



FRESH FORK MARKET

Week 10 Summer 2013
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Small CSA Contents:

1 lb nitrate free bacon
Approx 1.5 lbs tomatoes
1 head lettuce
1 bunch leeks or candy onion
1 pint blackberries or blueberries
1 bunch green onions
3# bag yukon gold potatoes
1 bag beans (either green or purple filet)
Quarter-peck ginger gold apples

Large Add-Ons

1 head red cabbage
1 cantaloupe
1 package chicken bratwursts

Vegetarian Subs

1 bunch dill
1 piece charloé cheese
1 quart plums

Vegan Subs

vegetarian additions without dill, add
Basil
Chard

Despite our rather cool summer weather, the bounty of this week's bag offers endless opportunities to create simple, tasty dishes with a focus on entrée type salads. Several interesting combinations present themselves. Some unlikely partners and some often overlooked items actually work well together while introducing us to crunchy textures, subtle flavors; meat and vegetable pairings that can bring creativity to the dinner table. Don't be afraid of doing a little experimenting. Try something different. Take a chance. Friends and family at the table will love it.

For the following recipes, scallions and leeks can be substituted for each other. When dill is not available, you can use minced parsley or if only a limited amount of dill is available use a mixture of parsley and dill.

Roasted Yukon Gold Potatoes and Bacon on Salad Greens

(serves four as a main course)

12 small potatoes or large potatoes cut in halves or quarter
4 slices bacon
4 portions of salad greens (3 large pieces per person)
3 TBS sunflower oil

1 TBS fat from frying bacon
1 TBS Dijon mustard
2-3 TBS vinegar (apple cider or your choice)
salt and pepper

Fry the bacon (crisp with a little softness remaining). Start bacon on very low heat or roast it in a 250 oven. When the bacon is finished, remove it from the fat and set it on paper towels. Remove 1 tablespoon for the dressing. Roast the potatoes at 350 degrees in the bacon fat. Baste the potatoes several times during the baking.

Whisk the vinegar and mustard together with a little salt. Slowly whisk in the sunflower oil and bacon fat. Taste and season with salt and pepper. Set aside.

Arrange the lettuce leaves, whole, on 4 serving plates.

When the potatoes are roasted, remove them from the oven and add the bacon, each sliced chopped into 4-5 pieces. Set aside.

All of the preparation can be done to this point an hour or two before serving. (If prepared in advance, re-warm the potatoes and bacon for three or four minutes in a hot oven.)

Combine the potatoes and bacon with the dressing. Place the potatoes and bacon on the lettuce leaves. Spoon any dressing left in the bowl over the salads.

Optional: Garnish the salads with minced fresh dill. Portions for this dish can be increased and presented on a large platter for a buffet or picnic.

Grilled Chicken Bratwurst with Salsa

2 cups chopped tomatoes (You may choose to peel and remove seeds)
½ cup coarsely chopped dill
2 scallions minced (Use all of the white and half of the green parts of scallions.)
salt and pepper to taste

Combine all the ingredients in a bowl and season to taste. If you prefer, you can pure the tomatoes in a processor or blender and then add the scallions and dill. Do not pure the scallions and dill.

Serve with grilled bratwursts—hot or at room temperature.

Optional: Add chopped fried bacon and a table spoon of bacon fat to the salsa.

Salad with Apples, Leeks and Dill

4 portions salad greens
1 medium leek
2 TBS minced fresh dill (about four branches of dill)
2 ginger gold apples

2 TBS sunflower oil
1-2 TBS apple cider vinegar or your choice
salt and pepper

Remove the root end from the leek. Use the white part, the light green and about one inch of the dark green. Save remaining green part for the stock pot. Split the leek from bottom to top then chop each half into half circles. Wash the chopped leek thoroughly. Blanch the chopped leek in boiling salted water for 2 minutes. Refresh in ice water. Strain and pat dry. Set aside.

Make the dressing by whisking the oil and vinegar together and season to taste with salt and pepper. Add 1 tablespoon of the minced dill to the dressing with the chopped leek. Peel and slice the apples and add them to the dressing.

Toss the lettuce with the dressing and serve on four plates or on a large platter for a buffet or picnic. Garnish with the remaining minced dill.

Optional: Combine the all of the minced dill and leek with 4-5 tablespoons of yogurt. Arrange the apple slices on the lettuce and spoon the yogurt dressing over the salad.

Potatoes with Yogurt and Dill

Boiled or roasted potatoes, skins on, can be tossed with yogurt and minced fresh dill and blanched leeks. (See recipe for apple leek salad for preparation of leeks.) The potatoes can be served hot or at room temperature.