



# FRESH FORK MARKET

Week 14 Winter 2013-14

Volume V, Issue 102

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## Week 14 Winter Contents:

Chicken Brats, 1 pack  
Choice of 1 Whole Chicken or Pork Shoulder Roast  
Choice of Garlic Scape, Spinach & Ricotta Stuffed Ravioli or Pork Ribs  
Fig-Roasted Cherry Tomatoes, 12 oz  
Ramps, 1 bunch  
Green Leaf Lettuce, 1 head  
White Potatoes, 2 lbs

### Ramp Pesto Pasta

*This week I decided to focus mostly on the ramps, simply because so many of us have no idea what to do with them! There are so many different recipes for them that it was hard to decide which to keep on here. This particular one is from norecipes.com. I hope you enjoy!*

#### Ingredients

10 ramps roughly chopped  
1/3 C olive oil  
1/4 C toasted pine nuts  
1 oz ricotta insalata  
1/2 tsp kosher salt  
Black pepper to taste  
Lemon wedges for serving  
16 oz of your favorite pasta

#### Instructions

Add the ramps, olive oil, pine nuts, ricotta kosher salt and pepper to a blender or food processor. Blitz until there are no big chunks remaining, but there should still be some texture to the pesto (i.e. you don't want to puree it).  
Boil the pasta according to the package directions in salted water until just al dente. Drain, reserving a little of the pasta water. Return the pasta to the pot and add the pesto. Toss to coat evenly, adding pasta water as needed if it starts sticking together.  
Plate and serve with lemon wedges for squeezing.

### Potato and Ramp Soup

*This is a great way to use the ramps and potatoes from this weeks bag, but also to use up any extra chicken stock you might have in the refrigerator. This recipe, from about.com, can easily be made into a vegetarian dish.*

#### Ingredients

4 to 6 slices bacon  
4 cups chopped ramps (including green)  
4 to 5 cups diced red potatoes  
3 tablespoons flour  
4 cups chicken broth  
1 cup heavy cream  
salt and pepper, to taste

#### Instructions:

In a large skillet or Dutch oven, fry bacon until crispy; set bacon aside. Add ramps and potatoes to the skillet; fry on medium-low heat until ramps are tender. Sprinkle with flour; stir until flour is absorbed. Stir in chicken broth; simmer until potatoes are tender. Stir in the cream and heat thoroughly. Add salt and pepper to taste.

### Roasted Chicken, Ramps and Potatoes

*If you decide to go with the whole chicken this week, this recipe from epicurious.com is a great meal for the week.*

#### Ingredients:

3/4 pound ramps  
1 (3- to 3.5-pound) chicken, cut into 8 pieces  
1 pound small red potatoes, halved  
2 1/2 tablespoons olive oil  
1/2 cup dry white wine  
1 cup chicken broth

#### Instructions:

Preheat oven to 500°F.  
Trim roots from ramps and slip off outer skin on bulbs if loose. Cut off and reserve leaves, leaving white bulbs attached to slender pink stems.  
Put leaves and bulbs in separate bowls.  
Pat chicken dry. Put in a flameproof large shallow roasting pan, without crowding, and surround with potatoes. Drizzle with 2 tablespoons oil and rub all over to coat evenly. Arrange chicken skin sides up and season with salt and pepper. Roast in upper third of oven 20 minutes.  
Toss bulbs with remaining 1/2 tablespoon oil and season with salt. Scatter bulbs around chicken and roast mixture until breast pieces are just cooked through, 10 to 15 minutes. Transfer breast pieces to a platter and keep warm. Roast remaining chicken and vegetables 5 minutes more, or until cooked through. Transfer to platter and keep warm, loosely covered with foil. (If crisper skin is desired, broil chicken only, skin sides up, about 2 minutes.)  
Pour off fat from roasting pan and straddle pan across 2 burners. Add wine and deglaze pan by cooking over high heat, scraping up brown bits.  
Boil wine until reduced to about 1/4 cup and add broth. When broth boils, add ramp leaves and stir until wilted and tender, 1 to 2 minutes. Remove with tongs and add to chicken. Boil pan juices until reduced to about 1/2 cup and pour around chicken.

### Goat Cheese and Wild Ramp Bruschetta

*If you're going to be entertaining or for a simple, light snack, this is the perfect recipe for you! This was found on artofnaturalliving.co.*

#### Ingredients

6 plum tomatoes, diced  
6 ramps, white & green parts, chopped  
1 T balsamic vinegar  
Salt & Pepper  
1 t fresh thyme (or fresh or dried herb of your choice)  
3-4 oz goat cheese  
1 loaf of French bread  
Olive oil for brushing bread

#### Instructions

Combine diced tomatoes, chopped ramps (or minced garlic & chopped scallions), vinegar, thyme (or other herb), salt and pepper. Add pinches of goat cheese and stir to combine until just mixed. Some of the goat cheese may dissolve but some should remain in clumps. Slice french bread and brush with olive oil. Broil (watching like a hawk since it may start slowly

but can burn in a flash) until lightly toasted. Top bread with tomato mixture and serve!

### 6-hour Slow Roasted Pork Shoulder

While this recipe is a bit lengthy, it's a fantastic recipe for the pork shoulder. This was found on jamieoliver.com.

#### Ingredients

1 pork shoulder  
sea salt  
freshly ground black pepper  
2 red onions, halved  
2 carrots, peeled and halved lengthways  
2 sticks celery, halved  
1 bulb garlic, skin on, broken into cloves  
6-8 bay leaves  
600 ml water or organic vegetable stock

#### Instructions

This is a proper old-school Sunday roast with crackling. Leaving the bone in adds a bit of extra flavour and having a layer of fat helps to keep the meat nice and moist as it roasts. This isn't the kind of joint you carve into neat slices. If you've cooked it right, it should pull apart into shreds with a couple of forks. If you're worried about scoring the crackling yourself, ask your butcher to do it for you, that's what he's there for. Preheat your oven to 220°C/425°F/gas 7.  
Place your pork on a clean work surface, skin-side up. Get yourself a small sharp knife and make scores about a centimetre apart through the skin into the fat, but not so deep that you cut into the meat. If the joint is tied, try not to cut through the string. Rub salt right into all the scores you've just made, pulling the skin apart a little if you need to.  
Brush any excess salt off the surface then turn it over. Season the underside of the meat with a few pinches of salt and pepper. Place your pork, skin-side up, in a roasting tray and pop in the preheated oven. Roast for 30 minutes, until the skin of the pork has started to puff up and you can see it turning into crackling. At this point, turn the heat down to 170°C/325°F/gas 3, cover the pork snugly with a double layer of tinfoil, pop back in the oven and roast for a further 4 and a half hours. Take out of the oven, take the foil off, and baste the meat with the fat in the bottom of the tray. Carefully lift the pork up and transfer to a chopping board. Spoon all but a couple of tablespoons of fat out (save it for roast potatoes!).  
Add all the veg, garlic and bay leaves to the tray and stir them into the fat. Place the pork back on top of everything and return to the stove without the foil to roast for another hour. By this time the meat should be meltingly soft and tender.  
Carefully move the meat to a serving dish, cover again with tinfoil and leave to rest while you make your gravy. Spoon away any fat in the tray, then add the water or stock and place the tray on the hob. Bring to the boil and simmer for a few minutes, stirring constantly with a wooden spoon to scrape up all those lovely sticky tasty bits on the bottom of the tray. When you've got a nice, dark gravy, pour it through a sieve into a bowl or gravy boat, using your spoon to really push all the goodness of the veg through the sieve. Add a little more salt and pepper if it needs it.