2021 Harlan County High School Jr. Chef Recipe Harlan County Black Bears Harlan Cristo

Ingredients

Bear-y Sauce: 4 Ounces Blackberries

4 Ounces Raspberries

1 ½ Tbsp. Honey

Sweet Potato Chips: 4 Cups Sweet Potato, sliced 1/8" thick

¼ Cup Olive Oil, Extra Virgin1/8 tsp. White Pepper, ground

1/16 tsp. Ginger, ground 1/16 tsp. Nutmeg, ground 1/16 tsp. Cloves, ground

Slaw: 5 Cups Green Cabbage, Shredded

1/2 Cup Red Cabbage, Shredded

½ Cup Carrot, Julienned
¼ Cup Cucumber, diced
1 ½ tsp. Lemon Juice, fresh
1 ½ tsp. White Onion, minced

1/16 tsp Tarragon, dried (or 1/8 tsp. fresh, minced)

¼ Cup Mayonnaise1 Tbsp. Vinegar

1/8 Cup Milk

1/4 tsp. Salt

½ tsp. Poppy Seeds

2 Tbsp. plus 2 tsp. Sugar 1/16 tsp. Black Pepper

Cristo: 6 pieces, Donut, yeast, unglazed

6 Ounces Ham, sliced 6 Ounces Turkey, sliced

3 Ounces Baby Swiss Cheese, sliced 3 Ounces American Cheese, sliced

Glaze: 1 Tbsp. Butter

1 Cup Powdered Sugar½ tsp. Vanilla Extract2 Tbsp. plus 2 tsp. Milk

Directions

Sweet Potato Chips:

1. Preheat oven to 400 degrees. Gather colander, bowls, baking sheet(s), measuring cup(s), and spoon(s), cutting board, knife, whisk, mandolin slicer and ingredients. Clean sweet potatoes, place in colander and set aside to drain. In a small bowl, combine extra virgin olive oil, white pepper, ginger, nutmeg, and cloves, whisk together and set aside. Set mandolin slicer to 1/8" thickness, slice sweet potatoes and place into a large bowl. Whisk oil and seasoning mixture until well combined, our over sweet potatoes, toss to coat well. Arrange sweet potato slices on a lightly greased baking sheet (with/without holes) in a single layer and bake 20-30 minutes or until slightly crisp. As the chips cool, they will become more crisp.

Slaw:

1. Gather colander, bowls, measuring cup(s) and spoon(s), cutting board, knife, whisk, vegetable peeler, tongs, juicer and ingredients. Rinse all produce and place in colander to drain. Shred both green and red cabbage, julienne carrot, dice cucumber; add to large bowl and set aside. Combine mayonnaise, vinegar, milk, lemon juice, salt, poppy seeds, tarragon (crushed), sugar, black pepper and white onion into a small bowl, mix well, pour over slaw vegetables and toss to coat. Cover and place in refrigerator until ready to use.

Bear-y Sauce:

1. Gather colander, small bowl, food processor/blender, spatula, sieve, measuring spoon, squeeze bottle, funnel and ingredients. Rinse berries and place in colander to drain. Puree berries by placing berries and honey in chopper/blender on medium to high speed, pour through sieve using spatula to push through to separate seeds. Using a funnel, place puree into a squeeze bottle and set aside until ready to use.

Glaze:

 Gather small pan, measuring cup(s) and spoon(s), small bowl, whisk, knife and ingredients. Melt butter in a small pan over low heat. In a small pan over low heat. In a small bowl add powdered sugar, butter, vanilla, and milk. Whisk together until well combined. Set aside until ready to use.

Christo:

1. Preheat oven to 400 degrees. Gather baking sheet(s), cutting board, knife, oven mitts and ingredients. Cut each donut in half lengthwise. Place donut top on one pan cut side down and place the donut bottom on separate pan cut side up. Place in preheated oven for 2-4 minutes. Remove from oven and set tops aside. Prepare heated bottoms by layering each with 1 oz. ham, ½ oz. Swiss Cheese, 1 oz. turkey and ½ oz. American Cheese. Place bottoms in preheated oven for 3-5 minutes or until internal temperature of 135 degrees or higher is reached. Prepare tops by dipping uncut side in glaze and placing on top of heated and prepared bottoms. Drizzle with bear-y sauce.

Harlan County 2021 Recipe KY PROUD INGREDIENT Shopping List

- 1 package Blackberries
- **1 Sweet Potato**
- 1 Green Cabbage
- 1 Red Cabbage

Carrots

- 1 Cucumber
- **1 White Onion**

Milk

Butter

3 oz. Baby Swiss Cheese, Sliced

3 oz. American Cheese, Sliced