

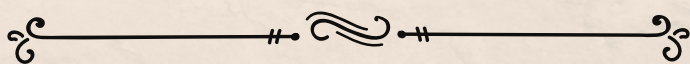


Eating Across New York State: Regional Favorites

*A compilation of recipes from ACS CAN
friends, staff and volunteers*



New York State Regional Favorites



New York City

Long Island

Catskill Region

Capital District

Adirondack Region

Central New York

Thousand Islands

Western New York

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New York State Regional Favorites

People are truly passionate about their food and their local favorites. It is very common to hear arguments over who has the best this or that. I have traveled to every part of New York State and the one common theme is our regional favorite cuisines. When traveling, I look forward to going to that one restaurant in that area I love or having that one item I can only get in a particular place. Thinking of this gave me the inspiration to create this e-cookbook. Compiling all of our regional favorites into one place gives us the opportunity to savor these tastes whenever and wherever you are in the state, or country for that matter.

I hope you enjoy this compilation of treasured recipes and flavors from across the Great State of New York. I have left out names of particular places for fear of copyright infringement but if you are from that area, you will know the places some of these classics originated. I have also altered recipes and created my own as to not take anyone else's ideas. I have created this e-cookbook strictly for charity and to give it away, never to profit from it. The words I have written are my own and are based on my personal travels or information I have read and compiled by friends living in the areas.

I hope you will come along with me and enjoy this culinary trip across New York State.



New York City

Known for being the city that never sleeps, New York City is also known for cuisine from around the world. Mostly though, when anyone mentions the City, we think big slices of pizza, delis with mile high sandwiches, huge slices of New York Style Cheesecake and the best bagels anywhere. Don't forget the Manhattan Clam Chowder!

This section includes a few of these quintessential New York style recipes passed down from generation to generation for you to enjoy!



REUBEN SANDWICH

Ingredients

- 1/4 lb Lean Corned Beef
- 1/8 cup (or to taste) Sauerkraut
- 2 tbsp. (or to taste) Russian or Thousand Island Dressing
- 2 slices Swiss Cheese
- 2 slices of Deli Rye or Marble Bread
- 1-2 tbsp. Butter

Directions

- Butter each slice of bread on one side.
- Place 1 slice butter side down in hot pan on medium heat, put dressing and slice of cheese on bread.
- Grill the corned beef a little to get it warm in the pan. Place corned beef on cheese.
- Add sauerkraut on top of the corned beef, put the other slice of cheese on top of that, put dressing on the other slice of bread and top with other slice of bread butter side up.
- Grill 4-6 minutes, flip, grill another 4-6 minutes until browned to your taste on both sides and serve.



MANHATTAN CLAM CHOWDER

COURTESY OF DAWN HETRICK

Ingredients

- Dozen Chowder Clams, steamed OR 3 or 4 cans of clams with juice.
- 1 package of sliced bacon (8 oz to 16 oz), cut 1/2 in across slices
- 4 ribs of celery, sliced
- 1 large onion, sliced or coarsely chopped
- 4 cloves of garlic, minced
- 2 medium carrots (with tops optional), sliced. If using tops, de-stem and chop.
- 4 medium potatoes (I prefer red skin or yellow fleshed), cut into bite size pieces.
- 1-28 oz can of diced or whole tomatoes cut up (or 3 cup+ of fresh peeled tomatoes)
- 1 bunch of collard greens or escarole, chopped
- 2 tsp oregano
- optional - green hot pepper, finely chopped or crushed red pepper to taste.

Directions

- In a large deep pot, cook the bacon over medium heat when the fat starts to render.
- Add onion and garlic and cook until onion is translucent.
- Add celery, carrots, tomatoes and clam nectar, bring to a boil, simmer for about a half hour or longer.
- Add greens (and carrot tops and hot pepper) and potatoes and cook for about a half hour.
- About 15 minutes before serving, add the clams. (cooking too long, may make the clams chewy).



NEW YORK STYLE CHEESECAKE

Crust

- 1 $\frac{3}{4}$ c graham cracker crumbs
- 2 Tbsp sugar
- 4 Tbsp plus 1 teaspoon butter, melted

Filling

- 4 bricks of cream cheese (totaling 32oz)
- 1 $\frac{1}{3}$ c granulated sugar
- 2 teaspoons vanilla
- 4 large eggs
- $\frac{2}{3}$ cup sour cream
- $\frac{2}{3}$ cup heavy whipping cream

Directions

Prepare the crust

- Put the graham crackers in a food processor or blender until finely ground or buy the already crushed graham crackers in a box.
- In a large bowl stir in the sugar and melted butter.
- Preheat oven to 350°F with rack in lower third of oven. Press the graham cracker crumbs into the bottom of the 9" spring form pan: Gently press down on the crumbs using your fingers, until the crumbs are a nice even layer at the bottom of the pan.

NEW YORK STYLE CHEESECAKE CONTINUED

Directions

- Bake the crust: Place the pan on a baking sheet and bake at 350°F for 10 minutes. Remove from the oven and let cool.
- Wait until the crust has cooled, triple wrap pan in heavy duty foil on the bottom folding up the sides. Be sure there are NO holes.

MAKE THE CHEESECAKE

Turn oven to 325°F.

