

Recipes for The Farm at Miller's Crossing, Week 17 - 2008

Carol Hargis, The Market Fresh Chef 

Bok Choy w/ Garlic serves 6

2 tbsp. **Butter** (Or Olive Oil)
4 tsp. minced **Garlic**
12 cups baby **Bok Choy**
2 cups chicken or veggie **Stock**



Melt fat in heavy large skillet on hi. Add garlic; sauté 1 minute. Add bok choy & stock; simmer til bok choy is tender, turning a bit. S&P. The liquid (or *pot likker*) is yummy!

Cooking Uses for Arugula

Within the past 10 years, arugula, the spicy/nutty lettuce, has taken the US by storm. You'd be hard-pressed to find a baby lettuce salad in a restaurant that does not have arugula as an ingredient. But you may not know that it works very well as a cooked ingredient, too. Basically, you use it the same way you use baby spinach. You can braise it, add it to soups or build an omelet around it. One way it's really good is added to lentil soup in the last 2 minutes of cooking. Arugula is a very delicate lettuce, so be sure not to overcook it. Its bright color makes any cooked dish much nicer to look at, & much more nutritious.

Bacon Potato Soup Serves 4

1/4 lb. **Bacon**, diced
1/4 cup **Celery**
3 **Leeks**
2 Tbsp. **Flour**
2 cup **Water**
2 cup **Milk**
2 cups peeled & diced **Potato**
S&P to taste
1 tsp. chopped **Parsley**



Slice leeks lengthwise. Remove root end & most of green. Slice leeks across grain & soak in water til needed. Add bacon to heavy saucepan & cook til brown. Add celery & leek. Cook til just soft. Add flour, cook 3 min. Add water & milk. Slowly bring to boil. Reduce heat, add potato & simmer 1 hr (til veggies are tender). Check seasonings. Serve garnish w/ parsley.

Spinach Onion Dip

1/4 cup xv **olive oil**
1 large sweet **onion**, peel & chop
1/3 lb. **shallots**, peel & chop
1 lb. baby **spinach**, coarse chop, or use **ARUGULA**
8oz. **cream cheese**, softened
8oz. **sour cream**
S&P



Sauté onion & shallot in oil til golden, add greens & cook til they wilt. (If use arugula, won't take long.) Remove from heat, let cool. Put in bowl & add cheese, sour cream, s&p. Chill.

Cumin Vinaigrette makes 1 c

Whisk the following: 1/2 cup **olive oil**, 1/2 cup **lemon juice**, 2 tsp. **cumin**, 1 tsp. **sugar**, 1 tsp. **paprika**, 2 minced **cloves garlic**, **salt & pepper**.