

# ***Recipes for The Farm at Miller's Crossing, Week2 – 2011***

*Carol Hargis, The Market Fresh Chef*

## **Citrusy Beet Salad 4 servings**

12 small Spring BEETS, or 6 lg  
2 navel ORANGES  
1/2 sm. Spanish ONION, halved longway, thin slice  
1/4 cup sliced BLACK OLIVES  
10 MINT LEAVES, coarse chop  
Extra-virgin OLIVE OIL  
juice OF 1/2 LIME



Set oven 400. Wrap 3-4 beets in foil, put on baking sheet; if big, wrap singly. Roast til tender: 20min/baby, 30-40/big. Remove. When cool to handle, slip skins off. Peel, segment oranges. Put in bowl. Add onion, olive, mint. Quarter beets, Add to oranges, s&p, drizzle oil, lime. Toss.

## **Creamy Red Wine Vinegar Dressing 1/2 cup**

1Tbsp. red wine or sherry VINEGAR  
1 tsp. fine mince SHALLOT  
1/2 tsp. fine mince THYME  
3-4oz. heavy or WHIPPING CREAM

Put shallot, thyme, s&p, vinegar in bowl to steep 5-10min. Whip cream til starts to thicken, the whisk begins to leave trail in bowl. Gently whisk in shallot/vinegar. Do not whip any more. Chill. This is good on blanched chilled haricot vert, & on shredded beets, cooked or raw. If the beets are red, the dressing will become magenta-tinged.

## **Chicken With Garlic Scapes & Capers Serves 4**

4 boneless skinless CHICKEN BREASTS  
4 Tbsp. BUTTER  
4 Tbsp. DRY WHITE WINE  
2 Tbsp. LEMON JUICE  
4 chopped garlic SCAPES  
1&1/2 Tbsp. drained CAPERS



Pound chicken between plastic wrap. In skillet heat 2 Tbsp. butter & oil over med hi. Sauté chix til cooked thru. S&p. Platter chix, keep warm. Pour off fat from skillet, add 2T butter, wine, lemon juice, scapes. Bring to boil. Stir in capers, s&p. Spoon sauce over chix.

## **Radish & Spring Turnip Salad Serves 2**

1/4 tsp. TOASTED SESAME OIL  
1/2 tsp. RICE WINE VINEGAR  
juice of 1/2 LIME  
12 RADISHES, thin slice  
3 spring TURNIPS, thin slice  
1 Tbsp. chopped CHIVES  
Kosher or sea SALT



Mix oil, vinegar, lime. Add veggies, toss. Taste for salt; start with a little, add til you like. Garnish w/ chive.