



Week 7 CSA Contents:

1 pack pork loin chops, boneless 2 count
1 lb grassfed ground beef
1 dozen eggs
1 stalk brussels sprouts
1 head napa cabbage
1 lb carrots
1 bag mustard greens
1 bunch green onions
2 lbs cornmeal
3 lbs yukon gold potatoes
2 acorn squash
1 quarter peck apples, melrose (red) and granny smith (yellow/green)
1 bag mixed salad greens

Winter Salad

Use greens such as kale, mustard or Asian greens that are usually braised or used in soups. They can be enjoyed raw and thus provide more nutrition.

2-3 leave of Romaine lettuce
2 large or 3-4 small leaves of kale, stems removed
2 large or 3-4 small leaves of mustard greens, stems removed
1 medium turnip
1 medium carrot
1 large or 2 small watermelon or black radishes
vinaigrette dressing

Peel the turnip and cut into thin half slices. Peel and cut the carrot into stick. Blanche the carrots and turnips pieces in boiling salted water for one minute after the water return to the boil. Strain and refresh in ice water.

Trim the ends and any bruised spots from the radishes. Slice into half circles. Do not blanch.

Wash the lettuce and greens. Keep the leave whole and spin dry. Lay all the leaves of lettuce and greens on the cutting board. Stack 3 or 4 leave on top of each other and cut across to create very thin strips call chiffonade.

On two salad plates arrange a mound of the greens and lettuce. Place the pieces of radish, carrot and turnip on the chiffonade. Spoon the dressing over the salad.

For the dressing:

½ tsp Dijon mustard

1 TBS vinegar
3 TBS oil
Salt and pepper
Whisk together
Add more oil, salt or pepper to taste.

Mustard Greens

Cook two cups of polenta in milk rather than water. When the polenta is cooked, add grated cheese, goat cheese or ricotta cheese.

Remove the leaves from the stems. Wash and set aside to drain. It is not necessary to spin the leaves to dry. Water clinging to the leaves will help with braising.

Saute about 1 cup of sliced onion with 2-3 TBS of olive oil in a heavy bottom pan until the onions are softened but not colored. Add the mustard greens. Cover the pan. Lower the heat to simmer. Toss the onions and greens from time to time. Adjust the heat so that the greens wilt and soften but do not burn. Season with salt and pepper. Add a clove of garlic finely minced if you like. Serve the mustard greens over polenta and top with more grated cheese.

Carrot Salad

The Fresh Fork winter carrots are so good and so full of nutrition from the healthy soil in which they are grown that one is hesitate to change them in any way. Wash, trim and eat is the best recipe.

Nevertheless, we all like to make something of the raw ingredients we find in the bag.

Trim the ends, peel and grate or shred carrots. Toss the shredded carrots with some olive oil and very finely minced garlic. Season with salt and pepper. From time to time, use a rubber spatula to turn the shredded carrots over and press done.

If you plan to store the carrot salad in the refrigerator, place it in a plastic container with a tight lid or in a zip lock bag. The garlic will perfume the refrigerator.

Cornmeal Crusted Pork Chops

4 thin cut Pork Chops
1 c Yellow Cornmeal
1/2 c All purpose flour
1T Salt
1 t Black Pepper
1 t Ground cumin
1/4 c Canola oil
Mix all of your ingredients except the pork chops (of course) into a bowl and set aside
Next heat up the canola oil in a pan or skillet on medium high heat
Dredge the pork chops through the Cornmeal mixture on both sides and set to the side until you oil is ready.
Once the oil has reached the desired temperature (I can usually tell by tossing a pitch of flour into the oil to see if it sizzles but for accuracy sake the temperature should be around 185 degrees), place the chops into the pan and cook 3-4 minutes on both sides.

Cinnamon Apple Crisp

Ingredients

6 cups thinly sliced peeled tart apples
1/2 cup sugar
1 tablespoon all-purpose flour
1/4 teaspoon ground cinnamon
2 tablespoons butter
TOPPING:
1 cup all-purpose flour
1 cup sugar
1 teaspoon baking powder
1/4 teaspoon ground nutmeg
1/2 cup cold butter, cubed
1 egg, lightly beaten
Vanilla ice cream, optional

Directions

Combine the apples, sugar, flour and cinnamon in a large bowl. Transfer to an 11-in. x 7-in. baking dish; dot with butter.

For topping, combine the flour, sugar, baking powder and nutmeg in another large bowl. Cut in butter until mixture resembles coarse crumbs. Stir in egg just until moistened; sprinkle over filling.

Bake, uncovered, at 375° for 40-45 minutes or until topping is golden brown and apples are tender. Serve warm with ice cream if desired. Yield: 9 servings.