

# Recipes for The Farm at Miller's Crossing, Week 2 – 2008

Carol Hargis, The Market Fresh Chef 

## Garlicky Creamed Chard serves 4

- 1 Tbsp. OLIVE OIL
- 1 lb. CHARD, stem & leaves separated, chop
- 2 Tbsp. minced GARLIC
- 4 tsp. unsalted BUTTER
- 4 tsp. FLOUR
- 2/3 cup low-fat MILK
- 1/4 tsp. SALT, 1/8 tsp. PEPPER, 1/8 tsp. NUTMEG

Heat oil in Dutch oven on med. Add stems, sauté soft, 3-5min. Stir in leaves, cook, stirring constantly, til wilted, 2min. Cover, cook, stir 1x, til tender, 2min. Transfer to colander in sink, press w/ spoon. Return chard to pot, cover, keep warm. Put garlic, butter in pan on med, cook til fragrant, not brown, 2min. Whisk in flour, cook til bubbling, 30 sec. Add milk, s&p, nutmeg; whisk constantly til thickened, 1-2min. Stir chard into sauce.



## Orange & Radish Salad Serves 4

- 1 cup grated RADISH
- 2 cups ORANGE sections
- 1 Tbsp. CILANTRO, minced
- 2 Tbsp. ORANGE JUICE
- 1 tsp. powdered SUGAR

Combine all in bowl with 1/4 tsp. SALT. Cover & let stand 30 min. Serve at room temp.



## Garlic Shrimp with Spinach serves 4

- 1-2 bu SPINACH, chop
- 1-1/4 lb. peeled med SHRIMP
- 1/4 cup diced Canadian BACON, ham or thick-cut bacon
- 1/4 tsp. GARLIC powder
- 4 CLOVES GARLIC, thin slice
- 1/4 tsp. TABASCO
- 1/8 tsp. CHRUSHED RED PEPPER

Steam spinach. Drain, season w/ garlic powder, S&P, cover, keep warm. Heat 1t. oil in skillet on medhi. Add garlic, sauté 2min golden, don't brown. Add shrimp, bacon, sauté 2-4min pink. Don't overcook. Stir in Tabasco, red pepper. Plate spinach. Spoon shrimp on.



## Arugula, Pear & Parmesan Salad serves 8

In advance: Slice, soak pear up to 4hrs. Puree vinaigrette, set aside up to 4hrs.

- Juice of 1 LEMON
- 4 Bosc PEARS
- 1/2 cup canola or safflower OIL
- 4 Tbsp. champagne or white wine VINEGAR
- 4 tsp. HONEY
- About 2 lbs. ARUGULA, torn
- 6-8 oz. Parmesan, shaved

Have ready big bowl ice water. Add lemon to water, stir. Peel, halve, core pears. Slice very thin, put in lemon water. Set aside. Puree oil, vinegar, honey, & 4 slices pear til smooth. Set aside. Drain remaining pear, pat dry, return to dry bowl. Drizzle w/ 2T saved vinaigrette, toss. Set aside. Put rest vinaigrette in 2nd lg. bowl, add arugula, toss. Plate arugula. Top w/ Parm, pear slices.

