



10TH ANNUAL CELEBRATION
AUGUST 10, 2024

Dining 
with
the Chefs+



About MCFC

Montgomery County Free Clinic, Inc. is an umbrella organization that includes The Dr. Mary Ludwig Free Clinic, Meals on Wheels, FAITH Alliance, and the MontCares listserve.

The Dr. Mary Ludwig Free Clinic offers free medical and dental care to low-income, uninsured residents. Since 1968, the clinic has served over 70,000 people!

Meals on Wheels: Started locally in 1969, this program ensures ~50 home-bound residents receive quality meals and social interaction daily. Annually, over 15,000 meals are delivered by more than 100 volunteers.

FAITH Alliance: Since 2010, FAITH Alliance has provided no-cost breast cancer screenings. Each year, ~70 individuals received free mammograms through a partnership with Franciscan Health.

MontCares Listserve: This platform helps local organizations communicate and coordinate services for residents, reducing service duplication and stretching charitable dollars further.

All these essential services are made possible through the generosity of individuals, organizations, churches, businesses, and foundations.

We at Montgomery County Free Clinic, Inc., and those we serve, thank you for your ongoing support.

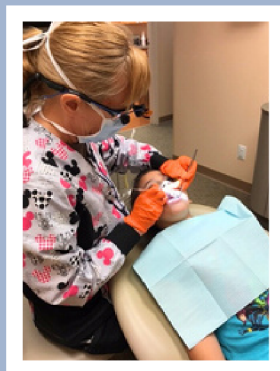
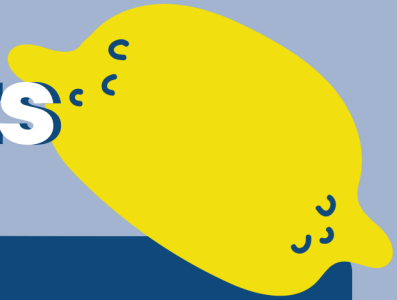


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Dining with The Chefs 2024

Award Recipients



Each year we take time to honor those who have made a lasting contribution to the MCFC. This year we have chosen three individuals who have given tirelessly to the Crawfordsville Community. In homage to Dr. Mary Ludwig, who gave every patient an apple to “keep the doctor away,” we continue to celebrate her legacy by honoring our dedicated volunteers with an Apple Award.

Wendy Pritchett

Meals on Wheels Volunteer of the Year Award

Wendy Pritchett is a dedicated and resourceful individual deeply involved in community service in Montgomery County. Growing up in Francesville and graduating from Valparaiso High School, Wendy moved to Crawfordsville at the age of 19. Her extensive work history in the area has connected her with many local residents.

Encouraged by her neighbor, Isobel Arvin, Wendy and her husband Mike began driving for Meals on Wheels seven years ago. When the program lost its driver coordinator unexpectedly, Wendy stepped in to fill the gap, bringing efficiency and organization to the role. She also took on the task of making labels for clients' meals, leveraging her excellent computer skills.

Wendy has significantly enhanced the Meals on Wheels program by implementing Zippy Meals, a computer program that streamlines its administration. During the pandemic, when the cost of aluminum rose sharply, she identified a more sustainable and cost-effective alternative for meal packaging.

In addition to her contributions to Meals on Wheels, Wendy has been active with the FISH Food Pantry, facilitating collaboration between the two organizations. We are so thankful for Wendy's ongoing motivation to enhance the lives of those in need in our community.



Dr. John R. Roberts

Montgomery County Free Clinic Leadership Award

An Indianapolis native, Dr. Roberts graduated from Wabash College in 1983. He returned to Crawfordsville in 1990 after completing medical school at Indiana University and his residency training in Family Medicine at Methodist Hospital in Indianapolis.

He retired from his position with Franciscan Physician Network in 2022. He and his associate, Dr. Scott Douglas, recently retired as Wabash College physicians following a combined 54 years on campus. He shared the Frederick J. Urbaska Distinguished Civic Service Award with Dr. Douglas for their work during the pandemic both at Wabash and with the Montgomery County Health Department.

