

Learn To Cook From The Experts

Farm Show Kitchen Stage Features Celebrity Cooks, Authors

LOU ANN GOOD
Food And Family
Features Editor

HARRISBURG (Dauphin Co.) — Learn to cook at the Farm Show.

OK. Maybe you know how to cook basic stuff, family favorites, a recipe your friend gave you....

But do you know how to create gourmet dishes served in upscale restaurants?

Are you intimidated by unfamiliar terminology such as olive emulsion, chiffonade of basil, and by exotic ingredients?

Celebrity chefs and cookbook authors will demonstrate favorite recipes and answer many questions during scheduled events at Farm Show's new Pennsylvania Kitchen Stage.

Bill Scepansky is one of 20 chefs participating in culinary workshops during Farm Show festivities Jan. 11-18.



Scepansky has an easygoing, likable style who calms the apprehension of novice cooks tackling new recipes and methods. He offers tips on handling mushrooms and other fresh produce as he demonstrates.

"Keep them as dry as possible. If you put mushrooms under water, they absorb the liquid, causing them to stew instead of saute," he said.

Scepansky is a corporate chef for Kegel's Produce, Lancaster, which processes and delivers produce within a 150-mile radius.

As corporate chef, Scepansky develops recipes using produce from all over the world. His specialty is fresh-cut produce. And for cooks conscious of wanting to promote healthful lifestyles and using the most nutritious, freshest ingredients, Scepansky is an expert.

He will prepare Grilled Portabella Carpaccio with Feta Cheese, Roasted Tomato Jam, and Black Olive Emulsion.

The name of that recipe is enough to scare off some cooks. But Scepansky assures participants that it is easy to prepare.

"It's much easier than making chow chow like many Pennsylvania Dutch cooks prepare," he said. "The recipe I'm making can be prepared from start to finish within 20 minutes."

He wields a chopping knife with finesse. At the workshop, he will demonstrate the proper way to cut basil and other fresh herbs.

Creative cooking with fresh produce has been honed by Scepansky's experience as a graduate of the Culinary Institute of America and as a chef for Franklin and Marshall College.



Bill Scepansky, corporate chef with Kegel's Produce, Lancaster, is one of 20 chefs who will demonstrate cooking techniques at the Pennsylvania Farm Show's Kitchen Stage.

Scepansky's demonstration at the Farm Show is scheduled Wed. Jan. 15, 1 p.m. at the Culinary Connection. Visitors will have the opportunity to taste sample his specialties and those by other celebrity cooks.

Other cookbook authors and chefs include the following:

- Pam Anderson, author of "CookSmart: Perfect Recipes for Everyday."
- Fritz Blank, chef de cuisine and owner of Deux Cheminees, a classic French restaurant.
- Anne Quinn Corr, author of "Seasons of Central Pennsylvania: A Cookbook."
- Sonny D'Angelo author of "Are You Game."
- Aliza Green, author of "The Bean Bible: A Legumaniac's Guide to Lentils, Peas, and Every Edible Bean on the Planet."
- Betty Groff, author of several cookbooks and owner of Groff's Farm Restaurant.
- Sam Gugino, author of "Low-Fat Cooking to Beat the Clock."
- Margaret Guthrie, author of "Racing to the Table—A Culinary Tour of Sporting America."
- Marianna Olszewski-Herberle, author of "German Cooking."
- Bill Ufnagle - "Biker Billy" author of "Biker Billy's Freeway-a-Fire Cookbook: Life's Too Short To Eat Dull Food."
- David Joachim of "A to Z in Brilliant Food Tips and Cooking Tricks: 5,000 Ingenious Kitchen Hints, Secrets, Shortcuts, and Solutions."
- Christina Pirello, star of PBS series "Christina Cooks!"
- Craig Richards, executive chef of Lidia's Pittsburgh.
- Sharon Sanders in "Cooking Up an Italian Life: Simple Pleasures of Italy in Recipes and Stories."
- Walter Staib, chef-proprietor of City Tavern in Philadelphia.
- Carol Vance, "Wild Game Cookery: Down-Home Recipes for Foods From the Wild."
- Janie Quinn, "Essential Eating, A Cookbook: Discover How to Eat, Not Diet."

Here is Scepansky's recipe. Additional recipes will be distributed at the free workshops.

GRILLED PORTABELLA CARPACCIO WITH FETA CHEESE, ROASTED TOMATO JAM AND BLACK OLIVE EMULSION

3 portabella mushroom, stem removed
6 tablespoons extra virgin olive oil
1½ tablespoons Worcestershire sauce
Salt and fresh cracked pepper to taste
6 vine-ripened tomatoes, assorted colors
3 shallots, chopped
6 tablespoons herbs (basil, chives, chervil) chopped
6 kalamata olives, pitted in juice
12 slices French bread, sliced ¼-inch thick, toasted with olive oil
6 drops truffle oil
3 ounces feta cheese, crumbled
Wipe top of portabella with damp cloth to remove any debris. Drizzle one-third of oil and Worcestershire sauce on top of mushrooms and season with salt and pepper. Rub all over mushrooms. Refrigerate covered for one hour.

Cut core out of tomato and score an "X" on the bottom. Drop to-

matoes into lightly salted, boiling water for one minute or as soon as skin

begins to curl. Remove tomatoes and place in bowl of ice water to cool rapidly. When cool, remove tomatoes and pat dry. Peel tomatoes and cut into small wedges. Squeeze out seeds. In skillet large enough to fit tomatoes in single layer, heat second third of oil over medium heat.

Add tomato wedges and pan roast until beginning to brown. Add chopped garlic and cook additional minute. Remove from heat and allow to cool. Fold in chopped shallots and chiffonade of basil. Season with salt and pepper. Refrigerate until one hour before serving.

In mortar and pestal, grind together remaining olive oil, olives, truffle oil, remaining Worcestershire sauce and a touch of olive juice to create a thick, emulsified, dressing like consistency.

One half hour before serving, grill mushrooms on both sides until well marked but still firm. Place mushrooms on plate and cover with foil to allow to carryover and cook just until tender.

Pour any accumulated juices to olive mix.

To serve, place one slice of toasted French bread just off center on plate. With a very sharp knife, slice portabellas as thinly as possible. Fan one quarter of mushroom per serving off of bread slice. Top bread with large spoonful of tomato jam. Sprinkle mushroom slices with feta cheese and top tomato jam with assorted small, delicate herbs, and drizzle plate with olive emulsion.