- Cut the cream cheese into chunks and place in the bowl of an electric mixer with the paddle attachment. Mix on medium speed until smooth.
- Add the sugar then vanilla, beating after each addition.
- Add the eggs, one at a time, add the sour cream, add the heavy cream, beat until incorporated.
- Place the foil-wrapped spring form pan in a large, high-sided roasting pan. Prepare 2 quarts of boiling water.
- Pour the cream cheese filling into the spring form pan over the graham cracker bottom layer. Smooth the top with a rubber spatula.
- Very carefully, pour the hot water into the roasting pan to create a water bath for the cheesecake until the water is halfway up the side of the spring form pan, about 1 1/4 inches.
- Place the roasting pan with the spring form pan in the oven on the lower rack.
- Bake at 325°F for 1 1/2 hours.
- Turn off the heat of the oven. Crack open the oven door 1-inch, and let the cake cool in the oven for another hour.
- Chill in the refrigerator for a minimum of 4 hours, or overnight.
- Top with your favorite fruit, whipped cream or just serve plain.



Long Island

From the Montauk Lighthouse to the New York Harbor, this densely populated Island has Long Island Sound on one side and the Atlantic Ocean on the other. What was once farmland is now a playground for the rich and famous.

From thriving metropolis to the shore, Long Island is so unique in so many ways. They even have their own Iced Tea named after them. Of course this drink is not for the kids and not for the faint of heart, just like life can be on the Island.



LONG ISLAND ICED TEA

1oz White Rum
1oz Vodka
1oz Gin
1oz Tequila
1oz Triple Sec
Sour mix
Splash of Cola
Lemon for garnish

Directions:

Using a shaker filled with ice, combined all of the ingredients except for cola and lemon. Shake. Serve in tall glass with ice, splash of cola and lemon for garnish. Sip cautiously and responsibly.



LONG ISLAND EGG SANDWICH AKA BEC SPK

My Long Island friends told me about the Long Island Egg Sandwich and that it was something they ordered all the time or longed for when they go back home. My Mom has actually made these breakfast sandwiches for years and this is how she does it.

Ingredients

- 1 kaiser roll or hard roll
- 1 egg, scrambled or fried (your preference)
- 2 slices of bacon
- 1 slice of American cheese
- Butter
- Salt, pepper and ketchup to taste (optional)

Directions

- Cook bacon and set aside.
- Butter both sides of the hard roll and grill in frying pan or flat top grill until lightly browned.
- Scramble or fry the egg.
- Place cheese on top of the egg and melt.
- Put the bacon, egg and cheese (BEC) on the roll.
- Sprinkle with salt, pepper and add ketchup (SPK) to taste.



LONG ISLAND BAKED CLAM

RECIPE COURTESY OF DAWN HETRICK

Ingredients

12 top neck or chowder clams. (If the largest you can find are cherry stone, you may want to get a dozen and a half and you will have smaller shells to stuff).

Reserved nectar (juice).

1 clove of garlic, minced

3 ribs celery, finely chopped

1 medium onion, finely chopped

1 medium bell pepper (any color) or a long hot pepper, finely chopped

6 slices of bread of your choosing. Stale bread is preferable but not necessary.

1 tsp Italian seasoning, or 1/2 tsp oregano and 1/2 tsp basil, to taste.

If you prefer fresh herbs, make sure to add quite a bit extra.

