



FRESH FORK MARKET

Week 22 Summer 2012
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Small CSA Contents:

1 bunch carrots with tops
1 head jumbo white stem bok choy
1 lb ground pork
1 lb ground beef
1 head broccoli
1 butternut squash
2# turnips
1 bag salad mix, lettuce

Large Add-Ons

2# bag of sauerkraut
1 quarter peck Empire apples
2 frozen pizza dough balls
1 package goat feta cheese
Baby Peppers (came in last week's package...some folks got cherry tomatoes in place of baby peppers)

Vegetarian/ Vegan Subs

1 half gallon apple cider
1 quarter peck apples
2 acorn squash

Sauerkraut

This is a delicious new sauerkraut made for us. It uses no water, vinegar, or whey. It is a raw live food and will keep for weeks if refrigerated. This product is produced using Lacto-fermentation. It has been used for centuries to preserve food and it protects all the natural delicate vitamins and minerals in the cabbage.

Try heating this up in a low oven for up to 5 hours with a pork roast, or just serve it raw with salads, and of course the Rueben Sandwich.

Asian Chicken Soup

Adapted from Eating Well Magazine

Ingredients:

1/2 ounce (about 1/2 cup) dried shiitake or mixed dried mushrooms
3 cups boiling water
1 tablespoon oil
2 cups diced onion
3 cloves garlic, thinly sliced
6 1/8-inch-thick slices peeled fresh ginger
6 cups chicken broth
1/4 cup reduced-sodium soy sauce
1 2-to-3-inch stick cinnamon
1 whole star anise
1 teaspoon freshly ground pepper
2 pounds boneless, skinless chicken, trimmed and cut into 1-inch pieces
1 bulb fennel, cored and cut into 1-inch pieces

8 scallions, whites cut into 2-inch pieces and greens chopped, divided
1 pound bok choy, white stems sliced lengthwise and greens chopped, divided
2 cups bean sprouts
1/2 cup chopped fresh cilantro
2 teaspoons toasted sesame oil
Lime wedges for garnish

Directions:

Place mushrooms in a heatproof measuring cup and cover with boiling water. Soak for at least 30 minutes or up to several hours. Remove the mushrooms from the water, remove and discard stems (if any) and cut into 1/8-inch slices; set aside. Strain the soaking liquid and reserve. Heat oil in a large soup pot or Dutch oven over medium heat. Add onion, garlic and ginger and cook, stirring, for 5 minutes. Pour in the reserved mushroom liquid, broth, soy sauce, cinnamon stick, star anise and pepper. Bring to a boil. Reduce to a simmer and stir in chicken. Simmer for 20 minutes. Stir in fennel, scallion whites and the reserved mushrooms and cook for 5 minutes. Add bok choy stems, return to a simmer and cook for 3 minutes more. Stir in bok choy greens and bean sprouts. Cook until the greens are just wilted, about 2 minutes more. Discard the cinnamon stick and star anise. Ladle the soup into bowls. Garnish each bowl with scallion greens, cilantro and a 1/4-teaspoon drizzle of sesame oil. Serve with lime wedges, if desired.

Velvet Chicken with Baby Bok Choy

Ingredients

1 pound boneless, skinless chicken cut into 1/4-inch-thick bite-size slices
1 egg white, lightly beaten
1 tablespoon plus 1/2 teaspoon cornstarch, divided
2 teaspoons plus 2 tablespoons Shao Hsing rice wine (see Note) or dry sherry, divided
1/2 teaspoon salt, divided
3 tablespoons peanut oil or canola oil, divided
1/3 cup chicken stock
2 teaspoons reduced-sodium soy sauce
1/4 teaspoon ground white pepper
6 cups water
2/3 cup chopped scallions, divided

1 tablespoon finely julienned or minced fresh ginger (see Tip)
1/4 teaspoon crushed red pepper
8 cups trimmed and halved baby bok choy (about 12 ounces)

Directions

Combine chicken, egg white, 1 tablespoon cornstarch, 2 teaspoons rice wine (or sherry) and 1/4 teaspoon salt in a medium bowl. Stir until the cornstarch is totally dissolved and no clumps are visible. Add 1 tablespoon oil and stir to combine. Marinate in the refrigerator, uncovered, for 30 minutes. Meanwhile, combine broth, soy sauce, white pepper and the remaining 1/2 teaspoon cornstarch and 2 tablespoons rice wine in a small bowl. When the chicken has 10 minutes to go, bring water to a boil in a large saucepan. Add 1 tablespoon oil. Reduce the heat to low. Carefully add the chicken to the barely simmering water; gently stir so it doesn't clump together. Cook just until opaque but not cooked through, about 1 minute. Carefully drain the chicken in a colander and shake to remove excess water. Heat a 14-inch flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in the remaining 1 tablespoon oil. Add 1/3 cup scallions, ginger and crushed red pepper; using a metal spatula, stir-fry until fragrant, about 10 seconds. Add bok choy and the remaining 1/4 teaspoon salt. Stir-fry until the bok choy is almost crisp-tender, 1 to 2 minutes. Add the chicken. Stir the broth mixture again, swirl it into the wok and stir-fry until the chicken is just cooked through and lightly coated with sauce, 30 seconds to 1 minute. Serve sprinkled with the remaining 1/3 cup scallions.

Thank you for a wonderful season!

This year has been a crazy growth summer. We want to thank everyone who participated in the summer season. For those who have signed up for winter, or who ordered a turkey, we will see you over the coming weeks. For those who did not, we hope you will join us again next year. We sincerely hope that you enjoyed everything this year and that you have gained some new skills and been exposed to some new ingredients and ideas. See you next year!