

Recipes for The Farm at Miller's Crossing, Week 17 – 2009

Carol Hargis, The Market Fresh Chef

Chicken w/ Mango & Arugula Serves 2-3

1/3 cup diced ONION
3-4 cloves GARLIC, diced
1/2 lb. CHICKEN BREAST or firm tofu
1 MANGO, peeled & diced
2 bunches ARUGULA



Heat oil in skillet on medium, sauté onion & garlic til tender. Add chix & sauté til cooked thru. Turn to low, quickly mix in mango, s&p. Stir in greens, remove from heat. Serve w/ hot brown or white rice.

Onion & Almond Stuffed Squash

Reprint from 2001 Serves: 4

4 small winter SQUASH (carnival, acorn, delicata)
1 tbsp. BUTTER
1 RED ONION, chopped
1/4 cup toasted ALMONDS, chopped fine
1/2 tsp. grated fresh GINGER or 1/4 tsp. ground ginger
S&P to taste



Set oven to 375'. Cut squash in half lengthwise. Put cut side up in baking dish w/ 1/4" water, & cover. Bake til easily pierced w/ knife but still hold shape, 30-40min. When squash is cool to handle, scoop/discard seeds. Scrape out pulp, put in bowl, leave 1/4" thick squash shell all around. Heat butter in skillet. Add onion, sauté on medium til golden. Add almonds, sauté til nuts give off toasty aroma. Mix this w/ squash pulp. Add ginger, salt, & stir. Stuff squash shells. Reheat (microwave or oven) til heated thru.

3 ideas for Shunkyo Radishes

Braise in a little BUTTER like turnips for a side dish.

Slice thin & dress w VINAIGRETTE.

Roast w/ yellow/orange/purple CARROTS, PARSNIPS, POTATOES & cipollini ONIONS, splash olive oil, s&p to taste.



Beans w/ Leeks & Bacon Serves 6

2 cups dried Great Northern BEANS
4 slice thick BACON, diced
2 Tbsp. extra-virgin OLIVE OIL
6 cups thinly sliced LEEK, white & tender green parts
2 cloves GARLIC, minced
1 tsp. SALT, PEPPER



Put beans in Dutch oven. Cover w/ water to 2" above beans. Bring to boil. Remove from heat, let stand, covered, 1hr. Drain, return to pot. Cover w/ cold water, bring to boil. Set to simmer, cover, cook til tender, not mushy, 45-60min. Drain, save some cooking water. Return beans to pan. Put bacon in skillet; cook crisp. Remove w/ slotted spoon, drain on paper towel, crumble, set bacon aside. Wipe skillet dry. Add oil to skillet. Add leek, garlic; sauté 10min. Add to beans. Add bacon, s&p to beans. Add cooking water if seems dry.