

Recipes for The Farm at Miller's Crossing, Week 6 – 2010

Carol Hargis, The Market Fresh Chef

Broccoli Salad

1/2 lb. BACON
2 cups small BROCCOLI FLORETS
1 cup MAYO
1 Tbsp. CIDER VINEGAR
1/3 cup chop ONION
1/4 cup SUGAR
3/4 cup RAISINS, dried cranberries, or cherries
1/2 cup SUNFLOWER SEEDS

Crisp bacon in skillet; drain, crumble. Blanch broccoli in salted water 3min. Drain, run thru cold water, drain. Mix mayo, vinegar, onion, sugar, raisins. Add broccoli, toss. Chill. Just before serving, fold in seeds & bacon; save a handful to garnish.



Baked Fennel w/ Parmesan

Grigson's Vegetable Book

Set oven 400°. Trim & quarter 3 heads FENNEL. Cook in salted water til tender. It should not be crisp, not be mushy. Drain well, lay in buttered gratin dish, sprinkle w/ black pepper, 2-3 Tbsp. PARMESAN cheese. Bake til cheese is golden brown, dish & bubbles vigorously in yummy buttery juices. Don't overcook.



Thyme & Parsley Pesto makes 1c

1&1/2 cups loose pack PARSLEY
1/2 cup loose pack THYME leaves or 1 T dried, crumbled, plus 1/2 c parsley
1/2 cup grated PARMESAN
1/2 cup toasted PINE NUTS or walnuts
2 cloves GARLIC
1/2 cup OLIVE OIL

Finely chop parsley, thyme, parm, nuts & garlic in processor. With machine on, gradually add oil. Process til pesto is almost smooth. S&p. Cover tight & chill. Keeps up to 1 week.



Cucumber-Mint Dressing makes 2/3c

1/3 cup peeled, seeded, chopped CUCUMBER
1/4 cup nonfat plain YOGURT
1/4 cup prepared MANGO CHUTNEY
2 Tbsp. OLIVE OIL
1/4 cup chopped MINT
1 Tbsp. CURRY POWDER, Madras if available

In processor puree cuke, yogurt, chutney & oil. Add mint & curry; pulse to blend. s&p.



CSA Dijon Chard

Sauté an ALLIUM* in olive oil (*garlic, onion, scallion, leek; amount depends on your preference). Add 1 bunch cleaned chopped CHARD & sauté til fairly wilted, but still bright green. Add dollop DIJON, S&P, (stir in a dollop CREAM CHEESE for extra saucy richness).