Olive oil

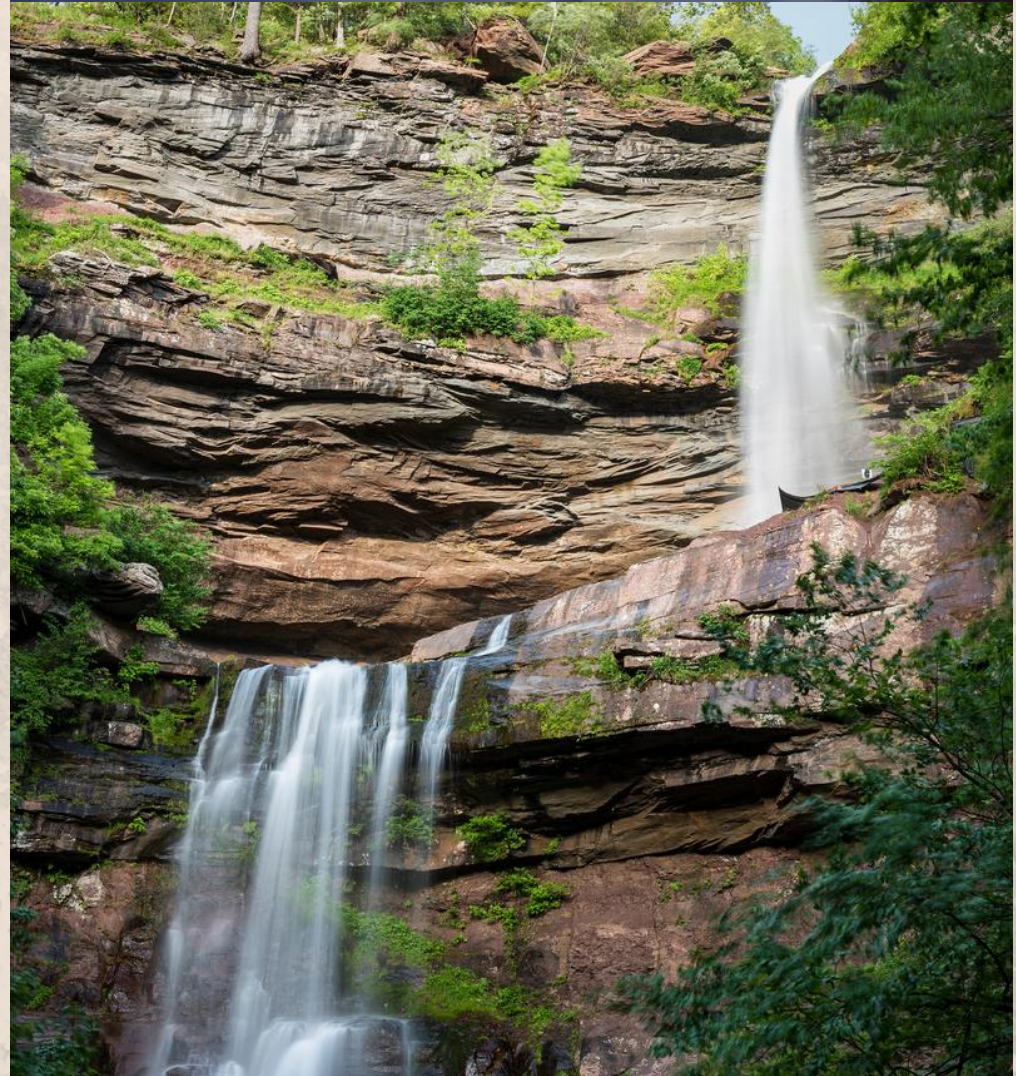
Directions

- Steam the clams - add a cup of water to a pot with a lid with ample room for the clams to open. Clean and place clams in the pot, bring water to a boil, cover and reduce heat to a simmer. Check periodically until the clams have popped open. You can carefully extract clams as they pop open with tongs to make room. Extract the clams from the shells and save the broth. Mince the clams (a food processor works best). Note: For best results, scrub the outside of the clams well before cooking. After cooking place nectar into a large glass measuring cup or bowl with a pouring spout. Let the nectar sit for a few minutes and carefully pour into another container keeping an eye to not pour off any silt at the bottom.

LONG ISLAND BAKED CLAM

RECIPE COURTESY OF DAWN HETTRICK (CONTINUED)

- Preheat oven to 350 F.
- In a frying pan on medium heat, heat oil and add garlic. Let it caramelize a bit.
- Add the celery, onion and pepper. Cook until onion is translucent.
- Soak each slice of bread in the clam nectar and place in the pan. Break up the bread with a spoon until it is relatively uniform in texture - Add a bit more nectar and seasoning and thoroughly heat, reducing the liquid until the mixture is the consistency of a moist stuffing. Add more nectar as needed for desired moistness.
- Add the minced clams and mix thoroughly.
- Select the clam shell halves you want to use. Place a generous tablespoon or more in each shell to fill it. Probably 12 or more, until all the stuffing is in shells.
- Place the stuffed shells on a cookie sheet.
- Place the sheet of shells in the oven. Bake for about 20 to 30 minutes until the top is slightly browned.
- Serve with lemon wedges if desired.



Catskill Mountains

The Catskill Mountains were once home to lavish all-inclusive resorts and the summer getaway for New York City dwellers.

The Catskill Resorts would bring in big name entertainment and after their night was through, they would go out in search of late night snacks and drinks. I have read that this is how the "RPG" or Roast Pork on Garlic Bread became legend in this area. Don't forget to add the Kosher dill pickle on the side to make it truly authentic.



ROAST PORK ON GARLIC BREAD (RPG)

Roast Pork Recipe Char Sui

Ingredients

- 3 pounds boneless pork shoulder/pork butt
- ¼ cup granulated white sugar
- 2 teaspoons salt
- ½ teaspoon five spice powder
- ¼ teaspoon white pepper
- ½ teaspoon sesame oil
- 1 tablespoon rice wine
- 1 tablespoon soy sauce
- 1 tablespoon hoisin sauce
- 2 teaspoons molasses
- 1/8 teaspoon red food coloring (optional)
- 3 cloves finely minced garlic
- 2 tablespoons honey
- 1 tablespoon hot water

Directions

- Cut the pork into long strips or chunks about 3 inches thick.
- Combine the sugar, salt, five spice powder, white pepper, sesame oil, wine, soy sauce, hoisin sauce, molasses, food coloring (if using), and garlic in a bowl to make the marinade (i.e. the BBQ sauce).
- Reserve about 2 tablespoons of marinade and set it aside. Rub the pork with the rest of the marinade in a large bowl or baking dish. Cover and refrigerate overnight, or at least 8 hours. Cover and store the reserved marinade in the fridge as well.
- Preheat your oven to 475 degrees F with a rack positioned in the upper third of the oven.

ROAST PORK CONTINUED

- Line a sheet pan with foil and place a metal rack on it. Using the metal rack keeps the pork off of the pan and allows it to roast more evenly. Place the pork on the rack, leaving as much space as possible between pieces. Pour 1 ½ cups water into the pan below the rack. This prevents any drippings from burning or smoking.
- Transfer the pork to your preheated oven and roast for 25 minutes. Make sure to check your char after the first few minutes of roasting and adjust your oven temperature accordingly. After 25 minutes, flip the pork. If the bottom of the pan is dry, add another cup of water. Turn the pan 180 degrees to ensure even roasting. Roast another 15 minutes.
- Meanwhile, combine the reserved marinade with the honey.
- After 40 minutes of total roasting time, baste the pork with reserved marinade with added honey, flip it, and baste the other side as well. Roast for a final 10 minutes.
- The pork should cook for 50 minutes total. It should be cooked through and caramelized on top. If it's not caramelized to your liking, you can turn the broiler on for a couple minutes to crisp the outside and add some color/flavor. Be sure not to walk away during this process, since the sweet char BBQ sauce can burn if left unattended.
- Remove from the oven and baste with the last bit of reserved BBQ sauce. Let the meat rest for 10 minutes before slicing.

