

CSA Package Contents:

- Goat Milk Feta
- Brandied Cherry Preserves
- Mixed Greens (baby mizuna, tatsoi, and lettuce)
- Leaf Lettuce
- Cabbage
- Dried Egg Noodles
- Andouille - a smoked, Spanish sausage...great served cold on a cheese and meat tray
- Ground Beef - 2 lbs
- White Onions - 2 lbs
- Brussel Sprouts - 1 lb
- Sweet Potatoes - 3 lbs
- Dutch Apple Pound Cake - 1 20 oz loaf
- Broccoli - 1 head*

Happy Holidays!

The holidays are a time of family and friends, gatherings, parties, and more. Between this pick up and the next there are likely to be several parties for everyone. To help make your holidays more memorable, we blew the budget a little on this bag. We took some of the cost of next week's bag to make this week a little more special.

This week you will find a couple of very special goodies that will impress your guests, make great last minute gifts, or be perfect for noshing while opening gifts or sitting in front of the fire.

First, you will find a new item, Dutch Apple Pound Cake. This cake is made locally by Clark Pope catering. Made from local ingredients, this bread has a great texture and taste that will go well on a cheese or dessert tray. It goes well with another of our other special items, the Brandied Cherry Preserves. These are also made from local ingredients by our resident Pie Queen and Jam Diva, Diane of Humble Pie Baking Company. Don't plan on giving this as a gift, unless you buy an extra-it is simply that good.

Lastly, a great item for a party tray is a special Andouille Sausage. Made exclusively for Fresh Fork Markets by a local butcher, the sausage is made from Berkshire pork-the kind you love and expect from Fresh Fork.

Cabbage and Noodles

A favorite in many countries, especially in Eastern Europe is cabbage and noodles. Simple to make, this dish is great comfort food. Simply cook a pound of egg noodles in boiling water. While they are cooking sauté a medium head of shredded cabbage with a few onions in about a half cup of butter. When tender, add drained pasta and toss with salt and pepper. Of course, we like to cook a pound of bacon chopped, and cook the cabbage and onions in the fat. Then we toss the pasta and bacon back in when the cabbage is done. Use your favorite spice combos to make this dish your own.

Did you get goosed?

Goose has been a long standing tradition in many parts of the world. Marco Polo mentions them on his trips to China. Ancient Egyptians ate them. The tradition of goose at Christmas is a British one. It dates there back to the Middle Ages. In America, it is a tradition that never really caught on. If you felt daring and decided to order a Christmas goose, there are plenty of great recipes on line for good roast goose.

Here are some tips that you should remember when cooking goose.

Goose is not light like turkey. It is a dark meat and tastes more like a red meat than many birds. Rich and luscious, the flavors are stronger and will make your house smell wonderful for days.

Goose is a fatty bird. You can remove some of the fat pockets to make your preparation leaner. Just don't toss it! Prick the skin of the bird before roasting to give the fat a means of escape. Save all the fat and drippings as they are extremely flavorful and will make any fried dish extra tasty!

Geese are red meat birds – meaning the breasts of both need to be served medium-rare. That's pink, or 140-150°F for those of you with thermometers. Be sure to check out our blog to find more hints and recipes for tasty roast goose.

Your Tasty Ham

If you ordered a ham from us, then you are sure to be pleased. These are Berkshire hams from a local producer. Hormone and antibiotic free, as always, these hams are fully cooked and ready for eating. Since they are a cured product, you can expect a shelf life in the fridge of about 30 days-not that it will last that long.

To reheat your ham, warm in a 350 degree oven for about 2-2 ½ hours. It just has to warm up. For more info on your tasty ham, check out our blog. We reprinted the ham article from last year's newsletter.

Beirocks

Bierocks are a German turnover made with meat, cabbage and onion cooked and put into bread dough. This is a common dish found in Kansas and it often found at fairs, etc.

This recipe is one from Robert, who has fond memories of this family tradition that go back to childhood. You can adapt this recipe any way that you like, but it will no longer be traditional. You can add pak choy and leeks to make a more Asian style sandwich. Try varying the spices to make it more Indian or South American. Serve with your favorite sauce on the side. Leftovers make a

great lunch, and can be stored for several days in the fridge. This recipe makes a lot, but you can also freeze them. They are the original Hot Pocket.



Ingredients

1 pkg dry yeast
1 cup warm water
3 teaspoons sugar
1 cup scalded milk
6 tablespoons butter
6 cups flour

1-2# hamburger
2 # shredded cabbage
2# diced onion
Salt and pepper

Directions

Put yeast in a small bowl. Make sure water is between 110 and 140 degrees. Pour over the yeast, add 1 tsp sugar and stir. Let stand for about 5 minutes until slightly frothy. Heat scalded milk on the stove with butter, remaining sugar and salt until butter is melted and entire mixture is warm, but not hot. Pour into a large mixing bowl and add the yeast mixture. Add about half of the flour and mix thoroughly. Slowly add more flour until the mix holds together and becomes less sticky. Knead dough, by hand or with a bread hook, add more flour in small amounts as needed to keep it from sticking. Roll into a ball and place in an oiled bowl in a warm dry place and let rise until doubled.

For the filling, brown the ground beef with the onion. Drain the grease and remove the mix to a bowl. In the same frying pan. Deglaze the pan with a little stock, wine or water, if you like, and add the cabbage. Sautee until soft and cooked. Return beef mixture to the pan and stir.

Once the dough has risen, punch down and roll out thin. Cut into squares. Fill each square with filling. Pull corners to the middle and pinch closed. Turn over and place on lightly greased cookie sheet. Continue until all the dough and filling is used. Let pastries rest for about 10 minutes, then bake in a preheated 400 degree oven for about 20-25 minutes.

For a shiny, brown top, brush the pastries with an egg mixture just before baking.