

Recipes for The Farm at Miller's Crossing, Week 15 – 2010

Carol Hargis, The Market Fresh Chef 

Corn, Orzo & Tomato Salad w/ Arugula Pesto Serves 8

1 cup ORZO
2 cups CORN off the cobb
ARUGULA PESTO (recipe below)
1 cup 1/2" diced CUCUMBER
Couple handfuls ARUGULA or other salad greens
2 lg plum TOMATOES, wedges
3/4 cup crumbled FETA

Cook orzo per package directions. Drain, rinse in cold water, drain, put in bowl. Add corn, arugula pesto, cucumber, toss. Spoon on arugula, garnish w/ tomatoes, feta.



Arugula Pesto

3 Tbsp. chop WALNUTS
1&1/2 cups packed ARUGULA
1/2 cup packed PARSLEY
1 CLOVE GARLIC, pressed
3 Tbsp. OLIVE OIL
2 Tbsp. LEMON JUICE
3 Tbsp. PARMESAN
1/2 tsp. coarse SALT

Finely chop nuts in processor. Add arugula, parsley; pulse coarse chop. With processor on, add garlic, oil, lemon, cheese, s&p til blended.



processor

Coriander Spiced Chicken w/ Heirloom Tomatoes, Red Onion, & Whole Wheat Linguine serves 6

Chef's Note: here is a simplified version of the recipe I prepared for the County Bountiful Culinary Cookoff at The Chatham Fair Monday. It didn't win or place. You be the judge.

Ingredient list:

2 tsp. whole CORIANDER SEED, toasted in a dry skillet & cooled
1/2 tsp. black PEPPER
3/4 tsp. Kosher SALT
1/2 tsp. RED CHILE FLAKES, or more to taste
4 lbs. mixed heirloom TOMATOES, chopped bite-size, halve cherries,
1 medium RED ONION, diced
1/3 cup OLIVE OIL, plus more for rubbing on chicken
3/4 cup grated OURAY cheese (Parm, Romano, or your favorite hard grating cheese)
6 boneless skinless CHICKEN BREASTS
1 lb. whole wheat LINGUINE
2 Tbsp. finely chopped CILANTRO LEAVES



Method: Put the dry spices in a spicemill. Grind fine & pour in a small dish. Gently mix tomatoes, onion, 1/3 cup oil, 1/2 cup cheese, & 1/2 of the spice blend in large bowl. Taste for salt & pepper. Trim chix breasts, place between 2 sheets of plastic wrap, & pound with a meat mallet to 1/2" thickness. Lightly oil chix & lay on a platter. Sprinkle the remaining spice mixture on both sides of the chicken. Set grill to medium-hot. Start a pot of salted water for the pasta. Meanwhile, grill chicken, turning after 4-5 minutes, & finish grilling 3-4 minutes more, til cooked through. Platter chicken, tent with foil, & set aside. Boil pasta til al dente, drain, immediately add to tomatoes in bowl, & toss gently but thoroughly. Plate linguine & tomatoes x 6, spooning juices from the bottom of the bowl on the pasta. Slice chicken or cut bite-sized, as you prefer, & lay over the pasta. Sprinkle with cilantro. Pass extra cheese at the table.