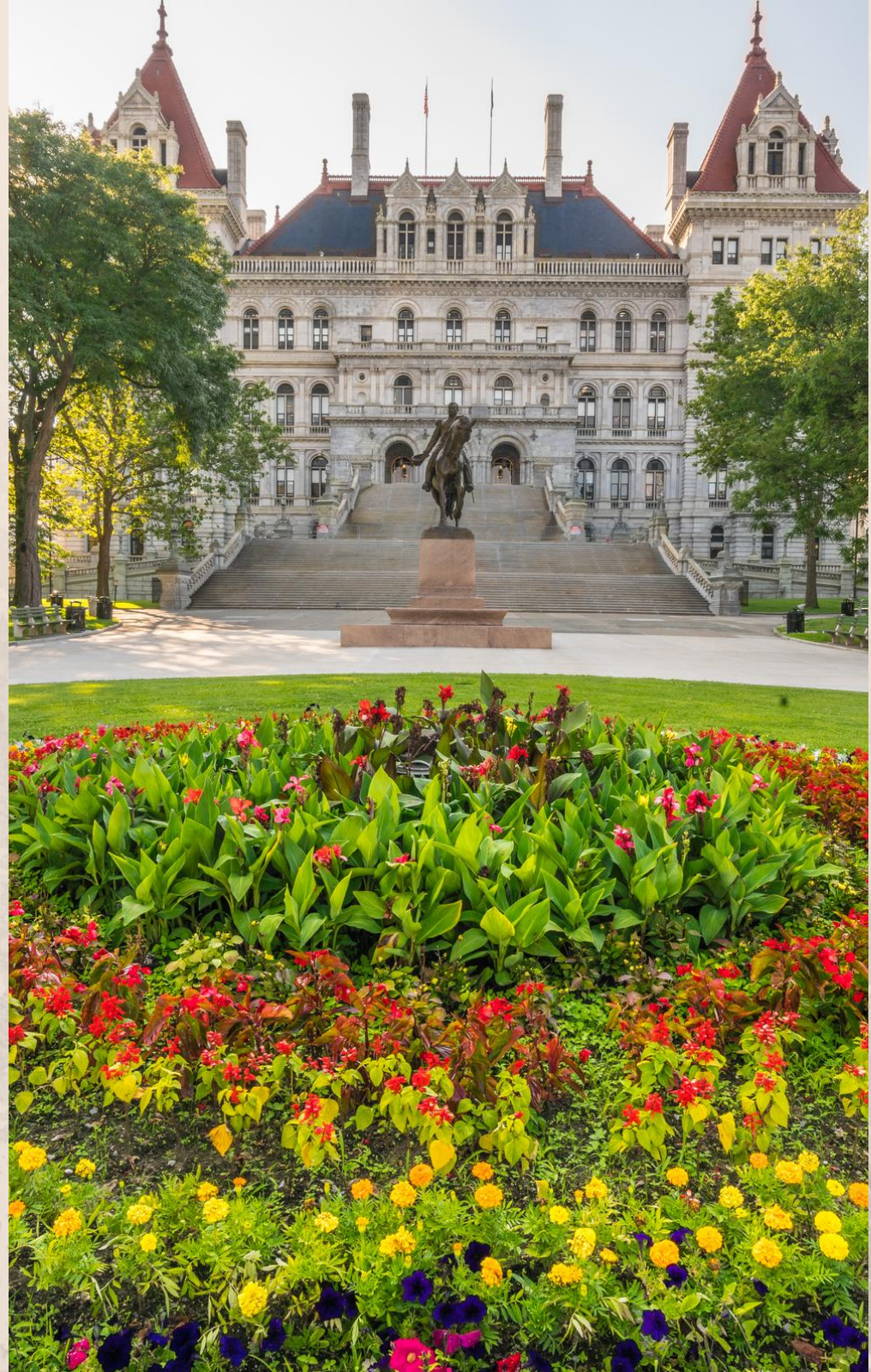
THE SANDWICH ASSEMBLY

- 1 lb sliced of the Chinese roast pork (char siu)
- 3 cloves garlic, minced
- 1 1/2 tablespoons olive oil
- 1/8 teaspoon salt (or to taste)
- 2 Italian rolls
- 4 teaspoons softened butter (optional)
- 2 tablespoons Chinese hot mustard (optional)
- 2 tablespoons duck sauce (optional)

ROAST PORK CONTINUED

Directions

- Slice the Chinese roast pork (char siu) into thin slices.
- Mix the fresh minced garlic with the olive oil and salt.
- Cut the Italian roll in half. Spread the garlic and olive oil mixture evenly on one side of the bread and lightly toast it.
- Spread 2 teaspoons butter (if using) on the other side of the bread and repeat with the other roll. You can use the garlic and oil spread on both sides if you do not want to use butter.
- Lay the sliced pork on the sandwich, close it, cut on a diagonal, Serve with Chinese hot mustard and duck sauce on the side. (Optional)



Capitol District

The Capitol District, my hometown area. When I asked about a food that was a must have in this area, there wasn't an exact dish other than Shoo Fly Pie mentioned, but places that people coveted and longed for when they are away.

My cousin in Dallas longs for the taste of the cheeseburger slider at the local drive-in and so many love the fish fries at the local seafood shack. Another local favorite would be mini hot dogs and the various places in the area you can get them.

I would be remiss if I didn't also mention the leaf peeping time of Fall and the best Cider Donuts you ever had from your local apple farm. For the purposes of this book, I have tried to re-create those incredible flavors we all love.



