

Recipes for The Farm at Miller's Crossing, Week3 – 2009

Carol Hargis, The Market Fresh Chef 

Beet Cumin Salad Serves 4 Adapted from *The Spice Bible*

6 BEETS (12 if small)
1/3 cup OLIVE OIL
1 Tbsp. RED WINE VINEGAR
1/2 tsp. CUMIN
1 RED ONION
1 lg. handful PARSLEY, chop



Stem beets, leaving 3/4" attached. Don't trim root. Wash; boil in salted water 1 hr. til tender. While holding under running cold water, peel. Trim root. Whisk oil w/ vinegar, cumin, pepper. Halve, then slice beet in slender wedges, add to dressing. Halve onion, slice in thin wedges, add to beets. Add parsley, toss. Serve warm.

DEVILED EGGS w/ RADISH & HERBS makes 20

10 EGGS, hard boiled, peeled
1/4 cup plain nonfat YOGURT or low-fat mayo
4 tsp. Dijon MUSTARD
1/3 cup finely chopped RADISHES
4 tsp. chopped CHIVES
4 tsp. chopped THYME



Julienned radish, Chive strands, Thyme leaves for garnish
Halve eggs & put yolks in bowl. Mash w/ fork. Mix in yogurt & mustard. Mix in radish, chive & thyme. S&p to taste. Spoon in shells, mounding. Top w/ radish, chive, & thyme.

WHITE TURNIP SOUP 6 servings

4 med. white TURNIPS, chopped (or equivalent in smaller turnips)
1 lg. ONION, chopped
3 Tbsp. BUTTER
3 slices BREAD
2 EGG YOLKS
1/2 cup CREAM



A sprinkling minced PARSLEY

In stockpot sauté turnip & onion slowly in butter 5 min. Dry out bread slices in a slow oven & crumble. To stockpot add 6 cups boiling water, s&p, & bread. Simmer soup 30 min, & puree'. Reheat on lo. Beat yolks & cream. Stir into soup. Serve at once, top w/ parsley.

FETA DRESSING

8 oz. FETA CHEESE, crumbled
1/4 cup OLIVE OIL
1/4 cup RED WINE VINEGAR
4 oz. SOUR CREAM
1 tsp. WORCESTERSHIRE SAUCE
1 tsp. dried OREGANO
1/2 tsp. dried BASIL



Whisk all. Chill several hours before pouring over your delicious spring salad greens.