



FRESH FORK MARKET

Week 1 Winter 2013-14

Volume V, Issue 89

www.FreshForkMarket.com



Week 1 Winter Contents:

1 Whole Chicken, approx 5 lbs
2# bag fingerling potatoes
1 bulb garlic
1 candy onion
1 bunch swiss chard
1 bag mixed baby lettuce, 0.5 lbs
1 bunch beets with tops
1 bunch celery
1 bag purple filet beans
1 head broccoli
1 quart baby sweet peppers
1 bunch carrots with tops
1 dozen eggs
1 quarter peck gala apples
4 oz pumpkin quark (cream cheese)

Chopped Brussels Sprouts and Chicken Salad

This recipe is from A Pinch of Yum. It is an awesome way to eat your sprouts and makes a great lunch or light dinner.

INGREDIENTS

1 cup cooked chicken, cubed or shredded
4 cups sliced Brussels sprouts (for me it was about 20)
½ cup walnuts
¼ cup Parmesan cheese
½ cup chopped onion
1 tablespoon butter
juice of 1 orange
1 tablespoon honey
2 tablespoons olive oil
salt and pepper to taste

INSTRUCTIONS

Prep the salad:

Prepare the chicken. Prepare the Brussels sprouts by very thinly slicing them with a mandolin. In a food processor, pulse the walnuts a few times until chopped. Place in a small skillet over medium high heat with no oil or butter and toast until golden brown, stirring or shaking constantly.

Make the dressing:

In the small skillet, sauté the butter and onion over medium high heat until the onions are golden brown, about 5 minutes. Transfer the onions to a food processor. Add the orange juice, honey, and olive oil. Puree until smooth and creamy. Season generously with salt and pepper.

Place the Brussels sprouts in the empty sautéed onion pan and place over high heat. Stir for 1-2 minutes until you can

smell them and they turn bright green. Remove from heat. In a large bowl, toss the Brussels sprouts, walnuts, chicken, and Parmesan.

Toss the dressing and salad together. Serve warm or cold. If you plan to keep leftovers, keep the dressing separate.

NOTES

You can also eat this salad with the raw shredded Brussels sprouts – just skip the step of sautéing them. I found that sautéing them slightly just brought out color and flavor and helped the texture soften just slightly.

Perfect Fingerling Potatoes

From the Food Network

Ingredients

1 1/4 pounds kosher or rock salt
2 quarts water
2 pounds small fingerling potatoes, cleaned
4 tablespoons butter, optional
Freshly ground black pepper, optional
1 tablespoon freshly chopped chives, optional

Directions

In a large pot, combine the salt, water, and potatoes and bring to a boil. Cook until the potatoes are fork-tender, approximately 25 to 30 minutes. Remove from the pot to a cooling rack and let stand for 5 to 7 minutes. Serve as is or with butter, pepper, or chives

Roasted Beet Crostini

Ingredients

1 bunch beets with greens attached
16 1/2-inch-thick slices baguette, preferably whole-grain, cut on the diagonal
2 tablespoons extra-virgin olive oil, divided
6 cloves garlic, minced
1 tablespoon sherry vinegar or red-wine vinegar
2 tablespoons water
1/4 teaspoon salt
4 ounces creamy goat cheese
1/4 teaspoon freshly ground pepper

Preparation

1. Preheat oven to 400°F.

2. Trim greens from beets, reserving stems and greens. Place beets in a baking pan, cover with foil, and roast until very tender when pierced with

knife, 45 minutes to 1-1/2 hours, depending on size of beets. Uncover and let cool. Reduce oven temperature to 350°.

3. While beets cool, arrange baguette slices in a single layer on a large baking sheet. Bake, turning slices over once halfway through, until toasted but not browned, about 14 minutes.

4. Thinly slice beet green stems and finely chop leaves; keep stems and leaves separate. Heat 1 tablespoon oil in large skillet over medium heat. Add stems and cook, stirring occasionally, until tender, about 3 minutes. Add remaining 1 tablespoon oil and garlic and cook, stirring, until fragrant, about 15 seconds. Add greens, vinegar and water and cook, stirring occasionally, until greens are tender and liquid has evaporated, 4-5 minutes. Stir in salt and remove from heat.

5. Peel cooled beets and cut into 1-inch pieces. Place 3/4 cup beet pieces, goat cheese and pepper in a food processor and puree until smooth (reserve remaining beets for another use).

6. To assemble crostini, spread about 2 teaspoons beet-cheese spread on each slice of toasted baguette and top with sautéed greens.

Baked Beet Chips

Pre heat oven to 400 degrees F. Clean your beets no need to peel them. With a mandolin or a very sharp knife slice your beets thinly. I use setting 2 on my mandolin but you can go thinner if you want.

Put a cookie wire rack on top of a cookie sheet if you don't have one than brush your cookie sheet with olive oil. Arrange beets on cookie sheet or wire rack if you have one. If you have a wire rack you don't have to turn the beets chips over half way through the cooking process. Brush beets with olive oil salt and pepper them on both sides.

Put in oven and bake for 30-35 minutes if you don't have a wire rack then after 15 minutes turn the beets over and cook for another 15-20 minutes. Take them out and let them cool and harden up and enjoy.