

Recipes for The Farm at Miller's Crossing, Week 12 – 2010

Carol Hargis, The Market Fresh Chef 

CSA Braised Cabbage

1 head CABBAGE, cored, chopped
BUTTER
1 ONION, slice thin
handful PARSELY, chopped



Put cabbage in colander, toss w/ 1T salt. Put strainer in sink, set 10-20. Sauté onion in 4T butter on medlo 10-12min. No brown. Bring 2c water boil, pour on cabbage in colander in sink. Shake, drain, add to onion. Stir, cover, braise 15min. Toss in parsley, heat thru, check salt. Top w/ hard-cooked egg if desired. Or sausage, or grilled pork. OR reheat for breakfast w/ a fried egg on top, & have bread/toast to mop it all up.

Penne w Eggplant, Tomato & Basil Serves 4

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1/4 cup + 2 Tbsp. OLIVE OIL
1 med EGGPLANT(1 lb) 1/4" dice (6c)
1 sm RED ONION, thin slice
1/4tsp. CRUSHED RED PEPPER FLAKES
1&1/4 lb. TOMATOES, seed, 1/2" chunk (2&1/3c)
3 CLOVES GARLIC, fine chop
1 cup rough chop BASIL
3/4 lb PENNE RIGATE
1/2 cup PARMESAN



Bring salted water to boil. Heat 1/4c oil in skillet hi til shimmer. Add eggplant, big pinch salt. Set med-hi, sauté tender light golden 6min. Plate. Set skillet to med, add 2T oil, onion, red pepper flake, pinch salt. Cook tender golden 6min. Add tomato, pinch salt, cook til tomato breaks down into sauce 3min. Add garlic, cook 1min. Add eggplant, basil, cook 1min. Taste for salt. Cook pasta. Save some cooking water, drain pasta. Toss in a big bowl w/ eggplant. Add pasta water if dry. Platter, drizzle oil. Sprinkle Parm.

Tomato Red Onion Salad Serves 6-8

Put 4 cups ICE WATER, 2 tsp. SALT in a bowl; stir to dissolve. Add 1/4" sliced RED ONION separated into rings. Set 20 min; drain. Whisk 1/2 cup CIDER VINEGAR, 1/4 cup SUGAR, 3/4 tsp. each Salt & Pepper. Mix 8 cups chopped or sliced TOMATOES w/ the drained onion. Add dressing; toss. Set 5 min.

Zucchini Chocolate Cake

1/2 cup unsweetened APPLESAUCE
1/2 cup CANOLA OIL
1 cup SUGAR
2 EGGS
1 tsp. VANILLA
1/2 cup MILK
1 Tbsp. WHITE VINEGAR
1/2 cup WHOLE WHEAT FLOUR
1/2 tsp. SALT

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| 1/2 tsp. CINNAMON 1 tsp. BAKING SODA 4 Tbsp. COCOA POWDER 2 cups grated, skin-on ZUCCHINI 1 cup milk (or dark) CHOCO-CHIPS 1/4 cup chopped PECANS |
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Grease & flour the bottom of a 9x13" baking pan. Set oven 350. Cream apple, oil, sugar. Add egg, vanilla, milk, vinegar. Add flours, salt, cinnamon, baking soda, cocoa beating til combined. Fold in zucchini, 1/2 cup chocolate chips. Pour in pan. Top w/ nuts, 1/2 cup chocolate chips. Bake 40min. til center springs back when poked.