



Week 1 Winter Contents:

- 1 pork shoulder roast,
- 1 2# bag sauerkraut
- 1 head jumbo white stem bok choy
- 1 bunch kale
- 1 sleeve assorted head lettuce
- 1 # heirloom carrots (different pastel colors)
- 1 bunch turnip greens
- 2 ct acorn squash, 1 green and 1 carnival
- 1 gallon apple cider
- 1-2 bulbs celery root (celeriac)
- 1 # black turtle beans

Cider Pork Roast

- 2 medium onions, halved and sliced
- 1 pork roast, about 4 pounds
- 4 to 6 carrots, cut in 1-inch pieces
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon allspice
- 1 teaspoon chili powder
- 1 teaspoon dried thyme
- 2 cups natural apple juice or cider
- 2 tablespoons cider vinegar

Arrange onions in the bottom of the slow cooker. Place roast in the slow cooker. Arrange carrots around the roast; sprinkle the roast with the garlic, salt, pepper, allspice, chili powder, and marjoram or thyme. Combine the juice and vinegar and pour over the roast. Cover and cook on HIGH for 1 hour. Reduce heat to LOW and cook for 6 to 8 hours longer, or leave on HIGH for 3 to 4 hours longer.

Pour juices into a saucepan and bring to a boil on the stovetop. Reduce to medium and continue boiling for 5 minutes.

Combine flour and cold water until smooth; whisk into the simmering juices. Continue cooking and stirring until thickened. Serve with the pork.

Pork and Sauerkraut

From William Sonoma

Here, the sharp flavor of sauerkraut and the slight sweetness of Golden Delicious apples augment the richness of pork. The apples and pork shoulder also benefit from long, slow cooking. If you have access to a butcher, ask to have the shoulder trimmed and tied for you.
Ingredients:

- 1 boneless pork shoulder roast, 4 to 5 lb.
- Salt and freshly ground pepper, to taste
- 2 Tbs. unsalted butter
- 2 Tbs. canola oil
- 1 yellow onion, thinly sliced
- 3 Golden Delicious apples, peeled, halved and cored
- 1 Tbs. fresh thyme
- 1/2 cup dry white wine, such as Chardonnay
- 2 lb. sauerkraut, squeezed dry
- 1/4 cup firmly packed dark brown sugar
- 1 Tbs. caraway seeds

Directions:

Lay the pork flat, boned side up, on a cutting board. Using a sharp knife, trim away any large pockets of fat. Starting at the thinner end of the meat, roll up the pork and securely tie the roll at regular intervals with kitchen twine. Season the pork generously with salt and pepper.

In a fry pan over medium-high heat, melt the butter with the canola oil. Add the pork and cook, turning frequently, until browned on all sides, about 10 minutes. Transfer the pork to a platter.

Return the pan to medium-high heat, add the onion, apples and thyme, and sauté until the onion and apples are lightly browned, about 5 minutes. Transfer the apple mixture to a bowl. Pour off the fat from the pan. Return the pan to medium-high heat, add the wine and deglaze the pan, stirring with a wooden spoon to scrape up the browned bits from the pan bottom.

Oven method: Preheat an oven to 325°F. Cover the bottom of a large Dutch oven with the sauerkraut. Sprinkle with the brown sugar and caraway seeds. Place the pork on top and surround with the apple mixture. Pour in the wine mixture. Cover, transfer to the oven and cook until the pork is fork-tender and shreds easily, 4 to 5 hours.

Carrot, apple & celeriac mash

From Good Food Magazine

Ingredients

- 750g celeriac, peeled and cubed
- 1kg carrots, sliced

- 4 eating apples, about 500g/1lb 2oz, peeled and cubed
- 4 tbsp crème fraîche
- 1 tbsp butter
- 4 tbsp finely chopped parsley

Preparation

Put the celeriac, carrots and apples in a large pan of water, bring to the boil and simmer for 20 mins until tender. Drain, tip back into the pan and mash roughly. Stir in the rest of the ingredients. Cover and keep warm until ready to serve.

Turnip Greens Skillet Dinner

INGREDIENTS

greens

- 3 to 5 slices good bacon, chopped
- 3 to 5 small scallions, diced (or 1 small onion, diced)
- 2 cloves garlic, minced
- 6 to 8 cups cleaned, de-stemmed young turnip greens, chopped
- 1/2 hot pepper (or to taste), de-seeded and minced
- 2 to 4 plum tomatoes, diced
- cornbread*
- 1 cup cornmeal
- 1 cup flour
- 2 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 cup milk (sour milk or buttermilk are even better)
- 4 tablespoons oil or melted butter
- kernels cut from one ear of cooked corn on the cob (about 1/2 cup)
- 1 egg

PREPARATION

In a large, ovenproof skillet, sauté the bacon until much of the fat is rendered but the meat is not too crisp. Pour off all but about 1 to 3 tablespoons of fat. Add all of the vegetables, except the tomatoes, to the pan and cook slowly, covering briefly to help the greens wilt down. If the mix appears too dry, add a little water or broth to the pan. When the greens are soft (10 to 12 minutes), add the tomatoes and turn off the heat. Meanwhile, heat the oven to 400 degrees Fahrenheit. Mix all dry ingredients for the cornbread in a medium bowl. Beat together all wet ingredients in a measuring cup, mix in the corn and add all at once to the dry; do not over stir. Pour the batter over the cooked greens.



