



**Week 8 CSA Contents:**

- Sweet Corn - 2 frozen containers
- Frozen tomatoes or choice of another corn
- 1 package chicken brats
- 1 package cheese - smoked cheddar or Swiss
- 1 package ground chicken
- 1 lb rosemary spelt linguine
- 1 pint heirloom tomato sauce
- 1 bag corn chips
- 1 dozen eggs
- 1 bunch young bunching garlic (looks like green onions)

**Nachos**

Lay a layer of corn chips on a baking sheet. Sprinkle with prepared black beans. Cover with shredded cheese. Add your favorite toppings, I prefer corn, tomatoes, and jalapeños. Bake in a 350 degree oven for about 10 minutes (until the cheese is all melted). Remove from the oven and top with sour cream. You can also use crème fraiche, or I love to use a thicker style yogurt that has some tanginess. Top with some salsa and your game day snack is complete.

**BASQUE SKILLET DINNER**

- 1 lb. bratwurst sausage, sliced
- 1/2 c. chopped onion
- 1 c. diagonally sliced celery
- 4 potatoes, peeled and diced
- 1 package frozen tomatoes
- 3/4 c. chicken stock
- 1 tsp. wine vinegar
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. thyme

Brown sausage and onion in large skillet over medium heat with a little oil. Stir in remaining ingredients. Cover and simmer for 30 minutes, or until potatoes are tender. Makes 4-6 servings.

**Ground Chicken**

Ground Chicken can be used like any other ground meat. When preparing it, keep in mind a few things.

- ✓ Chicken will cook faster than most red meats.
- ✓ Ground chicken can dry out very fast. Be careful not to overcook it.
- ✓ Ground chicken is great for use in recipes that cook in sauce or

liquid. Because of its low fat content, you do not need to cook it all the way and drain before adding to other ingredients. When I make chicken tacos, I cook the raw chicken in my tomatoes and spices. I just make sure it is fully cooked before eating.

- ✓ Ground chicken is lighter in flavor and body than red meats, so you may need to adjust the seasonings if you are substituting for something like ground pork or beef.

**Chicken Cakes with Teriyaki Sauce**

*Adapted from Around The World in 450 Recipes*

- For the chicken cakes:
- 1 pound ground chicken
  - 1 large egg
  - ¼ cup grated onion
  - 1 ½ teaspoons soy sauce
  - Cornstarch, for coating
  - ½ bunch baby garlic, finely shredded
  - 1 tablespoon oil

- For the teriyaki sauce:
- 2 tablespoons sake or dry white wine
  - 2 tablespoons honey
  - 2 tablespoons mirin
  - 2 tablespoons soy sauce

1. Mix the ground chicken with the egg, grated onion, sugar and soy sauce until the ingredients are thoroughly combined and well bound. This process takes about 3 minutes, until the mixture is quite sticky, which makes for good texture. Shape the mixture into 12 small, flat, round cakes and dust them lightly all over with cornstarch. The mixture is very sticky-drop it into the cornstarch and then pat it out, once it is covered in cornstarch.
2. Heat the oil in a frying pan. Place the chicken cakes in a single layer, and cook over medium heat for 3 minutes. Turn the cakes and cook for 3 minutes longer. (Might take longer - make sure they are cooked before adding the glaze.)
3. Mix the ingredients for the sauce and pour it into the pan. Turn the chicken cakes occasionally until they are evenly glazed. Move or gently shake the pan constantly to prevent the sauce from burning.

4. Arrange the chicken cakes on a plate and top with the shredded baby garlic. Serve immediately..

**Chicken Lettuce Wraps**

- 3 tablespoons soy sauce
- 2 tablespoons dry white wine
- 2 teaspoons cornstarch
- ½ teaspoon honey
- ½ teaspoon salt
- ½ pound ground chicken
- 2 tablespoons vegetable oil
- 2 tablespoons chopped fresh ginger
- 1 tablespoon chopped garlic
- ½ teaspoon red pepper flakes
- 3 tablespoons chopped green garlic
- 1 tablespoon sesame oil
- About 20 cup-shaped lettuce leaves, or tender kale leaves.

In a small bowl, combine the soy sauce, sherry, cornstarch, honey and salt, and stir well to dissolve the cornstarch and combine everything into a smooth sauce.

Place the ground chicken in a medium bowl and use a spoon to separate it into five or six big clumps. Add about half the soy sauce mixture, and gently mix the seasonings into the ground beef, using your hands or a large spoon. Set aside for 10 to 15 minutes.

To cook, heat a wok or a large, deep skillet over medium-high heat until very hot. Add the vegetable oil; swirl to coat the pan, and then toss in the ginger and the garlic. Cook for about 1 minute, tossing once, until fragrant but not browned.

Crumble in the seasoned chicken, and use your spatula or a big slotted spoon to break it up and spread the meat out over the hot pan to help it cook evenly. Once cooked toss well, using your spatula to break up any large chunks. When the meat is cooked, add the red pepper flakes and green garlic, and toss well, Add the sesame oil and remove from the heat, tossing once more to mix everything well.

Serve with leaves of lettuce or kale. On the side, you can also have your favorite toppings-bean sprouts, shredded carrots, etc. Invite guests to make up lettuce wraps themselves.