He is a past director of the National Association of Wabash Men and serves on the College's Global Health Advisory Committee. He served as the Medical Director of Crawfordsville Emergency Services for 31 years and was the Medical Advisor to South Montgomery Schools for 21 years.

Dr. Roberts, as part of a team of many dedicated Montgomery County citizens, helped establish the Montgomery County Free Clinic in 2012 where he has tirelessly served as Chief Medical Officer for the last 12 years and immediate past president.



Dr. William Doemel

Dr. Mary Ludwig Service Award For Lifetime Achievement

Dr. Doemel arrived at Wabash College in 1969, where he has worn many hats – Professor of Biology, Director of Computer Services, and Director of Operations for the Center of Inquiry. When serving outside of Wabash as president of the Christian Nursing Service (CNS) board, he recognized the clinic was not likely to survive. He worked with Dr. Roberts on a succession plan to carry forward the vision of Dr. Mary Ludwig and the other women who founded CNS by forming the Montgomery County Free Clinic.

His leadership helped secure funding to allow the Dr. Mary Ludwig Free Clinic to open in August 2012. He spent many years as the volunteer Executive Director, steering the clinic through many challenges including changes to Indiana Medicaid, volunteer management, expansion of services, language interpretation support, and patient recruitment. His dedication has resulted in broad community support through both financial donations and volunteer service.

In addition to his Executive Director service, Bill has been a supporter of the Dining with the Chefs and has volunteered for many years for Meals on Wheels. Our community is eternally grateful to Dr. Doemel for his passion and dedication to continue Dr. Ludwig's vision and legacy of hope, and in so doing improve countless lives in Montgomery County.



Chefs of Bon Appétit



Martin Gorham

Martin Gorham, catering manager at Bon Appétit, learned at a young age to entertain himself. That included learning to cook and play a variety of musical instruments. He played all across the country, using cooking as a means for sustenance. Martin eventually settled in Zionsville, IN with a chef who saw potential in him. For the better part of a decade Martin honed his craft, specializing in Southern cuisine. Looking for a challenge, Martin joined Bon Appétit at Wabash College in the fall of 2018.

Jason Anderson

Jason Anderson was born in Chicago Heights in 1971, where he grew up spending time with his grandparents at their old farmhouse developing a love for food and cooking. He attended culinary school in Charleston SC, during which time he worked at an award winning resort, honing his skills under an amazing chef. Post-graduation, he worked in several restaurants throughout the midwest, and eventually even owned his own. Jason is currently the executive chef at Wabash College for Bon Appétit, where he cooks seasonal and sustainable menus.

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Chefs of The Juniper Spoon

Lali Hess

Lali Hess is the founder of The Juniper Spoon, a full-service catering company serving Central Indiana. Her company reflects a commitment to support local farmers and producers. Lali grew up in Goshen, Indiana and Costa Rica and attended Goshen College. She worked as an organic farmer prior to establishing The Juniper Spoon in 2004. She makes her home on five acres outside of Darlington, where her beautiful commercial kitchen sits just feet away from the gardens.

Brittney Terry

Brittney Terry is executive chef at The Juniper Spoon. She was raised in the village of Oblong, Illinois, attended Vincennes University for Culinary Arts and has her bachelor's in business management. She has worked in a variety of independently owned restaurants and bakeries across Indiana specializing in from-scratch kitchens featuring seasonal ingredients. Her hobbies include reading, painting and crafting, collecting vinyl, and watching movies.

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08



Chefs of Wabash College

Rick Warner

Rick Warner worked as a chef for 11 years in Vermont and California, and attended the California Culinary Academy before returning to school to obtain a PhD in History. He teaches Latin American and World History at Wabash College, as well as courses related to food and its history. Rick has entertained numerous local and Wabash folks at his house, now named "the 308." He has been involved with Dining with the Chefs since the very first year, and continues to serve on the planning committee year after year.

