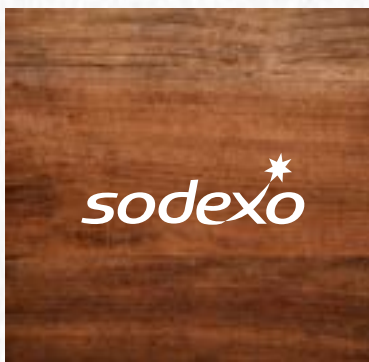




A TASTE OF *Vermont*





Chef Crafted **VERMONT INSPIRED**

A Taste of Vermont's Freshest and Finest

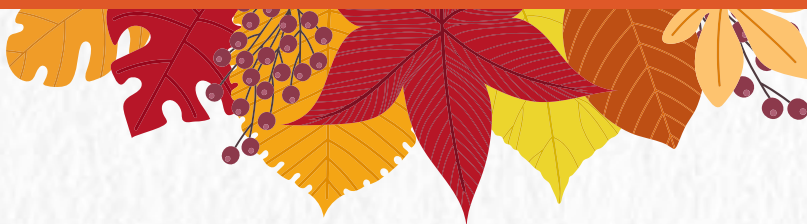
Fresh, locally sourced, and sustainable, all with a distinct Vermont flair. Packed with flavor, authenticity, and originality. This is what the University of Vermont community can expect from the recipes in "A Taste of Vermont."

We invite you to meet our best local chefs — many of whom are based right here at UVM — and to explore the recipes they bring to the region.

Our culinary commitments are simple:

- » Use premium seasonal ingredients to ensure fresh, flavorful meals
- » Support local Vermont producers and farmers
- » Embrace 100% from-scratch cooking with seasonally available ingredients
- » Minimize environmental impacts

Through these commitments, we deliver delicious food that students can feel good about eating.





FARM-TO-FORK & *Made From Scratch*

Scratch Philosophy With a “Made for Me” Service Approach: A Winning Combination

Cooking from scratch using fresh, whole foods is a cornerstone of Sodexo’s food philosophy. By pairing it with our “made for me” service approach, we’ve discovered a winning combination.

Whether it’s a hearty Vermont-grown pulled pork dish, a spice cake made with fresh local apples and cheese, or a plant-based twist on a regional favorite, we commit to cooking from scratch to ensure we’re meeting the expectations of our community.

Our goal is to continue to create and craft exceptional culinary experiences, and this goes beyond just from-scratch cooking. Students want food made specifically for them — exactly how they like it. This made-to-order approach is infused into our entire program, from farm-fresh salads to seasonal stews and everything in between.

A rustic wooden surface with various fresh ingredients including mushrooms, onions, carrots, and herbs.

CULINARY INNOVATION ROOTED IN OUR *Love of Food*

Food is at the heart of everything we do, and Sodexo is proud to bring the best culinary talent in the industry to Vermont. Our chefs infuse every dish with creativity, sharing their passion for great food by harnessing the bold and satisfying flavors of the fresh, seasonal ingredients that Vermont has to offer.

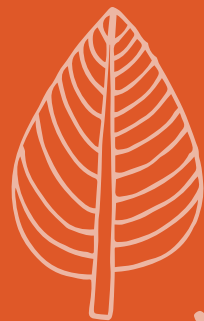
Our chefs embrace Vermont's rich culinary traditions while also incorporating innovative techniques. Celebrating their diverse backgrounds, kitchen experiences, and cooking styles, they share an unmatched love of food and a commitment to showcasing the very best of what Vermont's local farms and producers provide.



Starters AND SIDES

**Note that the allergen information provided in each of these recipes is specific to the ingredients mentioned. Any substitution or variation in brands may alter the allergen content of the final dish. Please carefully review the listed ingredients and cross-check them with your individual allergen sensitivities or dietary restrictions. Always exercise caution and consult with a healthcare professional if you have concerns about specific allergens.*





Meet Chef

CHRISTOPHER REYNOLDS

Chef Christopher Reynolds is a proud Vermont native and has been part of the UVM Dining team for 10 years. A graduate of the Essex Center for Technology culinary program and the New England Culinary Institute, Chef Reynolds brings a deep appreciation for local flavors and craftsmanship to his work.

UVM has provided the foundation for many of Chef Reynolds's most cherished milestones, including buying a home, getting married, and starting a family. In other words, it's helped him build a life that reflects the values of community and sustainability Vermont is known for.

