



# Local Foods Week

APRIL 22<sup>ND</sup> – 26<sup>TH</sup> 2019

HARVEST  
TABLE  
CULINARY GROUP

# IRON CHEF

WEDNESDAY, APRIL 24<sup>TH</sup> 11AM-1PM DANFORTH

## TEAM BESS & MATT (BRICK)

Maple Glazed Pork Belly on top of Sesame Seed Toast with a Creamy Avocado Spread topped with Local Micro Greens

*Featuring items from Bostrom Farms (Stanley, NY), Wohlschlegel's Farm (Naples, NY), Thunder Mountain Foods (Bath, NY)*

## TEAM DEVAN & LISA (SAUTE)

De-constructed Asparagus Lasagna with House Made Ricotta & Garlic Herb Flatbread

*Featuring items from Barilla Pasta (Avon, NY) and Upstate Farms (Rochester, NY)*

## TEAM BRYAN & RYAN (BISTRO)

Fig Crostini with Local Goat Cheese, Arugula and Honey Drizzle

*Featuring items from Lively Run Dairy (Interlaken, NY), Thunder Mountain Foods (Bath, NY), Davis Farm (Cayuga, NY)*

Local Radish, Fennel and Celery Salad with Lemon Vinaigrette

*Featuring items from Stick n' Stone Organic Farm (Ithaca, NY)*

Seared Flank Steak with Local Shallot Mustard Sauce, Roasted Local Carrots and Creamy Risotto

*Featuring items from Fledging Crow Farm (Keeseville, NY) and Stick n' Stone Organic Farm (Ithaca, NY)*

## TEAM BRIAN & MEMBERS OF SA

Chicken or Tofu Fajitas with Spicy Corn & Tomatoes, Seasoned Black Beans and a Toppings Bar

*Featuring items from Whiskey Hill Family Farm (Waterloo, NY), SoyBoy (Rochester, NY), Seabrook Farms (Seabrook, NJ)*