

FRESH FORK MARKET

LOCAL PROVISIONS FOR
MODERN DOMESTIC LIVING

Customer Cook Book 2012

This is a collection of the recipes from customers that were submitted at the Customer Appreciation Barbecue. Our goal is to make this an annual publication. Let us know your favorites!



Rolls

Submitted by: Holly Hasman

From: Christina Kurtz at Wholesome Valley Farms

Makes 4 large loaves or 32 rolls

Ingredients:

4 cup warm water

1/3 cup local honey

1 cup olive oil

2 Tablespoons lemon juice

2 T pink Himalayan salt

3 Tablespoons instant yeast

10 cups freshly milled flour (prairie gold, kamut, spelt mix)

- up to 2 cups more flour, until dough pulls away from side of bowl

Mix flour in Vitamix dry container or other grain mill.

Mix ingredients until soft dough forms.

Knead 6 minutes in stand mixer.

Shape loaves or rolls.

Rise, until 1" over loaf pan

Bake at 350 degrees, 30-35 minutes, until nicely browned.



Honey Corn Bread

Submitted by: W. Sober
From Taste of Home website

Ingredients:

1 cup all-purpose flour
1 cup yellow cornmeal
¼ cup sugar
3 teaspoons baking powder
½ teaspoon salt
2 eggs
1 cup heavy whipping cream
¼ cup canola oil
¼ cup honey

Directions:

In a bowl, combine flour, cornmeal, sugar, baking powder and salt.
In another bowl, beat the eggs. Add cream, oil and honey. Beat well. Stir into the dry ingredients just until moistened. Pour into a greased 9" square baking pan.
Bake at 400 degrees for 20-25 minutes or until a toothpick inserted near the center comes out clean. Serve warm. Yield 9 servings.



Blue Cornbread

Submitted by: Holly Hasman

From: Christina Kurtz at Wholesome Valley Farms

Ingredients:

- 1 cup freshly milled blue cornmeal
- ½ cup sugar (or less)
- 1 cup buttermilk
- 1 teaspoon baking soda
- 1 teaspoon pink Himalayan salt
- 1 cup freshly milled flour
- 1 Tablespoon butter
- 1 egg from Scenic Acres Farm

Dissolve baking soda in buttermilk. Combine dry ingredients. Cut butter in to dry ingredients. Add wet to dry and mix to combine. Spread in square pan & bake.

350 degrees for 20-25 minutes



Scallion Cornbread Muffins

From: Everyday Food Magazine

Ingredients:

1/2 cup yellow cornmeal
1/2 cup all-purpose flour, (spooned and leveled)
2 tablespoons sugar
3/4 teaspoon baking powder
1 teaspoon coarse salt
1/2 cup plus 2 tablespoons buttermilk
2 tablespoons oil
1 large egg, whisked
1/4 cup chopped scallions

Directions:

Preheat oven to 450 degrees. Lightly grease 6 cups of a standard-size muffin pan with vegetable oil. In a large bowl,

Combine cornmeal, flour, sugar, baking powder, and salt. Make a well in the center; stir in buttermilk, oil, egg, and scallions. Fill muffin cups two-thirds full and bake until a toothpick inserted in center of a muffin comes out clean, 10 to 13 minutes.



Sweet Potato Casserole With Coconut

Submitted by: Kathleen Davis
From Real Simple, by Charlyne Mattox

Ingredients:

3 pounds sweet potatoes, peeled and cut into 1-inch pieces
Kosher salt
1 cup sweetened shredded coconut
1/2 cup packed light brown sugar
1/2 cup chopped pecans
1/2 cup granulated sugar
1/3 cup whole milk
1/2 cup (1 stick) unsalted butter, cut into pieces
3 large eggs
1 teaspoon pure vanilla extract

Directions:

Place the potatoes in a large pot and add enough cold water to cover. Bring to a boil and add 2 teaspoons salt. Reduce heat and simmer until very tender, 20 to 25 minutes. Drain the potatoes and return them to the pot.

