

Recipes for The Farm at Miller's Crossing, Week 16 – 2009

Carol Hargis, The Market Fresh Chef

Eggplant Ragu w/ Beef & Rigatoni 4 servings

1/2 lb. whole-wheat RIGATONI or penne
1/2 lb. ground BEEF
4 CLOVES GARLIC, chop
1/2 tsp. FENNEL SEED
3 cups diced EGGPLANT (1/2 med)
2 tsp. OLIVE OIL

2 cups canned crushed TOMATOES
1 cup dry RED WINE
1 Tbsp. OREGANO
2 tsp. PIGNOLI, toasted (option)
1/2 cup crumbled FETA (option)

Cook pasta as desired. Brown beef, garlic, fennel in skillet on medium 3min. Add oil, eggplant, brown 5-7min. Add sauce, wine; cook til thickens 15-20min. Stir in oregano, s&p. Drain pasta; top w/ sauce, (& nuts, feta, if using).

Garden Soup w/ Lacinato Kale & Cauliflower

adapted from *Deborah Madison*

2 big ONIONS (or 2 lg leeks, washed well & sliced)
1/2 lb. POTATOES, diced
2 Tbsp. OLIVE OIL
2 cups stemmed LACINATO KALE
2 cups sm CAULIFLOWER florets
1 CLOVE GARLIC, mince
6 cups BROTH
PARMESAN



Warm oil in pot on medium. Add onion & potato, sauté a few minutes. Roll & slice kale into short ribbons. Add kale, cauliflower, garlic, salt to pot. Cook 5min. Add stock, bring to boil, simmer til tender 20min. Ladle in bowls, drizzle w/ oil. Grind pepper on, top w/ cheese.

Cardamom Carrots

from *Good Friends Cookbook*

Steam 2 lbs diagonally sliced CARROTS 5-7min til tender. Melt 1/4 cup BUTTER; add 4 tsp. grated ORANGE PEEL, 1 tsp. ground CARDAMOM. Toss w/ carrots. SALT to taste.

Fresh Tomato Sauce *EatingWell* 2 qt

4&1/2 lbs TOMATOES
1/4 cup OLIVE OIL
3/4 cup chopped GARLIC
4 cups diced ONIONS
1&1/2 tsp. SALT



1/4 cup TOMATO PASTE
1 tsp. OREGANO
1/2 cup RED WINE
2 Tbsp. red-wine VINEGAR
1/2 cup chopped BASIL

Bring pot water to boil. Core tomatoes, cut an X in bottoms. Blanch 1-2min in batches. Move to ice bath w/ slotted spoon, 1min. Over a sieve set over a bowl peel tomatoes, let skins fall into seive w/ juices. Halve tomato crossway, seed, let sieve catch seeds too. Press on seeds & skins to collect more juice. Coarsely chop tomatoes. Heat oil in Dutch oven on medium. Add garlic, sauté 2-3min. Add onion, salt, stir, cover; sweat til soft & golden 10-15min. Stir in paste, oregano. Sauté til paste begins to brown on bottom 2-4min. Add wine, vinegar; bring to simmer, stirring/scraping to deglaze pan. Cook til reduced slightly, 2min. Add tomatoes & juice; simmer gently, stirring some, 25min. Remove from heat; stir in basil, pepper. Puree' some or all to the consistency you like. Cover & chill, up to 5 days, or freeze up to 6mo. Use for pastas, pizzas, veggies, soups.