

## Local Chefs Make Magic at the 2016 PA Farm Show in the Hershey Harrisburg Region

January 12, 2016 by Sue Gleiter at [sgleiter@pennlive.com](mailto:sgleiter@pennlive.com) - [LINK](#)

[WATCH VIDEO](#) -- Troegs chef shares love for pork belly on Pork Day at 2016 PA Farm Show. See how to prepare Pork Belly with Troegs Independent Brewing's executive chef Christian DeLutis.

Below, see Chef Ben Beaver from Café 1500 cook flavorful short ribs.

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Troegs Independent Brewing executive chef Christian DeLutis admits pork belly is one of his all-time favorite foods.

So being that today is Pork Day at the 2016 Pennsylvania Farm Show, DeLutis shared his pork belly love with a special recipe. He stepped out of the Snack Bar at the brewery in Derry Township to take to the stage at the PA Preferred Culinary Connection.

DeLutis' smoked pork belly sits atop a potato pancake with a side of braised red cabbage and hard cider glaze. Of course, the recipe calls for Troeg's own Troegenator beer. (Check out the video for DeLutis' take on pork belly and cooking tips.)



Troegs Independent Brewing executive chef Christian DeLutis prepared a pork belly dish at the PA Farm Show. Sue Gleiter, PennLive.com

During the 8-day show at the Pennsylvania Farm Show Complex & Expo Center chefs and culinary students can be found at the Culinary Connection in the Main Hall doing cooking demonstrations.

[Here is DeLutis' Pork Day recipe.](#)

## **Smoked Pork Belly with a Potato Pancake, Braised Red Cabbage and a Hard Cider Glaze**

### **Pork Belly with a Hard Cider Glaze**

#### **Ingredients:**

- 1 pound skinless pork belly
- 1 cup brown sugar
- 1 cup salt
- ½ teaspoon pink curing salt
- 1 teaspoon ground cloves
- 2 cups apple sauce
- Pinch of cinnamon

#### **Braising Broth:**

- 1 bottle Troegenator beer
- 3 cups apple cider
- 3 apples, halved and seared until black on flesh side
- 1 onion, diced
- 1 knuckle ginger, whole
- Bouquet garni (sprig rosemary, sprig of thyme, parsley stem, peppercorn, baby leaf)

#### **Instructions:**

Place the pork belly in a plastic Ziploc bag. Combine the curing ingredients to form a pate. Add the paste to the belly in the bag, seal trying to remove the air. Work the paste around the belly evenly. Place the belly between two trays and weigh it down with a No. 10 can or a heavy object, in refrigerator for three days.

Remove the belly from the bag. Rinse and pat dry. Cold smoke for one hour. If you don't have an electric or wood smoker, this step can be skipped.

Place the belly in a braising pan and top with the braising liquid. Top with the remaining ingredients, wrap with plastic wrap, then foil. Braise in an oven at 300 degrees Fahrenheit for two hours. Cool. Strain the liquid and reduce until nappe, where the sauce coats the back of the spoon.

Portion the belly into four even portions. Heat enough oil to cover the belly to 350 degrees. Fry the belly portions for 5 minutes.

### **Potato Pancake**

#### **Ingredients:**

- 1 large Yukon gold potato, cooked until soft and mashed
- 2 eggs
- 4 ounces milk
- 1 shallot, minced
- 1 tablespoon prepared horseradish
- 1 tablespoon baking powder
- 1 ½ cups flour, more as needed
- 1 heavy pinch salt
- 1 teaspoon turmeric

#### **Instructions:**

Combine all of the dry ingredients, aerate – mix thoroughly. Whisk in one egg and the milk, then whisk in the potato and second egg. Add the shallot and horseradish. Whisk together and check the consistency. If it is not thick enough, add more flour while whisking. The finished consistency should be similar to that of mashed potatoes. Cook in a saute pan like any other pancake.

## Braised Red Cabbage

### Ingredients:

- ½ red cabbage, julienned
- 1 onion, sliced
- 1 pinch caraway seeds
- 1 cup red wine vinegar
- 2 cups chicken stock
- ¼ cup sugar
- ¼ cup molasses

### Instructions:

Combine all the ingredients. Place in a braising pan, covered with a film and aluminum foil. Bake at 300 degrees Fahrenheit for 2 hours. Cool and store. Serve this warm on top of finished potato cake.

Plating: Place the pancake on the plate, top with cabbage, then belly. Finish with the sauce.

## 2016 Farm Show: Cafe 1500 chef Ben Beaver cooks flavorful short ribs



Beet braised short ribs prepared by Ben Beaver, chef at Cafe 1500 in Harrisburg. (*Sue Gleiter, PennLive.com*)

Chef Ben Beaver of [Cafe 1500 in Harrisburg](#) takes short ribs to a new level by braising them with beets.

"The whole thing with that is adding an earthiness, not a dirty flavor but a nice rustic flavor to the meat," Beaver said.

Earlier today, Beaver stepped onto the PA Preferred Culinary Connection stage at the Pennsylvania Farm Show to prepare Beet Braised Short Ribs with Celery Root Puree.

During the eight-day Farm Show, chefs and culinary students are doing cooking demonstrations on the stage located in the complex's Main Hall. On Tuesday, [Troegs Independent Brewery chef Christian DeLutis](#) shared a recipe for smoked pork belly.

For Beaver, the beets are similar to other vegetables braised with short ribs.



Cafe 1500 chef Ben Beaver prepared Beet Braised Short Ribs Wednesday at the Pa. Farm Show. Sue Gleiter, PennLive.com

"Adding it to an ingredient like a short rib, it adds an earthiness to the dish just like adding mushrooms. You could totally add mushrooms to that dish and it would be awesome," Beaver said.

Here's his recipe:

### **Beet Braised Short Ribs with Celery Root Puree**

#### **Beet Braised Short Ribs:**

- 5 10-ounce portions of short ribs
- 1 ½ pounds red beets, peeled and large dice
- 3 sprigs of thyme
- 3 sprigs rosemary
- 10 cloves garlic
- 1 bay leaf
- 12 cups water
- 2 tablespoons beef base

#### **Instructions:**

Preheat a large saucepan, and sear short ribs on all sides to caramelize the outside. Combine the remaining ingredients with the ribs in a half hotel pan and braise for 4 hours at 325 degrees Fahrenheit.

#### **Beet Demi**

Take the braising liquid from the finished short ribs and strain through a fine mesh strainer into a saucepan. Reduce by three quarters or enough to thicken.

## **Celery Root Puree**

### **Ingredients:**

- 3 pounds celery root, peeled
- 1 pound Yukon gold potatoes, peeled
- 4 cups half and half
- 5 cloves garlic
- 2 sprigs thyme
- 2 springs rosemary
- 6 tablespoons butter
- Salt and pepper, to taste

### **Instructions:**

Cut the celery root and potatoes into large dice, ensuring they are the same size as each other to cook evenly. The celery root will naturally cook faster. Combine all of the ingredients in a saucepan and simmer until the potatoes are tender. Season to taste with salt and pepper. Puree the ingredients in a blender until silky texture.

### **Plating:**

Place short ribs portion on top of celery root puree. Finish with the reduced braising liquid and some roasted vegetables.