



**April 10, 2010 – December 18, 2010**  
 Saturdays, 8:30 am to 12:30 pm

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Cathedral of St. Philip | 2744 Peachtree Road NW | Atlanta, GA 30305

## Chef Demo 9/25 Scott Serpas of Serpas True Food

### Pork Sausage & Greens

2tsp	olive oil
4oz.	Italian sausage (pull out of casing) - <i>RIVERVIEW FARMS</i>
4 to 6 pcs.	Okra (sliced) - <i>FARMER JEFF</i>
3 oz	mustard greens (washed and stemmed) - <i>GREENLEAF FARM</i>
2 oz	yellow onions
½ tsp	garlic (minced)
6 to 8 leaves	fresh oregano - <i>HEIRLOOM GARDENS &amp; GREENLEAF FARM</i>
	Salt and pepper to taste

\*In a 10" to 12" skillet or sauté pan on medium heat add olive oil and sauté sausage. Cook sausage about half way through. Add onions and okra sauté for approx. 30 seconds. Add greens, garlic and oregano. Deglaze with 2 tbl. syrup and season.

### Cider Vinegar Syrup

2.5 tbl..	Brown sugar
4 tbl..	Apple cider vinegar

\*dissolve the sugar into the vinegar

*Chef Demonstrations are sponsored by:*

