

### **#1 Frog Legs with Johnny Cakes, Soybean Salad, and Local Chow Chow**

Makes 5 servings

#### **Ingredients:**

10x saddle Frog Legs (20 legs)  
½ cup rice flour  
1 cup stone ground cornmeal  
½ tsp kosher salt  
2 Tbs unsalted butter  
½ cup skim milk  
1 Tbs boiling water  
1 cup edamame (shelled)  
1 red bell pepper (diced)  
1 orange bell pepper (diced)  
5 leaves Bibb lettuce (chopped into ribbons)  
1 corn on the cobb (roasted or charred, then cut off the cobb)  
1 tsp red pepper flake  
1 tsp soy sauce  
10 Tbs purchased Local Chow Chow

#### **Method:**

To make bean salad: Combine edamame, diced peppers, cut Bibb, corn, red pepper flake, and soy sauce in a mixing bowl. Lightly toss and set aside.

#### **To make Johnny cakes:**

1. Cream cornmeal, salt and butter in mixing bowl.  
2. Add milk and water a little at a time to create a thick batter.

3. On hot griddle, spoon batter and flattened with back of spoon (you should get 10 small cakes) cooking until brown on bottom, then flip and finish till brown.

#### **To make frog legs:**

1. Split saddles into individual legs.  
2. Dust legs in rice flour.  
3. In sauté pan over medium heat, cook legs in small amount of olive oil. Once brown on all sides, steam with a bit of water or white wine in pan to finish cooking. You want an internal temp of at least 165°F.

#### **To assemble dish:**

1. Place one Johnny cake on plate and top with a small amount of bean salad then top with another Johnny cake.  
2. Arrange cooked legs around stack or on it.  
3. Top with Chow Chow.

#### **Nutritional Facts:**

Amount per serving:  
Calories – 431  
Total Fat 8.4 g  
Saturated Fat 3 g  
Monounsaturated Fat 2 g  
Polyunsaturated Fat 1 g  
Cholesterol 105 mg  
Sodium 675 mg  
Total Carbohydrate 49 g  
Fiber 5 g  
Sugar 8 g  
Protein 38.6 g

### **#2 Marksbury Farm Beef and Chicken Burgoo with Corn, Carrot, Potato, Tomato, and Peas**

Makes 5 servings

#### **Ingredients:**

8 oz Marksbury Beef Tips (cut small)  
8 oz Marksbury Chicken Thigh (cut small)  
4 Cup Low Sodium Chicken Stock  
Half an onion (diced small)  
5 clove garlic (minced)  
On carrot (sliced small)  
1 corn on the cobb (corn cut off the cobb)  
1 russet potato (diced)  
2 tomatoes (diced)  
½ cup peas  
1 Tbs Worcestershire  
1 Tbs Hot Sauce  
1 tsp molasses  
1 cup tomato juice  
1 Tbs cider vinegar

#### **Method:**

1. In sauce pot, brown Beef and Chicken in a small amount of olive oil.  
2. Once seared, add in onion, garlic, carrot, and corn and stir making sure vegetables are not sticking.  
3. Add Chicken Stock, potatoes, and simmer. (We want the stew to cook slow and low for a while. The longer it cooks, the more flavor will develop. However we do not want to cook until dry and the vegetables are falling apart.) – *see back page*

4. Once cooked for a while, add tomatoes, Worcestershire, Hot sauce, molasses, tomato juice, and vinegar. Simmer some more.
5. Once the stew has developed into the flavors you want, add the peas and simmer until peas are warm.

**Nutritional Facts:**

Amount per serving:

Calories – 247

Total Fat 6.3 g

Saturated Fat 2 g

Monounsaturated Fat 2.5 g

Polyunsaturated Fat 1 g

Cholesterol 78 g

Sodium 463 mg

Total Carbohydrate 23 g

Fiber 3 g

Sugar 7 g

Protein 26 g

**#3 Blackened Catfish over Beer Cheese Weisenberg Grits, Broccoli Rabe, Charred Tomato, and KY Soy BBQ Sauce**

Makes 5 servings.

**Ingredients:**

5x 4oz Catfish filet

Blacken Redfish Seasoning

3.5 oz Shred Cheddar

3 Tbs Beer (Local Lager or Ale)

1 clove garlic

Pinch of cayenne

Splash of Hot Sauce

1.5 cup Weisenberg Grits

6 cup water

5 stalks Broccoli Rabe

3 tomatoes (Quartered into wedges)

4 cup water

3 Tbs KY Soy Sauce

1 tsp tomato paste

1 Tbs cider vinegar

2 Tbs molasses

1 tsp minced garlic

**Method:**

To make Sauce: Combine 4 cup water, Ky Soy Sauce, tomato paste, cider vinegar, molasses, and minced garlic in small sauce pot or skillet. Bring to boil and reduce slightly. Remove from heat.

**To make grits:**

1. Place beer in mixing bowl and whip until carbonation has gone.
2. Place beer, 1 clove garlic, cayenne, and hot sauce in food processor. Pulse to mince garlic.
3. Add cheese to food processor, and mix until smooth and other ingredients incorporate.
4. Bring 6 cups of water to boil.
5. Slowly add grits to water, stirring constantly. Continue to cook until grits have absorbed the water and are soft.
6. Fold beer cheese into hot grits and stir.

**To make dish:**

1. Lightly season Catfish with Blacken Seasoning.
2. In a skillet with a small amount of olive oil on medium heat, sauté catfish, searing outside. Transfer catfish to oven and finish cooking.
3. While catfish is cooking, place broccoli rabe in sauté pan and wilt with heat and a bit of water (alternatively you can grill this with some pan spray). Spray tomatoes with pan spray, then place on grill. You want grill marks to get a char/smoky flavor.
4. Place warm grits on plate and arrange tomatoes and broccoli rabe around plate. Place Catfish on top of grits. Drizzle KY Soy BBQ on dish.

**Nutritional Facts:**

Amount per serving:

Calories – 480

Total Fat 15 g

Saturated Fat 7 g

Monounsaturated Fat 4 g

Polyunsaturated Fat 2 g

Cholesterol 100 g

Sodium 954 mg

Total Carbohydrate 50 g

Fiber 3 g

Sugar 7 g

Protein 33 g