

Recipes for The Farm at Miller's Crossing, Week 8 – 2010

Carol Hargis, The Market Fresh Chef 

Wild Rice w/ Squash, Fennel, Walnut & Lemon serves 6

- 1 cup WILD RICE
- 4 yellow SQUASH &/or green zucchini, 1/2" dice
- 1 finely diced FENNEL bulb
- 2 minced SCALLIONS or onion
- 2 Tbsp. WALNUT OIL
- 3 Tbsp. LEMON JUICE
- 1 tsp. LEMON ZEST
- 1 GARLIC CLOVE, pressed
- 3/4 cup chopped WALNUTS

Cook rice in 6c boiling salted water 30min. Let stand 25min. Drain, let cool. Set oven 450'. Grease baking pan, lay on veggies, salt. Roast tender, cool. Add to rice. Whisk oil, lemon, garlic. Pour on rice. S&p, nuts.



Pesto Sauce

FoodReference.com

- Medium bunch BASIL
- 4-6 Tbsp. OLIVE OIL
- 2 GARLIC CLOVES, crushed
- 1 oz. PIGNOLI or walnuts
- 1 oz. PARMESAN

Mix all but cheese in processor til smooth. Stir in cheese, add more oil (or water) to thin. Serve on pasta or marinate veggies before grilling.



EZ Baba Ganoush

- Pulp from 1-2 lb roasted EGGPLANTS
- Juice from 1 LEMON, or 1-2 Tbsp. rice vinegar
- 3-5 Tbsp. TAHINI (toasted sesame paste)
- 2-3 GARLIC CLOVES, finely chopped
- 1/4 cup toasted PIGNOLI, smashed

Mash eggplant pulp w/ fork. Add the rest, s&p. You can add olive oil to make it smoother.



Green Beans w/ Basil Vinaigrette serves 6-8

- 2 lbs. GREEN BEANS, trim
- 1/4 cup red wine VINEGAR
- 1/4 cup OLIVE OIL
- 1 Tbsp. BASIL, chopped
- 1 tsp. DIJON
- 1 tsp. SUGAR
- 1 small sweet ONION, sliced
- 1/3 cup sliced ALMONDS

Boil beans w/ water to barely cover, 8-10 min. Whisk vinegar, oil, basil, Dijon, sugar, s&p. When beans are done add onion, dress, toss, sprinkle w/ almonds.



Cold Avocado Cuke Soup serves 4

Canal House Cooking

Puree?: the flesh from 3 AVOCADOS, 2 unpeeled chunked CUCUMBERS, 2 GARLIC CLOVES, 3 Tbsp. LEMON JUICE, 4 cups STOCK. SALT to taste, chill well. Put in 4 chilled bowls. Top w/ a dollop SOUR CREAM, a dash TABASCO.