

Recipes for The Farm at Miller's Crossing, Week 16 – 2011

Carol Hargis, The Market Fresh Chef 

Tomato Fennel Salad w/ Goat Cheese Dressing

2 oz. GOAT CHEESE, room temp

1/3c BUTTERMILK

2T plus 1t OLIVE OIL

1T MAYONNAISE

1T LEMON JUICE

2T slice CHIVES

1/4lb MIZUNA or arugula

1 lg or 2 sm bulb FENNEL

1 pt cherry TOMATOES, halved (or 3 med heirloom tomato, bite-size, 2c)

Puree' cheese, buttermilk, 2T oil, mayo, lemon. Stir in chives. s&p. Put greens in big bowl.

Shave fennel, add. Toss w/ some dressing. S&p. Plate x4 or put in serving bowl/platter. Toss tomatoes w/ 1t oil, s&p; add to salad.



Beans Marinara

Boil 1&1/4lb GREEN BEANS til tender; drain. Brown 3 sliced CLOVES OF GARLIC, 3/4t

RED PEPPER FLAKES in skillet w OLIVE OIL. Add 28oz can CRUSHED PLUM

TOMATOES, a handful each BASIL & PARSLEY. Sprinkle w/ SUGAR, SALT to taste.

Simmer 10. Add beans, cover, cook 10 uncover, cook 3.

Turnip Mash w Potato & Onion Serves 4

1 med POTATO, peel, 1/2" dice

6-8 TURNIPS, peel, 1/2" dice

6-8 SCALLIONS, slice thin, slice green tops = 1/2c & save (or leek or onion)

4-6oz CREAM, 1/2&1/2, or milk, room temp

2-4T BUTTER, room temp

1 tsp. fresh THYME, minced

Put potato, turnip, scallion in pot. Fill w/ cold to just cover, add 1t salt. Bring boil, set simmer. Gently simmer til just tender. Drain, save 1c liquid. Return to pot on lo for 3 min to dry, stir to prevent scorching. Remove from heat, mash, adding butter, s&p, thyme. Add dairy (or saved simmering liquid) & thin to consistency you prefer. S&p. Platter & top w/ sliced scallion tops (or stir in). For vegetarian/vegan, use olive oil not butter, & veggie stock for dairy.

Edamame Salad Serves 4

Mark Bittman

2 cups EDAMAME

2 Tbps. OLIVE OIL

Zest of a whole LEMON

Juice half a LEMON

PECORINO cheese, to taste

Handful MINT, rough chop

Parboil edamame, drain. Whisk oil, zest, juice, s&p. Add edamame, toss. Serve topped w/ shaved cheese, mint on top.

