



Thank You!

Wow! What an outstanding evening. Your kindness, generosity, and love for our programs were evident, and we can't thank you enough.

In our wildest dreams, we couldn't have imagined our goal would be met for our new Miwe Condo oven -- that will enable us to create a greater variety of baked goods while continuing to make over 10,000 items each year. What an incredible Christmas gift to our college, our department, and, most importantly, our students for years to come!

Of course, an event like this seems so effortless, but I can assure you the cogs in the machine were working overtime, including our Golden Whisk sponsors (Charlie and Lulu Eichhorn and Lin and Herb Hilton), the ladies in The Foundation, our talented chefs, volunteers, and dedicated students.

I wish I could have bottled the electricity in the kitchen that night. Our students were so unbelievably excited and ready to bring you the best of what they have to offer. I'm not sure if you know, but each and every class that night was in their practical exam. They had been preparing for months.

Evenings like this are few and far between, and they are ones we will remember forever.

Thank you, from the bottom of our hearts.

Fiona

Chef Fiona McKenzie

THANK YOU

Golden Whisk Sponsors

Lin & Herb Hilton & Charlie & Lulu Eichhorn

"Cooking is about emotion, it's about culture, it's about love, it's about memory."

 Massimo Bottura, the chef patron of Osteria Francescana, a three Michelin star restaurant based in Modena, Italy

We're grateful to all the people and companies who donated to The Wandering Epicurean to assure its success. A special thank you goes to the gracious individuals and organizations below.

Bacco Selections
The Bakehouse

Ashtens

Ryan Book Chef Martin Brunner

Chef Martin Brunner Chef Chris Currier Chef Erin Ducker Chef Christa Duffy

Chef Fiona McKenzie Chef Warren's

CMD Properties II, L.L.C

CRC Iceworks

Tony Cross from Reverie Cocktails

Charlie Eichhorn

Elliot's on Linden Germaine Elkins

Lin Hilton Ironwood J.J. Jackson

Maggie's Farm The McKenzie Apron

Adam Minicucci at CCNC

Pinehurst, LLC SCC Foundation

Southern Pines Brewing Co.

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PEGGY KIRK BELL In Memory

October 28, 1921 - November 23, 2016

One of the best friends to Sandhills Community College was North Carolina's First Lady of Golf, Peggy Kirk Bell. Over the years, Mrs. Bell was instrumental in many fascets of helping the college be successful.

In 1998, when Sandhills' Department of Hospitality/Culinary Arts was launched, students attended classes in 15 kitchens around Moore County to get hands-on learning. In 2000, Mrs. Bell and the Bell family graciously provided the students one facility to use free of charge: the kitchens at the Pine Needles Golf Resort.

"Sandhills is a great asset to our community and Dr. Dempsey is one of my favorite people. How could I turn him down?" Mrs. Bell said. She reports that her facility was able to accommodate the classes and "the college was great about understanding our business."



PEGGY KIRK BELL CULINARY ARTS CENTER







Mrs. Bell has lived in Southern Pines beginning in 1953, when she and her late husband, Warren "Bullet" Bell, purchased the Pine Needles Golf Course. Her illustrious career as an amateur golfer, a pro, golf instructor and educator included being a charter member of the LPGA and a member of the North Carolina Sports Hall of Fame. In 1990, Mrs. Bell was given the Bob Jones Award, the highest honor given by the U.S. Golf Association. She became the first woman voted into the World Golf Teachers Hall of Fame and was the first lady inducted into the Carolinas PGA Hall of Fame.

When Sandhills was at last able to house its Culinary Programs, the generosity of this great lady and her family was recognized in naming the new facility. The Peggy Kirk Bell Center for Hospitality and the Culinary Arts was opened in 2006.

"People have been very helpful to me and to Pine Needles through the years. This is one small way of giving back," Mrs. Bell said. "Sandhills helps people have a chance to better themselves and our community. We're all in this together so why not help one another?"

Named in honor of her generous support of the program and providing its home for many years, the Peggy Kirk Bell Center for Hospitality & Culinary Arts opened in March 2006 with the completion of Little Hall. This event created a permanent home for these programs and represented more than eight years of effort by the college, faculty, and community — especially Mrs. Bell — to create a first-class facility for the college's culinary programs.

