



FRESH FORK MARKET

Week 12 Winter 2013-14

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Week 13 Winter Contents:

Turkey patties (4)
Turkey breast lunch meat, 1 lb
Green onion brats (4)
Chopped tomatoes, 1 quart
Frozen strawberries, 1 quart
Carrots, 1 bunch
Stir fry mix (baby kale, mizuna, etc.)
Apples, Jonathon and Granny
Apple Cider, ½ Gallon

Grilling Techniques

This is a little different than our usual newsletter but I thought since there are a couple of items you can grill, this would be a great way to start things off! Hopefully we'll get some warm weather our way so you can pull out the grill soon ☺

Guidelines for the Grill

This list was pulled together from both, Bobby Flay and Eating Well.

Rule #1: Get it hot! Preheat your grill before you start cooking. A properly heated grill sears foods on contact, keeps the insides moist and helps prevent sticking.

Rule #2: Brush it off. It's easier to remove debris when the grill is hot.

Rule #3: Don't test the food the second you put it on the grill! Put the food down and give it a chance to cook. If you try to move the food before it's seared on the bottom, it'll definitely stick.

Rule #4: Don't cut into your food to see if it's done. The best way to test the food is by poking it with your finger. Rare feels squishy, medium feels more springy and well-done feels as taut as a trampoline.

Rule #5: Meat and poultry should rest for at least a few minutes before slicing or serving. Wait a few minutes to let the juices thicken and they'll stay in the meat.

Rule #6: When in doubt, it's better to undercook than overcook. You can always put food back on the fire if you need to.

Turkey Caprese Sandwich

This seems like such a light and refreshing sandwich! Substitute the turkey cutlet with our sliced turkey breast for a quicker but still flavorful sandwich!

Ingredients

Ciabatta roll, split
Olive oil
1 thin turkey cutlet
Coarse salt and ground pepper
Mozzarella, thickly sliced
Tomato, sliced
Fresh basil leaves

Instructions:

Heat a grill or grill pan to medium-high. Brush split roll with oil and toast on grill. Season turkey with salt and pepper, brush with oil, and grill until cooked through. Layer mozzarella, tomato, and turkey on bottom half of roll; add basil. Sandwich with top half of roll.

Grilled Sausages with Carmelized Onions & Apples

From allrecipes.com, this recipe will surely be a hit with the Green Onion Brats!

Ingredients:

8 sausages
2 tablespoons butter
2 medium onions, halved and sliced
3 large apples – peeled, cored & cut into thin wedges
2 tablespoons apple cider
2 tablespoons brown sugar, packed
Salt & pepper to taste

Instructions:

Prepare grill for high heat.
With a fork, poke sausages several times. Place in a pot, cover with water, and simmer over medium-high heat until cooked through, about 7 minutes. Remove from heat, and set aside.
Warm butter in a skillet over medium heat. Stir in onions, and cook until soft and translucent. Stir in apples, vinegar, and brown sugar; cook, stirring gently, until caramelized, about 10 to 15 minutes. Season with salt and pepper.
Meanwhile, place sausages on grill (or under broiler), and cook until well browned. Serve on a mound of caramelized apples and onions.

Goat Cheese Lemon Pasta with Kale

This is a tasty recipe that's a great way to incorporate kale and to try out some different cheeses! Found on two peas and their pod.

Ingredients

12 ounces pasta
1 tablespoon oil
1 medium shallot, diced
2 cloves garlic, minced
Dash of crushed red pepper flakes
Zest of 1 large lemon
Juice of 1 large lemon
1 small bunch kale, coarsely chopped, stems removed
5 ounces goat cheese

Instructions

Bring a large pot of water to boil. Salt the water and cook pasta according to package directions.
In a large skillet, heat the olive oil over medium-high heat. Add the shallot and garlic. Cook until tender, about 4-5 minutes. Add a dash of crushed red pepper flakes. Stir in the chopped kale. Stir and add the lemon zest and

lemon juice. Cook until kale leaves are wilted and tender.

Carefully drain the pasta. Return to pot. Crumble the goat cheese over the hot pasta and stir until creamy. Add the kale/lemon mixture. Season with salt and black pepper. Serve immediately.

Sauteed Kale with Apples and Bacon

This recipe was found in real simple magazine. This is an ideal way to use your kale, mizuna and other mixed greens.

Ingredients

4 Slices bacon
1 onion, sliced
1 apple, sliced
1 medium bunch kale, stems removed and leaves torn into bite-size pieces
Kosher salt and black pepper
1 tablespoon cider vinegar

Instructions

In a large skillet over medium heat, cook the bacon until crisp, 6 to 8 minutes. Transfer to a paper towel-lined plate. Let cool, then crumble. Add the onion and apple to the dripping in the skillet and cook until tender, 4 to 6 minutes. Add the kale, season with ¼ teaspoon salt and ¼ teaspoon pepper and cook, tossing occasionally, until tender, 8 to 10 minutes more. Mix in the bacon and vinegar.

Strawberry Parfait

This super simple dessert is light, refreshing and quick! Enjoy this parfait found on spoonful.com.

Ingredients

1 cup heavy cream
4 tablespoons sugar, divided
2 tablespoons fresh lemon juice, divided
Lemon zest (optional)

Instructions:

In a chilled medium-size bowl, whip the heavy cream with 2 tablespoons of the sugar and 1 tablespoon of the lemon juice. Gradually add in the remaining sugar and lemon juice, whipping until the cream is thick but not over-whipped. Alternate layers of whipped cream and sliced strawberries in 8-ounce parfait glasses, then top each treat with a dollop of cream and lemon zest, if you like. Serves 4.