CIDER DONUTS

Ingredients

- 2 cups apple cider
- 3 cups all-purpose flour
- 1/2 cup whole wheat flour
- 2/3 cup packed brown sugar
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon each ground nutmeg, cinnamon and allspice
- 2 large eggs
- 6 tablespoons butter, melted
- Oil for deep frying (I use vegetable or canola)

Directions

- In a saucepan, bring cider to a rapid boil; cook over med-high to high heat until reduced by half, about 12 minutes. Cool completely.
- Whisk together flours, brown sugar, baking powder, salt, baking soda and spices.
- In a separate bowl, whisk eggs, melted butter and cooled cider; stir into dry ingredients just until moistened.
- Cover and refrigerate until firm enough to shape, 1 hour
- Divide dough in half. On a floured surface, pat each portion to 1/2-inch thickness; cut with a floured 3-in. donut cutter.
- In an electric skillet or deep fryer, heat oil to 325°. Fry donuts, a few at a time, until golden brown, 2-3 minutes on each side.
- Don't waste the donut holes! Fry a few at time, until golden brown and cooked through, about 1 minute on each side. Drain on paper towels; cool slightly. If desired, dip donuts into sugar or cinnamon sugar.



SLIDERS AND MINIS

For Sliders

1 lb hamburger, ground turkey or chicken, whichever ground meat you prefer, of course the original is made with beef.

American cheese, as many slices as burgers

1 large onion, thinly sliced

1 tsp paprika

4 tbsp of butter

Hamburger buns

Ketchup to taste

Directions

- Take the ground meat, make 1/4 lb or smaller patties and press really thin.
- In a skillet on medium heat, melt the butter, fry onions with paprika covered for about 10 minutes, then uncover and cook until caramelized, (browned).
- In a frying pan or flat top grill, fry burgers until desired done-ness, add cheese on top until melted.
- Place cheeseburger on bun with caramelized onions and ketchup on top.

SLIDERS AND MINIS CONTINUED

For Mini Hot Dogs

1 lb small natural casing hot dogs. If none are available in your area, cut a regular natural casing hot dog in half.

1/2 cup finely chopped onion

1/2 cup prepared meat sauce (you usually can find it in your deli or meat section of the grocery store. If not, follow the recipe in the Rochester section for "hot sauce" you can also use beanless chili).

Yellow mustard to taste

Small hot dog rolls or regular sized cut in half

Directions

- Grill or pan fry hot dogs.
- For best results steam your hot dog buns.
- Heat meat sauce in a small saucepan.
- Place cooked hot dog in bun. Put meat sauce, chopped onion and mustard on top.



SHOO FLY PIE

Ingredients

- 1 (9 inch) prepared pie shell
- 1 cup molasses
- $\frac{3}{4}$ cup hot water
- $\frac{3}{4}$ tsp baking soda
- 1 egg, beaten
- 1 $\frac{1}{2}$ cups all-purpose flour
- 1 cup packed brown sugar
- $\frac{1}{4}$ cup shortening

Directions

- Preheat oven to 400 F.
- In a medium bowl combine molasses, hot water, and baking soda. Stir well. Whisk in beaten egg. Pour mixture into pie shell.
- To Make Crumb Topping: In a medium bowl combine flour and brown sugar. Mix well, then cut in shortening until mixture resembles coarse crumbs with a pastry blender or fork. Sprinkle on top of molasses layer.
- Bake in preheated oven for 15 minutes.
- Lower temperature to 350 F, bake an additional 30 minutes.



The Adirondacks

Since the time I was 10, I began camping as a Girl Scout and my love for the woods just grew from there.

I have many fond memories spent at Raquette Lake, Lake George, the High Peaks Region and time spent at my friend's camp in Indian Lake. I thought I would share some of my favorite camping recipes with you from times spent in the Adirondack Region.



BACKWOODS HASSELBACK POTATOES

I will give you both ways to make these amazing potatoes. The first way is the backwoods camping way. Be sure to scrub your potatoes prior to leaving for camp because water can be scarce when you are at your tent site. I throw seasonings in my "kitchen" tote when camping so YES, I do bring rosemary, garlic salt and pepper because that's the way I roll. Always remember to pack a cutting board and sharp kitchen knife with you as well! The night you are ready to make these, be sure to start a fire and let it burn down so you have some good cooking coals ready to go.

Ingredients

4 medium to large baking potatoes - sliced across the potato about 1/4 inch for each slice. Do not slice through the potato, slice about 3/4 of the way so the bottom of the potato stays intact.

1 sweet onion, thinly sliced

Butter

Crushed, dried rosemary

Garlic salt

Pepper

Foil

Directions

- Take a piece of foil, place the prepared potato, a few slices of onion, 2-3 pats of butter and sprinkle with seasonings.
- Fold the foil super tight and then wrap again with foil as to not get any ash on your potatoes and so that no butter leaks out.

BACKWOODS HASSELBACK POTATOES CONTINUED

- Place foil wrapped potatoes on the outer rim of coals. Let cook for about an hour, turning occasionally. Pierce the potato to see if it is cooked. Keep cooking until you can easily pierce the potato with a knife.
- When done open the foil packets and place potatoes on a plate, serve with sour cream if you can fit it in your cooler to bring with you!