It's with great sadness and deep appreciation that we honor this incredible woman who has brought so much to golf, the community, and Sandhills Community College.

The Romanticano

For the second year in a row, Tony Cross of Reverie Cocktails created The Wandering Epicurean signature cocktail. This year, it's called, "The Romanticano." Inspired by the Americano, the Romanticano is a spin off of the classic drink with the recently popular cocoa nibs.

Try the Romanticano tonight, and find yourself dreamily wandering the streets of Florence.

Ingredients

- Strawberry and Cocoa Nib-Infused Campari
- Cocchi Vermouth di Torino
- Distilled Water Carbonated

Directions

Mix the ingredients together in equal parts and pour on draught.

Salute!



BREAD

Grissini Bread Sticks

Herb Focaccia

Ingredients Sponge

6 oz. Water .12 oz. Fresh Yeast 8 oz. Flour

Final Dough

1 lb. 4 oz. Flour 14 oz. Water .12 oz. Fresh Yeast .5 oz. Salt 1 oz. Olive Oil Rosemary and Salt (to taste)

Instructions

- 1. To make the Sponge, combine flour, water and instant yeast, and mix until uniform. Let ferment 4 to 6 hours (or until double in volume) in a warm place.
- 2. Place sponge in a mixing bowl, add rest of ingredients and mix to a smooth but wet dough.

24 Servings

Ingredients

18 oz. (4 1/8th cups) Bread Flour 9 oz. (1 1/8th cup) Water 2 oz. (half stick) Butter

2 oz. Olive Oil 2 tsp. Salt

1 ¾ tsp. Yeast, instant dry

Instructions

- 1. Combine all ingredients into a
 Kitchen aid and mix with dough
 hook on low speed for three
 minutes, finishing on medium speed
 for 4 minutes.
- 2. Cover dough and let ferment for 1 hour. Punch down and divided the dough into 24 even pieces, about 1.3 oz each. Shape into strips, about 12 inches long.
- 3. Place on parchment lined cookie sheet and bake in preheated 380 degree oven until golden brown.
- 4. 20 minutes to bake.

*You may roll the bread sticks in grated cheese or herbs for a greater variety before baking.



GARDE MANGER

Prosciutto & Melon

Ingredients

8 Prosciutto, thin slices

30 White Bread Canapé, toasted

5 oz. Mascarpone Cheese Spread (see chef's note)

90 Petit-Pois-Size Honeydew Balls

90 Petit-Pois-Size Cantaloupe Balls

30 Mint Leaves

Instructions

- 1. Cut prosciutto to fit the canapé bases
- 2. Spread the canapé bases with some of the mascarpone spread and top with a piece of prosciutto. Top with melon balls and mint.

Chef's Note: To prepare Mascarpone Cheese Spread, add Tabasco, Dijon mustard, salt, and pepper as needed to 5 oz. Mascarpone. Mix well.



Red Potatoes with Gorgonzola Cream and Walnuts

For Potatoes

24 red potatoes - small

2 oz. olive oil

.5 tsp. kosher salt

.5 tsp. Cajun spice mix

For Gorgonzola cream

8 oz. cream cheese

2 oz. toasted walnut pieces chopped fine

16 oz. gorgonzola cheese (smoked optional)

