

Recipes for The Farm at Miller's Crossing, Week 6 – 2011

Carol Hargis, The Market Fresh Chef 

White Bean Soup Florentine

6 cups STOCK
2 cups WHITE BEANS, drained
1 sm. ZUCCHINI, sliced in half moons
1 ONION, diced
1 CARROT, julienned
1/2 tsp. each MARJORAM & BASIL
1/2 lb. SPINACH or other tender leafy greens, chopped
1/2 lb. spinach EGG NOODLES, cooked
1 tsp. LEMON JUICE

Put stock, beans, zucchini, onion, carrot, spices, s&p in soup pot, bring to gentle simmer. When vegetables are tender add greens, noodles, s&p, lemon.



Kohlrabi Parmesan Serves 4

3 Tbsp. BUTTER
4 small KOHLRABI (1lb), peel, coarsely shredded (3c)
1 med red or green BELL PEPPER, chop (3/4c)
1 med CARROT, coarse shred (1/2c)
1/4 cup grated Parm or Romano CHEESE
1/2 tsp. THYME

Melt butter in skillet. Stir in kohlrabi, pepper, carrot. Sauté 4-5 min. til crisp-tender. Stir in 1/4 cheese, thyme, s&p. Serve w/ extra cheese sprinkled on top if you wish.



Radish Parsley Salad w Lemon Serves 2-3

Mix 10 RADISHES sliced 1/8", 3 ribs CELERY sliced 1/8", 1 cup PARSLEY. Whisk 1 Tbsp. LEMON juice, 1/4 tsp. Kosher SALT, 2 Tbsp. OLIVE OIL. Toss all. Black PEPPER on top.

Spring Onion Soup Serves 6

1 Tbsp. OLIVE OIL
2 lg. Vidalia ONIONS, sliced
2 cups chopped SPRING ONION (or leek; white, light green only)
2 Tbsp. chopped GARLIC
1 tsp. chopped THYME
1/4 cup SHERRY
1/2 tsp. PEPPER
3 14oz. cans beef BROTH
15oz. can CHICKPEAS, rinse, drain
1/4 cup minced CHIVE or scallion
6 slices whole wheat country BREAD
1 cup shredded Gruyère or fontina CHEESE

Heat oil in pan medhi. Add Vidalia, stir. Cover, set med, sauté soft, starting to brown 6-8m. Add spring onion, garlic, thyme, sauté til start soft 3-4. Stir in sherry, pepper; set to medhi, bring to simmer. Sauté til most liquid evaporates 1-2. Stir in broth, chickpea, bring boil. Set heat simmer, cook veggies tender 3. Remove from heat, stir in chive. Toast bread, put in soup bowls; top w/ 1/6th cheese. Ladle soup on. The chickpeas make it a hearty main.

