

Recipes for The Farm at Miller's Crossing, Week 7 – 2010

Carol Hargis, The Market Fresh Chef 

CSA Roast Fennel & Onion

Trim 2-3 fennel bulbs, cut in 1/2 thru core, in 1/2 again, & once more. Cut 2-3 onions similarly. Pour some olive oil in a roasting pan; toss fennel & onion in this. Salt & pepper to taste. Add 1/8" water to pan. Seal w/ foil, roast 425° 30min. Uncover, cook 15min to caramelize. Great side dish; also good on toast.

Cabbage & Caraway Quiche Serves 4

4 slices BACON, chopped
1/2 lg. ONION, chopped
3&1/2 cups chopped CABBAGE
1 cup 1/2 & 1/2
3 EGGS
1 cup grated GRUYERE OR SWISS
1 tsp. SALT
3/4 tsp. CARAWAY SEED
9" baked deep-dish PIE CRUST

Set oven to 375°. Cook bacon in skillet on med 5min. Add onion, sauté tender 5min. Add cabbage, cook all liquid evaporates, cabbage is golden- stir lots, 15min. Mix 1/2&1/2, egg, cheese, salt, caraway, & pepper. Stir in cabbage. Pour in crust. Bake til puffy, starting to brown, 40min. Serve warm or room temp.



Bruschetta w/ Braised Greens makes 12

America's Small Farms

8 Tbsp. OLIVE OIL
8 CLOVES GARLIC
1 lb. GREENS (KALE, spinach, chard, turnip, beet, collards)
3&1/2 cups BROTH
1/2 cup DRY RED WINE (optional)
1/4 tsp. RED PEPPER FLAKES
1 loaf French or Italian BREAD, in 12 slices
3 Tbsp. PARMESAN

Heat 4T oil in skillet on medium. Finely chop 2 cloves, sauté til begins to soften, 2-3. Stir in greens. Add stock, bring to boil, reduce heat, cook 20 til most liquid is absorbed. If use wine, add last 5min, stir til liq absorb/evap. Add pepper flake, salt. Toast bread, brush w/ 4Tbsp oil. Halve 6 garlic cloves, rub hot toast w/ the halves. When greens are ready, put in sieve to drain well. Spoon 3T greens per slice of bread. Top w/ Parm & serve; or broil 1-2min to melt cheese. Can cook down greens in advance for this one.



Mediterranean Platter serves 8

4 cups cooked COUSCOUS
1 cup OLIVE OIL
1/4 cup DIJON
1/4 cup LEMON JUICE
2 Tbsp. minced BASIL or 2t dri
2 tsp. minced fresh THYME or 1t dri
2 CLOVES GARLIC, minced
1 tsp. SALT

8 cups cut-up VEGGIES: **cuke**, **fennel**, baby **squash**, **onion**, celery, green pepper, radish--
4 oz. GOAT or FETA CHEESE, crumbled

Platter couscous. Puree' oil, mustard, lemon, basil, thyme, garlic, salt. Pour on veggies; toss. Put veggies on couscous, top w/ cheese.

