

Recipes for The Farm at Miller's Crossing, Week 9 – 2011

Carol Hargis, The Market Fresh Chef 

CSA Lemon-Dill Vinaigrette

Mix juice & zest from 1 LEMON, 1/4t PAPRIKA, pinch CAYENNE, 1 minced CLOVE GARLIC, 2T chopped DILL, SALT. Whisk in 8T OIL. For lettuce, radishes & carrots.

Asian Cabbage Salad Serves 12

1 head GREEN CABBAGE, very thinly sliced (12 cups)

1/2 cup seasoned RICE VINEGAR

1/4 cup chopped CILANTRO

1 Tbsp. SESAME OIL

Put cabbage in bowl. Add vinegar, cilantro, oil; toss. S&p. Cover, chill 1-3 hrs, tossing often.



Cukes Nuked aka Microwave Pickles

Wash jars & rings in dishwasher or in very hot water to disinfect. Boil lids a few minutes. (Or use any jar w/ tight-sealing lid to make a jar or two for keeping in the fridge.) Cut CUCUMBERS in 1" chunks. Put 1 sprig DILL on bottom of a jar, fill w/ cuke, put sprig of dill on top. Add 1 peeled GARLIC CLOVE. Mix 1/2c WHITE VINEGAR, 1T SALT, 1t SUGAR, pour in jar. Fill jar to 1/2" w/ cold WATER. Microwave jar (w/o lid) til liquid just starts to boil. Remove from microwave. Dry rim of jar & lid seal w/ clean paper towel, put lid on. Jar lid should seal when pickles cool down. Let sit for a week or 2 before you eat.

Carrot Salad Flay Serves 4-6

Boil 6 lg CARROTS 8-10min. Drain, slice 1/2". Whisk 1/4c LEMON JUICE, 2 CLOVES GARLIC finely chopped, 2t CUMIN, 1/2t CAYENNE, 1t SALT, a pinch SUGAR. Slowly whisk in 1/4c OIL, stir in 1/4c minced PARSLEY. Add carrot, toss. Cold or room temp.

Eggplant Burrito Serves 6

2 tsp. OLIVE OIL

1&1/2lbs. EGGPLANT, peeled & cut in 3x1" strips

2 cups RED PEPPER strips

1 cup vertically sliced ONION

2 Tbsp. minced seeded JALAPENO

1 tsp. dried OREGANO

1 tsp. CHILE POWDER

2 CLOVES GARLIC, minced

2 cups TOMATO JUICE

1 cup WATER

1 Tbsp. LIME JUICE

1/4 tsp. SALT

6 8" FLOUR TORTILLAS

1&1/2 cups shredded MONTEREY JACK CHEESE

6 Tbsp. plain fat-free YOGURT or sour cream

Set oven to 350'. Heat oil in skillet on hi. Add eggplant; sauté 3min. Add pepper & next 5 ingredients, sauté 1min. Add tomato juice & water cook 12min til veggies are tender & liquid is absorbed. Remove from heat; stir in lime & salt. Fill tortillas; sprinkle cheese, roll up. Put seam-down on baking sheet. Bake 5-10min til thoroughly heated. Serve w/ yogurt.

