

Package Contents:

- 1 lb ground veal
- 1 lb ground pork
- 1 lb ground Italian sausage
- 5 lb red norland potatoes
- ½ lb young green onions
- 1 lb black pepper basil linguini
- 1 pint sweet sorghum
- 2 lb cornmeal
- 1 dozen eggs
- 1 package honey puffed spelt
- 1 sleeve organic leaf lettuce
- 4 oz goat feta

Sorghum

Sorghum is a field crop that looks like a cross between corn and wheat. It is tall with a thick stalk like corn; instead of tassles and corn cobs, it has thick bunches of sorghum berries (look like wheat berries).

The sorghum crop is very versatile and is usually grown on a much larger scale than my producer in Homerville. My producer grows sorghum for several purposes. First, his family uses the stalks to make syrup, which is a sweetener they use in place of sugar. Second, the sorghum berries are good for chicken feed. Third, the sorghum plant has extensive roots that help break up the soil and works as a great cover crop in rotation.

Sorghum is large export crop for the US for purposes of making animal feed and milling into flour. Sorghum flour is popular in Africa and Asia. I've never had it, but want some. The sorghum flour is gluten free and therefore desirable for some diets.

In the US, sorghum is used for animal feed and to make a sweetener. The stalk of the sorghum plant is harvested and pushed through a cane mill, similar to a sugar cane. The cane mill essentially crushes the stalk and squeezes the syrup out of the stalk. A messy pulp is then brought to a boil where the fibers can be filtered out. The remaining fluid is cooked in an evaporator pan. This process is very similar to that of maple syrup. This boils off the water and produces a very dense, sweet syrup.

Sorghum syrup is very popular in the South and Appalachia. It is served in place of maple syrup on pancakes, in grits/porridge, and over biscuits. A simple breakfast of biscuits with butter and sorghum is appropriate.

Addressing the "seized up" issue.

Sorghum, like raw honey or maple syrup, has a tendency to seize up in cold environments and

over time. This is essentially the product going back to its natural state of preservation.

The best way to bring sorghum (or honey or syrup) back to life is to gently heat the product back up. Fill a pot with water deep enough that the jar can be completely submerged. Bring the water to a boil and remove from the stove. Place the jar of sorghum gently in the pot and cover the pot with a kitchen towel to trap in the heat. Allow the jar to rest in the water for 20 to 30 minutes. By this time, the sorghum should be liquid again. If it is not, repeat this process.

Be careful when putting the glass jar on a hot surface like the bottom of a hot pan. It may crack the glass. A good preventive measure is to put a canning rack (if you have a canner rack) or some mason jar lids on the bottom of the pot so that the glass jar does not sit directly on the hot surface.

Ingredients:

- Rice
- Vegetable broth or chicken broth
- Butter
- Winter squash
- Dry white wine
- White onion, chopped
- Optional: grated parmesan cheese or similar hard, dry cheese

Cornmeal Porridge (Grits)

This week, I intentionally planned the cornmeal and molasses. On a baking level, I see lots of possibilities...but you don't want my baking advice! I've found many of my customers are good at coming up with solutions there.

One simple dish though would be to make grits. While traditional grocery store grits are technically called "hominy," we simply have cornmeal here. I'm working on a hominy product, but there are some complications surrounding the dying process in which the cornmeal (usually of a coarser grind) is died with food grade lye to help your body extract the vitamins better. Lye gives it the white color.

In this variation, don't expect a pretty finished product or even normal grits consistency. Bring approximately 2 cups of water to a boil with a half a teaspoon of salt. Add one cup of cornmeal and whisk frequently until the cornmeal thickens into a porridge. Serve warm with butter and sorghum on top.

Sorghum Chess Pie

I feel guilty putting this recipe in here because I know there is essentially no nutritional value...but it should be tasty and different.

A chess pie is an old fashioned pie that differs from a custard by having cornmeal in it.

Ingredients:

- 1 cup sorghum
- ½ cup butter
- ½ cup brown sugar
- 3 large eggs
- 1 tablespoon vinegar
- 2 teaspoons vanilla
- 1 tablespoon cornmeal

First, melt the butter and using an electric mixer, blend in the sugar and sorghum. Add the other ingredients and mix them in by hand. Do not beat them in.

