

Recipes for The Farm at Miller's Crossing, Week 10 – 2011

Carol Hargis, The Market Fresh Chef 

Cold Cucumber Soup Two Ways Serves 6

1&1/2 lbs. CUKES, peeled & chopped
4 yellow TOMATO, chopped
1 yellow BELL PEPPER, chopped
1/3 cup chopped ONION
2 Tbsp. sherry VINEGAR
4 tsp. mince DILL
4 tsp. mince PARSLEY
2 CLOVES GARLIC, smash
1 tsp. SUGAR
2c YOGURT (optional)
1&1/2 Tbsp. OLIVE OIL



4 slices white BREAD, crusted, 1/4" dice

Put cuke & tomato in blender or processor, *save 1/4c each for garn. Add pepper, onion, vinegar, 1t each dill & parsley, 1 clove garlic, sugar; puree. Pass thru fine mesh strainer, pressing w/ spoon. Add 1t salt, yogurt, if using. Chill 1h. Heat 1 clove garlic & oil in skillet lo. Add bread, 3t each dill & parsley. Sauté til golden & crunchy 10-15min. Discard garlic. Pour soup in chilled bowls. Dice saved cuke, tomato; garn soup. Top w/ croutons.

Simple Cold Shredded Cucumber Soup

Mix 1 tsp. CUMIN, 2 lg peeled, seeded, shredded CUKES, 3 cups YOGURT, 2 cups MILK, 1/4 cup chopped CILANTRO, 1/4 cup LEMON JUICE, 1/4 cup OLIVE OIL, 2 minced CLOVES GARLIC. Chill well.

Glazed Beets Serves 4

Steam 1lb. BEETS 30-35min. Rinse w/ cold water. Trim, peel, quarter. Mix 1&1/2tsp. CORNSTARCH & 1/8tsp. SALT in heavy pan. Stir in 1/4 cup APRICOT NECTAR & 3 Tbsp. APRICOT JAM on med-lo til thick. Add beets, toss. Cook 5min.

Basil Vinaigrette (reprinted from 2001)

Whisk 3Tbsp. red-wine VINEGAR, 3Tbsp. LEMON JUICE, 2Tbsp. GRAINY MUSTARD, 1Tbsp. chopped BASIL. S&P. Slowly whisk in 2/3c OLIVE OIL til emulsified. Try w/ tarragon, chervil, chive, parsley.

Tex-Mex Squash Casserole Serves 4

2 small YELLOW SQUASH, sliced
2 small ZUCCHINI, sliced
1 medium ONION, sliced
1 tsp. GARLIC, minced
2 Tbsp. Oil
4 oz. GREEN CHILES, chopped
2 cups CORN kernels
1/2 cup CHEDDAR, grated
1/2 cup MONTEREY JACK, grated
1 tsp. CUMIN



Sauté squash, zucchini, onion, & garlic in oil til just soft. Toss w/ the rest. Put in greased 2qt casserole. Bake at 400 20 min.