

Recipes for The Farm at Miller's Crossing, Week 5 – 2009

Carol Hargis, The Market Fresh Chef

SUMMER SQUASH SALAD Serves 4

from Chef Evie Lieb

4 sm ZUCCHINI or mixed yellow & green summer SQUASH (1lb total)

1/3 cup loose pack MINT

3 Tbsp. OLIVE OIL

1 Tbsp. LEMON JUICE

1/4 tsp. fine SEA SALT

PEPPER to taste

1/4 cup toasted PINE NUTS

PARMESAN or Asagio cheese shavings

Fresh mint sprigs for garnish

Slice squash paper-thin. Set aside in bowl. Chiffonade mint, (stack the leaves, tightly roll lengthwise, slice crosswise into very thin slivers). Add to squash. Whisk oil & lemon. Whisk in s&p, pour on squash. Add nuts, toss. Let stand 10 minutes. Plate x4 or platter. Garn w/ shavings of cheese, extra mint sprigs.

FETTUCINE w/ CHARD, CURRANTS, WALNUTS & BROWN BUTTER

adapted from Fields of Greens, Serves 2- 4

1/3 cup BROWN BUTTER (recipe follows)

1 tbsp. dried CURRANTS (or cranberries, cherries, craisins)

2 tbsp. golden RAISINS (ditto above)

1 bu Swiss CHARD, (8 cups packed), stemmed

1 tbsp. OLIVE OIL

1/2 med. RED ONION, thin slice, (1 cup)

2 CLOVES GARLIC, fine chop

1/2 lb. fresh FETTUCINE

1/3 cup WALNUTS, toasted

Grated PARMESAN

Make the brown butter, keep warm on very low heat. Set pot of water to boil. Plump fruits in small bowl covered w/ 1/3c hot water. Stack & slice chard leaves crosswise to make 2" wide ribbons. Heat oil in big sauté pan; add onion, 1/4t salt, pinch pepper. Sauté on med 5min, til onion softens, begins to release juices. Add garlic, chard, 1/4t salt. Sauté 4-5min, til chard just barely tender, set heat to low. When water boils, add 1t salt, fettuccine, try to time it to finish w/ chard. (Chard should be very tender - not overcooked when pasta is done.) When pasta just tender, drain immediately, shake off excess water, add to onions & chard, w/ fruits, nuts, brown butter. Toss, s&p to taste. Serve w/ Parm.

BROWN BUTTER Makes about 3/4c

Melt 1/2 lb unsalted BUTTER in sm. saucepan on low. As butter gently simmers, butterfat & milk solids will separate. Solids settle to bottom, coloring butter as it cooks. When it turns rich amber, 8-10min, remove from heat. Line a fine-mesh strainer w/ paper towel or cheesecloth, & pour butter thru, straining out solids. Use now, or cool, seal, chill for later.

LIGHT LEMON POPPY DRESSING 1c

Whisk 1/4 cup EACH: (light) MAYONNAISE, (fat-free) SOUR CREAM, (fat free) 1/2&1/2, with 4 Tbsp. SUGAR, 2 Tbsp. distilled VINEGAR, 1 Tbsp. POPPY SEEDS, & 1 tsp. grated or minced LEMON PEEL. Chill. Use as dressing for salad greens or as dip for crudités.