

Recipes for The Farm at Miller's Crossing, Week 19 – 2011

Carol Hargis, The Market Fresh Chef 

17 Roasted Sweet Potato Ideas

Set oven 400. Prick potatoes, lightly oil skins, put on top rack w/ pan placed on lower rack to catch drips. Bake 40-50min, til completely tender, slightly shrunken, crispy skin. THEN...

1. Split top, insert butter, sea salt.
2. Swirl in maple syrup, agave nectar, molasses, or sorghum.
3. Top w butter, brown sugar, cinnamon, pecans, walnuts, hazelnuts, brandied raisins.
4. Dollop homemade applesauce on top.
5. Gild w/ smoked bacon.
6. Plop a spoonful sour cream or plain Greek yogurt atop.
7. Smother in crumbled blue cheese or blue cheese dressing.
8. Bury potato beneath bacon, blue cheese, honey.
9. Dust w/ smoked paprika, cayenne, a pat of salted butter.
10. Drizzle olive oil, chipotle powder, sugar in the raw.
11. Put caramelized or roasted onions on top.
12. Sprinkle soy sauce, grated ginger, sesame seeds.
13. Scoop out, mash w/ butter, s&p, cinnamon, cloves, splash OJ, fill shells, orange zest.
14. Dust w/ apple or pumpkin pie spice.
15. Spoon Indian chutney: mango or coriander or apple or mint or peach all over.
16. Slather w/ roasted garlic, olive oil, thyme, s&p.
17. Strew w/ corn & black beans, drizzle chipotle chile en adobo stirred into sour cream.



Broccoli Cheese Puff Serves 4.

4 slices whole wheat BREAD
4 oz. shredded CHEDDAR
2 cups chopped cooked BROCCOLI
4 EGGS
2 cups MILK
1 tsp. dried minced ONION FLAKES
1/2 tsp. MUSTARD POWDER
1/4 tsp. SALT, 1/8 tsp. PEPPER

Put 2 slices bread in bottom nonstick 8" loaf pan. Sprinkle w/ 1/2 cheese. Spread broccoli on. Top w/ 1/2 cheese, bread. Puree egg, milk, onion flake, mustard, s&p in processor. Pour on bread. Chill 1hr. Preheat oven to 350'. Bake 40 min. til golden. (can use lofat/nofat dairy)



Warm Arugula Salad Jamie Oliver Serves 4

2 med RED ONION, cut in 8ths
8 slices PANCETTA or bacon
2 Tbsp. OLIVE OIL
4 sprigs THYME
1/4 cup PINENUTS
Pinch SALT
4 handfuls ARUGULA

Garnish: Balsamic VINEGAR & a Chunk of PARMESAN

Heat skillet on med, fry meat crisp. Plate. Add 2T oil to skillet drippings, add thyme, onion, nut, a pinch salt, toss. Cook 5 til caramelized. Return meat to skillet, toss. Put arugula in salad bowl, pour contents of skillet on while hot, toss. Drizzle balsamic. Shave Parm on top.