VERMONT *Fall Salad*

WITH ROASTED LOCAL VEGETABLES & POMEGRANATE DRESSING

Makes 10 servings | Recipe by Chef Christopher Reynolds

Known allergens* | Milk, Mustard

INGREDIENTS

- 16 ounces seasonal greens (use local spinach, kale, arugula, or mixed salad greens)
- 24 ounces sweet potatoes, diced
- 24 ounces butternut squash, diced
- 8 ounces red onions, sliced
- 8 ounces pears, sliced
- 16 ounces apples, sliced
- 4 ounces pomegranate seeds
- 4 ounces pepitas, roasted
- 4 ounces gorgonzola cheese
- 2 ounces maple syrup

PREPARATION

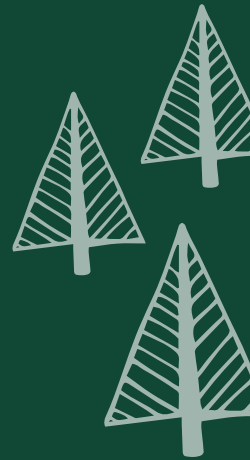
1. Chop all vegetables as directed.
2. In a separate bowl, toss sweet potatoes and butternut squash with salt, pepper, olive oil, and 1 ounce of maple syrup.
3. Roast the sweet potatoes and butternut squash with oil and maple syrup, then allow to cool.
4. Combine all the pomegranate dressing ingredients and slowly whisk in the oil.
5. Toss all ingredients with the dressing and serve.



Pomegranate Salad Dressing

- 4 ounces pomegranate juice
- 2 ⅔ ounces olive oil
- 2 ounces apple cider vinegar
- 1 ounce sugar
- ½ ounce Dijon mustard
- ¼ ounce garlic powder
- ¼ ounce ginger powder
- Salt, to taste
- Pepper, to taste





Meet Chef JENNIFER DIFRANCESCO

As the renowned Director of Culinary Innovation for Sodexo Campus, Chef Jennifer DiFrancesco leads the development of crave-worthy student menus, using insights and innovations to transform dining on campus today and tomorrow. Before she joined Sodexo, Chef DiFrancesco created delicious plant-based recipes for food service companies as the culinary program manager of the Humane Society of the United States.

Today, Chef DiFrancesco continues to champion plant-based developments and sustainability at Sodexo Campus. Most notably, she developed the award-winning Foodprint Foodhall, a plant-rich, low-carbon culinary experience where students enjoy immersive dining that's progressive, purposeful, and above all, absolutely craveable.

WHAT IS THE MOST EXCITING PART OF YOUR JOB?

I'm so excited to create the innovations that will have a big impact on advancing Sodexo's sustainability commitments. Finding creative ways to reduce the environmental impact on our menus is a thrilling opportunity.

HOW DO YOU SPEND YOUR FREE TIME?

I love to explore! Some of my best memories are cooking green curry in Thailand, taking paella classes in Spain, and learning how to make num kruk in Cambodia. Immersing myself in global flavors when I travel internationally inspires me to create out-of-the-box dishes that spark joy and excitement back home in the United States.



FRESH FRUIT *Cobb Salad*

Makes 1 serving | Recipe by Chef Jennifer DiFrancesco
Known allergens* | Eggs, Milk

INGREDIENTS

Salad

- 1 avocado, diced
- 3 tablespoons fresh lime juice, pasteurized
- 2 ounces spring mix lettuce
- 1 ½ ounces pepitas, shelled and toasted
- 1 ounce fresh strawberries, quartered
- 2 ounces canned mandarin oranges, drained
- 2 ounces fresh golden pineapple, diced
- 1 ounce fresh blueberries
- 2 ounces red seedless grapes, halved
- 1 ½ ounces creamy poppy seed dressing

Creamy Poppy Seed Dressing

- 3 teaspoons fresh orange juice, pasteurized
- 3 teaspoons light mayonnaise
- 3 teaspoons light sour cream
- ¾ teaspoon honey
- ⅛ teaspoon poppy seeds
- ⅜ teaspoon fresh orange zest, grated

PREPARATION

1. Toss the diced avocado with lime juice to prevent browning.
2. Place 2 ounces of spring mix in a serving bowl.
3. Sprinkle 1 ½ ounces of toasted pepitas over the greens.
4. Arrange the following ingredients in even rows on top of the lettuce: strawberries, mandarin oranges, pineapples, avocados, blueberries, and grapes.
5. In a stainless steel mixing bowl, combine all dressing ingredients.
6. Mix well until smooth and evenly blended.
7. Toss 1 ½ ounces of dressing with each salad portion.
8. Serve and enjoy!



Meet Chef JAMES POULOS

Chef James Poulos has been honing his culinary skills since the age of 10. Growing up in his family's restaurant, cooking was a tradition passed down from his grandfather who immigrated from Greece in 1918.

