



FRESH FORK MARKET

Week 8 Summer 2012
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Small CSA Contents:

1 pint blueberries
6 ears sweet corn
3 lb yukon gold potatoes
1 bunch rainbow swiss chard
1 bunch collard greens
2 ct cucumbers
1 pint cherry tomatoes or approx 1.5 lbs heirloom tomatoes (about 3 depending on size)
1 package chicken bratwursts
1 lb yellow wax beans
2 ct green peppers

Large Add-Ons

1 canteloupe
1 package pork spare ribs
1 jar Pope's BBQ sauce

Vegetarian Subs

in place of chicken brats
1 piece Mayfield Road Creamery gouda
1 canteloupe

Vegan

Small contents plus vegetarian items, minus cheese
2 lb bag of Red Cranberry Beans

Corn Custard

This recipe comes from Parker Bosley and just goes to show you that corn is more than a side dish!

Ingredients

4 cups of corn
1 TBS butter
1 TBS minced onion
1 TBS flour
1 cup milk
4 eggs
Salt and pepper, fresh nutmeg

Preparation:

Melt the butter in a heavy bottom pan over medium heat. Add the onion and cook for two minutes, stirring. Add the flour. Use a whisk to combine the butter and flour. Cook for two or three minutes and then add the milk. Continue whisking. Remove from the heat and beat in the eggs one at a time.

Season this mixture with salt, pepper and a little grated nutmeg. Add the corn. Mix well. Turn this mixture out into a baking dish and bake the corn custard in a 350 oven for about 30 minutes.

Savory Corn Crème Brulee

This is a recipe from the Tasty Kitchen website. It seems pretty easy and a really great way to impress you rfamily or guests!

Ingredients

3 ears Corn
2 cups Cream
3 whole Large Eggs
2 whole Large Egg Yolks
¼ teaspoons Salt
1 dash Cayenne Pepper Sauce
1 cup Grated Parmesan Cheese

Preheat oven to 325 degrees.

Cut kernels off cobs. Heat cream to a boil, add kernels and then turn off heat and let corn steep for 10 minutes. Blend in a blender until corn is pureed. Strain mixture through a fine mesh strainer. Discard pulp remaining in strainer.

Whisk eggs and yolks and then add a little of the cream mixture at a time, tempering the eggs. Stir in pepper sauce. Pour mixture into 6 buttered one-cup ramekins. Bake for 30 minutes, until set in centers. Remove from oven and let cool to room temperature.

Sprinkle cheese on the tops in a thin layer. Using a kitchen torch or broiler, toast the cheese on tops until golden brown.

Roasted Potato and Sweet Corn Salad

This recipe was published in Cooking Light magazine and is taken from Sheryl Crow's cookbook "If It Makes You Healthy".

Ingredients:

2 1/2 lb. unpeeled red potatoes, diced into 1/2-inch cubes
1 medium red onion, thinly sliced
2 Tbsp canola oil
1 1/2 cups sweet corn
1 cup diced celery
2 tsp. garlic powder
1/3 cup extra-virgin olive oil
1/3 cup apple cider vinegar
3/4 cup thinly sliced fresh basil
Salt and pepper, to taste

Directions:

Preheat oven to 425 degrees F. Toss potatoes and onion with canola oil in a

bowl; season with salt and pepper and spread evenly on baking sheet- use a non stick sheet or spray with a little oil to keep things from sticking. Bake until crispy yet fork-tender, about 20 to 25 minutes. Cool.

Return to bowl, add corn, celery and garlic powder. Whisk olive oil and vinegar in a bowl, drizzle over potatoes and onions; toss to coat well. Season with salt and pepper. Cover and refrigerate at least 2 hours and up to 8 hours. Stir in fresh basil before serving.

Sauteed Chard Greens

While looking for some new recipes, I came upon this one from The Nourishing Cook and the post was titled "Even a Kid Will Eat This Chard" so it seemed ideal!

Ingredients:

1 bunch of chard (washed), stems removed and leaves torn into pieces – DO NOT remove the water clinging to the leaves
2 cloves garlic, minced (optional)
1 cup diced sweet onion
3 Tablespoons butter
1 Tablespoon balsamic vinegar
parmesan cheese for topping

Directions:

Wash chard and remove stems, tear leaves into pieces and set aside. No need to remove any clinging water. In a cast iron pan, saute the onion in butter or ghee. Once onion is transparent, add the garlic and continue cooking for two minutes. Deglaze the pan with the vinegar, then add the chard. Cook until the chard is wilted but still green (about 3 minutes), moving it around the entire time.
Top with parmesan cheese and serve!

Greens

Do you have more greens that you can use in a week? They are easy to freeze. Simply give them a quick sauté in olive oil (add garlic if you have the time or inclination) and once they are cool place them in a plastic freezer bag or storage container. You can pull them out of the freezer whenever you want to warm them up to eat as is, add them to a soup or stew or my favorite thing, add them to mashed potatoes.