

## Cooking with Chef Gary at the 2020 Ohio State Fair

Chef Gary Saunders welcomes you to the 2020 Ohio State Fair. He has been a culinary competitor, judge, and demonstrator for the past 50 Ohio State Fairs and has won over 2,000 ribbons. He is a retired chef who worked for Aramark at Nationwide Insurance for 30 years. He has a passion for state fairs, and he has attended 15 to date.

Chef Gary will present the cooking demonstrations listed below at the Fair in the Creative Arts center found in Kasich Hall B. Please see the daily events calendar for specific dates and times of his demos.

Don't forget to enter the Live "Chopped Cook-Off" competition on August 8 beginning at 12p or the "Pepperoni Pizza Perfection" competition on July 31 at 4p. More information about the culinary competitions is available at <https://ohiostatefair.com/culinary/>.



### FLAMING DESSERTS

#### Banana Flambe

- 2 tablespoons butter
- 1/3 cup brown sugar
- 2 bananas sliced into rounds
- 1/2 cup dark rum

Melt butter over medium heat in a large skillet. Add brown sugar and stir until smooth. Turn the heat to high and add bananas.

Add rum and cook about a minute until rum is warm. Light the rum and bananas until the flames die out.

Sprinkle cinnamon to make it sparkle.

## WELCOME TO THE NUT HOUSE, COOKING WITH NUTS

### Peanut Mallow Clusters

1/2 pkg. semi-sweet chocolate chips  
1 square unsweetened chocolate (1 oz.)  
1 tablespoon butter  
2 eggs  
1 1/4 cup confectioners sugar  
1/2 teaspoon salt  
1 tablespoon vanilla  
2 cups miniature marshmallows  
2 cups salted peanuts



Melt chocolate chips, chocolate squares and butter in top of a double boiler over hot water. Beat eggs until foamy, stir in sugar and vanilla.

Blend egg mixture with chocolate mixture, stir in marshmallows. Add peanuts.

Drop rounded tablespoons of mix onto waxed paper. Refrigerate 1 hour to set. Makes 4 dozen clusters.

## IRISH COOKING

### Beef Stew with Guinness Stout

2 tablespoons olive oil	1 teaspoon dried thyme
3 bay leaves	3 tablespoons AP flour
2 pounds boneless beef chuck, cut into 1 1/2 inch cubes	1 cup canned beef broth
salt and freshly ground black pepper to taste	1 cup Guinness stout
1 large yellow onion chopped	2 carrots, chopped
2 cloves garlic chopped	6 redskin potatoes, quartered

Heat a 6-quart pot or Dutch oven over high heat. Add the oil and bay leaves. Cook the bay leaves just until fragrant and remove. Pat the meat dry. Season with salt and pepper.

Working in batches, add meat to pot and cook until well-browned. Using a slotted spoon, transfer the meat to a plate. Add the onion and bay leaves to the pot and cook for a few minutes until onion is clear.

Reduce the heat to low and add the garlic, thyme, and flour. Stir well until smooth. Add the beef broth and stout. Simmer, stirring to scrape up any browned bits, until the stew thickens a bit. Return the meat and any accumulated juices to the pot. Cover and simmer 1 hour. Add carrots and potatoes. Cover and simmer until the meat and vegetables are tender, about 45 minutes to 1 hour. Season to taste with salt and pepper.



## POLYNESIAN COOKING

### Chicken Pineapple Kahiki

1 ripe pineapple  
 2 chicken breasts cut into 1/2-inch pieces  
 1 tablespoon cooking wine  
 1 1/2 cups water  
 1 green pepper diced  
 1/2 cup sliced water chestnuts  
 1/2 cup sugar  
 1/2 cup vinegar  
 1/2 cup ketchup  
 pinch ground ginger  
 pinch of garlic powder  
 1 tablespoon cornstarch

Cut the pineapple in half lengthwise and cut the fruit from the shell. Dice the fruit into 1/2 inch pieces.

Cook the meat and wine in a large deep skillet until browned. Add 1 cup of water, diced pineapple, green pepper and water chestnuts to skillet.

Mix remaining water with sugar, vinegar, ketchup, ginger and garlic.

Mix cornstarch with a little water and add to skillet. Cook until juices are thickened.

