



**Week 14 Contents:**

- Pizza Dough Balls - 2
- Heirloom Tomato Sauce
- 1 lb Italian sausage
- 8 oz Monterrey Jack cheese
- 1 bag mixed greens
- 1/3 lb ramps
- 1 lb ground beef
- 1 quarter peck Fuji Apples
- 1 bottle Sunflower Oil
- 1 dz Eggs

**Pizza**

This week is pizza week. I always love pizza week. I have become so spoiled on top notch ingredients, that take-out pizza is always a disappointment. This week, we have some great ingredients for pizza toppings.

First off, when you make your pizza, make sure to preheat the oven. Hot. I like to preheat mine to about 475. That is because I have an antique oven that will lose heat when I put the pizza in. If yours is more efficient, preheat to 425 or 450. If you are using a pizza stone, put it in before you preheat. I use a pizza pan. If you want a crisper crust, preheat your pan as well, and put your prepared pizza onto the hot pan.

Roll out the dough. Don't be afraid to use extra flour, or your dough may stick to the counter. I prefer to top my pizza once it is rolled out. I have heard others prefer to par bake the crust and then add the toppings. Either is fine.

Now, time to transfer the raw pizza to your pizza stone or pan in the oven. Sprinkle a generous amount of cornmeal on the pizza pan. This will keep it from sticking. Slide a flat plate or pan under your raw pizza and transfer it to the oven, sliding it onto the hot pan. Cook for 12-15 minutes, when the crust is brown on the bottom and the cheese on top is brown and bubbly.

**Some tips:**

When using meat for toppings, your pizza will be significantly less greasy if you cook off the toppings separately and then sprinkle them on top of the pizza with the cheese.

Don't be afraid to try some new toppings. Ramps are great on a pizza. Pizzas don't have to have mozzarella, any kind of cheese will work. Just think about the toppings and what cheeses work best with them. Monterrey Jack is a mild cheese and will work great on pizzas.

You don't have to use red sauce. I usually do, as I have tons of it that I make every summer. However, olive oil and garlic work great. I have made pizza with white sauce (alfredo), pesto, salsa, and our customer Gretchen loves pizza made with Pappy's Pepper Butter. The sky is the limit, unleash your imagination. We are including a jar of Clark Pope's Heirloom Tomato Sauce- and it is great.

**Ramps**

If this is your first winter with Fresh Fork Market, then ramps may be new to you. We get them every year. I had always heard about ramps, mostly on British cooking shows, but never seen them before working at Fresh Fork Market. Come to find out, they were growing wild in my yard, and I was pulling them up as a weed. What a waste.



So what is it? Ramps are from the same family as onions and garlic. They have a pronounced onion flavor and can have a garlicky scent. They are sometimes called wild onions or wild leeks. They have a pretty short season for availability-usually just a few short weeks. They are rarely grown commercially, they are often foraged. They can be highly sought after, so in

some places, you can't pick them (like the Cleveland Metroparks). Enjoy them while they last.

These tasty tidbits are excellent in soup, stews, nearly anything. I love them in egg dishes like omelets and quiches. Try chopping them and sautéing them with potatoes. Pan fry a steak, some leftover roast, pork chops or some Italian sausage, then remove the meat, toss in chopped ramps and deglaze the pan with a little beer or water-making sure to scrape up any brown bits. Cook down until ramps are tender and liquid is mostly gone and pour over the meat. Heaven.

**Ramps, eggs and pork**

This is my favorite way to enjoy ramps. I can eat breakfast foods any day, any time. First cook off some pork. I prefer to use bacon, any sausage, or even ground pork. You could even do all three. I like to cut the bacon up and slice the sausage before cooking. Put it in a skillet and cook with a little water. Cook to desired crispness. Remove the meat and cook off any remaining water.

Then add some butter to the pan and melt it down. Add ramps. I like them cut in large pieces-like you would see on a veggie tray. Toss them occasionally and cook until tender. Add some salt and pepper during cooking, and some red pepper flakes for a little heat. When they are tender, take them out of the pan and put with the pork. Leave the fat in the pan.

Now for the eggs. Make sure your pan is not too hot. If your pan is too hot, your eggs will cook too fast, making them rubbery. Crack the eggs into the leftover seasoned fat mixture. Cover and cook until done to your liking. If the whites are too runny on top, but the yolks are about right, give them a quick flip and cook for just a minute.

Put some of the meat and ramp mixture on the plate and lay some eggs on top. I prefer to have a very runny yolk. When you break into the egg, the yolk with run and mix with the other ingredients.

And now I am hungry.