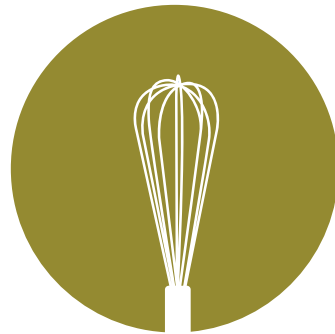
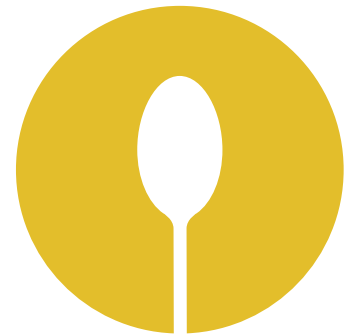
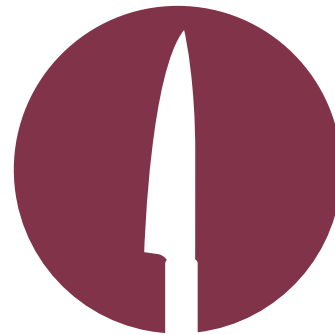


Feed the Valley Cook's Challenge *- At Home Edition!*



2020 PROGRAM





Thank you for supporting Valley Outreach.

Our event brings the community together to raise funds to support our mission: We help people move their lives forward through basic needs services and personalize support.

What is Feed the Valley Cook's Challenge?

It's our annual, mission-focused fundraising event. Last year, we raised more than \$150,000 to provide food, clothing and client support services. While this year's event moved to an online format, we know it will still make a big impact thanks to our generous community.

It's easy to participate in our At Home Edition:

- **Watch our brief and mission-focused program**, hosted by Janel Hutton from NellieBellie.com and Tracy Maki, CEO, on a computer or tablet. We'll feature community stories and share why it's so important to give to Valley Outreach.
- **Make a donation.** There are a number of ways to participate and give! If you donate during the event, we recommend giving on your cell phone while you watch on a different device.

What about dinner for the event?

We encourage you to make any of our featured recipes from fabulous local foodies and chefs included in this packet and available in our event site. But if cooking isn't an option for you that night, feel free to get take-out from your favorite local restaurant!

*Join us online at
[one.bidpal.net/
feedthevalley](https://one.bidpal.net/feedthevalley)*



Ways to join in the virtual experience!

Engage with the event on social media using #FeedTheValley. Even though we can't be together in person this year, we'd love to see your smiling faces! Stay connected by posting a pic and share why you support Valley Outreach, a recipe you're making at home or a pic of the folks you're watching with.

Invite your friends. You can encourage your community to join in the fun! Whether you meet up for dinner and a watch party or simply encourage friends and family to support Valley Outreach, you will make a difference in helping your neighbors.

Make a donation. This year, we've experienced a 30% increase in the number of families we serve, with 10% new to our services. Your dollars help ensure we are here when people need us. If you're unable to watch the program, you can still donate at one.bidpal.net/feedthevalley.

Why is item pick-up the night of the event?

Item pick-up is a great opportunity to have a similar experience to our drive-up food distribution.

And we'd love to say hi!

Schedule for Friday, Oct. 30:

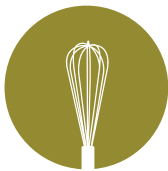
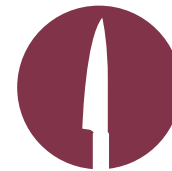
Noon Dessert Dash online auction closes.

5 to 6:30 p.m. Item pick-up at Valley Outreach
(1901 Curve Crest Blvd. W., Stillwater, MN, 55082)

6:30 p.m. Pre-show begins

7 p.m. Program hosted by Janel Hutton and Tracy Maki featuring stories of our community and why your support of Valley Outreach matters.

