

Recipes for The Farm at Miller's Crossing, Week20 – 2009

Carol Hargis, The Market Fresh Chef

Chicken w/ Apple & Plum Sauce serves 6

3 APPLES, peel, core, chunked
5 PLUMS, pitted, chunked
1 cup WATER
6 CHICKEN drumsticks & 6 thighs
2 Tbsp. OLIVE OIL
2 Tbsp. BUTTER
2 LEEKS, trimmed, thinly sliced
1/3 cup Sauvignon Blanc or very dry Reisling



Put apple, plum, 1/2c water in pan. Bring to a boil on hi, simmer very soft 20-30. Puree'. S&p chix. In skillet heat oil til shimmers, add chix skin-down. Cook medhi 8min, turn, cook 5 or til almost done. Plate. Add butter to skillet, when foam subsides add onion, s&p. Cook on medium & scrape to deglaze. When translucent golden, set to hi, stir in wine. Cook liquid evaporates, stir in puree', 1/2c water. Return chix, on medlo, cover, cook 15min. Serve w/ pan sauce. Enjoy it with the good wine you cooked this with. Wonderful fall pairing!

Teriyaki Chix w Thai Slaw serves 4

1 lb. boneless, skinless CHICKEN breasts (or cubed PORK or TURKEY)
1/2 cup TERIYAKI SAUCE
2 Tbsp. BROWN SUGAR
1 tsp. CUMIN
2 Tbsp. PEANUT OIL
1" fresh GINGER, minced or grated
Root vegetable chips for fun garnish



1 Tbsp. PEANUT OIL
3 CLOVES GARLIC, minced
2-3 pinch crush RED PEPPER FLAKES
1 red &/or green BELL PEPPER, thin slice
1/2 head NAPA CABBAGE, shred
1-2 tsp. SESAME OIL
20 leaves BASIL, shred

Mix Teriyaki sauce, sugar, cumin, oil, ginger in zip bag. Add meat. Heat skillet or wok medhi. Add meat, stir-fry or saute' 5-6min. Put in bowl. Heat large skillet medhi. Add cold oil to hot pan. Add garlic, pepper flake, bell pepper. Stir fry 1-2. Add cabbage, toss til wilts. Remove pan from heat. Add sesame oil, salt, basil, toss. Serve meat on slaw w/ rice. This is not very hot, add more pepper flakes to your taste.

Stuffed Flounder serves 4

4 FLOUNDER FILETS (thin, smooth & wide are best, with no holes or tears)
2 tsp. OLIVE OIL
1 Tbsp. minced GARLIC
6-8 cups CHARD or Spinach; washed, tough stems trimmed
2 Tbsp. grated PARMESAN or Romano
2 tsp. BUTTER, melted



Set oven to 400'. Rinse fish well, pat dry. Lay flat, smoothest side down, on work surface. Put oil in skillet on med. Add garlic, pepper, sauté 30sec. Add greens, sauté til just wilted. Grease casserole just large enough to hold fish. Spread greens down middle of each filet, not too close to edges. Sprinkle generous spoonful of cheese. Gently roll up, starting at the thinnest end. Lay rolls side by side, seam down, in casserole. Brush w/ butter, s&p, bake 15-20min. (Serve leftover greens/filling on the side, if you have any.) *Use Sole if you can get it.*

Favorite **Celeriac** Recipe #1: Put 1/2 as much cubed (peeled) **celeriac** in the pot when you boil **potatoes** for mashing (ie. 4 potato, 2 celeriac). When done, start mashing both, add milk/cream/broth/butter as usual, then add 1/4c **blue cheese**, **s&p**. Mash, reheat. YUM!