Chef Poulos has 42 years of professional experience, including 15 years at UVM. After graduating from the Culinary Institute of America in 1982, he joined the Navy. He served as a chef on a tugboat before transitioning to a records keeper role aboard the USS Nimitz. Now at UVM, Chef Poulos enjoys the daily interactions he gets to have with employees, which offer a refreshing change after years of running restaurants.



LOCAL CHICKEN WINGS WITH *Peking Sauce*

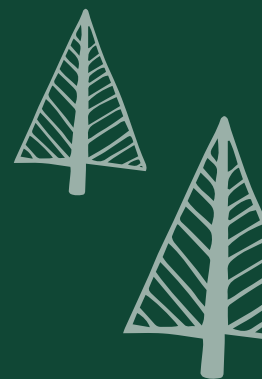
Serves 4–6 people | Recipe by Chef James S. Poulos
Known allergens* | Gluten, Sesame, Soy, Sulfites, Wheat

INGREDIENTS

- 1 ½ cups soy sauce
- 6 tablespoons cider vinegar
- 4 tablespoons sesame oil
- 2 teaspoons local scallions, minced
- 1 tablespoon red pepper flakes
- 2 tablespoons Dry Sack sherry
- ½ teaspoon garlic powder
- 1 teaspoon ginger powder
- 2 tablespoons white vinegar
- 2–3lbs of Murray's chicken non-GMO wings

PREPARATION

1. In a mixing bowl, combine the soy sauce, cider vinegar, sesame oil, minced local scallions, red pepper flakes, sherry, garlic, ginger, and white vinegar.
2. Set the sauce aside, preferably for a day, to allow the flavors to meld.
3. Precook the chicken wings (bake at 375°F for 20 minutes or boil for 10–12 minutes). Then, fry until crispy.
4. Once the wings are fried, toss them in the prepared Peking sauce to coat evenly.
5. Serve the wings hot, garnished with additional minced scallions if desired.





Meet Chef ERIC CARAVAN

Chef Eric Caravan brings 24 years of diverse culinary experience, including nine years at UVM Dining. His career spans rural restaurants, large corporate kitchens, and high-profile events for celebrity guests. Specializing in higher education dining, Chef Caravan enjoys the challenge of meeting the diverse expectations of students from all backgrounds.

WHAT DO YOU ENJOY MOST ABOUT YOUR JOB?

Working at UVM has awarded me the opportunity to connect with local entrepreneurs across the state. There is no better feeling than a handshake from a neighbor who locks eyes with you and thanks you for an opportunity. Being able to share this with students through recipes and conversations is where I feel most accomplished.

WHY DID YOU CHOOSE THIS RECIPE?

I chose the pulled pork phyllo recipe for its simplicity and crowd-pleasing appeal. Originally created for a high-profile event at Reebok's headquarters, it quickly became a favorite. A year later, I brought it to a Friendsgiving for 40 guests and they loved it so much that I've been asked to make it for every gathering since.



LOCAL PULLED PORK & SMOKED GOUDA *Phyllo Bites*

Makes 8 servings | Recipe by Chef Eric Caravan
Known allergens* | Gluten, Milk, Wheat

INGREDIENTS

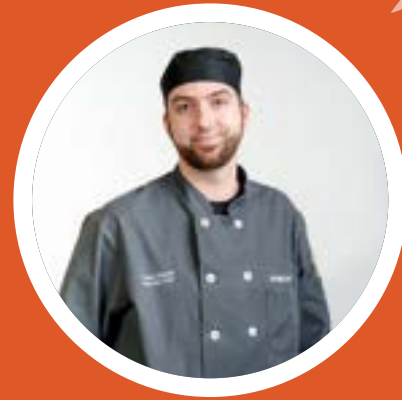
- 3 ounces canola oil
- 1 pound Vermont-grown pork shoulder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon cayenne
- 1 cup chicken stock
- 1 small Catamount Farm Spanish onion, julienned
- 1 teaspoon brown sugar
- 5 ounces flour
- ½ teaspoon salt
- ½ teaspoon pepper
- 16 phyllo dough cups
- 4 ounces Cobb Hill artisan smoked gouda, shredded
- 1 ounce daikon microgreens (optional)
- 1 ounce fresh chives, minced (optional)

PREPARATION

1. Preheat the oven to 350 F.
2. Warm the oil on the stovetop using a Dutch oven on medium heat.
3. Rub the pork shoulder with paprika, garlic, and cayenne. Then place in the Dutch oven and sear on all sides.
4. Deglaze the pot with chicken stock and half of the julienned onion. Then add brown sugar.
5. Cover the pot and place in the oven for 40 minutes, or until the pork pulls apart easily. Reserve all excess liquid.
6. Toss the flour, salt, and pepper with the remaining julienned onions, coating well.
7. In a saucepan, fry the onions in oil until golden brown. Place on a towel to rest.
8. Deglaze the pan using the reserved braising liquid. Reduce to create a sauce, then toss the pulled pork in it.
9. Place the phyllo cups on a baking sheet lined with parchment paper. Lightly prebake, then fill each one with pulled pork and shredded gouda.
10. Top with fried onions, then place the cups back in the oven to melt the cheese.
11. Garnish with daikon microgreens or chives and serve.



