



*Chef Mike's*



# Winter Warming Work Shop

Saturday, January 27<sup>th</sup>

2:00pm in the Green House

*Cabernet Sauvignon Braised Chuck Roast*



*Butternut Squash Risotto*



*Brunswick Stew*



*Crock Pot Chocolate Lava Cake*

*“Delicious Crock Pot and Instant Pot  
recipes for your busy schedules.*

Due to Popularity of this Workshop Registration & \$5 Registration Fee Required.

You will receive a \$5 Coupon at the Workshop good for Any Randall's Purchase



## Cabernet Sauvignon Braised Chuck Roast

Chef Michael Trexler; Randall's Farm

Prep Time: 15 minutes

Total Cook Time: approx. 1 1/2 hours

Servings: 4-6

### Ingredients:

- 4 tablespoons olive oil (*Manny's*)
- 1 2 ½ to 3lb chuck roast
- Flour for chuck roast
- Kosher salt & pepper to taste
- 8 cups Spanish onion – sliced
- 3 tablespoons garlic – chopped
- 2 tablespoons tomato paste
- 2 bay leaves
- 1 cup Cabernet Sauvignon (*Rex Goliath*)
- 2 cups beef stock (*Kitchen Basics*) - warmed

### ● Instructions:

1. Heat Instant Pot on **"High Sauté"**.
2. Add olive oil.
3. Season the chuck roast with salt and pepper
4. Now coat the chuck roast with flour.
5. Brown the chuck roast in the Instant Pot on all sides. Set aside.
6. Sauté onions and garlic in the Instant Pot until soft, about 1 minute.
7. Add the tomato paste and sauté for about one minute .
8. Add the bay leaves & cabernet sauvignon wine, bring to simmer.
9. Add warmed beef stock and stir well.
10. Put the lid on the Instant Pot and set for **"High Pressure"** for 45 minutes.
11. When the timer goes off, let the pressure release naturally, **NOT** quick release.
12. After the steam releases, remove the lid and remove the chuck roast. Set aside on a platter and cover with plastic wrap to keep warm.
13. While the roast is resting, set the Instant Pot on to **"High Sauté"**. Simmer until the sauce has thickened to desired consistency.
14. Slice the Chuck Roast and serve with the sauce.
15. Enjoy!





## Butternut Risotto

Chef Michael Trexler; Randall's Farm

Prep Time: 10 minutes

Total Cook Time: approx. 20 minutes

Servings: 8-10

### Ingredients:

- 4 tablespoons olive oil (*Manny's*)
- 1 cup sweet onion – diced
- 2 tablespoons garlic – chopped
- 14 oz. diced butternut squash (*Deepening Roots*)
- 2 bay leaves
- 8 fresh sage leaves – chopped
- 1 ½ cup aborio rice (*Rice Select*)
- ½ cup dry white wine (*Rex Goliath Chardonnay*)
- 1 qt vegetable broth (*Kitchen Basics*) -warm
- ½ cup Pecorino Romano (*Boar's Head*) – grated
- 3 Tablespoons butter (*Cabot*)
- Kosher salt & pepper to taste



### ● Instructions:

1. Heat Instant Pot on "*High Sauté*".
2. Add olive oil.
3. Sauté onions and garlic until soft, about 1 minute.
4. Add the bay leaves, sage and aborio rice. Sauté for about 1 minute.
5. Add white wine, bring to simmer.
6. Add warmed vegetable broth and stir well.
7. Put the lid on the Instant Pot and set for "*High Pressure*" for 10 minutes.
8. Carefully push the "*Quick Release Button*".
9. After the steam releases, remove the lid and stir in the Pecorino Romano and butter.
10. Adjust seasoning with salt & pepper.
11. Enjoy!



## Brunswick Stew

Chef Michael Trexler; Randall's Farm

Prep Time: 15 minutes

Total Cook Time: approx. 30-40 minutes

Servings: 12-14

Yield: 5qts



### Ingredients:

- 4 tablespoons olive oil (*Manny's*)
- 1 ½ lbs. Boneless Skinless Chicken Thighs - diced
- 4 tablespoons Chef Mike's Dry Rub
- 12oz. Andouille Sausage or Kielbasa
- 2 cups sweet onion – diced
- 3 cloves fresh garlic – chopped
- ½ cup celery – diced
- 1 28oz. can diced tomatoes (*San Marzano*)
- 10oz. frozen cut corn (*Stahlbush Island Farms*)
- 10oz. frozen cut okra (*Stahlbush Island Farms*)
- 3 cups russet potatoes – peeled & diced
- 2 cups chicken stock (*Kitchen Basics*)
- 2 tablespoons Worcestershire sauce
- 1 cup barbecue sauce (*Stubbs*)
- ½ cup fresh parsley – chopped



### Instructions:

1. Heat Instant Pot on **"High Sauté"**.
2. Add olive oil.
3. Season chicken thighs with dry rub. Brown both sides in the Instant Pot.
4. Next, add the andouille sausage, sweet onion, garlic, celery, diced tomatoes, corn, okra, potatoes, chicken stock, Worcestershire sauce & barbecue sauce.
5. Bring to a boil.
6. Put the lid on the Instant Pot and set it on **"High Pressure"** for 20 minutes.
7. When the timer goes off, carefully push the **"Quick Release Button"**.
8. After the steam releases, remove the lid and stir in the parsley.
9. Enjoy



## Crock Pot Chocolate Lava Cake

Chef Michael Trexler; Randall's Farm

Prep Time 15 minutes

Cook Time 3 hours

Servings 10 to 12 servings

### Ingredients:

#### For the Cake Batter:

- 2 cups flour
- 1.5 cups sugar
- 6 Tablespoons cocoa powder (*Ghirardelli*)
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk (*Mapleline Farm*)
- 2/3 cup unsalted butter melted (*Cabot*)
- 4 teaspoons vanilla



#### For the Topping:

- 1 cup sugar
- 1 cup firmly packed brown sugar
- 1/2 cup cocoa powder (*Ghirardelli*)
- 3 cups hot water

### Instructions:

1. To make the cake batter, whisk the flour, sugar, cocoa powder, baking powder, and salt together in a large bowl. Make a well in the middle of the dry ingredients with your fist.
2. To the well, add the milk, butter, and vanilla. Whisk until smooth. Pour into the bottom of a slow cooker.
3. To make the topping, whisk the sugar, brown sugar, cocoa powder together until evenly combined. Sprinkle evenly over the batter in the slow cooker.
4. Pour the hot water over the top of the batter and topping. Do not stir. Cover and cook on HIGH for 3 hours or until a toothpick inserted in to the middle of the cake comes out clean with a few crumbs attached.



## Winter Warming Work Shop Shopping List January 2018

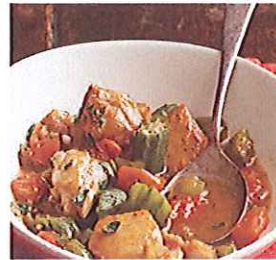
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### Butternut Risotto:

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- 1 cup sweet onion – diced
- 2 tablespoons garlic – chopped
- 14 oz. diced butternut squash (*Deepening Roots*)
- 2 bay leaves
- 8 fresh sage leaves – chopped
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- ½ cup dry white wine (*Rex Goliath Chardonnay*)
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- 4 teaspoons vanilla
- 1 cup firmly packed brown sugar