## ASIAN COOKING

### Asian Sesame Chicken Salad

1/4 cup sesame seeds  
 1 16oz package bowtie pasta  
 1/4 cup vegetable oil  
 1/3 cup lite soy sauce  
 1/3 cup rice vinegar  
 2 tablespoons sesame oil  
 3 tablespoons sugar  
 1/2 teaspoon ground ginger  
 3 cups cooked diced chicken  
 1/3 cup chopped fresh cilantro  
 1/3 cup green onion

Cook pasta.

Mix vegetable oil, soy sauce, rice vinegar, sesame oil, sugar, ginger, and cilantro in a large saute pan.

Toss with pasta and chicken. Top with green onions.

## TAILGATE APPETIZERS



### Frito Corn Salad

- 3 15oz. cans sweet corn, drained
- 6 each green onions, diced
- 1 each red and green peppers, diced
- 4 each tomatoes, chopped
- 1 1/2 cups shredded cheddar cheese
- 1/2 cup cilantro, chopped
- 1 cup mayonnaise
- 1 lime, juiced
- 1/2 teaspoon chili powder
- 1 bag Frito Chili Cheese Corn Chips

Combine corn, onion, peppers, tomatoes, and cilantro. Set aside.

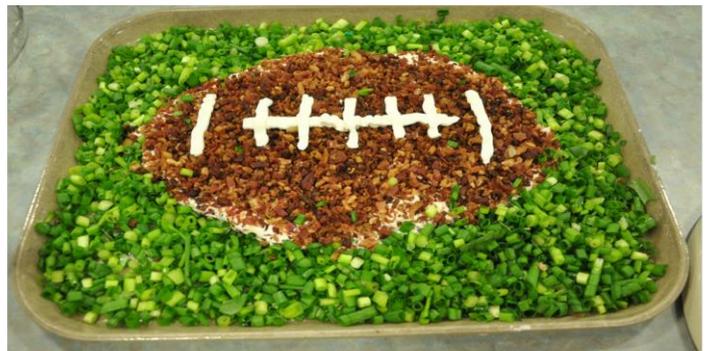
Dressing: Combine mayonnaise, lime juice, and chili powder. Mix well.

Add dressing to veggies. Add shredded cheese and gently toss.

Lightly crush chips and add to mix just before serving.

### Loaded Baked Potato Dip

- 3 pounds bacon, cut into 1/2 inch pieces
- 6 cups sour cream
- 1/2 pound shredded sharp cheese
- 1 cup chopped green onion
- 1 pinch cayenne pepper
- freshly ground pepper to taste
- 1/4 cup sour cream or as needed
- 1 1/2 cups chopped green onion, green parts only, or more as needed



Place bacon in a large skillet over medium heat. Cook, turning occasionally until evenly browned and crisp, about 10 minutes. Pour bacon into colander and set over a bowl to drain and cool to room temperature. Finely chop cooled bacon.

Stir 6 cups sour cream, cheddar cheese, 1 cup chopped green onion, cayenne pepper, and black pepper together in a large bowl until well-mixed. Cover the bowl with plastic wrap and refrigerate until chilled for at least 1 hour

Spread sour cream mixture into a football shape in the center of serving platter. Spread bacon over the top to resemble the outside of a football.

Place 1/4 cup sour cream in a piping bag. Pipe a line on each end of the football and 1 set of laces down the center of the football. Spread 1 1/2 cups chopped green onion around the football to resemble grass.

# PIZZA

## Ruben Pizza

- 1 pre-baked pizza crust
- 1/2 cup Thousand Island dressing
- 12 ounces thinly sliced corned beef
- 1 1/2 cups sauerkraut drained
- 2 cups shredded swiss cheese
- 1 tablespoon caraway seeds
- 1/4 cup dill pickles

Place pizza crust on a baking sheet.

Spread dressing evenly over pizza crust. Top evenly with corned beef slices and sauerkraut.

Sprinkle with swiss cheese.



## Garden Vegetable Pizza

- 1 pre-baked pizza
- 3 tablespoons pesto
- 1 cup thinly sliced fresh mozzarella cheese
- 2 cups chopped tomato
- 1 cup chopped bell pepper
- 1 cup summer squash
- 1 cup onion

Spread pesto evenly over crust and top with cheese slices.

Top with tomatoes and vegetables.