Mains



Meet Chef **TRAVIS DANIELL**

Chef Travis Daniell grew up in Vermont's Northeast Kingdom surrounded by dirt roads, forests, and fields. He began his culinary journey in high school and pursued his passion at Johnson & Wales University, earning degrees in culinary arts and culinary nutrition. His career has taken him to incredible destinations, including the Cuisinart Resort in Anguilla, The Ritz-Carlton in Colorado, and Foxwoods Resort in Connecticut. In 2012, Chef Daniell returned to Vermont to open Juniper Bar & Restaurant at Hotel Vermont where he was Chef de Cuisine for a decade.

After opening the restaurant at Madbush Falls in Waitsfield in 2023, Chef Daniell joined UVM Dining as Executive Chef at Central. Now he lives in Burlington with his wife (who is also a chef), their three kids, two golden retrievers, and a dozen chickens, where he enjoys redefining the expectations of college dining and creating memorable experiences for students.

SWEET POTATO & LAMB *Moussaka*

Makes 8 servings | Recipe by Chef Travis Daniell
Known allergens* | Eggs, Gluten, Milk, Wheat

INGREDIENTS

Roasted Eggplant

- 3 medium eggplants, sliced
- 3 tablespoons olive oil
- Salt, to taste

Lamb Filling

- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 pound ground lamb
- 2 small sweet potatoes, diced
- 1 tablespoon tomato paste
- 14 ounces canned tomatoes, crushed
- ½ cup red wine
- 1 teaspoon ground cinnamon
- 1 teaspoon oregano
- 1 teaspoon ground cumin
- Salt and pepper, to taste
- ¼ cup chopped parsley (optional)

Bechamel Sauce

- 4 tablespoons Cabot butter
- ¼ cup King Arthur all-purpose flour
- 2 cups milk
- ½ cup Parmesan or kefalotyri cheese, grated
- ½ teaspoon ground nutmeg
- Salt, to taste
- White pepper, to taste
- 1 local cage-free egg, beaten

PREPARATION

Roast the Eggplant

1. Preheat the oven to 400 F.
2. Arrange the eggplant slices on a baking sheet, brush them lightly with olive oil, and season with salt.
3. Bake for 20 to 25 minutes, flipping halfway through, until the eggplant is golden brown and soft. Set aside to cool.

Make the Lamb Filling

1. In a large skillet, heat a tablespoon of olive oil over medium heat.
2. Add the chopped onion and garlic. Sauté for 3 to 4 minutes until softened.
3. Add the ground lamb, breaking it up with a spoon until browned and cooked through (about 7 to 10 minutes).
4. Stir in the diced sweet potatoes, tomato paste, crushed tomatoes, red wine, cinnamon, oregano, cumin, and season with salt and pepper.
5. Let the mixture simmer on low heat for 20 to 25 minutes, allowing the flavors to meld and the sauce to thicken.
6. Stir in the chopped parsley, if desired, and remove from heat.

Prepare the Bechamel Sauce

1. In a medium saucepan, melt the butter over medium heat.
2. Add the flour and whisk constantly for 1 to 2 minutes until the flour forms a smooth paste.
3. Slowly add the warm milk while continuing to whisk, making sure no lumps form.
4. Cook the sauce for 5 to 7 minutes until it thickens and becomes smooth.
5. Remove the saucepan from heat. Stir in the grated Parmesan or kefalotyri cheese, nutmeg, salt, and white pepper.
6. Let the sauce cool slightly before whisking in the beaten egg.

Assemble the Moussaka

1. Preheat the oven to 350 F.
2. Grease a 9x13-inch baking dish with olive oil.
3. Create a layer of eggplant slices on the bottom of the dish, then spread half of the lamb filling over the eggplant.
4. Repeat with another layer of eggplant and lamb, then pour the bechamel sauce over the top, spreading it evenly.
5. Sprinkle with extra grated cheese if desired.
6. Bake for 45 to 50 minutes or until the top is golden brown and bubbly. If the top is browning too quickly, cover it loosely with aluminum foil during the last 10 to 15 minutes of baking.
7. Cool for about 15 minutes to allow the layers to set, then slice and serve.