Meanwhile, heat oven to 325° F. In a small bowl, combine the coconut, brown sugar, pecans, and ½ teaspoon salt.

Add the granulated sugar, milk, butter, eggs, vanilla, and ½ teaspoon salt to the potatoes and mash until smooth.

Transfer the mixture to an 8-inch square or another shallow 2-quart baking dish and sprinkle with the coconut mixture. Bake until heated through (tent loosely with foil if the top browns too quickly), 30 to 35 minutes.



Roasted Cauliflower with Fresh Herbs and Parmesan

From: Lorrie Hulston Corvin, Cooking Light, November 2005

Ingredients:

12 cups cauliflower florets (about 2 heads)
1 1/2 tablespoons olive oil
1 tablespoon chopped fresh parsley
2 teaspoons chopped fresh thyme
2 teaspoons chopped fresh tarragon
3 garlic cloves, minced
1/4 cup (1 ounce) grated fresh Parmesan cheese
2 tablespoons fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper

Preparation:

Preheat oven to 450°.

Place cauliflower in a large roasting pan or jelly-roll pan. Drizzle with oil; toss well to coat. Bake at 450° for 20 minutes or until tender and browned, stirring every 5 minutes. Sprinkle with parsley, thyme, tarragon, and garlic. Bake 5 minutes. Combine cauliflower mixture, cheese, and remaining ingredients in a large bowl; toss well to combine.



Roasted Butter-Cumin Carrots

Serves 4

- 1 pound baby carrots
- 1 Tablespoon olive oil
- 1 Tablespoon butter, melted
- 1 teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon ground black pepper

Heat over to 500 degrees. Line rimmed baking sheet with foil. In medium bowl, mix all ingredients, tossing to coat well. Transfer carrots, scraping bowl for liquid and seasonings to prepared baking sheet. Arrange in even layer. Roast for 15 minutes, then use a spatula to flip them, and roast for another 10-15 minutes, or until lightly browned and tender.



Baked Beans

- 2 cans baked beans, large
- 2 cups ketchup
- 2 Tablespoon mustard
- 1 teaspoons Worcestershire sauce
- 2 Tablespoons brown sugar
- 1 medium onion, diced

Add cooked bacon, sliced hot dogs to taste. Bake at 350 degrees for 45 minutes. Broil 10-15 minutes.



Hot Hungarian Stuffed Peppers

Submitted by: Holly Hasman

From: Allrecipes.com

Ingredients:

- 1/3 cup ground Italian sausage
- 1 (8 ounce) package cream cheese, softened
- 3/4 tablespoon garlic salt
- 3 tablespoons grated Romano cheese
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/3 cup Italian-style dry bread crumbs
- 1 tablespoon olive oil
- 6 Hungarian hot peppers, cored and seeded

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Preheat oven to 350 degrees.

In a medium bowl, mix together the sausage, cream cheese, garlic salt, Romano cheese, oregano, basil, bread crumbs and olive oil.

Stuff the peppers with the sausage mixture. Place on a baking sheet, and bake in the preheated oven 20 to 25 minutes, until the stuffing is lightly brown and bubbly.



Roasted Cauliflower with Walnuts and Parsley

Serves 4

Ingredients:

- 1 head cauliflower, cut into florets (about 8 cups)
- 2 Tablespoons extra-virgin olive oil
- 3 anchovies, finely chopped
- 2 garlic cloves, minced
- ½ cup dry white wine
- ½ cup coarsely chopped walnuts, toasted (to toast, spread on a baking sheet and heat in a 350 degree oven until fragrant, 5-10 minutes)
- ½ cup fresh flat-leaf parsley
- Ground pepper

Preheat oven to 400 degrees. Toss cauliflower with 1 Tablespoon oil on a rimmed baking sheet. Roast until golden brown, 30-35 minutes.