COOKING THE POTATOES AT HOME

Directions

- Arrange a rack in the bottom third of the oven. Heat the oven to 425°F.
- Scrub the potatoes, clean and pat them dry.
- Cut slits in the potatoes, leaving the bottom intact.
- Arrange the potatoes in a baking dish. Brush the potatoes all over with butter or oil, including the bottoms.
- Sprinkle the potatoes generously with garlic salt, pepper and rosemary.
- Bake 30 minutes, then brush with more butter or oil and add the onion on top.
- Bake another 30-45 minutes until the potatoes are crispy on the edges and easily pierced in the middles with a paring knife
- Serve immediately. Serve with sour cream and chives. (optional)



GINGER TERIYAKI CHICKEN

When I was younger, my sister and I would spend a week every summer at Raquette Lake tent camping with friends. There was one night we would do a big dinner and Ginger Teriyaki Chicken, plus a 7 lb can of chocolate pudding would always be our contribution to the shared meal. Mostly because it was simple but impressive when tent camping and easy to make for a crowd. Prepare this before you leave, marinating for a day or two makes the chicken even more tender. You can cook this over an open fire with a grate in a pan or grill it. Either way, the flavor is hard to forget.

Ingredients

4 boneless, skinless chicken breasts

Fresh ginger root, sliced

1 bottle of store bought ginger teriyaki sauce, if you cannot find ginger teriyaki, just teriyaki will be good as well.

Directions

- Rinse and pat dry the chicken breasts.
- Make 3-4 small slits on the top of the breast.
- Place a slice of ginger root in each slit.
- Put in a gallon sized baggie. Pour bottle of sauce in the bag.
- Let air out of bag and seal tight. Let marinade until ready to cook, at least 4 hours.
- With tongs take the chicken breasts out of the bag and place on hot grill or in pan sprayed with non-stick spray.
- Cook about 10 minutes, flip cook on the other side another 10 minutes until cooked through and there is no pink.

Simple yet so delicious and full of flavor!



WAFFLE CONE S'MORE

This is probably hands down the best take on a s'more ever!

Ingredients

Waffle cones

Mini marshmallows

Chocolate chips or chopped chocolate bar

Chopped strawberries

Chopped bananas

Chocolate sandwich cookies

Whipped cream (we made it homemade because we were RV camping but you can absolutely use store bought).

Ice cream of choice - (Again we were RV camping, I do not recommend ice cream unless you use it right away while tent camping).

Foil

To make Whipped Cream, ingredients:

1 cup Whipping or Heavy Cream

2-4 tbsp Confectioner's Sugar

1 tsp Vanilla or Almond extract

Directions

- Take waffle cone and layer marshmallows, chocolate and fruit. Wrap tightly but gently as to not break the cone in foil. Place on a grate over a low campfire or grill (at home too). Cook for about 10-15 minutes.
- To make whipped cream, place 1 cup heavy or whipping cream, confectioner's sugar and extract in a mixing bowl and beat on high until soft-medium peaks form, about 7-10 minutes. Don't over beat or you will make butter.
- Carefully unwrap the cone, add ice cream, whipped cream and a cookie on top!



Fort Stanwix National Monument in Rome, NY



Central New York

Of all the areas in New York State I asked for regional favorites from, I have to say Central New York takes the prize for the most! From Utica Greens and Tomato Pie, to Chicken Riggies; it seems the Central part of New York State is brimming with great food!

My stints in the central part of New York have been mostly due to the New York State Fair in Syracuse. Talk about incredible food choices! One of my all time favorite fair foods would be Chicken Spiedies. I have recently found out they actually originated in our Southern Tier in Binghamton, NY. I have added them here for your enjoyment.



CHICKEN RIGGIES

ADAPTED FROM SEVERAL RECIPES

Ingredients

- 1 pound of Rigatoni
- 2 lbs. of chicken breast. cut into chunks
- 2 large jarred fire roasted red peppers, sliced
- 5 hot cherry peppers, roughly chopped (use less for more mild and more for spicier)
- 1-28 ounce can of whole plum tomatoes like San Marzano
- 4 cloves of garlic
- 1 cup of grated Pecorino Romano cheese
- 1 cup of cooking sherry wine (cut with ½ cup of water)
- 2+2 tablespoons of extra-virgin olive oil (half for sauté, half for sauce)
- 4-6 tablespoons of butter (your preference)
- ¼ cup of heavy cream
- ½ teaspoon of dried basil
- ½ teaspoon of sea salt
- Fresh basil, thinly sliced

Directions

- In a large pot heat 2 tbsp. extra-virgin olive on low heat with 3 minced garlic cloves.
- Add whole tomatoes and sherry wine. Simmer for a few minutes on very low heat.
- Add the butter, heavy cream, dried basil and sea salt.
- In a separate skillet, sauté the chicken in 2 tbsp. olive oil.
- When chicken is almost browned, stir in the roasted red peppers, the hot cherry peppers, 1 minced garlic clove and sauté for a couple of minutes.
- Mash the whole tomatoes with a potato masher, then add in the Pecorino Romano cheese.
- Toss the chicken and peppers in with the marinara sauce and simmer for 10 minutes.
- In a separate pot, prepare rigatoni al dente and toss the full pound of rigatoni in the pot with the sauce mixture. Sprinkle with fresh basil.



UTICA GREENS

INGREDIENTS FOR THE OREGANATO

- 1/2 cup extra-virgin olive oil
- 1 cup bread crumbs
- 1/2 cup Parmigiano-Reggiano, grated

INGREDIENTS FOR THE GREENS

- 1 head escarole, about 1 1/4 pound, bottom removed, leaves separated and washed thoroughly to remove dirt
- 2 tablespoons extra-virgin olive oil
- 4 slices prosciutto (about 2 ounces), sliced thin and cut into roughly 1-inch squares
- 4 to 6 hot cherry peppers, tops and seeds removed, chopped
- 2 cloves garlic, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup Parmigiano-Reggiano, grated

Directions

- Bring a large pot of water to boil over high heat. Prepare an ice bath in a large bowl and set aside.
- Meanwhile, in a medium bowl, prepare the oreganato: Mix the oil, bread crumbs and cheese until well blended. Set aside.
- When the water is boiling, blanch the greens until they are still a little firm, about 2 minutes. Plunge them into the ice bath. Remove and drain them well then chop them into 2-inch pieces. Set aside.

