



Relish RHODY

Recipe Contest

Steeped in history, Rhode Island's booming food scene is a central part of our identity and what makes RI an attractive place to live, visit and raise a family or run a business.

The Relish Rhody Recipe Contest celebrates the start of the summer farmers market season by inviting Rhode Island students in grades 5-8 to create recipes that utilize at least one local farm or fishery product. Students from across the state submitted recipes, and were narrowed down to four finalists: two entrees and two desserts. Today, a winning recipe in each category will be chosen by our panel of judges:

Janet Coit, Director RI Dept. of Environmental Management

Pat Raymond, Deputy Director, Division of Community Health and Equity, RI Dept. of Health

Dawn King, RI Food Policy Council Chair, Brown University Professor

Maureen Pothier, College of Culinary Arts Chair, Johnson & Wales University

Christina Dedora, Farmer, Blue Skys Farms & Sanctuary Herbs

Fred Mattera, Commercial Fisherman, President of the Board, Commercial Fisheries Research Foundation



Joining to speak:

Governor Gina M. Raimondo

First Gentleman Andy Moffit

Sue AnderBois, RI Director of Food Strategy

Arizinia Gill, DelSesto Middle School Principal

Melanie Bowdish, Harvest Kitchen

Assistant Program Director



GOVERNOR GINA M. RAIMONDO

harvest
kitchen

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relishrhody.com

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FINALIST RECIPE: ENTREE

Honey Glazed Cod with Roasted Potatoes

Submitted by: Kaitlyn Vitkin
NORTH CUMBERLAND MIDDLE SCHOOL

1 cod fillet	2 stems parsley
4 potatoes	3 cloves garlic
1/2 lb cherry tomatoes	Salt
3-4 teaspoon honey	Pepper
1 bunch dill	1 lemon
2 stems rosemary	4 tablespoons butter
2 stems thyme	1 spring onion (optional)

1. Preheat oven to 400 degrees F.
2. Wash and dice skin-on potatoes. Combine with 1-2 tbsp olive oil, salt, pepper, and paprika (optional). Spread on greased baking sheet with sprigs of rosemary and thyme for flavor. Bake 20-25 minutes until crisp. Discard herbs.
3. Rinse and debone cod. Cut fillet into 4 pieces. Score gently and spread honey over scored side. Season to taste.
4. Cut lemon into slices and roughly chop 2-3 stems of dill. Evenly spread lemon slices in a cast iron pan (or baking sheet). Lay cod on lemon, honey side up, and top with dill.
5. Bake for 10-12 minutes or until cod is flaky, golden brown.
6. Halve cherry tomatoes. Grill in pan skin side down in olive oil until skin starts to blister. Turn the heat off and cover.
7. Melt butter in sauce pan. Add finely chopped dill, parsley and minced garlic. Cook until the butter sauce is brown and turn off heat.
8. Chop onion for garnish (optional) Plate dish and enjoy!

FINALIST RECIPE: DESSERT

Chocolate Mousse With Fresh Cream & Berries

Submitted by: Juliette Marino
WEST KINGSTON ELEMENTARY SCHOOL

1/2 cup semi-sweet chocolate chips
1/8 teaspoon salt
1/2 cup of **whole milk**
2 cups **heavy whipping cream** (1 cup for
mousse and reserve 1 cup for the topping)
3 tablespoons powdered sugar
1/2 teaspoon vanilla extract

1. Combine chocolate and salt in medium-sized bowl.
2. Steam milk and pour over mixture.
3. In another medium bowl, whip cream, sugar, and vanilla until peaks form. Add to chocolate mixture.
4. Pour into glass serving dish and chill in fridge.
4. Whip heavy cream from **Wrights Farm** until firm. Add a dollop to mousse and top with 3-4 fresh raspberries from **Salisbury Farm** (starting in late June - summer), and don't be shy about adding a few chocolate chips on top!

FINALIST RECIPE: ENTREE

Asparagus Wraps

Submitted by: Ava Jarret
OLD COUNTY ROAD SCHOOL IN SMITHFIELD

A touch of TLC :)	1 sheet puff pastry, thawed if frozen
1/2 lb asparagus with woody ends removed	1 tablespoon olive oil
1/4 cup parmesan cheese, grated	Salt
8 slices prosciutto	Pepper
	1 large egg
	1 tablespoon water

1. Preheat oven to 425 degrees F.
2. Line baking sheet with parchment paper. Place asparagus from **Jaswell's Farm** in Smithfield RI, in bowl and season with a little olive oil, salt, and pepper.
3. Roll puff pastry on a floured board, into a large rectangle.
4. Cut into eight squares or rectangles and brush with egg wash — one egg and one tablespoon of water.
5. Layer one slice of prosciutto and 3-4 asparagus stalks on each square of puff pastry. Top with parmesan cheese.
6. Wrap puff pastry around toppings. Make sure the puff pastry reaches around ingredients. Press and seal.
7. Brush pastry with more egg wash.
8. Most importantly put a lot of LOVE into your cooking!

FINALIST RECIPE: DESSERT

Lavender Lemon Angel Food Cake

Submitted by: Kealie Burt
DELSESTO MIDDLE SCHOOL IN PROVIDENCE

1 cup powdered sugar	1 tablespoon lemon juice
1 cup flour	1 teaspoon mint extract
2 tablespoons dried lavender	garnish: edible flowers ,
6 egg whites	honey and
1 teaspoon vanilla extract	lemon verbena

1. Preheat oven to 350 degrees.
2. Combine powdered sugar, flour, dried Rhode Island grown lavender, egg whites, and vanilla extract in mixing bowl.
3. Add lemon juice and mint extract. Mix thoroughly.
4. Place in oven safe dish and cook 40-45 minutes.
5. Garnish with edible flowers, honey, and lemon verbena.