1 tsp. minced chives

Hot sauce to taste

¼ tsp black pepper

Kosher salt to taste

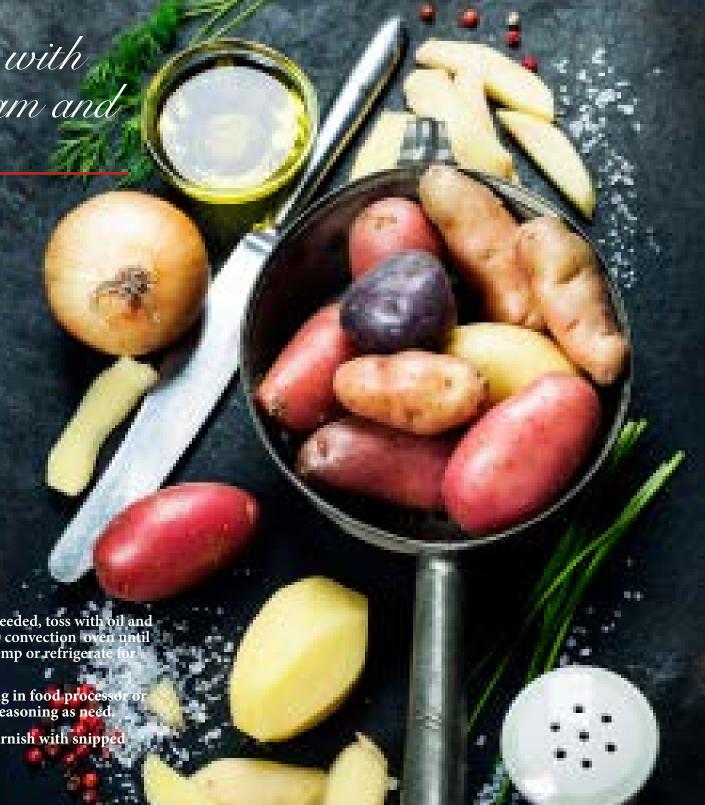
Garnish

Snipped Chives

For the potatoes, cut in half and trim bottoms if needed, toss with oil and seasoning and place top down on sheet pan in 350 convection oven until brown and cooked through 20 in. Cool to room temp or refrigerate for later use.

For the cheese, process cheeses nuts and seasoning in food processol kitchen aid until of a piping consistency- adjust seasoning as need.

To finish, pipe cheese onto top of potatoes and garnish with snippe chive.





Fennel Gured Salmon Tartar - Spooned

For Tartar

1 lb. Fennel Cured Salmon, chopped fine (or ground fine)

1 Tbl. Shallot or Red onion (minced)

2 Tbl. Fresh Chives (thin sliced)

2 Tbl. Fresh Dill or Fennel Fronds (chopped)

1-2 Tbl. Fresh Lemon Juice (as need)

1 Tbl. Lemon Zest

Black Pepper (to taste)

Instructions

In a bowl, stir together tartar ingredients and pepper — to taste.

For mascarpone

1 cup mascarpone 2 tsp Dijon mustard Dash hot sauce

Instructions

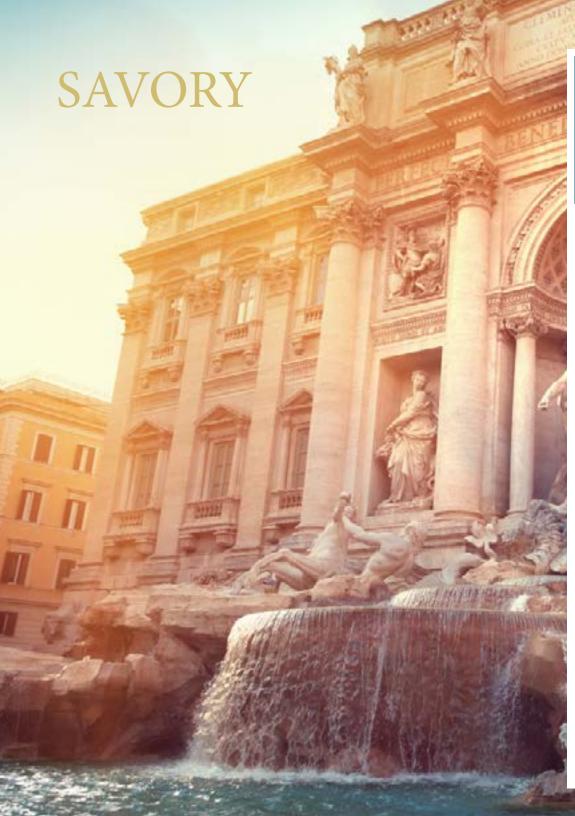
Mix well the above ingredients

For Garnish

Pickled Red Onion Capers

To Assemble

- 1. Place tartar on spoon.
- 2. Add dollop of mascarpone mixture on top of tartar.
- 3. Garnish with a dash of red onion and capers.



Italian Rabbit & Pork Sausage

Italian rabbit and pork sausage over creamy polenta with baby heirloom carrots, and a roasted shallot and tawny port reduction.