UTICA GREENS CONTINUED

- Heat the broiler.
- Coat a large pan with the olive oil.
- Over medium heat, sauté the prosciutto, cherry peppers and garlic until the prosciutto is browned and slightly crisp, about 5 minutes.
- Add the chopped greens to the pan, season with salt and pepper and stir to mix well.
- Add 1/2 cup Parmigiano-Reggiano and 1/2 cup of the oreganato. Cook 3 to 4 minutes, stirring frequently to blend, scraping the bottom of the pan to keep the oreganato from burning.
- Sprinkle another 1/4 cup oreganato atop the greens.
- Place the pan under the broiler and broil until the top browns, about 2 minutes. Remove from the broiler and sprinkle a bit more cheese on the dish.
- Serve immediately.



TOMATO PIE

Ingredients

For the tomato sauce

- 2 cloves garlic, minced
- 1 teaspoon olive oil
- 1 - 16oz crushed tomatoes
- 1/4 cup tomato paste
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon dried basil
- 2 teaspoons dried oregano

For the pie

- 2 teaspoons instant yeast
- 2 tablespoons sugar
- 1 cup hot water
- 3 1/2 cups all-purpose flour, more for dusting
- 2 tsp. kosher salt
- 1/3 cup extra-virgin olive oil
- Parchment paper to coat sheet pan
- Cornmeal to dust dough
- 1-1.5 cups grated Parmesan
- OR use a pre-made pizza dough, either fresh or frozen

TOMATO PIE CONTINUED

Directions

Tomato sauce

- In a large saucepan over low heat, cook garlic in olive oil for about two minutes.
- Add crushed tomatoes, tomato paste, dried basil, dried oregano, salt and pepper, stirring occasionally.
- Simmer for approximately 30 minutes on low heat, remove from heat.

Tomato Pie

- Preheat the oven to 400 degrees.
- Coat 1/2 sheet pan with cornmeal.
- In a bowl, combine yeast, sugar and warm water and gently whisk to combine. Let stand about 10 minutes.
- Add 3/4 of the flour, olive oil and salt to the mixing bowl. Mix with a wooden spoon until most of the flour is incorporated.
- Add some flour to your counter top and knead the dough for 5 minutes.
- Form the dough into a round and place back in the mixing bowl. Coat the dough with oil and cover with plastic wrap. Let stand for 30 minutes - 1 hour until the dough almost doubles in size.
- Gently press dough towards the edges of the pan until it's 1-inch thick and spreads to the rim.
- Coat dough again with oil, use a fork to prick the surface of the dough and let stand for 1 hour to let rise and double in size.
- Coat dough with tomato sauce and bake for 10-15 minutes or until dough is cooked through.
- Sprinkle top with Parmesan and serve.



CHICKEN SPIEDIES

Ingredients

- ¾ cup white wine vinegar
- ½ cup olive oil
- ¼ cup freshly squeezed lemon juice
- 4 cloves garlic, minced
- 4 tsp. white sugar
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. salt
- ½ tsp. freshly ground black pepper
- 3 lb boneless skinless chicken thighs or chicken breast (your preference), cut into chunks
- 6 each wooden skewers
- 6 each Italian-style hoagie buns

Dipping Sauce

- ½ cup blue cheese dressing
- 2 tsp. horseradish

CHICKEN SPIEDIES CONTINUED

Directions

- Combine vinegar, olive oil, lemon juice, garlic, sugar, oregano, basil, salt, and black pepper in a blender. Puree until liquefied, 30 seconds.
- Place chicken in a gallon sized baggie, pour in marinade and massage to coat.
- Squeeze out excess air and seal the bag. Marinate in the refrigerator for 24 hours.
- Preheat an outdoor grill for high heat and lightly oil the grate.
- Remove chicken and place on the skewers.
- Place skewers on the preheated grill and cook for 5 to 6 minutes, turn and cook until the chicken is no longer pink in the center and the juices run clear, 5 to 6 more minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F.
- Remove from grill, let rest.
- Toast hoagie rolls. Mix together the blue cheese and Horseradish and put on the bun.
- Place a skewer on each roll and carefully remove the skewer, leaving the chicken in the bun.
- Serve and enjoy!



The Thousand Islands

The beauty of the Islands throughout the St. Lawrence River and the sights of Heart Island and Boldt Castle are majestic. Of course, as a regional favorites book, I had to mention Thousand Islands dressing. While there are different stories surrounding its origin, it's probably one of the simplest yet most widely used "secret sauces." The base consists of mayonnaise, ketchup and relish, one can embellish with other flavors they may like and mix it together making a versatile and terrific dressing to be used on sandwiches and salads.

The Thousand Islands borders Canada so when visiting, you can also find fried cheese curd and poutine at many local eateries. I have included these delicious treats for you to try here in the states.



FRIED CHEESE CURD

Ingredients

- 2 lbs cheese curd
- 1 1/2 cups buttermilk
- 1 1/2 cups flour
- 1 tsp baking soda
- 2 tsp garlic salt
- 1 egg
- Oil, vegetable or canola oil

Directions

- Heat oil to 375 degrees.
- Whisk together buttermilk, flour, baking soda, garlic salt and egg until smooth.
- Coat several cheese curds with batter.
- Fry a few at a time, for several seconds, until golden brown.
- Drain on paper towel.
- Serve immediately with favorite dipping sauce, I recommend a bottled marinara or melba sauce.



