

Recipes for The Farm at Miller's Crossing, Week 16 – 2010

Carol Hargis, The Market Fresh Chef 

Autumn Potato Salad Serves 6

1&1/2 lbs. mixed very small POTATOES
1/2 lb. baby CARROT, halve or quarter
1/2 lb. PARSNIPS, scrub, halve
3 small mild ONIONS, peel
1/4 cup OLIVE OIL
2 big pinch SEA SALT
2 bunch SCALLIONS, topped, halved lengthwise
Set oven 375. Toss potato, carrot, parsnip, shallot, 1/4c

Vinaigrette:
2 Tbsp. RED WINE VINEGAR
1 small SHALLOT, minced
2 tsp. whole grain MUSTARD
1/4 tsp. fine grain SEA SALT
1/3 cup OLIVE OIL
1 T bsp. HEAVY CREAM
2 cups cooked wild RICE(optional)



oil, 3 pinch salt in a bowl. Turn out on baking sheet in a single layer. Add onion to the bowl, toss. Add onion to baking sheet in one pile & put in oven. Remove most of the onion when it is well-browned, 20min. The rest: keep roasting 40-60min. til deeply golden & tender. Put vinegar, shallot in bowl & let set for 20min. Then whisk in mustard & salt; slowly drizzle in oil, whisking. Whisk in cream. When veggies are done roasting, remove from oven. Toss rice w/ splash vinaigrette. Platter rice as bed for the veggies, **or** mix rice w/ the veggies & all dressing, 1/2 scallion. Platter, top w/ rest scall.

Baby Bok Choy w/ Carrot & Onion 4 servings

WashingtonPost.com

2 tsp. toastd SESAME OIL
1-2 tsp. mild OLIVE OIL or veg oil
1 medium mild ONION slice thin (or 3-4 scallions, white, lite-green)
1 big CARROT, shredded
1 lb. baby BOK CHOY, root trimmed, leaves separate; rinse (do not drain); cut crosswise in 4 each
2 tsp. SOY SAUCE
1 tsp. RICE WINE VINEGAR
Pinch SUGAR



puT 1tsp. sesame oil & veg oil in bottom of large deep pan 11-12" wide; swirl to coat. Heat on med-hi, add onion, sauté 1min. Add carrot, sauté 2-3min. Add bok choy. Cover, reduce heat to med; cook 8-10min til bok choy tender w/ some crunch. Uncover, add 1tsp. sesame oil, soy, vinegar, sugar, toss til sugar dissolves.

Calabazas Rellenas Serves 8

4 ACORN SQUASH
4 cups VEGGIE STOCK
2 cups QUINOA, rinsed, drained
2 Tbsp. BUTTER, melted
2 cups RED APPLE, chopped
1 cup PEAR, chopped
1/2 cup dried APRICOTS, chopped
2 Tbsp. WALNUTS, chopped (or other nut, or omit)
2 Tbsp. HONEY
1 tsp. CINNAMON
1/2 tsp. MACE
1/4 tsp. ALLSPICE
1/4 tsp. CARDAMOM



Set oven 350. Grease roasting pan. Cut cap from stem end squash, save. Scoop seeds, cut thin slice from bottom so it stands. Brush interior & lid w/ butter, s&p. In 2qt pan on med-hi, bring stock to a boil. Add quinoa; stir, reduce heat to lo. Cover, simmer 20-25min, til liquid is absorbed. Remove from heat, let stand 5. Fluff w/ fork. In skillet, melt butter. Add fruit, nut; sauté 5min. Stir in honey, spices; cook 2min. Put in bowl, mix in quinoa. Stand squash in roasting pan. Stuff w/ quinoa, replace caps. (If you have extra filling, put in small casserole dish.) Bake 20-35min til squash fork tender but not collapsing.