Meet Chef RYAN HICKEY

"I love challenging myself by exploring new techniques and flavors," Chef Ryan Hickey shared. "To me, pasta-making is particularly fascinating for its history, versatility, and creativity." Inspired by Vermont's love for kale — famously seen on "EAT MORE KALE" bumper stickers — Chef Hickey decided to experiment with kale ribs, which are often discarded, to create a fresh, vegetal bite.

This dish celebrates Vermont's local winter produce like celeriac. In this recipe, it's used to create a creamy sauce for the kale-dyed gnocchi. To Chef Hickey, it's all about turning humble ingredients into something exciting, delicious, and sustainable.



VEGAN KALE GNOCCHI

WITH *Creamy Celeriac Sauce*

Makes 16 servings | Recipe by Chef Ryan Hickey
Known allergens* | Gluten, Soy, Wheat

In 2024, Chef Hickey brought his passion for planet-friendly cuisine to the global stage when he was selected to represent North America in the Cook for Change! Challenge in Paris. Just eight Sodexo chefs from around the world competed in the finals, creating zero-waste dishes that reduce carbon emissions and highlight sustainable ingredients. With his innovative vegan kale gnocchi recipe, Chef Hickey showcased his mission to elevate plant-based cuisine and support the global movement toward local sustainability.

INGREDIENTS

Kale Gnocchi

- 1 ½ pounds kale, whole
- 1 cup extra virgin olive oil
- 3 ½ pounds potatoes, boiled
- 1 ¼ cups JUST Egg
- 1 pound flour, sifted
- 1 tablespoon salt

Celeriac Puree

- 5 pounds celeriac (celery root), peeled and chopped
- 3 tablespoons minced garlic
- 4 cups vegetable stock
- 1 tablespoon paprika
- 2 tablespoons lemon zest
- 2 teaspoon salt
- 1 teaspoon pepper

Garnish

- ½ ounces celeriac, fried
- ½ ounces shaved beets, thinly sliced
- 1 ounce celery leaves, fried

PREPARATION

Make the Kale Gnocchi

1. Trim the kale by removing the leaves, save the ribs for a later prepped item.
2. Blanch the kale leaves in salted boiling water for 30 seconds to a minute. Then puree the blanched kale with olive oil on high until very smooth.
3. In a large mixing bowl combine the boiled potato, just egg and kale puree.
4. Add the flour and salt slowly and knead into a dough.
5. Cut small pieces of the large dough and form into long "snakes" but rolling and stretching the dough.
6. Cut the dough into "pillows" and roll them on the gnocchi board to finish.
7. Freeze until ready to be cooked

Prepare the Celery Root Puree

1. Peel and dice the celery root into 1-inch cubes.
2. In a heavy-bottom pot, sauté the garlic and celery root over medium heat for 5 to 7 minutes.

3. Add the vegetable stock and reduce the heat to a simmer. Cook until the celery root is fork-tender.
4. Strain the celery root, reserving the stock.
5. Transfer the celeriac to a high-speed blender and puree until smooth. Adjust the consistency with the reserved stock as needed.
6. Stir in the paprika, lemon zest, salt, and pepper.

Assemble the Dish

1. Bring a pot of salted water to a boil.
2. Add the gnocchi and cook until they float to the surface.
3. Remove the gnocchi with a slotted spoon.
4. Heat the creamy celery root puree gently.
5. Spread the warm puree across the plate using the back of a spoon.
6. Arrange the cooked gnocchi, garnishing with fried celery root, shaved beets, and fried celery leaves.



Meet Chef **ARMAND LUNDIE**

With 45 years of experience in the culinary world, Chef Armand Lundie grew up immersed in his family's vibrant restaurant business. This is where his passion for hospitality began.

Chef Lundie chose this recipe because it holds a special place in his heart. One of his favorite memories is visiting his sitti (Lebanese for "grandmother") with his baby brother. Together, they always enjoyed her homemade kibbe, a dish that embodies the warmth and tradition of family meals.



SITTI'S KIBBE *(Traditional Lebanese Dish)*

Makes 6 servings | Recipe by Chef Armand Lundie
Known allergens* | Gluten, Wheat

INGREDIENTS

- 1 pound extra-lean beef sirloin or lamb, ground twice
- 1 cup medium-coarse bulgur wheat, rinsed and soaked for one hour
- 1 large garlic clove
- 1 medium white onion
- 1 teaspoon kosher salt
- 1 tablespoon cumin, ground
- 2 teaspoons cinnamon, ground
- ½ teaspoon black pepper, ground
- 8 fresh mint leaves, finely chopped

PREPARATION

1. Pulverize the onion, garlic, and salt in a mortar and pestle.
2. Mix all ingredients by hand, incorporating well.
3. Adjust seasoning to taste.
4. Refrigerate for two hours to allow flavors to bloom.