POUTINE

So simple yet so delicious. Although Poutine is a Canadian specialty, the Thousand Islands borders Canada thus, Poutine can be found all over the area.

Ingredients

2 lbs cheese curd

Frozen French fries, cooked to package directions

Jar or can of brown gravy or brown gravy mix

Directions

- Cook the French fries by either baking, air frying or frying in oil, your preference.
- Make or heat the gravy in a small saucepan.
- Plate the fries, sprinkle with cheese curd and pour the gravy on top.



Western New York

From the High Falls of Rochester, the amazing architecture of Buffalo City Hall to the majesty of Niagara Falls, Western New York has many sights and wonders to visit.

Buffalo is also home to one of the most famous foods in the country, the Buffalo Chicken Wing. I don't think there is anything they do not make with "Buffalo wing" flavor; there is even a Buffalo wing potato chip. Buffalo wing dip is probably a staple at every gathering one attends these days. I know it is one of my personal favorites. I hope you enjoy these great tastes from the Western part of New York State.



ROCHESTER GARBAGE PLATE

There are many variations to the Garbage Plate, you have a choice of baked beans, macaroni salad, and/or home fries or French fries. Choice of protein either Red or White Hots (pork hot dogs), hot dog, hamburger, cheeseburger, chicken tenders or sausage. Toppings include your choice of ketchup, mustard and chopped onions. The garbage plate is what you make it to your specification but the hot sauce is one of the most important ingredients to make it authentic.

Rochester Hot Sauce

Courtesy of ACS CAN ACT Lead Mary Catherine Johnson

1/2 cup cooking oil

1 pound ground beef

1 teaspoon salt

1 teaspoon black pepper

2 tablespoons chili powder

1 teaspoon paprika

2 tablespoons hot pepper sauce or ground cayenne pepper

1 quart water

Directions

- Heat oil in a large saucepan.
- Shred ground meat into the pan and cook over low heat until meat looks done but not brown.
- Add seasonings and stir until mixed.
- Add water and cook for 1 hour or until about two thirds of water has cooked away.

GARBAGE PLATE CONTINUED

Classic Macaroni Salad

Ingredients

2 cups cooked macaroni pasta, drained, rinsed and cooled
2 hard-boiled eggs, chopped
1/4 cup celery, chopped
1/4 cup onion, chopped
1/3 to 1/2 cup mayonnaise
2 teaspoons sugar
2 teaspoons vinegar
1/2 teaspoon salt, to taste
1/2 teaspoon prepared mustard
Pepper, to taste

Directions

Mix all together and use for your garbage plate.

Home Fries

Ingredients

4 medium red potatoes
1 cup chopped onions
4 tablespoons butter
Paprika, to taste
Dash of salt and freshly ground black pepper, to taste

Directions

- You can either peel or leave the skin on the potatoes, your preference, diced.
- Heat the butter over medium heat in a large, heavy skillet; add the diced potatoes and chopped onions. Sprinkle with paprika.
- Cook, bringing potatoes up from the bottom of the skillet with a spatula occasionally for even cooking and browning.
- Cook until the potatoes and onions are tender and golden brown.
- Season with salt and freshly ground black pepper.

GARBAGE PLATE CONTINUED

Putting the Plate Together

- If you would like to use baked beans, use a can of your choice and heat up.
- Cook the protein of your choice.
- Chop onions.
- Take a dinner sized plate and place a scoop of beans, scoop of home fries, scoop of macaroni salad, top with the protein of your choice. Pour a scoop of hot sauce all over the top of everything. If using add chopped onions, mustard and/or ketchup to taste.
- Enjoy!



CLASSIC BUFFALO WINGS

Ingredients

12 chicken wings

1/2 cup Frank's Red Hot Sauce (reduce amount for milder wings and up the amount for spicier)

1/3 cup butter, melted

Oil for frying

Blue cheese dressing, for dipping

Celery and carrot sticks

Directions

- If you have a deep fryer, fill to the required line with oil and pre-heat.
- Place wings in basket and fry until crispy.
- Drain wings and place on a paper towel to soak up excess oil.
- You can also bake the wings or fry in a frying pan with oil.
- **To Bake** - preheat oven to 400° and place a wire rack over a baking sheet. In a large bowl, toss chicken wings with oil. Place wings on rack and bake until chicken is golden and skin is crispy, 50 to 60 minutes, flipping the wings halfway through.
- In a large mixing bowl mix the red hot sauce and melted butter with a whisk. Place wings in and toss to coat. Serve with blue cheese dressing, celery and carrot sticks for a true authentic presentation.



BEEF ON WECK

Beef on weck is simply a roast beef sandwich, but what sets it apart from any other is the delicious "Weck" roll it is served on. Covered in salt and caraway seeds, the flavor is fantastic!

Ingredients

- 3 cups prepared au jus sauce
- 2 pounds thinly sliced roast beef
- 6 Kaiser rolls, cut in half
- 2 teaspoons kosher salt
- 2 teaspoons caraway seeds
- ¼ cup prepared horseradish

Directions

- Preheat the oven to 300 F
- Warm the au jus sauce in a saucepan over medium heat. Add the roast beef and let it warm up at the same time.
- While the meat is soaking, place the rolls on a baking sheet with the cut side down. Brush the tops lightly with water and sprinkle with salt and caraway seeds.
- Bake in the preheated oven until rolls are toasted, about 10 minutes.
- Serve the sliced beef on the rolls with the au jus and horseradish on the side.



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and generous donation to the
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Lights of Hope. I hope you
have enjoyed this trip across
the great
State of New York!*

