



FRESH FORK MARKET

Week 5 Winter 2012-13

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Week 1 CSA Contents:

1 Pork Roast
1 package Sauerkraut
1 dozen Eggs
1 Sweet Pumpkin (for pie)
1 bunch Parsnips
1 package Braising Mix
3 lb potatoes
1 package Swiss Cheese
1 bunch Carrots
1 bag of colored beans

Slow Cooker Pork Roast and Sauerkraut Dinner

I love my slow cooker and this recipe from Betty Crocker is perfect.

Ingredients

1 package (32 oz) refrigerated sauerkraut, drained
2 medium apples, peeled, sliced
1 teaspoon caraway seed
¼ cup apple juice or water
1 pork roast
6 small potatoes (about 18 oz), cut in half
1 tablespoon Dijon mustard

Mustard Sauce

3 tablespoons Dijon mustard
2 tablespoons packed brown sugar

Directions

In 5- to 6-quart slow cooker, lightly mix sauerkraut, apples, caraway seed and apple juice. With spoon, make indentation in center of mixture; place pork roast in center. Arrange potato halves around roast on sauerkraut mixture. Spread 1 tablespoon mustard over roast. Cover; cook on Low setting 7 to 8 hours.

In small bowl, mix sauce ingredients. Remove roast from slow cooker; place on serving platter. Cut roast into slices. Arrange potatoes around slices. With slotted spoon, remove sauerkraut mixture from slow cooker; place in serving bowl. Serve roast slices and potatoes with sauerkraut mixture and mustard sauce.

Parmesan Honey Pork Roast

This recipe is one I found on SixSistersStuff.com and it sounds delicious. I have never tried a recipe quite like it, but it seems easy and tasty.

Ingredients:

1 (2-3 pound) boneless pork roast
2/3 cup grated Parmesan cheese
1/2 cup honey
3 Tbsp soy sauce
2 Tbsp dried basil
2 Tbsp minced garlic
2 Tbsp olive oil
1/2 tsp salt
2 Tbsp cornstarch
1/4 cup cold water

Directions:

Spray slow cooker with non-stick cooking spray. Place roast in slow cooker. In a small bowl, combine the cheese, honey, soy sauce, basil, garlic, oil and salt; pour over pork. Cover and cook on low for 6-7 hours or until a meat thermometer reads 160°. Remove meat to a serving platter; keep warm. Skim fat from cooking juices; transfer to a small saucepan. Bring liquid to a boil. Combine cornstarch and water until smooth. Gradually stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Slice roast; serve with gravy (I also made mashed potatoes and the gravy was delicious on them!).

Cooking a Pumpkin

There are simple methods that are most common for preparing pumpkin-steaming or roasting. I prefer steaming, but most folks seem to like roasting. Whichever you choose, the prep is the same. Take off the stem. Cut the pumpkin in half, scoop out the seeds and fiber. Be sure to save your seeds for roasting!

Now, if you want to steam them, cut the halves into smaller pieces and put them in a large pot with a few inches of water. Cover and cook until tender. If you prefer to roast, take the halves and place them face down on a parchment lined baking sheet and roast in a 400 degree oven for 30-40 minutes, until tender.

Once your pumpkin is cooked, let it cool, then scrape the flesh into a food processor and puree until smooth. This puree is now ready for pies or other recipes and can store in the fridge for about a week or freeze for later use.

Pumpkin Dinner Rolls

Don't let this recipe intimidate you. It is pretty simple and will be a big hit at any holiday dinner. Adapted from A Taste of Home.

Ingredients:

2 teaspoons active dry yeast
1-1/2 cups warm water (110° to 115°)
1-1/4 cups pumpkin puree
1/2 cup butter, softened
1/3 cup sugar
2 eggs
2 teaspoons salt
6-7 cups whole wheat flour

Directions

In a large bowl, dissolve yeast in warm water. Add the pumpkin, butter, sugar, eggs, salt and 3 cups whole wheat flour; beat until smooth. Stir in enough remaining flour to make a soft dough. Turn onto a lightly floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down. Turn onto a lightly floured surface; divide into three portions. Roll each portion into a 12-in. circle; cut each circle into 12 wedges. Roll up wedges from the wide end and place pointed side down 2 in. apart on greased baking sheets. Curve ends to form crescents.

Cover and let rise until doubled, about 30 minutes. Bake at 400° for 12-15 minutes. Remove to wire racks. Yield: 3 dozen.

Parsnips

The parsnip is a root vegetable related to the carrot. Parsnips resemble carrots, but are paler in color than most carrots, and have a sweeter taste, especially when cooked. Usually picked after the first frost, parsnips are a fall and winter treat. Here is Parker's take on Parsnips.

Parsnips are best when peeled, chopped and boiled as one would do for mashed potatoes. When the pieces are very soft, strain them from the cooking water but make sure you save the water. Return the cooking water to the pan and boil until it is reduced to syrup. Meanwhile, puree the parsnips in the food processor. Add the syrup to the puree and reheat it. Season with salt and pepper.