

Recipes for The Farm at Miller's Crossing, Week1 – 2010

Carol Hargis, The Market Fresh Chef

Spicy Rapini w/ Roasted Peanuts Serves 4

2 lg bu RAPINI
4 qts. WATER
3 Tbsp. PEANUT OIL
1/3 cup RAW PEANUTS
3 GARLIC CLOVES, chopped
1/2 tsp. CRUSHED RED PEPPER FLAKES



Peel broccoli stems, chop small. Bring water to boil, add salt, brocc. Boil til tender 15min (or to taste). Drain. Heat oil in skillet. Add nuts, fry til med-light colored. Remove w/ slotted spoon to paper towel. Return pan to med, add garlic. Cook 1min w/o browning, add red pepper, brocc, sauté til heated thru. While greens are heating, chop nuts, add.

Spinach Rice Gratin Serves 8

2&1/2 cups cooked BROWN RICE, room temp
1&1/2 cups fine chop SPINACH
4 oz. firm TOFU, crumble
10 BLACK OLIVES, chop
1/2 med. RED ONION, dice
1/3 cup PIGNOLI or almonds, toasted
2 Tbsp. OLIVE OIL
1/2 cup shred Manchego, Parm, or Gruyere CHEESE
3 EGGS
1/2 tsp. SALT



Set oven 400. Grease 10" casserole. Mix rice, spinach, tofu. Set aside 1T each: olive, onion, nuts, oil. Mix the rest w/ rice. Add 1/4c cheese. Whisk eggs, salt. Fold into rice, pour in cass. Bake 30min til set, top brown. Remove from oven, sprinkle w/ extra onion, olive, nuts.

Kale & Chickpea Soup Serves 4

1 Tbsp. OLIVE OIL
2 tsp. whole CUMIN SEED
1/2 tsp. RED CHILE FLAKES
3 CLOVES GARLIC
1 med. ONION, chop
1 CARROT or TURNIP, dice
2 STALKS CELERY, chop
2 cup cooked CHICKPEAS, (if using canned, use the liquid also)
4 cups STOCK or water
1 bu. KALE (or collards), fine chop
1/2 cup HERBS: basil, tarragon, oregano or parsley, chopped



In 2qt. pot warm oil, sauté cumin, chile, garlic til just aromatic. Add onion, carrot, celery, sauté 7min. Add salt, sauté 2min. Lightly puree' chickpea w/ 1/2c stock or liquid. Add to onion w/, stock, kale, pepper; bring to simmer, part covered. Simmer 10min til kale tender.

Honey Vinaigrette: Whisk 1Tbsp. LEMON JUICE, 1Tbsp. APPLE CIDER VINEGAR, 1&1/2tsp. HONEY, 1/2tsp. DIJON MUSTARD. Slowly whisk in 3Tbsp. WALNUT or OLIVE OIL. Pour on salad of greens, sliced PEARS/apple/grape, toasted WALNUTS/pecan/almond.