



FRESH FORK MARKET

Week 15 Winter 2013-14

Volume V, Issue 103

www.FreshForkMarket.com



Week 15 Winter Contents:

Ramp Linguine, 1 lb
Heirloom Tomato Sauce, 1 pint
Granny Smith Apples, 1 quarter peck
Chorizo, 1 lb
Ramps, 1 bunch
Lettuce, 1 head
Chicken Patties, 1 lb
Goat Gouda, 8 oz
Spelt Pizza Dough balls, 2

Ramp and Chorizo Quesadillas

I always like to find recipes that include at least two of the items you'll be getting in your bag. I found this interesting twist on quesadillas that incorporates ramps and chorizo! Enjoy!

Ingredients

2 ounces chorizo
16 ramps, washed, trimmed, whites finely chopped, greens roughly chopped
Kosher salt and freshly ground black pepper
4 ounces (about 1 cup) grated Jack or cheddar cheese
2 (10-inch) flour tortillas
3 tablespoons vegetable oil

Instructions

Heat chorizo in a 10-inch non-stick or cast iron skillet over medium heat and cook, stirring occasionally, until fat has rendered and chorizo is browned and crisp, about 4 minutes. Transfer chorizo to a large bowl, leaving rendered fat in skillet.

Return to medium-high heat until fat is lightly smoking. Add ramps, season with salt and pepper, and cook, stirring occasionally, until tender and lightly browned, about 2 minutes. Transfer to bowl with chorizo and wipe out skillet.

Add cheese to bowl with chorizo and ramps and toss with hands to combine. Spread half of cheese mixture over one half of one tortilla, leaving a small border around the edge. Fold tortilla firmly in half to enclose the cheese. Repeat with remaining tortilla.

Heat oil in a 10-inch nonstick or cast iron skillet over medium heat until shimmering. Carefully add both folded tortillas to skillet and cook, shaking pan gently until first side is golden brown and puffed, 1 to 2 minutes. Carefully flip tortillas with a flexible slotted spatula, sprinkle with salt, and cook on second side until golden brown and puffed, 1 to 2 minutes longer. Transfer to a paper towel-lined plate and allow to rest 1 minutes. Cut each into four pieces and serve

Bacon, Lettuce & Granny Smith Apple

Sandwiches with Goat Cheese

While this recipe isn't calling for Goat Gouda, it could be a great addition to this sandwich! This recipe was found on vittlesandbits.blogspot.com.

Ingredients

whole wheat bread (or whatever kind you prefer)
bacon slices, cooked
baby lettuce (or spring mix)
granny smith apple, sliced into thin rounds
softened log of goat cheese
lemon juice and/or zest, if desired
garlic powder, if desired

Instructions:

Toast bread slices. (If making flavored goat cheese, mix it with lemon juice/zest and garlic powder in the meantime.) Spread goat cheese on the toast (or put a slice on the toast,) and top with bacon, granny smith apple slices, lettuce, and another slice of toast. Enjoy the fiesta on your taste buds!

Spelt Pizza Dough Balls

Many customers have a lot of questions about the dough balls so I thought this would be a great opportunity to explain a little bit about them!

About your Pizza Dough:

Your pizza dough was made at Frickaccio's. Your dough is a "living" product and the yeast helps it rise when it thaws. The product has a shelf life of about 3 months frozen before the yeast starts to become ineffective. The best way to thaw the dough is to put it in the refrigerator for several hours, then take it out and allow it to rise at room temperature.

Rolling Pizza Dough:

First, flatten the ball of dough using your hand to create a circle. Dust the surface with a little flour. Lay the rolling pin across the dough as though it were the equator on the globe. Roll the dough from this center to the top and from the center to the bottom. Don't roll off the dough. Give the dough a quarter turn and repeat the rolling. Continue this process-rolling and turning to achieve the thickness you prefer. Use corn meal when you place the pizza on a pizza stone or baking tray. Besides keeping it from sticking, the corn meal will toast and actually add a little taste variation. You can load the pizza with various toppings before placing it into the oven or you can bake the pizza dough just until it is a bit dry, 7 to 8 minutes, before removing it from the oven. You can now add whatever toppings you'd like.

Good Pizza Tips:

- 1.) HOT oven (or grill): 450 degrees or hotter for the best pizza
- 2.) Fresh Ingredients
- 3.) If you have a pizza stone, cover it with a dusting of cornmeal first to keep the crust from sticking. If you are backing it on a cookie sheet, use a small amount of sunflower/vegetable/canola oil to create a stick-free surface, then dust with cornmeal.
- 4.) Add the cheese in the last couple minutes of baking or as soon as it comes out of the oven.

Spring Pizza

This awesome pizza incorporating ramps is a recipe by Alex Guarnaschelli, from the food network. This is also great for making small personal sized pizzas!

Ingredients

1 pound pizza dough
All-purpose flour, for dusting
2 tablespoons extra-virgin olive oil, plus more for brushing and drizzling
6 ounces ramps or scallions, trimmed
Kosher salt
1 cup ricotta cheese
1 teaspoon grated lemon zest
Coarse sea salt
Coarsely ground black pepper
1/4 cup fresh basil leaves
Grated parmesan cheese, for topping

Instructions

Preheat the oven to 500 degrees F. Divide the dough into 4 pieces on a floured surface. Brush a baking sheet with olive oil. Stretch the dough into four 6-inch rounds; place on the baking sheet and bake until golden, about 12 minutes. Heat a large skillet over medium heat. Toss the ramps or scallions with 1 tablespoon olive oil and season with kosher salt. Sauté until just wilted, about 1 minute. Transfer to a cutting board and cut into pieces.

Mix the ricotta, lemon zest, the remaining 1 tablespoon olive oil and some sea salt and pepper in a bowl. Brush the crusts with olive oil (this will protect them from getting soggy), then spread with the ricotta mixture and season with sea salt. Top with the ramps or scallions. Return to the oven until warmed through, about 2 minutes.

Top the pizzas with basil, parmesan and a drizzle of olive oil.