



FRESH FORK MARKET

Week 11 Winter 2013-14

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Week 11 Winter Contents:

1 Whole Chicken
Frozen Tomatoes, 1 quart
Frozen Sweet Corn, 1 pint
Frozen Cauliflower, 1 quart
Frozen Blackberries, 1 pint
Lettuce Bouquet, 1 sleeve
Carrots, 1 bunch
White Kennebec Potatoes, 3 lbs
1 Onion
A handful of Shallots
Gala Apples, 1 quarter peck
Goat Gouda Cheese

Roasting a Whole Chicken

With a whole chicken in the bag this week, it seemed the perfect recipe to start with is for roasting the chicken.

Ingredients

1 Whole Chicken
1 Lemon, quartered
Fresh Thyme Sprigs
Salt and Pepper

Instructions:

If your chicken is frozen it will typically take 2 days to thaw in a refrigerator. Once thawed, rinse the chicken inside and out, removing the bag inside the cavity (this can be reserved for stock or gravy). Pat the chicken so that it is very dry on the outside. Preheat the oven to 450 degrees with the rack in the lower third of the oven. Salt and pepper the inside cavity of your bird generously. With the chicken laying down you can run your finger between the skin and the breast to form a little pocket. I tuck the fresh thyme right up under the skin for the roasting process — doing so adds such a savory essence to the flavor of the chicken. Stuff the cavity with lemon and sprinkle the breast of the chicken with 2 tablespoons of coarse salt. Place the chicken on a roasting rack and place in a pan. The chicken should not cook directly on the surface of a pan. Cook uncovered in the oven for 50-60 minutes. Rotate half way through the cooking process and that's it!

Beef Stew Soup

Since you've probably already made your chicken and have left overs, this is a great opportunity to use that instead of the beef if you'd prefer ☺

Ingredients

2 lbs. grass fed organic beef, cut into cubes
Sea salt
Light olive oil
5 cloves garlic, chopped
1 cup fresh pearl onions, trimmed, peeled
3 good sized hefty gold potatoes, peeled, cut up
3 good sized carrots, peeled, sliced
2 celery stalks, sliced
1 cup dry red table wine
4 cups organic beef broth
1 tablespoon balsamic vinegar

1-2 teaspoons dried Italian or French herbs, to taste (thyme, sage, rosemary, basil, etc)
1 bay leaf
Ground pepper, to taste

Instructions:

First- salt the cubes of beef on all sides. Wait a few minutes, get your slow cooker situated and turned on to High. Heat a dash of light olive oil in a deep heavy pot over medium-high heat. Brown the beef cubes on all sides to sear in the flavor, using long tongs to turn the pieces. This doesn't take but maybe five minutes, or so. Remove the beef and add it to the Crock Pot. Add in the garlic, pearl onions, potatoes, carrots and celery. Pour in the wine and broth. Stir. Add the balsamic, herbs and ground pepper. Cover and let the magic happen. The stew is ready when the beef and vegetables are tender- about 4 to 5 hours if cooked on High. Taste test the broth and adjust for your taste buds- does it need a tad more salt? A pinch of sugar (or dab of agave)? More ground pepper? The flavors should be balanced, warm and inviting.

Blackberry Lemon Salad

I thought this would be the perfect way to freshen up these dreary winter days! I found this recipe on The Healthy Apple and think it's a great use of the lettuce and blackberries in this week's bag.

Ingredients:

1 pint fresh organic blackberries
1 Tbsp. fresh lemon zest
4 cups packed mixed greens
1 Tbsp. fresh dill, finely chopped
1 scallion, chopped
Juice of 1 large organic lemon
2 Tbsp. red wine vinegar
1 Tbsp. Flax Oil
2 Tbsp. sesame seeds
½ tsp. sea salt
½ tsp. freshly ground black pepper

Instructions:

In a large bowl, combine blackberries, lemon zest, mixed greens, dill and scallions. Set aside. In a small bowl, whisk lemon juice, vinegar, oil, sesame seeds, sea salt and pepper. Pour dressing over blackberry salad; gently toss to combine. Serve at room temperature or chilled.

Old-Fashioned Blackberry Crisp

For those of you craving something sweet, this is a recipe that's too delicious to pass up. Found on Farmgirl Fare, there's no better way to use up those blackberries than on a blackberry crisp!

Ingredients

Topping:
1/3 cup organic all-purpose flour
1/3 cup organic whole wheat flour (or whole wheat pastry flour)
2/3 cup light brown sugar, preferably organic

2/3 cup organic old-fashioned oats (not quick cooking oats)
1/2 cup (1 stick/4 ounces) organic butter, cut into small chunks

Filling:

2 pounds blackberries (about 7 cups)
1/2 cup organic granulated sugar
1 to 2 Tablespoons organic all-purpose flour
1/2 teaspoon cinnamon
1/2 teaspoon pure almond extract

Instructions

For the topping:

Combine the flours, brown sugar, and oats in a medium bowl. Blend in the butter using a pastry blender, two forks, or your fingers until the mixture resembles coarse crumbs. Some larger chunks of butter are fine.

For the filling:

Place the blackberries in a large bowl and use a large spoon to toss them with the sugar, flour (use 2 Tablespoons if your berries are really juicy), and cinnamon. Sprinkle the almond extract over the berries and toss well. Pour the fruit into an 8-inch square baking dish and cover evenly with the topping. Bake for 35 minutes, or until the topping is brown and the fruit is bubbling. Serve warm or at room temperature, with vanilla ice cream or freshly whipped cream if desired. This crisp will keep for 3 days in a cool pantry or the refrigerator. It also freezes well. I usually freeze one or two servings in containers but you could probably freeze the whole crisp.

Raw Oatmeal Recipe

This recipe is a little different but whenever I have apples available it's my go to breakfast, so why not give a try this week! It's quick, nutritious and so tasty! I found this on therawtarian.com. I think you'll be surprised with how much you like it. Enjoy!

Ingredients

1 ¼ cups steel cut oats
1 ½ cups water
1 apple
1 tablespoon raisins (optional)

Instructions:

OPTIONAL TO SOFTEN: The night before, throw the water, raisins and then the steel cut oats into your blender. Let them sit overnight. In the morning, start your blender (and if you didn't soak the night before, throw the water, raisins and then the steel cut oats into your blender). While the water and oats are blending, chop the apple and then add it to the blender, too. Continue blending until the oatmeal is a nice, smooth texture. Eat! This recipe for raw oatmeal makes for a very filling breakfast.