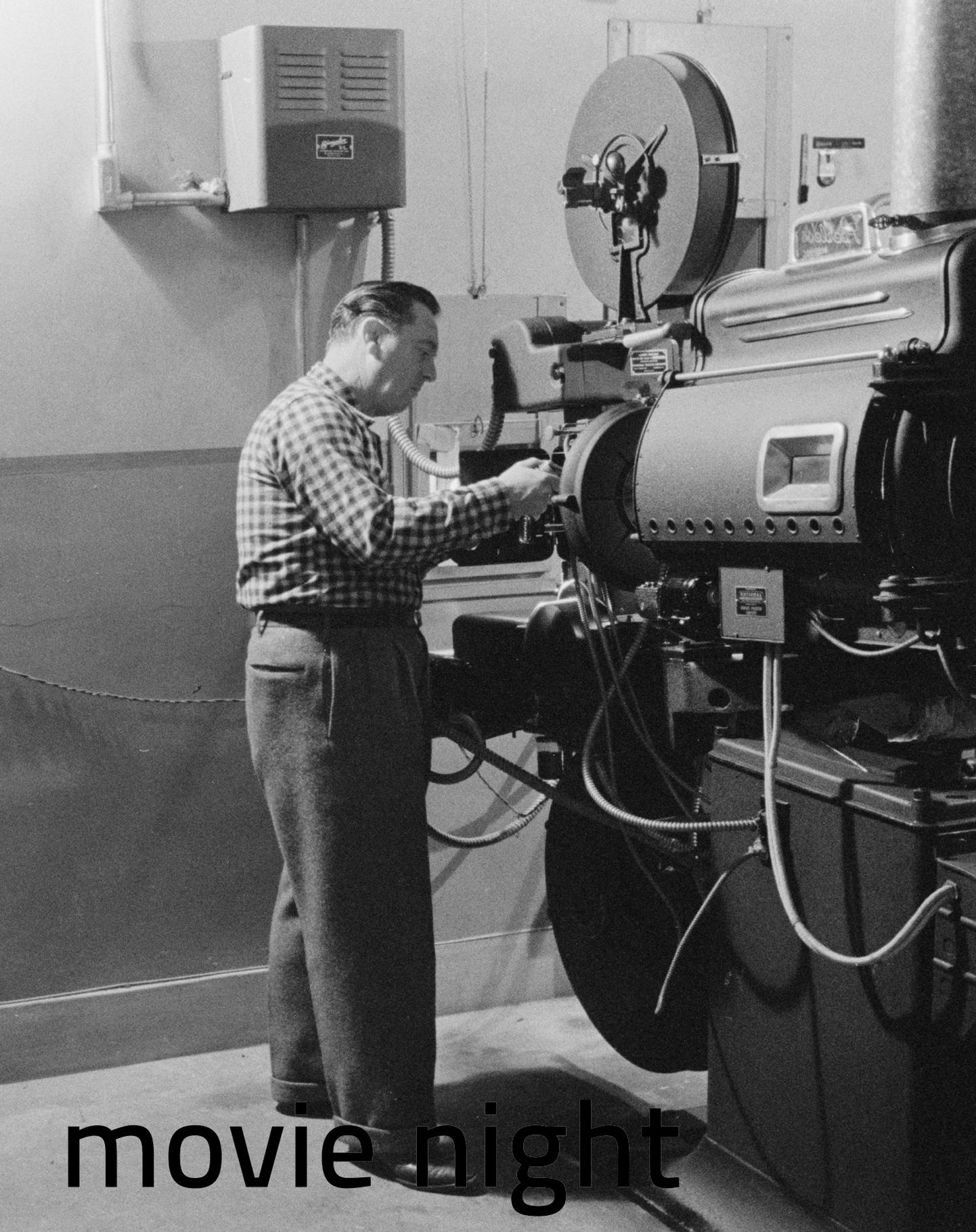
## iced sun tea

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4-6 tea bags  
ice

1. Put 4 to 6 tea bags into a clean 2 quart glass container. Fill with water and cap. Place outside where the sunlight can strike the container for about 3 to 5 hours. Move the container if necessary to keep it in the sun. When the tea has reached its desired strength, remove from sun and put it in the refrigerator.
2. Serve over ice when cooled.

*serves 8-10*



movie night



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## movie night

We are pairing treats from InSite's two homes:  
a Southwestern classic and a sweet Vermont favorite.

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### ○ snacks

Tortilla Chips    Green Mountain Gringo Salsa

Homemade Guacamole

Maple Kettle Corn    ○ Cookie Love Cookies

### beverages

Rookies Rootbeer    ○ Cider



## guacamole

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- 3 Avocados cut into a dice
- 1 plum tomato, seeded and finely diced
- 1/3 cup finely diced onion
- 2 tablespoons minced cilantro
- 1 serrano chile, seeded and minced
- 1 tablespoon fresh lime juice
- Kosher Salt

In a medium bowl, mash avocados then gently stir in tomato, onion, cilantro, chile and lime juice. Season with salt and serve with tortilla chips.

*serves 8-10*