



FRESH FORK MARKET

Week 21 Summer 2013

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Small CSA Contents:

1 # spelt rosemary linguine
1 8oz piece pepper havarti
1 head broccoli
1-2 red onions
1 bunch carrots with tops
2-3 sweet bell peppers
1 quart concord grapes
1 half gallon apple cider
1 bunch mustard greens

Large Share

Small package plus:

1 pint cherry tomatoes
1 head cauliflower
1 bunch swiss chard
1 quarter peck honeycrisp apples
1 package bacon breakfast patties

Vegetarian Substitutions

(none)

Vegan Substitutions

(in place of pasta and cheese)

Approx 1.5# heirloom tomatoes
1 bunch kale
1 quarter peck honeycrisp apples
2 ct eggplant
1 lb green romano beans (flat, Italian green beans)

Vegan Carrot Soup

Ingredients:

2-3 large carrots, chopped small
1 onion, chopped small
1 tsp fresh ginger, minced
1 1/2 tsp curry powder
1 3/4 cup vegetable broth
1 14 ounce can coconut milk
sea salt, to taste

Preparation:

Simmer the carrots, onions, ginger and curry powder in vegetable broth for 20-25 minutes, until carrots are soft. Allow to cool slightly, and then puree in blender, working in batches if needed. Return to heat and stir in coconut milk until well combined. Season generously with sea salt, to taste. Serve hot, or, chill until cold and serve as a gourmet vegetarian and vegan appetizer soup. This carrot soup will thicken as it cools, so if serving this vegan carrot soup cold, you may want to add a bit extra liquid.

Moroccan Carrot Soup

From Bon Appetit

ingredients

2 tablespoons (1/4 stick) butter
1 cup chopped white onion
1 pound large carrots, peeled, cut into 1/2-inch dice (about 2 2/3 cups)
2 1/2 cups low-salt chicken broth
1 1/2 teaspoons cumin seeds
1 tablespoon honey
1 teaspoon fresh lemon juice
1/8 teaspoon ground allspice
1/2 cup plain yogurt, stirred to loosen

preparation

Melt butter in large saucepan over medium-high heat. Add onion; sauté 2 minutes. Mix in carrots. Add broth; bring to boil. Reduce heat, cover, and simmer until carrots are very tender, about 20 minutes.

Stir cumin seeds in small skillet over medium-high heat until fragrant, 4 to 5 minutes; cool. Finely grind in spice mill. Remove soup from heat. Puree in batches in blender until smooth. Return to same pan. Whisk in honey, lemon juice, and allspice. Season with salt and pepper.

Ladle soup into bowls. Drizzle yogurt over; sprinkle generously with cumin.

Flourless Carrot Cake

I found this recipe on the NY Times website. It is a great way to make a less sweet dessert or snack.

1 1/2 cups (1/2 pound) unsalted toasted almonds
1/4 cup raw brown sugar
1 1/2 teaspoons baking powder
1/8 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon freshly grated nutmeg
2 teaspoons grated lemon zest
4 large eggs
1/3 cup organic white sugar
1 teaspoon vanilla extract
2 cups **finely grated** carrots

1. Heat the oven to 350 degrees with a rack in the middle. Oil a 9-inch springform pan, and line it with parchment. Lightly oil the parchment.
2. Combine the almonds and the turbinado sugar in a food processor fitted with the steel blade. Blend until the almonds are finely ground. Add the baking powder, salt, cinnamon, nutmeg and lemon zest, and pulse together.
3. Beat the eggs until thick in the bowl of a standing mixer fitted with the whisk attachment, or with an electric beater. Add the organic sugar, and continue to

beat until the mixture is thick and forms a ribbon when lifted from the bowl with a spatula. Beat in the vanilla. Add the almond mixture and the carrots in three alternating additions, and slowly beat or fold in each time.

4. Scrape the batter into the prepared cake pan. Place in the oven, and bake one hour until firm to the touch and beginning to pull away from the pan. A toothpick inserted into the center of the cake should come out clean. Remove from the heat, and allow to cool on a rack for 10 minutes. Run a knife around the edges of the pan, and carefully remove the spring form ring. Allow the cake to cool completely, then wrap tightly in plastic.

Ingredients

Red Pepper-Cauliflower Soup

6 large red bell peppers, stemmed and cored, halved lengthwise, and pressed flat \$

1 tablespoon sunflower oil
4 shallots, peeled and chopped
1 teaspoon salt
1/4 teaspoon cayenne
1 quart chicken broth
1 head cauliflower, cut into florets
1 teaspoon sugar
Freshly ground pepper
Extra-virgin olive oil (optional)
Chopped fresh chives (optional)
Lemon wedges (optional)

Preparation

1. Preheat broiler to high. Arrange bell peppers skin side up on baking sheet. Broil, watching carefully, until skins are blackened, about 10 minutes. Remove peppers from oven and let cool. Peel over a bowl to collect juices; set peppers and juices aside.
2. In a large pot over medium-high heat, warm olive oil. Add shallots, salt, and cayenne and cook, stirring until soft, 3 minutes. Add broth and cauliflower. Bring to a boil, then lower heat to a simmer. Cover and cook 20 minutes. Add peppers with juices and cook, covered, until cauliflower is tender, 10 minutes. Purée in batches in a blender and add sugar. Add pepper to taste.
3. Serve hot or cold, garnished with a drizzle of extra-virgin olive oil, some chives, and a squeeze of lemon juice if you like.