Italian Rabbit and Pork Sausage Ingredients

6 lb. Rabbit Meat

4 lb. Pork Butt

2.5 lb. Pork Fat

2.5 oz. Salt

1 oz. Dextrose

1 oz. Black Pepper

3 Tbl. Fennel Seeds

2 Tbl. Ground Coriander

1 Tbl. Sugar

2 Tbl. Spanish Paprika

2 Tbl. Hungarian Paprika

1 tsp. Cayenne

2 Tbl. Crushed Red Pepper Flakes

16 fl. oz. Ice Cold Water

23 ft. Sheep Casings (rinsed)

Instructions

- 1. Toss the pork butt, pork fat, and rabbit meat with the combined seasonings.
- 2. Chill well, until nearly frozen.
- 3. Grind through the coarse plate of the meat grinder (over an ice bath to keep cold).
- 4. In a large mixer, mix on low speed for 1 minute, gradually adding water.
- 5. Mix on low speed for 15 to 20 more seconds, until the sausage is sticky to the touch.
- 6. Make a test, adjust seasonings and consistency before shaping.
- 7. Stuff the mixture into prepared casings and twist into links.

Creamy Polenta Ingredients

Recipe makes 10 servings 4 cups Rabbit Stock 4 cups Milk 3 Tbl. Butter 2 tsp. Salt 2 cups Polenta 1/2 cups Crème Fraiche

1/3 cup Parmesan Cheese

Instructions

- 1. Bring stock, milk, and butter to a boil.
- 2. Add 2 tsp of salt to the mixture and whisk in the polenta, whisk constantly to prevent lumps (3-4 minutes).
- 3. Simmer 45 minutes, partially covered. Stirring every 10 minutes until polenta is thick, smooth, and creamy.
- 4. Add the crème fraiche and parmesan.
- 5. Check seasonings and consistency, can add more milk or stock to polenta to adjust.

Baby Heirloom Carrots Ingredients

5 lb. Baby Heirloom Carrots
1 lb. Butter

Instructions

- 1. Slice carrots vertically.
- 2. Quickly sautée in butter to glaze.

Roasted Shallot and Tawny Port Wine Reduction Ingredients

30 Shallots, peeled and cut in half ½ cup Olive Oil – for rubbing shallots Salt and Pepper (to taste) 6 cups Port Wine

Instructions

- 1. Preheat oven to 450 degrees.
- 2. Toss the shallots in the olive oil and the seasonings.
- 3. In a large sautée pan, roast for 20 minutes, stirring occasionally.
- 4. Once browned, cover the shallots with the port wine and reduce by half.

Pork Cheek

Ingredients 2 lbs. Pork Cheeks, skinless 2 Carrots, finely diced 1 White Onion, finely chopped .5 cups Canned Tomato, diced 2 cups Sangiovese Wine 1 Sprig Fresh Oregano 1 Sprig Fresh Sage (Sachet) .5 Garlic Bulb, crushed .5 Tbl. Sugar 1 Bay Leaves Salt & Pepper, to taste

Instructions

Directions for Sous Vide are below. If you don't have an immersion circulator, feel free to slow cook the pork cheeks in your favorite casserole dish or the crock pot.

Step 1

Set the Sous vide precision cooker to 180°F (82°C).

Step 2

Combine the pork cheeks, carrots, onion, tomato sauce, Sangiovese, diced tomatoes, sugar, sage, oregano, garlic, bay leaves (sachet), salt, and pepper in a zipper lock bag. Seal the bag using the water immersion technique.

Step 3

Place the bag in the water bath and set the timer for 10 hours. Cover the water bath with plastic wrap to minimize water evaporation. Add water intermittently to keep the pork submerged.

Finishing Steps

Step 1

When the timer goes off, remove the bag from the water bath. Remove the pork from the bag and reserve the cooking liquid.

Step 2

Using 2 forks, shred the pork into 1-inch pieces. Transfer to a large bowl and set aside, covered.

Step 3

Remove and discard the oregano from the cooking liquid. Pour the remaining contents of the bag into a food processor or blender. Pulse until the ingredients are uniformly chopped, but not fully pureed, 8 to 10 pulses. Reduce pureed sauce as needed to coating consistency. Season to taste with salt and pepper.

Step 4

Pour the sauce over the pork and toss to combine. Plate and garnish.