Henry Taylor

Henry Taylor is an Eagle Scout and a senior at Wabash College, majoring in Psychology and Spanish with a minor in History. He enjoys writing creative fiction and political theory, collecting LEGOs, hiking, wilderness survival, and studying statistics. At home, he brews ciders and wines, and has served as the sous chef to Rick Warner throughout his collegiate career. Recently, he returned to his hometown of Crawfordsville after studying abroad in Spain, where he learned a variety of Basque and Spanish culinary practices and dishes.

Wabash.

Special thanks to Jim Amidon, Brent Harris, Andrew Day, and Kim Johnson, along with their support staff!





Seared Diver Scallops, Risotto Fromage and Micro Basil

Chef Jason Anderson, Bon Appétit

Yield: 4 servings

Ingredients

- 6 ounces dry pack of scallops
- 1 pound butter, cubed
- 2 cups Arborio or Carlaroni rice
- 4 tablespoons canola oil
- 1 cup Reggiano Parmesan
- ½ gallon broth or stock
- 8 basil leaves
- Salt and pepper
- 4 cloves garlic
- 2 bay leaves
- 1 bottle Sauvignon Blanc

For the scallops:

- Clean side muscle off scallops, lay on a sheet tray with paper towels on top and bottom for 1 hour.
- Season scallops with salt and pepper.
- Cast iron pan or heavy gauge steel, get the rocket hot. Use canola oil or vegetable oil, NO OLIVE OIL, you're burning up your money. Cover just the bottom of the pan, it's not a deep fryer!
- Place scallops down and cook until brown around the edges, flip over and let cook for a maximum of 1 minute. Remove scallops from pan, and let rest.

Seared Scallops Continued...



For the Risotto:

- Place a pot of unsalted water (or broth or stock) on a burner, bring it to 205°F.
- In a separate pan, melt 1/2 lb. butter. Add rice, garlic, & bay leaves. Sauté for 5 minutes; do not allow butter mixture to turn brown.
- Add ½ bottle of wine.
- Stir, stir, stir. Just don't stop stirring.
- When the rice is almost dry, begin to add hot stock from the pot. Roughly 4 oz at a time, keep it moist!
- Pour the second half of the wine into a glass and start drinking. :) The next 15 minutes are boring.
- Keep adding stock and stirring for 15-20 minutes until rice is al dente, it will change in appearance.
- Remove bay leaves, garlic is optional.
- Add cheese, salt, and pepper.
- Remove from heat, add 4-8 pieces of butter. Taste. Adjust seasoning accordingly and add basil.

Serve:

- Place in a bowl, put scallops on top & garnish with more cheese & butter.



Local Corn Fritters with Dill Creme Fraiche

Chef Liesel Townsend, Bon Appétit

Ingredients

- $\frac{3}{4}$ cup all-purpose flour
- 2 whole eggs
- $\frac{1}{4}$ cup parmesan cheese
- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon cayenne pepper
- 4 cups (generous) corn kernels: fresh, frozen, or canned
- 3 teaspoons chopped fresh chives
- Use canola oil, for frying
- Use cast iron skillet for better results

Recipe:

- This recipe starts with the corn kernels, flour, salt and pepper. Add eggs and flour to the mix, then stir to combine.
- Then add a handful of sliced chives and some shredded parmesan cheese.
- Stir all of the ingredients together until you have a thick batter.
- Heat vegetable oil in a skillet or pan, then add heaping spoonfuls of the batter.
- Cook the fritters on both sides until golden brown, and drain them on paper towels.
- Serve immediately and enjoy.

