

# ***Recipes for The Farm at Miller's Crossing, Week 4 – 2010***

*Carol Hargis, The Market Fresh Chef*

## **Raw Lacinato Kale Salad w/ Pecorino Serves 2-4**

1 bu. LACINATO KALE

1 thin slice COUNTRY BREAD (1/2 ww or rye), or 1/4c coarse bread crumbs

1/2 CLOVE GARLIC, fine chop

1/4 cup PECORINO CHEESE

3T best XV OLIVE OIL

Juice of 1 LEMON

1/4 tsp. KOSHER SALT

1/8 tsp. RED PEPPER FLAKES

Trim bottom 2" off kale stems. Slice kale w/ ribs in 3/4" ribbons to equal 4-5c. Put in bowl. Toast bread golden on both sides. Tear up, pulse/process into coarse crumbs. Using mortar & pestle pound garlic into a paste. Whisk w/ 1/4c cheese, 3T oil, lemon, salt, pepper flakes. Pour on kale, toss very well. Let sit 5, top w/ crumbs, cheese, drizzle oil, dash black pepper.

## **Stir-Fried Cabbage w/ Green Onions Serves 2**

2 tsp. CORNSTARCH

3 Tbsp. BROTH

1/4 cup VEG OIL (or your favorite stir-fry oil)

1 CLOVE GARLIC, minced

4 cups shredded NAPA CABBAGE

2 Tbsp. SOY SAUCE

1&1/2 tbsp distilled WHITE VINEGAR

1 tsp. SUGAR

3 GREEN ONIONS, sliced (or any 3T onion, chopped)

Dissolve starch in 1Tbsp. broth. Set aside. Heat oil in wok/heavy skillet on hi. Add garlic & sauté til golden 1min. Add cabbage, soy & stir-fry til tender 1min. Add 2Tbsp. broth, vinegar, sugar to & stir-fry 1min. Add onion, starch slurry & stir-fry til cabbage is coated & slightly brown 1min.

## **Wine-Poached Beets**

3/4 cup dry RED WINE, or apple juice

1/2 cup WATER

1 Tbsp. BROWN SUGAR

2&1/2 lb. BEETS, peel, halve or quarter = bite-sized

HONEY

1Tbsp. chopped PARSLEY

Put 1/2c wine, water, sugar in pan. Bring to boil, stir to dissolve. Add beets, boil; lo simmer covered 45min. Drain, put in bowl w/ s&p, 1/4c wine. Drizzle w/ honey. Garnish w/ parsley.

## **Mediterranean Orzo Salad w/ Feta Vinaigrette serves 4**

Cook 1 cup ORZO. Drain; rinse w/ cold water. Mix orzo, 2 cups chopped SPINACH, 1/2 cup chopped SUN-DREID TOMATOES, 3 Tbsp. chopped RED ONION, 3 Tbsp. chopped KALAMATA OLIVES, s&p to taste. Drain 6oz. jar marinated ARTICHOKEs, save marinade, coarse-chop chokes, add to pasta along w/ marinade. Add 3/4 cup crumbled FETA CHEESE, toss. I made a double batch Friday & we've been enjoying it all weekend. \*We used a tomato basil feta that really took it over the top! From *Cooking Light*