

Recipes for The Farm at Miller's Crossing, Week 3 – 2011

Carol Hargis, The Market Fresh Chef 

Lamb Skewers w/ Arugula Lemon Vinaigrette

Serves 2

2 Tbsp. LEMON JUICE
2 tsp. SOUR CREAM
1 CLOVE GARLIC mince
Kosher SALT
1/4 cup plus 1 Tbsp. OLIVE OIL
3/4 lb. LAMB, trimmed, 1" cubes
4 cups baby ARUGULA
1/2 cup very thin slice RED ONION
1/4 cup crumbled FETA or BLUE CHEESE

Put oven rack 4" from broiler, set hi (or prepare hot grill). Mix lemon, sour cream, garlic, pinch salt. Whisk in 1/4c oil. Mix lamb, 1T oil, 1/2t salt, 1/4t pepper; skewer. Broil lamb, turn 1x, 3-4min. per side (or grill), platter. Whisk vinaigrette, pour 3T on skewers. Toss arugula & onion w/ dressing. S&p. Plate dressed greens, add 2 skewers each, top w/ cheese.



Rapini w/ Fennel & Orange Serves 4

1 bunch RAPINI, tough stems removed, chopped leaves & stems separated
1 sm. ONION, fine dice
1 sm. FENNEL BULB, stalks removed, cored, fine dice (or CELERY)
2 CLOVES GARLIC, minced
1/2 tsp. POWDERED FENNEL SEED
OLIVE OIL as needed
1/3 cup ORANGE JUICE

Bring pot water to boil. Salt water well, drop rapini stems in, cook 1min. Add leaves, cook 1min. Taste a stem & leaf each to see if they are tender. If not, cook a little longer. Remove, drain, rinse under cool water. Drain, chop fine. Heat skillet med-hi. Add oil to cover bottom. When hot, add onion & fennel, sauté til soft, starting to color. Add garlic, sauté til aromatic. Sprinkle fennel seed powder, stir. Add rapini, stir. Drizzle w/ oil to keep from sticking. Sauté til hot, add oj, tossing. Cook til juice reduced all the way, syrupy. s&p. Note: can make this a "sauce": chop rapini very fine. Do not cook the oj all the way down, but reduce by 3/4 & add 2T olive oil. Try it on carrots, grilled lamb chops, pasta, steamed potatoes.



Chard Frittata Serves 1 Jonathan Miller

2 small SHALLOTS, minced
1 lg handful spring CHARD, julienned
1 CLOVE GARLIC, mince
1 Tbsp. BUTTER
3 EGGS, beaten
PARMESAN

Set oven 500. In small ovenproof skillet heat 1T oil, sauté shallot 3min. Add chard, garlic, salt, sauté til chard wilts. Add butter, once it melts, pour in egg. Stir lightly, lower heat, let bottom set 2min, grate parm on top, put skillet in oven. It should puff up in 4min. Remove, rest 2min, loosen edges, slide onto plate. Dollop sour cream, herbs or salsa on top.