“A few years ago I was going through a really hard financial time. You helped me out with some food and energy assistance when my bills were overdue. I would like to show my gratitude with this donation so you can help someone else in a difficult situation.”





Cocktail/Mocktail

Rosemary Honey Moscow Mule

Brought to you by Janel Hutton founder of NellieBellie, LLC

Ingredients:

- 3/4 oz rosemary honey simple syrup
- 2 oz vodka (we used *45th Parallel Distillery*)
- 4 oz good ginger beer
- ice

Instructions:

- Fill a copper mug with ice.
- Add the simple syrup and vodka, stir.
- Pour the ginger beer on top.
- Garnish with fresh rosemary.

Rosemary Honey Simple Syrup:

- 1/4 cup honey
- 1/4 cup water
- 3 sprigs fresh rosemary

Instructions:

- Bring to a gentle boil and boil (gently!) for five minutes.
- Turn down to a simmer and simmer for 30 minutes.
- Pour into a heat safe jar and put into the fridge overnight (if you want a strong rosemary flavor include the sprigs in the jar to continue to infuse).

NOTE: to make this cocktail non-alcoholic sub club soda for the vodka.





Appetizer

Tropical Chicken Kebab

Brought to you by Chef Orlando Castro, The Global Chef

Ingredients:

Chicken Kebab

- 1 pound cubed chicken breast
- 2 garlic cloves
- 1/2 teaspoon salt
- 1/2 teaspoon curry
- 2 kebab sticks
- 1 tablespoon olive oil

Tropical Curry Sauce

- 1 tablespoon butter
- 1/2 teaspoon curry
- 1/2 teaspoon turmeric
- 1 cup coconut milk
- 1 tablespoon honey
- 1/2 banana
- 3 strawberries
- Salt and pepper to taste

Directions

- Marinate chicken with garlic, salt, pepper, and curry.
- Add cubed chicken to the kebab sticks.
- Drizzle olive oil in pan to cook kebabs, rotate kebabs until all sides are cooked thoroughly. Take kebabs off pan and set aside.
- Add butter, curry, turmeric, coconut milk, and honey in same pan and stir to deglaze. Let simmer and thicken. Stir in banana and strawberries last not to overcook fruit.
- Plate the kebab and drizzle with sauce.



Entrée

Honey Garlic Chicken

Brought to you by Chef Paul Mahoney of Taste!, LLC

Ingredients:

- 6 chicken thighs, bone in or out, with or without skin or chicken breasts
- Salt and pepper, to season
- 6 cloves garlic, crushed
- 1/3 cup honey
- 1/4 cup orange juice
- 2 tablespoons vinegar (or apple cider vinegar, or any white vinegar)
- 1 tablespoon soy sauce

Instructions:

- Season chicken with salt and pepper and set aside.
- Heat a pan or skillet over medium high heat; sear chicken thigh fillets or breast fillets on both sides until golden and cooked through.
- Reduce heat after searing on both sides, cover skillet with a lid and continue cooking until the chicken is cooked through and done.

For Sauce:

When chicken is done remove from pan and set aside. Add the garlic and fry until fragrant (about 30 seconds). Add the honey, orange juice, vinegar and soy sauce. Increase heat to medium-high and continue to cook until the sauce reduces down and thicken slightly (about 3-4 minutes).

Add chicken back to the pan and coat on both side with the sauce.

Serve the chicken with the sauce poured over it.