Bake at 450 degrees for 5 minutes or until cheese melts.



## WONDERLAND SMOOTHIES – FAST, FUN, FROZEN TREATS

### Easy, Breezy Strawberry Smoothie

- 1 cup milk or soy milk
- 1 6oz. carton vanilla yogurt
- 1 banana
- 1 cup blueberries
- 1 cup sliced fresh or frozen strawberries

Combine all ingredients in blender. Process until smooth.

Makes 2 smoothies

### Tutti-Frutti Smoothie

- 1 cup orange juice, chilled
- 1 ripe banana, peeled and sliced
- 1 ripe peach, cut into chunks
- 1 cup frozen strawberries

Pour orange juice into blender and add banana, peach, strawberries and 1 cup of ice cubes. Blend on high speed until creamy.

Makes 2 smoothies.

## SODA FOUNTAIN FAVORITES AND SOCK HOP

*Join my cousins, Janet and Susan, as they make soda fountain favorites. Then we'll relive the good old days with a 50s sock hop and hula hoop and bubble gum blowing contests.*



### Root Beer Float

- 1 tall glass of root beer
- 2 scoops vanilla ice cream
- a pinch of sugar

Stir the sugar into the root beer. Gently put the vanilla ice cream on top of root beer.

*Thank you to Wild Bills for donating the root beer*

## OMELETS WITH CHEF CURTIS



### Reuben Omelet

3 eggs  
1 tablespoon half and half  
1/3 cup shredded corned beef  
2 heaping spoons sauerkraut  
3 slices swiss cheese  
thousand island dressing

Beat the eggs together with 1 tablespoon of milk until light and fluffy. Melt 1 tablespoon of butter in the pan. Add eggs and swirl around pan to evenly coat. Allow to cook 2-3 minutes. Add corned beef, sauerkraut and cheese. Flip half of the omelet over the other half and allow to cook another 4-5 minutes. Remove from pan and top with thousand island dressing.

## MAD HATTER PANCAKES

### Cheesecake Pancakes

1 package 8oz cream cheese, softened  
2 cups Original Bisquick mix  
1/2 cups graham cracker crumbs  
1/4 cup sugar  
1 cup milk  
2 eggs

Cut cream cheese into bite size pieces and set aside. In a large mixing bowl, mix Bisquick, graham cracker crumbs, sugar, milk, and eggs. Mix. Add cream cheese on medium speed until blended.

Brush griddle or skillet with vegetable oil and heat griddle to 375 degrees. For each pancake, pour slightly less than 1/3 cup of batter onto hot griddle. Cook until edges are dry. Turn and cook other sides until golden brown.

In a small bowl, mix strawberries and syrup. Top pancakes with strawberry mixture.

## **SUPER SALADS AND VEGETABLES**

### **Pesto Caesar Salad**

3 ounces homemade croutons  
2 ounces parmigiana reggiano cheese  
1/4 cup mayonnaise  
4 tablespoons pesto  
2 teaspoons lemon juice  
1/4 teaspoon Worcestershire sauce  
1/2 teaspoon Dijon mustard  
1 garlic clove minced  
12 torn romaine lettuce leaves

Grate 2 tablespoons cheese. Shave remaining cheese to equal 6 tablespoons. Set shaved cheese aside.

Combine grated cheese, mayonnaise and next 8 ingredients listed above in a medium bowl, stirring with a whisk.

Combine croutons and lettuce in a large bowl. Drizzle mayonnaise mixture over lettuce to coat.

### **Spaghetti Squash and Honey Saute**

1 spaghetti squash cut in half  
4 tablespoons butter  
1/2 cup honey  
salt and pepper

Cook spaghetti squash in boiling water for about 30 minutes.

Take spaghetti squash out of shell with a fork.

Melt 4 tablespoons butter in saute pan. Add squash and honey; saute 2-3 minutes.

Thank you to our sponsor, Sanfillipo Produce Company, for supplying the fruits and vegetables for our demonstrations.

Be sure to visit their cash and carry store for great deals on all your produce needs. They are located at 4561 E. 5th Ave. (unit 10) Columbus, OH 43219. Hours are Tuesday – Saturday 8a-3p.

Learn more about Sanfillipo at <https://www.sanfillipoproduce.com/> or call 614-643-1931.