When sourcing the meat for this traditional Lebanese dish, it's important to speak with a butcher directly. Be sure to request kibbe meat that is very lean and ground twice. Inform your butcher that this dish will be eaten raw to ensure the highest quality results.



Meet Chef STEVE HADAWAY

Chef Steve Hadaway began his culinary journey in 2003 at a ski lodge in Alta, Utah, before returning back east to Vermont in 2012. What drew him back? Vermont's perfect blend of food, family, and the outdoors.

WHAT DO YOU ENJOY MOST ABOUT YOUR JOB?

Over the past decade, my favorite part of working at UVM has been sharing culinary experiences with students. Whether teaching cooking classes or helping multicultural groups celebrate events that highlight their heritage, I love the opportunity to learn from others and collaborate on meaningful meals. One of the highlights of my career here has been creating the Catamount Culinary Showcase.

WHY DID YOU CHOOSE THIS RECIPE?

This recipe was part of my first-ever catering opportunity at UVM. Back when I was the chef at Brennan's Bistro, I created it for a retirement party. It was such a hit that it's stuck with me ever since! That event helped open the door to my next role as Campus Catering Chef, and it's a dish that I'll always associate with my UVM journey.



BRAISED VERMONT *Short Ribs*

WITH WILD MUSHROOM SAUCE, PARSNIP PUREE, & RAINBOW CHARD

Makes 4 servings | Recipe by Chef Steve Hadaway
Known allergens* | None

INGREDIENTS

Vermont Short Ribs

- 2 pounds short ribs, split into 4 portions
- Salt and pepper, to taste
- 1 pound onions, peeled and quartered
- 3 large carrots, peeled and diced
- 4 celery ribs, chunked
- 5 garlic cloves, peeled
- 18 ounces red wine
- 2 cups beef stock
- Bouquet de garni sachet (thyme, parsley, peppercorn, bay leaf, and rosemary)
- Blended oil (for searing)

Parsnip Puree

- 16 ounces Deep Root organic parsnips, peeled and diced
- 1 pound onions, peeled and quartered
- 5 garlic cloves, peeled
- 1 tablespoon blended oil
- Salt and pepper, to taste
- 16 fluid ounces half and half
- 12 sprigs thyme

Rainbow Chard

- 2 Lewis Creek Farm rainbow chard bunches, leaves peeled and chopped, stems diced
- 2 shallots, julienned
- 1 ounce garlic, minced
- 4 ounces white wine
- Salt and pepper, to taste

Mushroom Sauce

- 12 ounces FUNJ wild mushrooms, diced
- 1 ounce garlic, minced
- 1 ounce shallots, minced
- 5 sprigs thyme
- 1 cup braising liquid, strained
- 1 cup beef stock
- Salt, to taste
- Freshly ground black pepper, to taste
- 1 tablespoon cornstarch slurry

Garnish

- ½ sweet potato, peeled and fried (optional)

PREPARATION

Make the Short Ribs

1. Preheat the oven to 325 F (low fan).
2. Trim the short ribs and split into 4 portions. Season generously with salt and pepper.
3. In a heavy-bottom pan, heat oil and sear the short ribs on all sides until browned. Remove and set aside.
4. Add the vegetables to the same pan and sauté for a few minutes.
5. Deglaze the pan with red wine, scraping up any browned bits. Once the wine reduces by half, return the short ribs to the pan.
6. Add the beef stock and bouquet de garni sachet. Bring to heat and cover the pan tightly with parchment and foil.
7. Place in the oven for 3 to 3 ½ hours until the meat is fork-tender but not falling apart.
8. Reserve at least 1 cup of strained braising liquid.

Prepare the Parsnip Puree

1. Preheat the oven to 350 F (high fan).
2. Toss the parsnips, onion, and garlic with oil, salt, and pepper to coat.
3. Spread the vegetables on a sheet tray and roast in the oven until golden brown, or about 25 to 30 minutes.
4. Transfer the roasted vegetables to a saucepan. Add half and half and thyme, bringing the mixture to a boil.
5. Reduce heat and simmer for 20 minutes, allowing the milk to reduce and thicken.
6. Puree the mixture in a high-speed blender until smooth. Adjust seasoning to taste.

Cook the Rainbow Chard

1. Heat a heavy-bottomed skillet with a small amount of oil.
2. Add the garlic, shallots, and diced chard stems. Sauté for 5 to 6 minutes.
3. Add the chard leaves and white wine, stirring, then cover and cook for 2 to 3 minutes.
4. Season to taste with salt and pepper.

