

# Recipes for The Farm at Miller's Crossing, Week 17 – 2010

Carol Hargis, The Market Fresh Chef 

## CSA BEET IDEAS

**PICKLED:** boil vinegar/sugar mixture (1c vinegar - 1/2c sugar per lb of beets). Add pinch clove, allspice or chopped dill. Add sliced, cooked beets to water, bring to boil again. Serve warm, or pour in sterile canning jars & seal.

**PEEL** raw beets, grate over top of a salad for nice color/texture.

**PUREE** 2c cooked beet, 2T OJ, pinch each cinn, ginger & clove. A colorful lo-cal alternative to mash potato.

**ROAST** multi-colored assorted beets, peel, slice, toss w/an oil & vinegar dressing. Steam the greens w/ lemon juice or vinegar, serve the salad on top.

**SWEET BREAD:** use beet instead of zucchini. Mix 2c peeled, grated raw beet, 2T canola oil, 6 egg whites, 3/4c buttermilk, 1/2c maple syrup. Mix 3c flour, 2&1/2t baking powder, 1/2t baking soda, 1/2c sugar, 1/2t each cinn, nutmeg, & ginger. Make a well in dry, stir in wet just til blended. Spray 9" loaf pan, bake 350 50-60min.

**EZ BORSCHT:** peel 6 medium beets, cook w/ 4c stock til tender. Remove beets from liquid, julienne or grate coarse. Dissolve 2T sugar in 4T lemon juice. Add sugar mixture to beets; chill. Top serving w/ yogurt or sour cream.

## Leek Fried Rice w Fried Eggs

Chef Jon Ashton

3 Tbsp. PEANUT OIL

3 Tbsp. diced GINGER

1/3 cup diced LEEK, white only

2 CLOVES GARLIC, minced

2 cups cooked cold JASMINE RICE

2 tsp. SOY SAUCE

Chopped TOMATO

2 SCALLION, sliced diagonally

2 tsp. SESAME OIL

2 FRIED EGGS

Heat 2T oil in wok; add 2T ginger, fry til golden brown 5min. Drain. Heat 1T oil in wok. Add leek, sauté 5min. Add garlic, 1T ginger; cook 2min. Add rice; stir-fry til slightly colored 4min. Add soy, cook 2min. Platter rice; top w/ onion, sesame oil, fried ginger, egg.



## Wilted Asian Greens 6 servings

1/4 cup RICE VINEGAR

3 Tbsp. SOY SAUCE

2&1/2 tsp. SUGAR

1&1/2 tsp. grated GINGER

1&1/2 tsp. SESAME OIL

6 cups TATSOI (3 oz) (can use all the same, or any combo)

6 cups MIZUNA (3 oz)

6 cups PEA SHOOTS (3 oz) (optional)

Stir vinegar, soy, sugar, ginger, oil in pan on mod-lo til sugar dissolves (do not boil). Pour on greens, toss.



## Grilled Pesto-Tomato Sandwiches

8 1/2" thick slices FRENCH BREAD, (not baguette)

1 lb. heirloom TOMATOES

2 cups ARUGULA leaves

2/3 cup PESTO

Slice tomato to cover bread. Put bread on baking sheet & broil 2-3" from heat til golden, 3 min. Turn, spread w/ pesto. Broil til edges golden 2 min. Lay arugula & tomato on pesto. S&p, serve open faced.