Ceviche Shooter with Baby Shrimp and Micro Cilantro



Chef Liesel Townsend, Bon Appétit

Ingredients

- 1 cup fresh lime juice, from about 8 limes
- ½ cup fresh lemon juice, from about 3 lemons, plus zest of the lemon
- 2 tablespoons orange juice, from about ½ orange
- 2 large shallots, finely chopped
- 1 Jalapeno, chopped (remove the seeds if you do not want it spicy)
- 2-3 ripe but firm Roma tomatoes, seeded and finely chopped
- 1 large avocado, finely chopped
- ⅓ cup finely chopped cilantro leaves, from about ½ bunch
- Kosher salt
- Black pepper
- Tortilla chips for serving

Recipe:

- Partially cook the shrimp: Prepare a bowl of ice water and set it near the stove. Fill a medium saucepan with water and bring it to a boil. Add the shrimp and cook for about 1 to 2 minutes or until just pink.
- Use a slotted spoon to remove the shrimp and immediately dunk into the prepared ice water. This will stop the residual heat from overcooking the shrimp.
- Let it sit for 5 minutes, then drain well.

Ceviche Continued...

- Marinate the shrimp in citrus: chop the shrimp into very small pieces. In a medium glass (or other non-reactive) bowl, add the lime juice, lemon juice, and orange juice.
- Add the shrimp and shallots (or onions). Make sure the shrimp is covered well with the citrus juice. If your shrimp isn't well covered, transfer to a smaller bowl or add more juice.
- Cover the bowl and set in the fridge until the shrimp is fully pink with no gray or raw parts, 30 minutes to 1 hour.
- Mix the ceviche: Add the jalapeno, tomatoes, avocado, and cilantro. Season with a big pinch of kosher salt and black pepper. Mix to combine. (If you like, you can drain some of the juice.)

Serve:

- Transfer the ceviche to a serving bowl. Garnish with the lemon zest. Serve immediately with your favorite tortilla chips.



Salpicón de Pollo: Mexican Salad with Shredded Chicken

Chef Martin Gorham, Bon Appétit



Ingredients

Meat

- 1 pound of chicken thighs
- 1 small onion (peeled)
- 2 cloves garlic
- 2 bay leaves
- 1 tablespoon salt

Salad

- 2 cups of shredded iceberg lettuce
- 3 medium tomatoes (diced)
- 1 medium red onion (thin sliced)
- 1 medium avocado (cubed)
- $\frac{2}{3}$ cup radish (sliced)
- 2 Jalapeños (seeded, diced)
- 1 cup oregano (rough chopped)

Dressing

- 4 tablespoons extra virgin olive oil
- 2 limes (juiced)
- 3 tablespoons white vinegar
- 1 tablespoon dried oregano
- 1 teaspoon salt
- 1 teaspoon black pepper

Toppings:

- 1 package corn tortillas

Recipe on next page*



Salpicón Continued...

Recipe

Meat

- *Place meat, onion, garlic bay leaves and salt into a pot with enough water to just cover the meat.*
- *Bring to a slight boil, reduce heat and simmer for 35 minutes.*
- *Remove meat from liquid and shred with a fork while still hot. Stock can be reserved for other uses.*
- *Chill meat and save for the salad.*

Salad:

- *Once the meat is shredded and refrigerated begin the prep work on the vegetables.*
- *Add the meat, lettuce, red onion, tomatoes, and radish to your work bowl. Add lime juice, olive oil, vinegar, dried oregano and salt and pepper (omit the avocado for now).*
- *Toss the ingredients for a full 2 minutes to ensure everything is coated in the dressing. Add your avocado and fresh oregano and mix gently in the bowl (the avocado will mush if over mixed).*
- *Chill the salad for at least 10 minutes before topping the tortilla.*

Crispy Tortilla:

- *While the salad is chilling gently fry a corn tortilla for 2 minutes per side or until crispy. Use your favorite cooking oil, though I do not recommend frying with olive oil.*
- *Drain off any excess oil or gently pat with a paper towel. Place salad on top of the tortilla and enjoy!*