Osso Bucco (con't)

Instructions

- 1. Heat the butter in a large sautée pan and sautéee onions until translucent.
- 2. Add the rice and some of the stock, then reduce. Continue adding stock a little at a time and stirring until the rice is al dente.
- 3. Remove from the heat and add the cheese, butter, and heavy cream. Season with salt & pepper.

Gremolata

1 Bunch Parsley

1 oz. Garlic

2 Lemons

Instructions

- 1. Pulse the parsley in a food processor until roughly chopped. Put aside in a bowl.
- 2. Pulse the garlic in a food processor until minced and add to parsley.
- 3. Zest the lemons and combine with parsley and garlic.

Beurre Blanc with Herbs

.5 oz. White Wine Vinegar

2 oz. White Wine

.5 oz. Garlic

1 lb. Butter

2 oz. Chopped Fresh Herbs (parsley, basil, & oregano)

Salt

Instructions

- 1. Combine white wine, white wine vinegar, salt, pepper, and garlic in a saucepan. Reduce mixture by half.
- 2. Whisk in butter, a few pieces at a time, on low heat. Once butter is incorporated remove from the heat. Add the herbs and hol between 100-130F.

Zucchini Noodles

3-4 Zucchini, spiralized

Osso Bucco

5 Beef Shanks

3 cups All-Purpose Flour

1.5 oz. Olive Oil

.5 lb. Yellow Onion

.5 lbs. Celery

.5 lbs. Carrots

.5 oz. Garlic

8 oz. Red Wine

2 qt. Vegetable Stock

8 oz. can of Diced Tomatoes

2 Bay Leaves

½ Tbl. Thyme, fresh

½ Tbl. Oregano, fresh

1 Tbl. Rosemary, fresh

Salt & Pepper

Instructions

- 1. Preheat an oven to 300F.
- 2. Coat the beef shanks with flour, salt, and pepper.
- 3. Heat the olive oil in a large sauté pan and sear the shanks on both sides. Set beef aside.
- 4. Add the onions, celery, carrots, and garlic and cook until translucent.
- 5. Deglaze the pan with the wine and reduce by half.
- 6. Add the stock and the veal shanks to the pan and return to a simmer.
- 7. Add tomatoes and herbs to the pot then cover. Place in the oven for about 2 hours, until the meat falls off the bone.
- 8. Remove the meat and puree the pan juices.
- 9. Reduce the puree then season with salt & pepper. Toss the meat in the sauce.

For Assembly

In 4 oz. Mason jars layer 1 oz. risotto and 2 oz. osso bucco tossed in pan sauce. Top with gremolata. Sautée the zucchini noodles in the herb beurre blanc sauce as needed. Twirl noodles on a plastic fork, place it on top of the osso bucco, and serve. For vegetarian version, layer 1 oz. risotto and 2 oz. zucchini noodles.

Pheasant Involtini

Ingredients

4 large Pheasant Breasts (skinned and boned)

1 C. Italian Bread Crumbs

1 C. Chicken Stock

2 tsp. Unsalted Butter

3 Green Onions (2 white and 1 green thinly sliced)

1 tsp. Sage Fresh (or 1/2 t dry)

1 tsp. Italian Parsley

Involtini di Pheasant

Salt and Pepper (to taste)

4 Ham Slices

1 Tbl. Unsalted Butter

1 Tbl. Olive Oil

2 Tbl. All-Purpose Flour

1 C. Chicken Stock

1/2 C. Dry White Wine

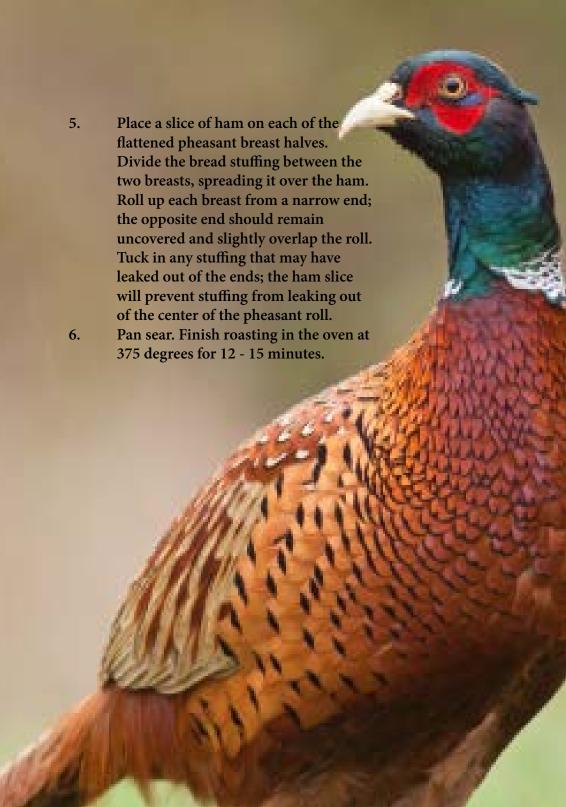
Fresh Italian Parsley (for garnish)

