



FRESH FORK MARKET

Week 9 Winter 2013-14

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Week 9 Winter Contents:

Snow Peas (Frozen) 1 Quart
Sweet Corn (Frozen) 1 Pint
Blueberries (Frozen) 1 Pint
Blackberries (Frozen) 1 Pint
Turnips – 3 Pounds
Acorn Squash – 2 Count
Candy Onion
Napa Cabbage
Smoked Gouda
Canned Peaches – 1 Quart
Turkey Drumstick/Wing Combo

Shrimp, Snap Pea & Corn Stir-Fry

This is a great recipe from Bon Appetit. Shrimp is easily replaceable with Napa Cabbage or Chicken and the Green Onions for the Candy Onion! What a delicious meal!

Ingredients

1 pound uncooked large shrimp, peeled, deveined
2 tablespoons canola oil
3 teaspoons minced peeled fresh ginger
2 large garlic cloves, minced
1/2 teaspoon salt
1/4 teaspoon dried crushed red pepper
1 pound sugar snap peas, strings removed
1 cup fresh corn kernels (cut from about 2 ears)
1/2 cup diced red bell pepper
3 green onions, thinly sliced on diagonal
2 teaspoons black or white sesame seeds (optional)

Instructions:

Mix shrimp, 1 tablespoon oil, 1 1/2 teaspoons ginger, half of garlic, 1/2 teaspoon salt, and crushed red pepper in medium bowl. Let stand 1 hour.
Heat wok or large nonstick skillet over high heat. Add shrimp mixture; sauté until shrimp are just opaque in center, about 2 minutes. Transfer shrimp to bowl. Add 1 tablespoon oil to wok, then add sugar snap peas, corn, bell pepper, green onions, 1 1/2 teaspoons ginger, and remaining garlic. Stir-fry until vegetables are crisp-tender, about 3 minutes. Return shrimp and any accumulated juices from bowl to wok; stir-fry 1 minute longer. Season with salt and pepper. Sprinkle with sesame seeds and serve.

Cabbage with Bacon

Not sure what to do with the cabbage? This is a tasty recipe and for those of you that love our bacon, it's the perfect pairing!

Ingredients

1 head Napa cabbage
4 oz. bacon
1 Tbsp. butter or oil
Salt

Instructions:

Halve the cabbage, cut out the core from both halves, roughly chop the cabbage and set it aside. Cut the bacon into small pieces. Heat the butter or oil over medium heat in a large pot or braising dish. Add the bacon and cook it slowly until most of the fat is rendered and the edges of the bacon are starting to brown. Add the cabbage, stir everything to coat cabbage with the fat, partially cover the pot, and cook until the cabbage wilts, about 5 minutes. Cook, stirring frequently, until the cabbage is tender, about another 5 minutes. Add salt to taste and serve. Freshly ground black pepper can be tasty, too.

Crockpot Beef with Acorn Squash

This is a recipe that you'll surely be able to impress your guests with! Found on About.com, this is a great way to use your acorn squash.

Ingredients:

2 to 3 pound beef chuck roast, trimmed of fat and cut into 2-inch cubes
1 teaspoon olive oil
Kosher salt and freshly ground black pepper
1 acorn squash, peeled, seeded and cut in 2-inch pieces (see Notes)
2 large red potatoes, scrubbed but unpeeled, cut in 2-inch pieces (may substitute Yukon Gold potatoes)
1 medium sweet onion, sliced 1/4-inch thick
1 package dry mushroom gravy mix
1 can (14-1/2 ounces) diced tomatoes with juice
2 cloves garlic, minced
1/4 teaspoon ground allspice
1 large bay leaf, broken in half
1 cup frozen green beans (or sweet peas)

Instructions:

Sprinkle the beef cubes generously with salt and pepper. Heat a heavy skillet and coat the bottom of the pan with the olive oil. Brown the beef in batches, taking care not to crowd the pan. Place in the crockpot along with pan juices. To the crockpot, add acorn squash, potatoes, onion, mushroom gravy mix, tomatoes, garlic, allspice, and bay leaf. Stir with a large spoon to combine. Cover and cook on Low for 6 to 8 hours or on High for 4 to 6 hours. When done, break the

frozen green beans into 2-inch lengths and stir into the stew. Cover for 5 minutes to heat through. Remove and discard the bay leaves, then serve.

Blueberry Peach Crumble

Missing summer? Here's the perfect summer treat to warm up this cold winter thanks to our frozen and canned fruit! If you don't have the flour, oats or butter, we've got it covered! This was a great find on Two Peas and Their Pod.

Ingredients

2 cups blueberries
2 1/2 cups peeled and sliced peaches (5-6 peaches)
1 tablespoon fresh lemon juice
1 teaspoon lemon zest
1/4 teaspoon vanilla extract
1/2 cup granulated sugar
1/4 cup all-purpose Gold Medal Flour
For the crumble topping:
1/2 cup all-purpose Gold Medal Flour
1/2 cup old-fashioned oats
1/3 cup brown sugar
1/4 cup granulated sugar
1/2 teaspoon salt
1 teaspoon ground cinnamon
6 tablespoons cold butter, diced

Instructions

1. Preheat the oven to 350 degrees F.
2. In a large bowl, combine blueberries, sliced peaches, lemon juice, lemon zest, vanilla extract, granulated sugar, and flour. Gently toss until fruit is well coated. Let the fruit mixture sit while you prepare the crumble topping.
3. For the crumble topping: in a large bowl, combine the flour, oatmeal, brown sugar, granulated sugar, salt, and cinnamon. Stir together with a whisk. Mix in the butter with your fingers until the mixture comes together and you have big crumbles.
4. Place the fruit mixture in a 2 quart ceramic or glass baking dish. Sprinkle the crumble mixture evenly over the fruit. Place the pan on a baking sheet pan lined with a Silpat or parchment paper and bake for 40 to 45 minutes, or until the tops are browned and crisp and the juices are bubbly. Serve warm or at room temperature.

Note-you can make the crumble in individual ramekins. You can also make the crumble ahead of time-just store the unbaked crumble in the refrigerator and bake when ready! Store the crumble in the refrigerator for up to 2 days.