

# Recipes for The Farm at Miller's Crossing, Week 7 – 2008

Carol Hargis, The Market Fresh Chef 

## Cucumber Soup Serves 6

- 3 CUCUMBERS, peel, seed & chop
- 1 ONION, chopped
- 2 tbsp. chopped DILL
- 3 cup VEG or CHIX STOCK
- 1/2 cup HEAVY CREAM

Bring cukes, onion, dill & stock to boil in saucepan on mod heat. Set to simmer & cook til soft. Let cool, then puree'. Return to pan, add cream, reheat slowly. Do not boil. Garn w/ dill.



## Kale with Apple & Onion Serves 2

- 1 Granny Smith APPLE: Peel, quarter, core, cut 1/4" thick wedges.
- 2 tbsp. OLIVE OIL
- 1 med ONION, cut in 1/4" wedges
- 1/4 tsp. CURRY POWDER
- 1 lb KALE, tough stems & ribs removed, coarse chop leaves
- 1/2 cup WATER

Heat oil in 5qt. pot on mod-hi heat til hot but not smoking. Sauté onion, stirring occasionally, til golden. Add apple & curry; sauté, stirring, til apple is almost tender, 2 min. Add kale & water & cook, covered, stirring occasionally, til kale tender & most of the liquid is evaporated, 5 min. Salt.



## Tropical Cuke Salad Makes 4 c

Whisk 3-5 tsp. FISH SAUCE, 1 tsp. LIME ZEST, 2 Tbsp. LIME JUICE, 1 Tbsp. CANOLA OIL, 2 tsp. BROWN SUGAR, 1 tsp. rice wine or white VINEGAR, & 1/4 tsp. CRUSHED RED PEPPER. Toss with 1 diced CUCUMBER, 1 diced AVOCADO, 1 diced MANGO, 1/4 cup chop CILANTRO. Cool! From *Eating Well*.

## Summer Squash & Rice Salad

- 6-8 tbsp. OLIVE OIL
- 5 early yellow SQUASH, &/or early ZUCCHINI, 1/4" dice
- 1 ONION, diced
- 2 CLOVES GARLIC, minced
- 2 tsp. CUMIN
- 2 tbsp. cider or white VINEGAR
- 2 cup cooked (white or brown) RICE, cooled
- 1/2 RED BELL PEPPER, chopped
- 1/2 cup PARSLEY, chopped
- 1 tbsp. snipped CHIVES
- 2-3 sprigs OREGANO, stripped
- 2-3 SCALLIONS, chopped

Warm 2-3 tbsp. oil in large skillet & add squashes, s&p. Sauté, stirring often til light brown & tender 2-3 min. Do not crowd pan. Let cool & put in serving bowl. In same skillet heat 2-3 tsp. oil & sauté onion 3-5 min. Add garlic & cumin. Add to squash with vinegar, rice, herbs & stir. Serve room temp on bed of greens.

