

Recipes for The Farm at Miller's Crossing, Week 5 – 2008

Carol Hargis, The Market Fresh Chef 

Turnip Fresh Herb & Snap Pea Salad

EW 4 servings

8 oz. SUGAR SNAP PEAS
2 Tbsp. sliced ALMONDS, Toast
2 Tbsp. olive, walnut or almond OIL
2 Tbsp. fruit VINEGAR, raspberry or pomegranate
1/4 tsp. SALT
1/8 tsp. PEPPER
4 cup packed mixed baby LETTUCE
1/4 cup snip CHIVES
1/4 cup chop TARRAGON



Bring water to boil. Add peas, cook til bright green/still crisp, 1-2min. Drain, rinse under cold. Whisk oil, vinegar, s&p. Add lettuce, chive, tarragon, peas, toss. Sprinkle w/ nuts.

APPLE & ARUGULA SALAD Serves: 6

1 large bunch ARUGULA
4 GRANNY SMITH APPLES, cored, peeled, chunked
2-3 Tbsp. LEMON JUICE
1/4-1/3 cup Maple-Poppy Seed DRESSING (recipe below)



Trim roots & any tough stems from arugula. Slosh arugula in large bowl of cold water to release sand. Dry arugula & put in salad bowl. Sprinkle apple chunks w/ lemon, toss. Add to arugula. Toss w/ dressing to moisten.

MAPLE-POPPY SEED DRESSING 1-1/2 cups

1 cup SOY (or regular) MAYONNAISE
1&1/2 Tbsp. apple cider VINEGAR or lemon juice
1 Tbsp. MAPLE SYRUP
2 Tbsp. POPPY SEEDS
1/4 cup +/- WATER

In processor or blender, mix all, adding water to achieve thick but pourable consistency. Use immediately or chill in sealed container up to 10 days. Blend well before each use.

Arugula Lemon Salad

2-3 LEMONS, juiced & zested
SALT & PEPPER
1 CLOVE GARLIC, smashed
1/4 cup OLIVE OIL
CAYENNE
1 bunch ARUGULA



Whisk juice, s&p, garlic, & zest. Whisk in oil in steady stream. Add pinch cayenne for heat. Toss dressing w/ washed & torn arugula. Use your best quality XV olive oil.

Fresh Strawberry Milkshakes Emeril

Mix 1/2 lb sliced STRAWBERRIES, 2 heaping Tbsp. SUGAR and 1 tsp. VANILLA in bowl. Let macerate 20-60 min. Put berries, 1 pint vanilla ICE CREAM, 1/2 cup MILK in mixer and blend smooth. Pour in glasses, garnish w/ whole berries.