



FRESH FORK MARKET

Week 13 Winter 2012-13
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Week 13 Contents:

1 grassfed beef roast
1 quarter peck cameo apples
8 oz bag mixed salad greens
1.5 lb bag of oats
1 lb grassfed ground beef
1 lb pasture raised ground pork
1 lb smoked turkey breast
1 jar roasted red peppers

Turkey Luncheon Meat

This week we are featuring a great new product-smoked turkey breast luncheon. This is from the pasture raised turkeys we enjoyed last month. The breasts were seasoned with salt and sugar and smoked at Newswanger Meats. The breasts were then sliced down and packaged as luncheon. The product is excellent and we expect to have this regularly going forward.

The Perfect Turkey Sandwich

Everyone struggles to make the perfect turkey sandwich. Here are some creative ideas for making a great sandwich:

Roasted red peppers, Havarti cheese, and garlic mayo.

Radish relish, cream cheese, lettuce, red onion and tomato.

Apples, mixed greens, aged cheddar and watercress

Cranberry chutney and cream cheese.

Beef Roast

I often find it difficult to cook-mostly because of time constraints. That is why I love my crock pot. My favorite way to make a roast is in the slow cooker. I sear it on high heat in a skillet until it is browned on the outside.

Next I put it in the crock pot, add onion, potatoes, carrots and some salt and pepper. Then I pour in a bottle of dark beer-Newcastle Nut Brown Ale of Guinness are my favorites. I turn the

heat on to low and off to work 1 go. In about 8 hours I have a full roast dinner and the meat is so tender it falls apart.

I do the same for pork, but use apple cider instead of beer.

Herb and Spice Roast

Ingredients:

1 beef roast, about 3 to 4 pounds
1 teaspoon dried leaf rosemary
2 teaspoons dried leaf thyme
2 cloves garlic, finely minced
1/4 teaspoon ground nutmeg
1/8 teaspoon ground allspice
1 teaspoon sea salt
1 teaspoon dried leaf tarragon
1 teaspoon ground black pepper
1 tablespoon Dijon mustard

Preparation:

Heat oven to 400°. Place the roast on a rack in a roasting pan.
Combine the rosemary, thyme, garlic, nutmeg, allspice, salt, tarragon, pepper, and mustard. Rub the mixture all over the roast.
Roast for 45 to 55 minutes, or until an instant read thermometer registers about 145° when inserted into the thickest part of the roast.
Remove from the oven, tent loosely with foil, and let the roast rest for 10 minutes before slicing.

From About.com Southern Cooking

Cinnamon Baked Apples

2 cooking apples
2 tablespoons raisins
1 tablespoon honey
1/4 teaspoon ground cinnamon
1 teaspoon butter
Directions:

Core the apples and pare a 1-inch strip of skin from around the middle of each to prevent splitting.

Place the apples in two 10-oz custard cups. Pack the raisins into the apples. Mix the honey and cinnamon, pour over the raisins and into the apples. Top with butter.

Cover tightly and microwave on high

(100%) until tender when pierced with a fork, 3 to 4 minutes. If you prefer, they can also be baked at 375°F for 30 minutes.

Serve warm with cream, if desired.
Adapted from Food.com

Apple Crisp

INGREDIENTS

4 medium cooking apples, sliced (4 cups)
½ cup honey
¼ cup sorghum syrup
½ cup whole wheat flour
½ cup oats
1/3 cup butter, softened
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg

Cream or Ice cream, if desired
Heat oven to 375°F. Grease bottom and sides of 8-inch square pan with butter.

Spread apples in pan. In medium bowl, stir remaining ingredients except cream until well mixed; sprinkle over apples.

Bake about 30 minutes or until topping is golden brown and apples are tender when pierced with a fork. Serve warm with cream.

Namaste Fundraiser

One of our favorite events each year is the Namaste Fundraiser hosted by IPM (International Partners in Mission). This group has projects around the world, ranging from literacy programs for children, support services for female entrepreneurs in third world countries, and even a Cleveland based project called Esparanzo Threads, which helps immigrant women earn a livable wage producing clothing.

Of equal importance, however, is their ability to throw a good party. IPM hosts an annual fundraiser called Namaste on FRIDAY, APRIL 26 at Ariel International Center on East 40th and Lakeside in Cleveland. Because you are a Fresh Fork Market customer, IPM is offering 30% off of their event. Please register at the link below. Under the area titled Promotional Code, enter FreshFork.

<http://www.ipmconnect.org/>