Create the Mushroom Sauce

1. Heat a heavy-bottom skillet on high, then add the mushrooms.
2. Sauté the mushrooms until they start to brown and “squeak.”
3. Add the garlic, shallots, and a small amount of oil. Continue sautéing for 2 to 3 minutes.
4. Add thyme, 1 cup of reserved braising liquid, and beef stock. Bring to a slight boil.
5. Taste the sauce and adjust seasoning with salt and pepper if needed.
6. Make a cornstarch slurry, then add the sauce while stirring until the desired consistency is reached.

Assemble the Dish

1. Arrange the braised short ribs, parsnip puree, and rainbow chard on a plate.
2. Drizzle with mushroom sauce.
3. Garnish with fried, spiralized sweet potato and serve.



Sweet **TREATS**



Meet Chef CHAD HANLEY

With over 30 years of culinary experience, Chef Hanley brings a rich global perspective to UVM Dining. A native of Jeffersonville, Vermont, he grew up in a family rooted in food — his father was the town butcher and his grandmother was the town baker. Chef Hanley began his culinary journey at just 14 in a local kitchen. Since then, he has cooked in 12 countries and 49 states!

Passionate about sharing his expertise, Chef Hanley enjoys educating and inspiring students through food. One of his favorite UVM memories is seeing the excitement on students' faces during special dining events.

He chose this recipe because it evokes a fond memory of his first job as a pastry chef in Jackson Hole, Wyoming, where his chef asked him to create a dessert inspired by Vermont — a place he'll always call home.





APPLE CHEDDAR *Spice Cake*

WITH BROWN BUTTER, SAGE, & CREAM CHEESE FROSTING

Makes 6 servings | Recipe by Chef Chad Hanley

Known allergens* | Eggs, Gluten, Milk, Soy, Wheat

INGREDIENTS

- 1 ¼ cups local apples, grated
- ¾ cup Cabot sharp cheddar, shredded
- ½ teaspoon kosher salt
- 1 teaspoon vanilla extract
- ⅔ cup granulated sugar, plus ¼ cup sugar for the cake top
- ¾ cup brown sugar
- 2 local cage-free eggs
- 2 teaspoon cinnamon
- ⅔ cup Cabot sour cream
- ½ teaspoon nutmeg
- ½ teaspoon ginger
- ½ cup Champlain Orchards applesauce
- ⅔ cup vegetable oil
- 2 ¼ cups King Arthur all-purpose flour
- 1 ½ teaspoons baking soda

Brown Butter Cream Cheese Frosting

- 1 cup Miller Farm organic heavy cream, cold
- ½ cup powdered sugar
- 1 teaspoon Cabot butter, browned
- ⅓ teaspoon fresh sage
- 8 ounces Cabot cream cheese, room temperature

PREPARATION

Bake the Cake

1. Preheat oven to 350 F and line a 9x9-inch cake pan with parchment paper.
2. Grate unpeeled apples using a box grater on the smaller holes.
3. In a large mixing bowl, combine the apples, sour cream, oil, brown sugar, sugar, vanilla extract, applesauce, cinnamon, nutmeg, ginger, eggs, and salt. Whisk until well combined.
4. Add flour and baking soda. Whisk until there are no lumps of flour visible.
5. Pour cake batter into the prepared pan, smoothing it out with a rubber spatula. Evenly sprinkle ¼ cup of sugar on top to create a crunchy, caramelized sugar layer.
6. Bake 40 to 45 minutes, or until a toothpick comes out clean with a few moist crumbs.
7. Allow the cake to cool to room temperature for at least 1 hour.

Frost the Cake

1. In a large mixing bowl, add the heavy cream, powdered sugar, brown butter, and sage. Whip with an electric hand mixer until stiff peaks form.
2. Add the cream cheese and mix until smooth and creamy.
3. Frost the cake, making using an offset spatula.
4. Serve and enjoy!





Meet Chef **ROMEO BELARDO JR.**

Born and raised in the Philippines, Chef Romeo Belardo Jr. discovered his passion for cooking after moving to Saint Johnsbury, Vermont, during high school. While there, he began taking vocational culinary courses with Chef Travis Daniell — an experience so fulfilling, he has now spent over 20 years in the culinary world. This path led him to Johnson & Wales University and eventually to a series of exciting roles, from Sun Valley Resort in Idaho to The Ritz-Carlton in Colorado, where he catered events at Beaver Creek.

After returning to Vermont, Chef Belardo Jr. honed his skills further, opening and managing restaurants and working in renowned establishments like Stowe Mountain Resort and Juniper Bar & Restaurant at Hotel Vermont in Burlington. Seeking stability and a sense of community, he joined UVM Dining, where he now works with a collaborative and inspiring team that is committed to supporting local Vermont businesses.

