

Recipes for The Farm at Miller's Crossing, Week 8 – 2009

Carol Hargis, The Market Fresh Chef 

Zucchini Fritters (Kolokithakia keftedes)

Adapted from *Fine Cooking*

1 lb ZUCCHINI (3 med)
1 cup fine chop ONION
1/2 cup FLOUR
1/4 cup fine chop FENNEL stalk & leaves
1 Tbsp. chop DILL
1 tsp. BAKING POWDER
1/2 tsp. chop OREGANO
1/8 tsp. NUTMEG
1-1&1/2 cups OLIVE OIL for frying
1/4 cup PARMESAN

1/4 cup crumbled FETA (or omit feta & double the Parm)

Grate zucchini. Squeeze out as much liquid as you can w/ your hands. Mix w/ onion, flour, fennel, dill, baking powder, oregano, nutmeg, 1/2t salt, 1/8t pepper. Press 2-3 Tbsp. at time into 3x1/4" patty w/ hands & lay on platter. Pour 1/4" (depth) oil in deep skillet. Heat medhi til begins to ripple, bubble immediately if add a zucch shred. Using 2 spatulas (1 to lift, 1 to push off), add fritters, w/o crowding, to oil. Fry til bottom loosens, turn, fry golden crisp, 1-3 min. per side. Move to paper towel-lined plate. Platter for serving, sprinkle w/ cheese. Yum.



Grilled Eggplant w/ Herbs Serves 2-3

1/4 cup OLIVE OIL
1 tsp. GARLIC, minced
1&1/2 tsp. BASIL
1&1/2 tsp. OREGANO
3/4 tsp. THYME
1/2 tsp. PAPRIKA
1 Large EGGPLANT, peel, cut 1/4" circles (or 2-3 Japanese eggplants)

Mix oil, herbs, s&p. Add eggplant, let set 3min. Set grill hot. Grill slices, turning, just soft.



Grilled Cabbage w/ Butter & Toasted Spices Serves 6

1 head GREEN CABBAGE, quartered (don't core)
4 sm. LEEKS (or large sweet onion, sliced very thick)
1 tsp. CUMIN SEED
1 tsp. CORIANDER SEED
1/2 tsp. MUSTARD SEED
8 black PEPPERCORNS
1/2 tsp. ground TURMERIC
4 Tbsp. BUTTER, melted
LIME wedges

Set grill med-hi. Brush all sides of cabbage, leek w/ oil, salt to taste. Grill, turning, 7min, leeks, 15min. cabbage). Remove leek. Turn down grill med-lo (or move cabbage to cooler zone) & finish grilling cabbage, covered, til completely soft, 20min. Dry-toast cumin, coriander, mustard, peppercorns. Cool a bit, then crush in mortar & pestle. Mix w/ turmeric, butter. Coarse chop leek. Core cabbage, slice crosswise in 1/4" ribbons. Toss veggies w/ spiced butter. Salt, squeeze lime juice to taste.

