

FRESH FORK MARKET Week 09 Summer 2013 Volume V, Issue 76 www.FreshForkMarket.com



Small CSA Contents:

1 package green onion bratwurst 1 eggplant 1 candy onion 1 bunch red russian kale Aprpox 1.5 lb tomatoes 1 pint blackberries or blueberries 1/2 dozen ears sweet corn 1 quarter peck peaches

Large Add-Ons

1 package Andouille Sausage (slightly spicy spanish style smoked sausage) 2 ct cucumbers 1 bag purple filet beans 1 bunch basil 1 pint cherry tomatoes 1 piece Charloe Cheese

Vegetarian Subs

- 1 cantaloupe
- 1 handful hot peppers
- 1 bag purple filet beans
- 1 pint cherry tomatoes

Vegan Subs

none

Onion and Bacon Tart

Last week many folks told me they were up to their eyeballs in onions. While we eat onions all the time and never have enough, you might be having them pile up. Here is a great recipe to use up those onions, and I will post more on our blog this week. From Saveur magazine.

INGREDIENTS

6 oz. slab bacon, cut into ¼" matchsticks
4 tbsp. unsalted butter
2 medium yellow onions, thinly sliced lengthwise Kosher salt and freshly ground black pepper, to taste
1 ½ cups flour
2 tsp. dry mustard
1 ¼ cups milk
3 eggs, lightly beaten

INSTRUCTIONS

Heat bacon in a 12" skillet over medium-high heat, and cook, stirring occasionally, until fat renders and bacon is crisp, about 12 minutes. Using a slotted spoon, transfer bacon to paper towels to drain; pour bacon fat into a 9" × 11" baking dish and set aside. Return skillet to medium-high heat, and add butter; add onions, salt, and pepper, and cook, stirring, until lightly caramelized, about 10 minutes. Remove

from heat and set aside.

Heat oven to 425°. In a large bowl, whisk together flour, mustard, and pepper; add milk and eggs, and stir until smooth. Let batter rest for 10 minutes. Meanwhile, place baking dish with bacon fat in oven and let heat for 10 minutes. Remove baking dish from oven, pour in batter, and spinkle with rendered bacon and caramelized onions; return to oven and bake until puffed and golden brown, about 30 minutes.

Corn and Cheese Cakes

Adapted from Gina DeLaurentis

INGREDIENTS

- 3 ears fresh corn, cut from the cob
- 3/4 cup shredded cheese
- 1 cup fine panko breadcrumbs, divided
- 1/3 cup chopped fresh chives
- 1 chipotle chile in adobo, minced
- 1 tablespoon yogurt
- 2 tablespoons minced cilantro, divided
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/4 cup extra-virgin olive oil 1/2 cup crème fraîche, (or thick yogurt)
- DIRECTIONS

In a food processor, pulse the corn into a chunky puree. Place in a medium bowl. Add the cheese, 1/2 cup breadcrumbs, chives, yogurt, 1 tablespoon chipotle chiles in adobo, salt, and pepper. Stir until combined. Form the mixture into small balls and then flatten into patties, each about 1 1/2 inches in diameter and 3/4-inch thick. Refrigerate for 30 minutes. Coat the patties in the remaining 1/2cup breadcrumbs and drizzle with olive oil. Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Brush the patties with olive oil and grill until toasted, 4 to 5 minutes each side. Arrange the corn cakes on a platter and top with a dollop of yogurt.

Mexican Corn Salad

I like this recipe for its simplicity and yet it is super tasty. Stick with one of the Blaze Gourmet salsas to add depth and flavor. Serve as a salad or a salsa with chips. Adapted from All Recipes.com

3 tablespoons butter 2 cups whole corn kernels 1 red bell pepper, diced

1 cup chopped zucchini

¼-1/2 cup chopped sweet onions
1 jalapeno pepper, seeded and minced
1/2 cup salsa
2 tablespoons chopped fresh cilantro

Directions

In a heavy large skillet, melt the butter over medium-high heat. Add the corn, bell pepper, zucchini, green onions and jalapeno pepper. Saute until vegetables are tender, about 6 minutes. Remove from heat and refrigerate vegetables until chilled. Add salsa and chopped cilantro to vegetable mixture. Stir and season with salt and pepper to taste.

Peach Cobbler

½ CUP UNSALTED BUTTER, MELTED
1 CUP ALL-PURPOSE FLOUR
1 ½ CUPS SUGAR OR LESS (1 cup with flour, ½ cup with peaches)
3 TSP BAKING POWDER
PINCH OF SALT
1 CUP MILK
5-6, PEELED, PITTED, SLICED PEACHES

Preheat oven to 375 degrees In a small saucepan, combine the peaches and ½ cup of sugar. Bring to the boil, stirring constantly. Cook for 4-5 mminutes. Pour the melted butter into a 8 1/2 x 11 baking dish or any size or shape equivalent

In a bowl, combine all the dry ingredients. Use 1 cup of the sugar. Mix well with a whisk. Pour in the milk into the dry ingredient and combine well. Pour this batter over the butter but do not stir them together. Pour the peaches over the batter but do not stir them together.

Bake for 40 to 45 minutes.

Fried Corn and Onions

6 ears of corn 1 medium sweet onion 3 tablespoons butter Salt and pepper

Cut the corn off the cob. Chop onion into ¼ inch dice Melt butter in skillet, add corn and onion. Sautee until corn is tender and onions are almost crispy.