Bon Appétit - Chef Paul



Entrée

One Pot Pasta Meal

Brought to you by Chef Bernice Reyes of Acapulco Restaurante Mexicano



- 2 tablespoons of your favorite cooking oil
- 1 cup chopped onion
- 6 cloves garlic, minced
- 1 (16oz) can of tomatoes, diced or chunky
- 2-3 cups chicken broth
- 1 tablespoon of dried herbs (Italian seasoning works great)
- 8 oz. spaghetti or any dried pasta
- 1/4 teaspoon salt or to taste
- 6-8 oz. of softened butter
- 1/4 cup shredded Parmesan cheese or any shredded cheese works

**optional- may add a handful of fresh spinach or 1 cup of frozen/canned vegetable medley*

1. Heat oil in a wide skillet, pan or pot over medium heat. Add the onion and garlic, sauté 3 minutes or until they start to brown. Add tomatoes, chicken broth, herbs, and pasta (spinach or frozen/canned vegetables are also added at the step).
2. Press the spaghetti with a spatula to submerge the pasta in the liquid. If your skillet, pan or pot is not wide enough, break the spaghetti into halves before cooking. Cover with the lid and reduce heat to medium-low. Cook for 8 minutes or until the pasta is al dente. If the pasta is not cooked after 8 minutes, add a little bit more chicken broth, cover the lid and cook for another 2 to 5 minutes.
3. Uncover the lid and add salt and melt in the butter. Stir and season to taste. Turn off the heat and top the pasta with Parmesan cheese and fresh chopped herbs, if desired. Serve immediately and enjoy!



Side Dish

Honey-Mustard Glazed Carrots & Apples

Brought to you by Chef Maggie Wescott of Alternative Dish

Serves 4

- 1/2 cup quinoa*
- 1/2 teaspoon sea salt
- 1/3 cup olive oil
- 1/4 cup honey or maple syrup
- 3 tbsp stone ground Dijon mustard
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- 4 large carrots, sliced into 1/4" rounds
- 3 large baking apples, cored and cut into 1" chunks
- 1 onion, sliced into 1/2" pieces
- 1/2 cup pecans, toasted
- 1 1/2 cups (or 1-15 ounce can) chickpeas, drained and rinsed
- Preheat the oven to 400F. Line a sheet pan with parchment paper and set aside.

- Cook quinoa according to package directions. Set aside.
- In a large bowl whisk together the salt, olive oil, honey, mustard, garlic and thyme until fully combined. Add the carrots, apples and onions and toss to coat. Put the carrot mixture onto the prepared sheet pan and spread into an even layer.
- Bake for 15 minutes. Stir and bake another 10 minutes, or until the carrots are tender when pierced with a fork and the honey from the glaze is slightly caramelized. Remove from the oven and toss with toasted pecans, chickpeas and prepared quinoa. Enjoy!



Notes:

*Any grain such as white rice, brown rice or millet can be substituted for the quinoa.

Curated wine recommendations from Haskell's

- Pinot Noir: Chambolle Musigny Latour '05
- Pinot Noir: Beaune Betault Hospice de Beaune '08
- Bordeaux Blend: Chateau Lafleur du Roy
- Bordeaux Blend: Chateau Clarke
- Sauvignon Blanc: Bougetz Cellars NAPA Valley
- Chardonnay: Chassagne-Montrachet Bachelet Les Morgeots
- Chardonnay: Pouilly-Fuissé Vienot
- Sparkling: Louis Bouillot Crémant De Bourgogne

Our Feed the Valley in a Box includes a coupon for 40% off these wines - good for one bottle of each selection!



Master Chef
(\$5,000+)



Sponsors

Executive Chef
(\$2,500+)



Dessert Dash
(\$3,000)



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CERTIFIED PUBLIC ACCOUNTANTS

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(\$1,000+)



Pastry Chef
(\$500+)

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Roof Tech

Salad Chef
(\$250+)

Chestnut Consulting
Cummins & Bonestroo
Law Office
Stillwater Trolley
Mary & Matt Richie

In-kind Donors



Thank you to our Dessert Sampler bakeries, Sara's Tippy Pies,
Mai Little Cakes, Bread Art and Mon Petit Cheri

And our Dessert Dash bakers, The Thirsty Whale, Bread Art, Uptown
Girl in the Kitchen, Mai Little Cakes, Nadia Cakes, Lake Elmo Inn



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Let's make it better. Together