Instructions

- 1. Place each pheasant breast half between two sheets of waxed paper. Using a meat mallet or the dull side of a cleaver blade, press down and then push out from the center of each breast half, flattening it out evenly. Do not overpound or the breasts will break apart.
- 2. To make the stuffing: soak the bread in the stock until the ends, are soft, two to three minutes.
- 3. Meanwhile, in a skillet melt the butter over medium heat. Add the green onions and sautéee, until softened but not browned, about three minutes. Place the green onions in a mixing bowl.
- 4. Squeeze the excess stock from the bread; discard the stock.

 Mix the sage, parsley, and salt and pepper to taste and mix well.

 Taste for seasoning.



DOLCE

Vanilla & Amaretto Panna Cotta

Vanilla Panna Cotta

¾ cup whole milk
2 teaspoons gelatine
2¼ cups heavy cream
1 whole vanilla bean, split and scrape seeds out pinch of salt
¼ cup of sugar

Amaretto Panna Cotta

34 cup whole milk
2 teaspoons gelatine
214 cups heavy cream
pinch of salt
14 cup of sugar
1 teaspoon cocoa powder, sifted
14 cup Amaretto

Instructions to Make Either Panna Cotta

- 1. Put the milk in a medium saucepan and sprinkle the gelatine over the milk. Let it stand for about 5 minutes to soften. Turn heat to medium and stir milk just until the gelatine dissolves.
- 2. Add the cream, sugar, and salt. For making the vanilla variant, add the scrapped bean. If making the Amaretto flavor, whisk in the sifted cocoa and Amaretto. Whisk over low heat until the sugar completely dissolves, just a few minutes.
- 3. Remove from the heat, (remove the vanilla pod), and allow to cool slightly, keeping it covered.

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1 cup Ricotta

1 cup All-Purpose Flour

1 teaspoon Baking Powder

1 pinch Salt

1 tsp Lemon or Orange zest

Vegetable Oil (for frying)

Confectioners Sugar

Instructions

- Combine the eggs, sugar and vanilla extract in a large bowl and whisk together. Add the ricotta cheese and stir in until well combined.
- In a separate bowl stir together the flour, baking powder and salt.
- Add to the ricotta mixture and stir until all mixed in and a batter is formed.
- In a deep saucepan, pour in vegetable oil to a depth of 3 inches. Heat the oil to 350 degrees (use a frying thermometer).
- 5. Carefully use a teaspoon to drop about five zeppole into the oil. Watch them float, no need to turn them over, they roll over by themselves!
- Remove the zeppole from the oil when golden brown. Place on cooling rack, then toss in confectionary sugar. Serve with desired sauce.

Ingredients

5 oz. Eggs

9 oz. Sugar

0.25 oz. Salt

1 tsp. Vanilla Extract

2 Tbl. Amaretto Liquor

14 oz. All-Purpose Flour

0.3 oz. Baking Powder

5 oz. Almonds (sliced or whole)

Instructions

- Pre heat oven to 325 F.
- Combine Eggs, Sugar and salt in a heat proof bowl and whip 2. until thick over a double boiler. Fold in Vanilla and Amaretto sift together Flour and Baking powder, fold into egg mixture, add almonds.
- Divide batter in two and shape into 2 logs about 2.5 inches wide. 3. Keep somewhat domed.
- Bake at 325 F until light golden, allow to cool, then slice into 4. half inch slices, place cut side down and bake at 275 F until toasted and dry, about 30 minutes, turning them over half way through.































































































































From Our Ritchen To Yours

THANK YOU



SANDHILLS COMMUNITY COLLEGE

Culinary & Pastry Arts Programs

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