Bulgogi Beef Bibimbap

Chefs Brittney Terry & Lali Hess, The Juniper Spoon
Serves 4



Beef

- 1 pound flank steak
- 2 green onions
- 3 cloves of garlic
- 1 teaspoon grated fresh ginger
- 2 tablespoons brown sugar
- ¼ cup soy sauce
- 1 tablespoon sesame oil (toasted sesame if available)
- 2 tablespoons gochujang paste (less to taste for spice preference)
- 1 tablespoon rice vinegar
- ¼ teaspoon ground black pepper

Pickled Veggies

- 3-4 stalks celery (washed, cut lengthwise in halves then crosswise into 1 ½ inch pieces)
- 2 small cucumbers (sliced ½ inch thick)
- 6 ounces daikon radish (trim ends off, peel, slice ½ inch crosswise, then cut the rounds into ¼ inch strips)
- 1 green chili (sliced ½ inch thick, Serrano or Jalapeño, optional)
- 1 red chili (sliced ½ inch thick, optional)
- 1 cup soy sauce
- 1 cup white vinegar
- ½ cup sugar
- 2 cups water

Bibimbap Continued...

Beef Recipe:

- Thinly slice green onions and chop garlic.
- Add soy sauce, brown sugar, gochujang paste, sesame oil, green onion, garlic, ginger, and black pepper to a bowl and mix well.
- Thinly slice beef, making sure to slice against the grain and keep slices about ¼ inch thick.
- Add beef to bowl with sauce and toss until fully coated.
- Refrigerate and allow to marinate for 30 minutes (or up to 8 hours), stirring occasionally to redistribute marinade.
- Heat a large skillet over high heat.
- Remove beef from marinade and cook until browned on both sides (more if well done is preferred).
- Serve over rice with pickled or fresh veggies and kimchi, garnish with thinly sliced green onions.

Pickled Vegetables (aka Jangajji) Recipe:

- Add cut vegetables to a canning jar, fill to just under the neck of the jar.
- In a saucepan, bring soy sauce, water, vinegar, and sugar to boil. Allow to boil for about 2 minutes.
- Pour liquid over vegetables in jars, make sure all vegetables are covered with liquid.
- Allow to cool then lid and refrigerate.



Vermont-Inspired: Apple Incredible Cake

Chefs Henry Taylor & Rick Warner
Wabash College

Ingredients:

- 1 ½ cup canola oil
- 2 cups sugar
- 1 tablespoon vanilla
- 4 eggs
- 3 ½ cups flour
- ½ tablespoon baking soda
- 1 teaspoon salt
- 1 tablespoon cinnamon
- 4 large apples, large diced

Recipe:

- Mix the oil, sugar, and vanilla. Beat in eggs.
- Mix in flour, baking soda, salt, and cinnamon.
- After thoroughly mixing, add diced apples.
- Bake in a greased bundt pan or other pan at 350°F for 60–70 minutes until the knife comes out clean.
- Shorter baking time for thinner casserole pan or muffin tins.



Cookies & Cream Ice Cream

Chefs Henry Taylor & Rick Warner
Wabash College

Ingredients:

- 2 eggs
- 1 cup sugar
- 1 tablespoon vanilla
- 1 cup milk
- 2 cups heavy cream
- ⅓ of a package of oreos

Recipe:

- Beat eggs.
- Add sugar, vanilla, milk, heavy cream – stir well.
- Freeze in the ice-cream maker of your choice.
- Crush ⅓ of a package of oreo cookies.
- Mix into ice cream mixture, freeze until set.



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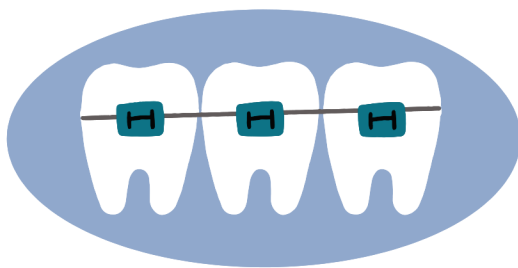
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**Dr Arun Jain &
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