

*Recipes for The Farm at Miller's Crossing, Week 11 – 2009*  
Carol Hargis, The Market Fresh Chef

**Beet, Potato, & Onion Salad** Serves 4

12 sm. BEETS, trimmed (halve if larger)  
12 sm. POTATOES, peeled (halve if larger)  
16 sm. ONIONS, peeled  
4 tbsp. fine chop CHIVES  
8 tbsp. OLIVE OIL  
3 tbsp. WHITE VINEGAR  
2 tsp. DIJON MUSTARD



Boil beets in salted water 25-30min/tender. Drain, rinse under cold water. Peel. In salted water boil potato, onion separately 20min. Potato should be cooked, firm, whole. Same w/ onion. Drain veggi, cool. Put beet, potato, onion in bowl. Whisk vinaigrette. Toss w/ veggies.

**Mediterranean Chard & Rice** 8 sides or 4 entrees.

2 cups cooked BROWN RICE  
1/4 cup OLIVE OIL  
1/4 cup lightly toasted PINE NUTS or slivered almonds  
1/2 cup RAISINS  
1 lg ONION, chopped  
4 CLOVES GARLIC, minced or finely grated  
1/2 cup chopped PARSLEY  
juice of 1 LEMON  
2 Tbsp. BALSAMIC VINEGAR  
large bunch CHARD, washed and chopped  
1 Tbsp. dried DILL WEED  
2 tsp. dried THYME  
1/2 tsp. ground CINNAMON  
3/4 tsp. ground ALLSPICE  
1/2 tsp. PAPRIKA



Set oven to 350. In Dutch oven heat oil on medhi. Add onion, garlic; sauté golden 10min. Add the rest, (not rice), stir well. Set to lo, cover, simmer 5min. Mix in rice. Put in greased casserole, bake 20min.

**Marinated Carrots** Serves 8

Put 8 thinly sliced CARROT & 1/4 cup WATER in pan. Boil, cover, simmer 15-20min til tender. Drain. Mix 2T VINEGAR, 1t SALT, 1t SUGAR, 1/2t LEMON JUICE, 2T OLIVE OIL, dash PEPPER, 1/4t DILL & 2T chopped SCALLIOM (onion of any kind). Add carrot. Cover; chill 2-8hrs, stirring occasionally.

**Pickled Japanese Eggplant** (reprint from 2001)

Poach 4-6 small Japanese EGGPLANTS (w/ stems) in simmering water 10 min. Slit eggplants toward, but not thru, stem, 2x, to make 4 "fingers". Pulse 2 tsp. SALT, 1 tbsp. ground WALNUTS, 1/2 tsp. CAYENNE in processor to form a paste. Rub onto eggplants, smooth eggplants out, put in a tall jar, stem up, for 12 hrs. Discard the brine that collects & fill jar w/ OLIVE OIL, covering eggplants completely. (A ball of foil on top will keep them submerged.) Close jars & pickle for 10-14 days. Will keep 2 weeks in fridge.