



FRESH FORK MARKET

Week 19 Summer 2012

Volume IV, Issue 51

www.FreshForkMarket.com



Small CSA Contents:

1 dozen eggs
3# sweet potatoes
1 head cauliflower
1 head leaf lettuce
1 head baby bok choy
1 pint grape tomatoes
1 lb chorizo sausage links
2# cornmeal
2 ct red peppers

Large Add-Ons

Red onion
2 ct zucchini
Approx 1.5 lbs tomatoes
2 ct eggplant (or 1 if they are enormous)
1 lb pumpkin sage linguini
1 quarter peck cortland apples

Vegetarian Subs

1 quarter peck cortland apples
1 lb pumpkin sage linguini

Vegan

Vegetarian Substitutes, minus pasta
1.5 lb tomatoes
2 ct zucchini
2 ct eggplant
red onions

Cornmeal Pancakes

Ingredients:

1 egg (separated)
2 cups yogurt
2 tbsps melted butter
½ cup flour
1 tsp baking soda
1 tsp salt
1 tsp sugar
1 ½ cups cornmeal

Directions:

Mix dry ingredients and set aside. Beat egg yolk and mix with yogurt and melted butter. Stir in dry ingredients. Beat the egg white until stiff and fold into batter. Let rest for 10 minutes. Cook on a hot skillet or griddle. These pancakes cook slower than regular pancakes, so give them a little extra time.

Baked Sweet Potato Latkes

This recipe is from Women's Health Magazine.

2 pounds grated sweet potatoes
1 medium onion, finely chopped
2 eggs, beaten
1/4 cup flour
1/4 teaspoon baking powder
1/2 teaspoon salt

1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

PREPARATION

Preheat the oven to 400°F. Coat two baking sheets with cooking spray. In a large bowl, combine all ingredients. Drop by quarter-cupfuls onto the baking sheets. Flatten with a spatula. Bake for 25 minutes. Flip and bake for an additional 10 minutes.

Cauliflower Casserole

Ingredients:

1 medium head cauliflower, separated into small flowerets
6 tablespoons butter, divided
1/2 red pepper, finely chopped
1 small onion, chopped
1 tablespoon chopped parsley
3 tablespoons all-purpose flour
1/2 teaspoon salt, or to taste
1/8 teaspoon ground black pepper
1 1/2 cups milk
1 1/2 cups shredded sharp cheese, divided

1 cup soft bread crumbs

Preparation:

Heat oven to 350°. Butter a 2-quart baking dish. Steam the cauliflower until just tender, about 7 minutes. Set aside. In a medium saucepan, melt 4 tablespoons of butter over medium-low heat. Add the red bell pepper and cook, stirring, until just tender, about 2 minutes. Add the onion and chopped parsley and continue cooking for about 2 minutes longer. Add the flour and stir until blended. Stir in the milk and cook, stirring until thickened. Add 1 cup of the cheese and salt and pepper, to taste. Cook, stirring, until cheese is melted. Combine with the cauliflower and spoon into the prepared baking dish. Top with the remaining cheese. Melt the remaining 2 tablespoons of butter and toss with the bread crumbs until crumbs are thoroughly coated. Sprinkle evenly over the casserole. Bake for about 25 to 30 minutes, until topping is nicely browned.

Sautéed Cauliflower & Grape Tomatoes

Adapted from Eating Well Magazine.

2 tablespoons chopped bacon
2 tablespoons extra-virgin olive oil, divided
4 cups chopped cauliflower florets (from 1 medium head)

2 tablespoons water

2 teaspoons red-wine vinegar

1 cup grape tomatoes, halved
2 tablespoons chopped fresh parsley
1 tablespoon minced garlic
2 anchovy fillets, minced (optional)
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Cook bacon in a large nonstick skillet over medium heat until it begins to brown, 3 to 5 minutes. Transfer to a paper towel-lined plate to drain. Add 1 tablespoon oil to the pan. Add cauliflower, cover and cook, stirring occasionally, for 4 minutes. Add water and vinegar, cover and cook, stirring occasionally, until golden brown and tender and the liquid has evaporated, about 4 minutes more. Add the remaining 1 tablespoon oil, tomatoes, parsley, garlic, anchovies (if using), salt and pepper. Cook, stirring, until the garlic is soft, about 2 minutes more. Serve the sautéed cauliflower with the crispy pancetta on top.

Sweet Potato with Kale and Ricotta

Ingredients

4 medium sweet potatoes, pricked all over with a fork
2 tablespoons olive oil
2 garlic cloves, thinly sliced crosswise
1 bunch kale (about 1 1/4 pounds), thick stems removed, leaves torn into large pieces and washed with water left clinging
Coarse salt and ground pepper
1 to 2 tablespoons balsamic vinegar
1/2 teaspoon red-pepper flakes
1 cup ricotta cheese

Directions

Preheat oven to 450 degrees. Place potatoes on a rimmed baking sheet and rub with 1 tablespoon oil. Bake until easily pierced with the tip of a paring knife, 45 minutes to 1 hour. Meanwhile, in a large skillet, heat remaining oil over medium-high. Add garlic; cook until golden, 1 to 2 minutes. Transfer garlic to a paper towel to drain. Add as much kale as will fit in the skillet; season with salt and pepper. Continue to add kale as the leaves cook down. Cook, tossing frequently until tender, 3 to 5 minutes. Stir in vinegar and red-pepper flakes. Open each potato; add salt and pepper. Top with ricotta, kale, and garlic.