



**Week 3 Winter Contents:**

- 1 grassfed beef roast
- 1 bunch parsnips
- 2 frozen pizza dough balls
- 1 piece Halls Trace Aged Cheddar
- 1 lb or stalk of brussel sprouts
- 1 head green cabbage
- 1 quarter peck gold-rush apples
- 1 bunch mustard greens
- 3# bag all purple potatoes
- 1 candy onion
- 1 bunch radishes
- 2 to 3 red slicing tomatoes, hoophouse

**Crockpot Balsamic Roast Beef**

*Here is an interesting twist on the traditional crockpot roast. I found it on a blog called Sew Many Ways.*

- 3-4 pound chuck roast
- 2 cups beef broth
- 1/2 cup brown sugar
- 1/4 cup balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 3 teaspoons crushed garlic
- red pepper flakes to taste ( I used about 1/4 teaspoon)
- 2-3 onions, cut in quarters
- 2-3 tablespoons olive oil for browning the meat

Heat olive oil in a skillet and brown the roast for 2-3 minutes on each side. While that's browning, place all the other ingredients (except the onions) in sauce pan to blend to melt the brown sugar.

Place quartered onions on the bottom of the crockpot as a base for the beef. Then place the browned roast on top of the onions. Pour the balsamic mixture over the beef. Cover and cook in crockpot for 6-8 hours on low. Crockpots vary, so be sure to check between 4-5 hours and if it pulls apart and is super tender, then it is done!

**Roasted Parsnips with Cinnamon & Coriander**

*From finecooking.com*

- 1-1/2 lb. parsnips (about 10 medium)
- 1/4 cup extra-virgin olive oil
- 1/2 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1/2 tsp. sweet paprika (or a mix of mostly sweet and some hot)
- 1/2 tsp. kosher salt; more to taste
- 1/4 tsp. ground cinnamon
- 2 Tbs. chopped fresh cilantro
- 2 tsp. fresh lemon juice

Position a rack in the center of the oven and heat the oven to 375°F. Peel the parsnips and cut each into 1-inch pieces crosswise, then cut the thicker pieces into halves or quarters to get chunks of roughly equal size. (Don't try to match the skinny tail-end pieces.) If the core seems tough or pithy, cut it out. You'll have about 4 cups.

Arrange the parsnips in a single layer in a 9x13-inch baking dish. Drizzle with the olive oil and toss to coat evenly. Combine the cumin, coriander, paprika, salt, and cinnamon in a small bowl and stir to mix. Sprinkle the spices evenly over the parsnips and toss until the parsnips are well coated. Roast until completely tender and lightly browned on the edges, 35 to 45 min., stirring once or twice during cooking. Sprinkle with the cilantro and lemon juice and toss well. Taste and adjust the seasoning if necessary before serving.

**Turnip-Parsnip Gratin**

*From Cooking Light Magazine*

**Ingredients**

- 3 3/4 cups (1/8-inch-thick) slices peeled turnip
- 3 3/4 cups (1/8-inch-thick) slices peeled parsnip
- 6 cups water
- Cooking spray
- 1 cup whole milk
- 1/3 cup chicken broth
- 2 tablespoons all-purpose flour
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh black pepper
- 1 cup (4 ounces) shredded Gruyère cheese
- 2 tablespoons butter
- 1/4 cup panko

1. Preheat oven to 400°.
2. Combine first 3 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 7 minutes or until almost tender. Drain; let stand 5 minutes. Arrange about 1/2 cup vegetable mixture into each of 8 (5 1/2-inch) round gratin dishes coated with cooking spray.
3. Combine milk, broth, flour, salt, and pepper in a saucepan over medium-high heat; bring to a simmer. Cook 4 minutes, stirring constantly with a whisk until thick. Remove from heat; add cheese, stirring with a whisk until smooth. Spoon about 3 tablespoons sauce over each serving.
4. Melt butter in a medium skillet over medium-high heat. Add panko; toast 2 minutes, stirring constantly. Sprinkle breadcrumb mixture evenly over cheese mixture. Place dishes on a baking sheet. Bake at 400° for 15 minutes or until bubbly

and golden brown on top. Let stand 5 minutes before serving.

**Purple Potatoes**

The potatoes in your bag this week are purple potatoes and have deep violet, ink-colored skin and flesh. These guys are unique and have a starchy earthy flavor. I find them to be sort of nutty. They will usually lose some of their coloring is when they are cooked. I use them like I do other potatoes, but if I am frying them (like hash browns and such) I usually pair them with something sweet like onion.

Like other purple and red foods (i.e. pomegranate and blueberries) purple potatoes are high in antioxidants, making them a nutritious addition to your table.

**Purple Potato Latkes**

**Ingredients:**

- 3-4 Large Purple Potatoes
- 1 Large Onion
- 1 Egg
- 1/4 Cup Flour
- Sea Salt
- Black Pepper
- Chopped Parsley (Optional)
- Oil for Frying

**Preparation:**

Peel and finely grate the potatoes with a box grater or food processor. Put them into cold water, then drain them in a colander and squeeze them as dry as you can by pressing them with your hands.

Put the grated potatoes in a cheese cloth (or a few layers of paper towels), pull the sides up on to the top like a pouch and squeeze out as much water as you can. If you don't drain and squeeze them dry, they might get runny during frying and finally the latkes will get soggy.

Grate the onions; drain them and squeeze the water out in the same way as you did with the potatoes.

Mix the potatoes, onions, and chopped parsley.

Beat the eggs lightly with salt and pepper; add to the potatoes mix. Add the flour and stir to combine well.

Heat about 1/4 inch of oil in cast iron skillet. Take spoonfuls (I used a tablespoon), of the mixture and drop into the hot oil. Flatten them with the back of the spoon, and lower the heat so that the fritters cook through evenly. When one side is brown, turn over and brown the other.

Lift out and place them on paper towels. Serve very hot with applesauce, sour cream or your favorite condiment.