Pour the mixture into an unbaked pie crust. Bake at 350 degrees for about an hour or until a toothpick can be inserted and removed clean.

Serve chilled with whipped topping and coffee.

Veal Uses

Substitute veal for beef in: meatballs, meatloaf, or hamburgers.

Veal Pasta Sauce (Epicurious)

1 to 2 cups chopped tomatoes (either fresh or the ones you canned from the summer CSA ☺)
 3 tablespoons butter
 1 small onion, chopped
 ½ lb ground veal
 Salt and black pepper
 Quarter cup grated Italian cheese (parm, asiago)

If using fresh tomatoes, make sure they are good and ripe (juicy). Skin the tomatoe by submerging it in boiling water for one minute then dipping it in an ice water bath. Peel the skins off. Score the skin near the top or bottom first.

Coursely chop the tomatoes. Melt butter in a saucepan and cook the onions until they start to become slightly translucent. Add the ground veal and cook until slightly browned. Add the tomatoes, salt, and some pepper. Cook for 15 to 20 minutes at medium heat until the veal is cooked. You may add other seasonings as you desire. Toss with pasta and serve.

Chef Matthew Anderson's Cornmeal and Sorghum Suggestions

Matt is a great customer of mine. He owns the Umami Asian Kitchen in Chagrin Falls and has dabbled a bit in a variety of different cuisines. Matt spent most of his career in the Washington DC market and South (Richmond, etc). I recently got him some sorghum for a goat cheese ice cream to be prepared for Dinner in the Dark. He was quite excited about sorghum and offered this recipe for us to try.

Based on the ingredients (bacon), I gather that he knows my customer base well.

Cornbread with Bacon Crust

Ingredients

10 thick-cut bacon slices	1 teaspoon salt
1 1/2 cups medium-grind cornmeal	1 2/3 cups whole milk
1 1/2 cups all purpose flour	3 large eggs
3 tablespoons brown sugar	3 tablespoons sorghum syrup
1 tablespoon baking powder	2 tablespoons unsalted butter, melted
	2 cups frozen corn kernels (unthawed)

Preparation

Cook bacon in large skillet over medium heat until crisp. Drain on paper towels. Reserve 2 tablespoons drippings from skillet. Crumble bacon into small pieces.

Preheat oven to 350°F. Coat 12-inch diameter ovenproof skillet with bacon drippings. Whisk cornmeal and next 4 ingredients in large bowl. Whisk milk, eggs, sorghum and butter in medium bowl. Stir milk mixture into dry ingredients. Mix in corn.

Place prepared skillet in oven until **very hot**, about 10 minutes. Pour batter into skillet. Sprinkle bacon over. Bake cornbread until golden and tester inserted into center comes out clean, about 50 minutes. Cool in skillet at least 30 minutes. Serve cornbread directly from skillet.

DO AHEAD: *Can be made 8 hours ahead.* If desired, rewarm uncovered in 350°F oven 10 to 15 minutes.

Cornmeal Cranberry Cookies

yield: Makes about 48 cookies

Ingredients

3 cups all-purpose flour	3/4 cup sugar
1 cup yellow cornmeal	3/4 cup sorghum syrup
2 teaspoons baking powder	2 large eggs
1/2 teaspoon salt	2 teaspoons vanilla
3 sticks (1 1/2 cups) unsalted butter, softened	2 cups dried cranberries

Preparation: Preheat oven to 350°F.

In a bowl whisk together flour, cornmeal, baking powder, and salt. In a large bowl with an electric mixer cream together butter, sugar and sorghum until light and fluffy and beat in eggs, 1 at a time, beating well after each addition. Add flour mixture and vanilla and stir until combined well. Stir in cranberries.

Drop dough by rounded teaspoons 2 inches apart onto greased baking sheets and bake cookies in batches in middle of oven 16 to 18 minutes, or until golden. Transfer cookies with a spatula to racks to cool. Cookies keep in airtight containers 5 days.