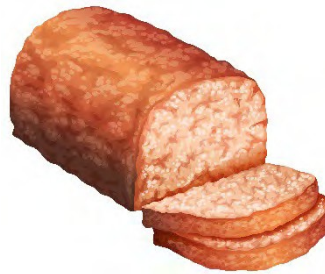


## Pennsylvania Recipes

### Scrapple

#### Ingredients:

3 tablespoons butter  
1 small onion, finely chopped  
1 pound bulk breakfast sausage  
1 teaspoon ground sage  
½ teaspoon fennel  
3 cups water  
1 cup cornmeal  
1 ¼ teaspoon salt  
1 teaspoon pepper  
1 tablespoon vegetable oil



#### Directions:

Grease a loaf pan. Melt 1 tablespoon butter in Dutch oven over medium heat. Add onion and cook until lightly browned. Add sausage, sage, and fennel and cook, breaking sausage into small pieces until no longer pink.

Add water. Whisk in cornmeal, salt, and pepper. Bring to boil, reduce heat to medium low, and simmer, stirring constantly until thickened. Take pan off heat and stir in remaining 2 tablespoons butter.

Scrape mixture into loaf pan. Tap pan firmly on the counter. Let cool completely and then cover with plastic wrap and refrigerate until firm.

To serve, turn the scrapple onto a cutting board and slice into 12 slices. Heat oil in a non-stick skillet over medium-high. Add scrapple and cook until brown, about 3 minutes per side.

## Bot Boi

### Ingredients:

1 pound stewing beef, cut into 1" cubes  
6 potatoes  
1 onion, thinly sliced  
1 ½ cups flour  
3 teaspoons vegetable shortening  
1 egg, beaten  
1 teaspoon salt  
Water



### Directions:

In a big pot, cook the beef in boiling, salted water for 1 ½ hours. Add the potatoes to the pot and cook for an additional 30 minutes.

Make the dough for the homemade noodles. In a large bowl, mix the flour, shortening, egg, salt, and water. Roll and flatten the dough on wax paper and then cut into 2" squares. Slowly drop the dough noodles and onion slices into the pot. Cover the pot with a lid and finish cooking the bot boi for 20-30 minutes.

## Shoofly Pie

### Ingredients:

½ teaspoon baking soda  
¾ cup boiling water  
½ cup dark molasses  
1 egg, beaten  
¾ cup flour  
3 tablespoons shortening  
½ cup brown sugar  
½ teaspoon salt  
½ teaspoon Cinnamon  
1 unbaked pie shell



**Directions:**

Preheat oven to 350° F. Dissolve baking soda in water. Stir in molasses and one beaten egg.

In a separate bowl, mix flour, shortening, brown sugar, salt, and cinnamon. Form the mixture into crumbs. Pour the liquid mixture in an unbaked pie shell, then add the crumbs on top and bake for 30 minutes.

## Philly Cheesesteak

**Ingredients:**

1 pound Ribeye steak, thinly sliced  
2 medium onions, sliced  
1 green pepper, diced  
Sliced mushrooms to taste  
6 (8") hoagie rolls  
Provolone cheese  
2-3 tablespoons butter  
Salt and pepper to taste  
Aluminum foil

**Directions:**

Preheat oven to 250° F. In a skillet over medium-high heat, sauté the onions, bell peppers, and mushrooms in the butter. Set aside.

Wipe out the pan and return to high heat. Add the ribeye steak and season with salt and pepper. Cook for a couple of minutes. Set aside. On each side of the skillet, on low to medium heat, layer the cooked ribeye, onions, bell pepper, and mushrooms.

Cover with 3-4 pieces of provolone cheese. Allow to sit about 2 minutes for the cheese to melt. Transfer to a hoagie roll. Roll very tightly in a square of foil. Bake for 15 minutes.

# Philadelphia Pepper Pot

## Ingredients:

1 ½ pounds beef honeycomb tripe  
3 teaspoons salt  
Water with 1 tablespoon salt  
3 tablespoons butter  
1 cup chopped onions  
1 whole onion, studded with 3 cloves  
1 rib celery, sliced thin  
1 large carrot, peeled and sliced thin  
1 leek, washed, sliced, including tender green part  
½ cup diced green bell pepper  
4 cups chicken broth  
1 cup water  
1 small meaty veal knuckle  
2 garlic cloves, minced  
½ teaspoon cayenne pepper  
1 bay leaf, broken in half  
1 teaspoon dried oregano  
1 teaspoon dried basil  
½ teaspoon dried thyme  
2 teaspoons salt  
½ teaspoon freshly ground black pepper  
2 cups potatoes, diced in ½" cubes  
1 cup heavy cream  
½ cup chopped fresh parsley  
1 tablespoon cornstarch, dissolved in 3 tablespoons water  
⅓ cup butter for garnish  
½ cup chopped fresh parsley for garnish



**Directions:**

Rinse tripe under cold water. Drain and place on a cutting board. Sprinkle with salt and rub into tripe to clean the crevices. Rinse again to remove salt.

Place tripe in a 3-quart saucepan. Add enough water to cover by 2", with the tablespoon of salt stirred in. Slowly bring to a boil and simmer 15 minutes.

Drain tripe and let cool. Cut into ½" cubes and set aside.

Heat a large Dutch oven or stockpot over medium heat. Add 3 tablespoons of butter, chopped onions, whole onion, celery, carrots, leeks, and bell pepper. Stir to coat the vegetables, cover, reduce heat, and simmer, stirring occasionally, until onions are softened and are translucent, about 10 minutes.

Add broth and water to the pot, along with the veal knuckle, tripe, garlic, cayenne powder, bay leaf, oregano, basil, thyme, salt, and pepper. Bring to a boil, reduce heat, and simmer for 1 ½ hours.

Remove the veal knuckle and pick off the meat, cutting any large pieces down to bite size. Discard the whole onion. Return the veal meat to the pot, along with potatoes, heavy cream, and parsley. Simmer 15 to 20 minutes, until potatoes are tender. Stir in cornstarch mixture and simmer 2 to 3 minutes until slightly thickened.

Swirl butter into the hot soup until melted and immediately ladle into bowls to serve. Sprinkle with chopped parsley.