STEWART'S CHALLAH *French Toast*

Makes 5 servings | Recipe by Chef Romeo Belardo Jr.

Known allergens* | Eggs, Gluten, Milk, Soy, Tree nuts, Wheat

INGREDIENTS

Challah French Toast

- 1 loaf challah
- 1 ½ cup powdered sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- ¼ cup water
- 1 quart heavy cream
- 8 whole eggs
- 1 orange, zested and juiced
- 8 ounces butter

Garnish

- 8 ounces mascarpone
- 8 ounces pistachios, toasted
- 1 quart local mixed berries (use fresh blueberries, blackberries, raspberries, and strawberries)
- 1 pint maple syrup

PREPARATION

1. Preheat the oven to 325 F.
2. Cut the challah loaf into slices about ¾ inch thick.
3. Place the slices in the oven for about 2 minutes to dry them out. Flip them if necessary.
4. In a bowl, whisk together the powdered sugar, cinnamon, salt, orange zest, orange juice, and water.
5. Add the heavy cream and whole eggs to the mixture, whisking until well incorporated.
6. Soak the challah slices in the batter for about 1 minute, allowing them to absorb the liquid.
7. Heat a pan with butter and sear the soaked challah slices until they are golden brown and the custard is cooked through.
8. To serve, top with a dollop of mascarpone, toasted pistachios, fresh mixed berries, and drizzle with maple syrup.





Meet Chef KATHLEEN KESSLER

Chef Kathleen Kessler has over 20 years of experience in the hospitality industry, including five and a half years with UVM Dining. A 1996 graduate of the CIA's baking and pastry program, Chef Kessler's career has taken her from pastry chef roles at Boston restaurants and a Relais & Châteaux Inn in Vermont to the executive pastry chef position at a Cincinnati hotel and a department chair role at the New England Culinary Institute.

WHAT DO YOU ENJOY MOST ABOUT YOUR JOB?

There are so many opportunities to have a positive impact on everyone's day, from my staff to the students. Whether we're hosting a pop-up event, working in harmony to produce delicious food, or sharing a simple friendly greeting, working at UVM always gives me such a positive feeling about what we're doing and keeps me going.

CAN YOU SHARE A FUN FACT ABOUT YOURSELF?

My signature blondie recipe, featuring Vermont ingredients like Cabot butter and King Arthur flour, is a crowd-pleaser wherever I've worked. It was especially loved by the writers of Friends. They loved my blondies so much during their stay at a Vermont inn that they requested them at every meal (and even asked for the recipe)!





VERY VERMONT *Blondies*

Makes 12-16 bars | Recipe by Chef Kathleen Kessler

Known allergens* | Eggs, Gluten, Milk, Soy, Tree nuts, Wheat

INGREDIENTS

- ¾ cup Cabot butter, melted
- 1 ¼ cups brown sugar
- 2 local cage-free eggs
- ½ teaspoon vanilla extract
- 2 ¼ cups King Arthur flour
- ¼ teaspoon baking powder
- ⅛ teaspoon salt (a pinch)
- ½ cup of Vermont Nut-Free Chocolates butterscotch chips
- ⅓ cup of pecan pieces (omit for a nut free version)

PREPARATION

1. Preheat the oven to 325 F.
2. Line a 9x12 inch baking pan with parchment paper and grease with pan spray.
3. Melt the butter and set aside to cool.
4. In a mixing bowl, combine brown sugar with melted butter. Mix with the paddle attachment on low speed until well blended.
5. Slowly add the eggs one at a time, scraping the bowl as needed.
6. Mix in the vanilla extract.
7. Add the flour, baking powder, and salt, then mix thoroughly.
8. Gently fold in the butterscotch chips and pecans.
9. Spread the mixture in the prepared pan and bake. Watch for the blondies to rise and then slightly collapse. This indicates they are done.
10. Remove from the oven and set aside to cool before serving.

Supporting

LOCAL SUPPLIERS

Sourcing from local, seasonable and sustainable farms helps ensure affordable, healthy and abundant food well into the future. We are committed to supporting and promoting local businesses and communities.

- From 2023–2024, more than *2 million dollars* was spent regionally across 104 producers in Vermont.
- Sodexo has *123+* contracted regional fresh produce distributors that sell local produce, when in season.
- *1,400+* farms have been supported by Sodexo since 2020.



Partnerships with VERMONT FARMS

We are proud to support the farms in Vermont and aspire to continue highlighting authentic Vermont cuisine by procuring the freshest locally grown staples and ingredients.

VERMONT FIRST LOCAL PRODUCERS MAP

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