

Recipes for The Farm at Miller's Crossing, Week 12 – 2009

Carol Hargis, The Market Fresh Chef
THE SOUP EDITION vacay wk 1

EZ Summer Beet Soup

1 bunch red BEETS
1 bunch chionga or other BEETS
1/2 cup ORANGE JUICE
2-3 tbsp. LEMON JUICE
MINT leaves



Boil & peel beets. Whirl in food processor w/ orange &/or lemon juice, mint & pepper. Taste for seasonings & juice & add more if desired. Chill. Serve w/ plain yogurt or sour cream if you like.

Northern Bean Soup Serves 8.

3 cups uncooked NORTHERN BEANS
8 cups WATER
1 Tbsp. OLIVE OIL
1 lg ONION, chop
2 CLOVES GARLIC, minced
Put beans in soup pot; add water to cover, plus 1". Bring to a boil; cover, turn off

3 med carrot, slice 1/4"
3 stalks celery, slice 1/4"
1 t dried thyme
1/2 t oregano
1 t soy sauce

1 T cider vinegar
1 T brown sugar
1/3 cup tomato paste
1/2 t salt
1/4 t cayenne
Pepper to taste

heat. Let set 1-4 hrs. Drain, discard liquid. Add 8 cups water to beans.

Cover; simmer 1hr til tender. Put beans & liquid in big bowl. Heat oil in stockpot on med-hi; sauté onion til soft. Add garlic; sauté 1. Return beans & liquid to pot. Add all the rest. Cover; reduce heat to med-lo. Simmer 30, stirring a bit, til veggies tender.

CSA Escarole Soup

2 Tbsp. OLIVE OIL
3 LEEKS or 1 big ONION, or any combo, cleaned, chopped
1-2 stalks CELERY, or FENNEL, thin slice (if celery, include leaves)
1 big or 2-4 sm CARROTS, any color, grated
1qt. BROTH: chix or veg
1/2 cup ORZO or other tiny pasta
1 head ESCAROLE (1lb), rinsed well, torn up
PARMESAN cheese



Warm oil in soup pot, sauté onions/garlic/leeks on med til wilted, starting to brown. Add celery/fennel, carrot, S&P; sauté til wilted, beginning n to brown. Add broth, simmer 10min. Add orzo, cook 8min til pasta done. Add escarole, cook 2, stirring, til leaves wilted. Serve w/ Parm.

CHEDDAR HAM CHOWDER Serves 6

2 cups WATER
2 cups cubed peeled POTATO
1/2 cup sliced CARROT
1/2 cup sliced CELERY
1/4 cup chopped ONION
1 tsp. SALT
1/4 tsp. PEPPER

1/4 cup butter
1/4 cup flour
2 cups milk
2 cups shredded cheddar
2 cups corn
1&1/2 cups cubed cooked ham



In pot bring water, potato, carrot, celery, onion, s&p to a boil. Reduce heat; cover, simmer 8-10min til veggies just tender. Remove from heat; don't drain. In pan, melt butter. Whisk in flour. Add milk all at once; whisk/cook til thick & bubbly. Add cheese; whisk til melted. Carefully stir in contents of veggi pot. Return pan to heat. Add corn, ham; heat through.