

Recipes for The Farm at Miller's Crossing, Week3 – 2010

Carol Hargis, The Market Fresh Chef 

Garlic Scape Carbonara Serves 4

1/2 lb. CAMPANELLE, or other pasta
4 slices BACON (3&1/4 oz), chop
1/4 cup GARLIC SCAPES, chopped 1/4"
2 lg EGGS
1/4 tsp. kosher SALT
1/4 tsp. RED PEPPER FLAKES
1/2 cup grated ROMANO CHEESE



Cook pasta. Brown bacon in skillet, remove, drain. Cook scapes in same skillet in bacon fat 2-3min. Remove & drain w/ bacon. Whisk egg, salt, & pepper flakes. When pasta is done, drain, add back to pot on low. Stir in scapes & bacon. Add egg, stir feverishly 3-4min til thick & creamy. Do not overcook. Sprinkle Romano in a little at a time, stirring. Can add 1/2 cup cooked peas.

Braised Turnips w/ Mustard Sauce Serves 2

Mark Bittman

1 Tbsp. OLIVE OIL
1 lb. TURNIPS, small ones quartered, larger cut in 8ths
1/2 cup vegetable STOCK
2 Tbsp. whole grain MUSTARD
1 tsp. ARROWROOT powder (or cornstarch)



Heat oil on medium in skillet. Add turnips, s&p; sauté til brown, 10min. Pour in stock, cover, set on low, simmer 10-15min. Remove turnips, leave liquid in pan. Stir mustard & arrowroot together, add to liquid in pan. Cook on low til thickens 2-3min, pour on turnips.

Snap Pea & Barley Salad Serves 6

Eating Well

2 cups WATER
1 cup quick-cooking BARLEY
8 oz. SUGAR SNAP PEAS, sliced in matchsticks
1/2 cup chop PARSLEY
1/4 cup fine chop RED ONION
2 Tbsp. OLIVE OIL
2 Tbsp. LEMON JUICE
3/4 tsp. SALT
1/4 tsp. PEPPER



Bring water to boil. Add barley, cook covered, 10-12min. Remove from heat, let stand covered 5min. Rinse, put in serving bowl. Add peas, parsley, onion, oil, lemon, s&p, toss.

Garlic Scape Dressing

Mix 1 cup MAYONNAISE, 1 cup SOUR CREAM, 4-5 finely chopped GARLIC SCAPES, 1&1/2 Tbsp. dried DILL WEED, 2 Tbsp. WHITE VINEGAR. Thin to desired consistency. Use on salad greens or as dip. Light or fat-free Mayo & Sour Cream are fine.