

Recipes for The Farm at Miller's Crossing, Week 7 – 2009

Carol Hargis, The Market Fresh Chef 

Catalina Dressing 3 cups

Put 1/2 cup EACH: KETCHUP, SUGAR, red wine VINEGAR, & grated ONION in food processor bowl. Add 1 tsp. Paprika, 1/2 tsp. WORCESTERSHIRE. Pulse til blended. While running, slowly add 1 cup SALAD OIL. Check S&P. Cover & chill.

Pesto Squash serves 4

1/2 cup BASIL leaves
1/2 tsp. minced GARLIC
3 Tbsp. OLIVE OIL
1 Tbsp. WALNUTS
1 Tbsp. PARMESAN cheese
2 large Summer SQUASH, sliced
1/4 cup sliced ONION

Make pesto: put basil, garlic, 2T. oil, nuts, cheese in food processor. Pulse til coarse paste forms. Heat 1T. oil in skillet. Add squash, onion, mushroom. Sauté til just soft. Toss w/ pesto. S&p to taste.

Cold Cuke Soup serves 6-8

Mix: 1 tsp. toasted CUMIN, 2 large CUKES (peeled, seeded, & shredded), 3 cups plain YOGURT, 2 cups MILK, 1/4 cup chopped CILANTRO, 1/4 cup LEMON JUICE, 1/4 cup OLIVE OIL, 2 minced GARLIC CLOVES, S&P. Chill. *You can use full fat or fat-free dairy!*

Minnesotan Zucchini Spice Cake (or muffins)

3 EGGS
1 cup CANOLA OIL
2 cups SUGAR
1 tsp. VANILLA
1/2 tsp. NUTMEG
1 tsp. SALT
1 tsp. BAKING SODA
1/2 tsp. BAKING POWDER
1&1/2 tsp. CINNAMON
3 cups FLOUR

2 cups peeled, grated ZUCCHINI (or puréed)

3/4 cup NUTS, pecan or walnut (optional)

Set oven 325. Grease cake pan, loaf pan, or muffin pan. Beat eggs til foamy in large bowl. Mix in oil, sugar, vanilla. Whisk all the dry ingredients together in another bowl. Add dry to wet til just moistened. Fold in zucchini & nuts. Pour in pan, bake til a toothpick comes out clean: 1hr for cake or loaf; 35min for full-size muffins; 20-25min for mini-muffins.

Rosemary Carrots serves 3-4

Scrub 8-10 big CARROTS (peel if you like) & slice in 1/4" rounds. Put in a heavy saucepan w/ 3 tbsp. BUTTER & 1/2 cup WATER, & cook, covered, on lo til tender, 20 min. Stir in 1 tbsp. finely chopped fresh ROSEMARY & remove from heat. Let sit, covered, 2-3 min, SALT to taste.