Bake for 20 minutes or until the cornbread is golden brown. Serve in wedges.

Lettuce Soup

This is a great recipe if you want to try something different. Any kind of potato and any salad greens, including lettuce, arugula, spinach, and watercress, will work fine. It comes from Gourmet magazine-2005.

ingredients

1 cup chopped onions, scallions, and/or shallots
1 garlic clove, chopped
3 tablespoons unsalted butter
3/4 teaspoon ground coriander
3/4 teaspoon salt
1/4 teaspoon black pepper
3/4 cup diced (1/3 inch) peeled potato
8 cups coarsely chopped lettuce leaves including ribs (3/4 lb)
3 cups water

preparation

Cook onion mixture and garlic in 2 tablespoons butter in a 4- to 5-quart heavy pot over moderately low heat, stirring, until softened, 3 to 5 minutes. Add coriander, salt, and pepper and cook, stirring, 1 minute. Stir in potato, lettuce, and water and bring to a boil, then reduce heat and simmer, covered, until potato is very tender, about 10 minutes.

Purée soup in batches in a blender (use caution when blending hot liquids) and transfer to a 2- to 3-quart saucepan. Bring soup to a simmer, then whisk in remaining tablespoon butter and salt and pepper to taste.

Thai Bok Choy Stir Fry

This recipe comes from About.com and I have enjoyed this sauce on lots of types of stir fry.

Ingredients:

2 heads of large bok choy
1 Tbsp. sunflower oil

STIR-FRY SAUCE:

2 Tbsp. oyster-flavored sauce
(Vegetarians/Vegans: substitute vegetarian oyster-flavored sauce OR vegetarian stir-fry sauce)
2 Tbsp. soy sauce

2 Tbsp. fish sauce (Vegetarians/vegans: substitute 2 Tbsp. Thai Golden Mountain Sauce OR 1.5 Tbsp. soy sauce)
2 Tbsp. sweet Thai chili sauce (available in most supermarkets)
2 Tbsp. brown sugar
2 tsp. fresh lime juice
7-8 cloves garlic, minced

Preparation:

Rinse the bok choy and cut off the bottom stem part at the base of each head. Separate into individual leaves. If the white sections of these leaves are very wide or large, you can slice them in half lengthwise, or into thirds. Tip: If stir-frying larger bok choy, slice off the green leaf tips. Add the thicker white sections to the wok first, then throw in the leaves at the end (these will cook very fast).

Mix all the stir-fry sauce ingredients together in a bowl or cup. Stir well to dissolve the sugar. Heat a wok or large frying pan over medium-high to high heat for 30 seconds to 1 minute. Add oil and swirl around. Now add the bok choy plus 2-3 Tbsp. stir-fry sauce. Stir-fry 1-2 minutes, or until pan/wok starts to become dry. Now add another 2-3 Tbsp. sauce and continue stir-frying another 2-3 minutes, or until the bok choy is bright green and the white stems are softened but still crunchy.

Taste-test the bok choy with the sauce. Add more sugar if too sour for your taste, or more lime juice if too salty. Also, fresh minced chili or dried chili can be added if you prefer it spicier. If you prefer more sauce, add a little more, as desired.

To serve, lift out the bok choy and place on a serving platter or in a serving bowl, then pour the sauce (from the bottom of the wok or pan) over. Serve immediately with plenty of Thai jasmine-scented rice. ENJOY!

Carrot and Celeriac

Remoulade Recipe

This classic carrot and celeriac remoulade (French coleslaw) makes a great alternative to the salad for winter and requires absolutely no cooking. Delicious as a starter or side.

Ingredients:

1lb carrots, peeled
12oz celeriac, peeled
juice 1 lemon
6tbsp reduced fat mayonnaise
3 tbsp Dijon mustard
3 tbsp chopped fresh parsley (optional)
salt and freshly ground black pepper

Coarsely grate the carrots and celeriac. Place in a bowl, add the lemon juice and stir well. Mix together the mayonnaise, mustard and parsley, then fold into the grated vegetables until well mixed. Season with plenty of ground black pepper and serve chilled.

Acorn Squash Fritters

Ingredients

1 acorn squash, sliced in half and cleaned of seeds
1 egg, beaten
6 Tbsp. all-purpose flour
5 Tbsp. cornmeal
1 tsp. baking powder
1/2 tsp. smoked paprika
vegetable oil
salt and pepper

Directions

Preheat the oven to 375 degrees. Take the acorn squash and place it in a glass baking dish. Fill the dish with one and half inches of water. Place the dish in the oven and roast for 45 minutes until the flesh is tender. Let cool. Once cool, scoop the insides out into a bowl. Mash them until they resemble mashed potatoes. Add the beaten egg to the squash and mix well. In another bowl, combine flour, cornmeal, baking powder and paprika. Add the squash mixture to the flour and mix well until totally combined. Heat a pan filled with a half an inch of oil over medium-high. Once the oil is hot, drop the squash, by tablespoon, into the oil. Allow it to turn golden brown, then carefully flip. Once it is golden on the other side, remove it and set it on a paper-towel lined plate to drain. Repeat with the remaining squash. Sprinkle with salt and pepper.