

Recipes for The Farm at Miller's Crossing, Week 4 – 2011

Carol Hargis, The Market Fresh Chef 

Giada's Garbanzo Zucchini Salad serves 4

Whisk 2 Tbsp. LEMON JUICE, 1/4 cup OLIVE OIL, 1/2 tsp. SALT, 1/4 tsp. PEPPER. Put 1 cup GARBANZO BEANS, 2 medium ZUCCHINI (diced 1/4"), 1/2 cup CORN, 1/2 thinly sliced & rinsed small RED ONION, & SALAD GREENS in a serving bowl. Toss w/ dressing. Garnish w/ 1oz. PARMESAN CHEESE crumbles.

Kohlrabi Slaw 1 serves 8

3 Tbsp. white wine VINEGAR
1 tsp. DIJON
1 tsp. HONEY
1/4 tsp. CUMIN SEED, toasted, ground in a mortar and pestle
5 Tbsp. CANOLA OIL
5 RADISHES, grated (1c)
3 med CARROTS, grated (about 1-1/2 cups) On Sale
2-4 sm. unpeeled KOHLRABI, trim, cut into 1/8" matchsticks (3c)
1/2 med head green CABBAGE (1 lb), thin slice (5c)
1/3 cup chopped CILANTRO

Whisk vinegar, mustard, honey, cumin, 1/4t salt, pinch pepper. Gradually whisk in oil. Put radish, carrot, kohlrabi, cabbage, cilantro in bowl. Pour on dressing, toss. s&p.



Wilted Chard Salad serves 4

1 bu Swiss CHARD, stemmed, leave thin slice
4 Tbsp. OLIVE OIL
2 cups large crusty BREAD cubes
3-4 ANCHOVIES
1 CLOVE GARLIC, smash
1 cup CHERRY/GRAPE TOMATOES, halve
Juice of 1 LEMON
1/2 cup crumbled FETA

Put chard in bowl. Heat skillet on medhi. Add 1T oil, bread, s&p. Toss til toasted 4-5. Add to chard. Add anchovies to skillet, mash w/ whisk. Add garlic, 2T oil, sauté golden 45sec. Add tomato, warm slightly, whisk in lemon, s&p. Pour warm dressing on chard, toss, let wilt. Add feta, toss. Serve w/ thinly sliced grilled meats, especially steak.



CSA Spinach Soup

1 lb. SPINACH, cleaned, stemmed
2 cups chopped CILANTRO
1/4 cup chopped MINT
2 sm. ONIONS, chopped
8 slices GINGER chopped
2 CLOVES GARLIC, chopped
2 Tbsp. FLOUR
2 cups MILK
GARAM MASALA*
1 cup YOGURT

EZ Garam Masala: mix: 1 Tbsp. cumin 1&1/2 tsp. ground coriander 1&1/2 tsp. cardamom 1&1/2 tsp. pepper 1 tsp. cinnamon 1/2 tsp. ground cloves 1/2 tsp. nutmeg

In pot cover spinach, cilantro, mint, onion, ginger, garlic w/ 6-8c water, bring boil. Cover, simmer onion til soft 10min. Puree'. Heat 2T oil in skillet w/ flour, whisk to a golden roux. Whisk in milk til smooth. Add puree', stir in garam, salt. Stir in yogurt.