

Recipes for The Farm at Miller's Crossing, Week 19 – 2009

Carol Hargis, The Market Fresh Chef

Arugula Pesto 1/2 c

2 CLOVES GARLIC
4 Tbsp. OLIVE OIL
1/4 cup PINE NUTS, toastd
3 cups ARUGULA, pack
1/4 cup ROMANO CHEESE
2 tsp. LEMON JUICE
SALT

Serve on peaches & prosciutto. *Yum.*
Toss w/ gnocchi, chopped tomato,
shaved hard cheese. Make an
arugula pesto pizza- Coat the pizza
dough w/ pesto, mozzarella, & bake.

Put garlic in skillet w/ 1T oil. Cook medlo soft 3-4. Process garlic, nut, arugula, cheese, lemon by pulses until it forms a coarse paste. W/ on, drizzle in 3T oil til emulsified. Salt.

Asian Beef Stuffed Peppers Serves 4

4 GREEN BELL PEPPERS (slice a tiny bit off bottoms to stand them up)
2 tsp. OLIVE OIL
1/4 cup minced ONION
1 tsp. minced GINGER
1 tsp. minced GARLIC
1 lb. GROUND BEEF
1 cup Cooked white or brown RICE
3 Tbsp. SOY SAUCE
1 Tbsp. SHERRY
1 cup BEEF BROTH



Cut tops off peppers. Drop in boiling water 3min. Drain. Heat oil in skillet. Add onion, ginger & garlic. Sauté 2min. Add beef, brown. Mix in rice, soy, sherry & broth. Fill peppers. Stand peppers in deep casserole. Cover w/ foil, bake at 350 45 min. Remove foil, bake 15min.

Crockpot Lentil-Chard Soup Serves 6

Put 1c lentils, 7c water, 4c chopped chard, 1 chopped onion, 1 chopped celery stalk, 1 chopped carrot, 3c chopped tomato, 3T chopped cilantro, 1 bay leaf, 1/2t thyme, 1-2T miso, soy sauce &/or Worcestershire, s&p in crockpot. Cook on lo 6-9hr, or hi 4-6hr.

Brussels Sprouts, Turnips & Beets 8-10 servings

4 med golden BEETS, trim tops (if use red, cook in separate pot of water)
1&1/2 lbs. BRUSSELS SPROUTS, halved lengthwise
1&1/4 lbs. TURNIPS, cut in wedges
6 tbsp. BUTTER
1/3 cup minced SHALLOT
1/3 cup finely chopped HAZELNUTS
3 tbsp. chopped THYME
3 -4 CLOVES GARLIC, minced



Set oven 375°. Wrap beets in foil; bake til center tender when pierced, 1hr 45min. Cool. Peel; cut in 8 wedges. Cook sprouts in pot of boiling salted water til crisp-tender, 6min. W/ slotted spoon, move to bowl of ice water; cool. Drain. Add turnips to pot; boil til crisp-tender, 7min. Drain. Transfer to bowl of ice water; cool. Drain. Melt butter in big skillet on med-hi. Add shallot, hazelnut; sauté til nuts begin brown, 3min. Add thyme, garlic; sauté til nuts golden, 2min. Add veggies; cover, cook til heated thru, stirring a bit, 5min. s&p.