Heat remaining oil in a medium skillet over medium heat. Cook anchovies and garlic for 1 minute. Remove from heat, add wine. Return to heat, cook until dressing is reduced by half.

Combine cauliflower, walnuts, and parsley in a bowl. Pour dressing over top and toss. Season with pepper, serve.



Pumpkin Chorizo Cornbread Dressing with Poblanos

Submitted by: Shelli

Ingredients:

Butter

1 lg onion (chopped)

1 lb Chorizo (crumbled)

2 poblanos (diced)

1 med pie pumpkin, seeded, peeled and diced

Various spices: salt, pepper, cinnamon, cumin, etc (I just make it up)

4 cups cornmeal

2 teaspoon salt

2 Tablespoons sugar

4 teaspoons baking powder

1 teaspoons baking soda

2 cup buttermilk OR 2 cup milk + 2 Tablespoon vinegar

3 eggs

1.5 C creamed corn (fresh made if available)

(1) bottle pumpkin ale

Water (if necessary)

Honey

Directions:

Preheat oven to 425.

Melt butter in (2) cast iron skillet. Add onion, and cook until translucent. Toss in poblanos and cook just until soft.

Add crumbled chorizo, and cook through. Season.

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Meanwhile, whisk cornmeal, salt, sugar, powder, and soda together. Whisk milk and eggs together, add to dry mix. Stir in creamed corn.

Remove meat mixture from skillets, add pumpkin to the hot grease and cook until soft, spicing as you please.

Remove pumpkin and set aside. Mix half of the meat mixture into cornbread batter. Pour batter into skillets, and bake until golden brown (about 20 minutes). Remove from oven, and reduce heat to 350. Butter large baking dish (or 2 smaller ones). Crumble cool (ish) cornbread into dish, mix in remaining meat mix and pumpkin. Spice with salt, pepper, etc.

Add beer over top, and water if needed to moisten. Bake dressing for approx. 20-25 minutes, drizzling with honey half way through and stirring.

Serve.



Non-goopy Coleslaw

Sauce:

1 teaspoon crushed garlic
½ teaspoon chili powder
Dash cayenne pepper
¼ cup lime juice
¼ cup seasoned rice vinegar
1 Tablespoon sugar or honey
2-3 Tablespoons olive oil
Salt and pepper to taste

Slaw:

8 cups shredded cabbage
1-2 bell peppers, chopped
½ cup chopped red onion
1 cup chopped or shredded carrots
1 cup fresh or frozen corn

½ cup toasted nuts (pecan are the best, but other nuts will work)

Mix all sauce ingredients and set aside.

Heat a skillet over medium heat and cook corn until it is browned and dried out.

Combine all slaw ingredients. Add sauce and mix well. Before serving, sprinkle with the toasted nuts.

Note: I just mix together any combination of vegetables to get the amount of 12 cups or so. I've also added shredded raw greens.



Hot and Spicy Baked Beans

Submitted by: Lane and Duane Hoyt

Ingredients:

6 slices thick pepper bacon
1 large onion, diced small
1 poblano pepper, diced small
2 cans hot and spicy chili beans
1 cup chili sauce
½ cup dark brown sugar
¼ cup cider vinegar
2 teaspoons honey
Small pinch ground cloves

Preheat the oven to 325 degrees.

In a small bowl whisk together the chili sauce, brown sugar and vinegar, set aside. In a large deep skillet take the bacon and fry slowly over medium heat. Don't crisp the bacon, just cook it until it gives up its grease. Take the bacon from the pan and drain on paper towels. Drain most of the grease out of the pan. Add onions and peppers and sauté until tender, 5-8 minutes.

Add both cans of beans (do not drain) and coat with chili sauce mixture. Stir and simmer. Stir in honey and cloves. Simmer over low heat for 15 minutes.

Grease (spray with olive oil) 9x9 glass pan. Add the bean mixture from the skillet. Cut the bacon into 1-2" pieces with kitchen scissors and arrange on top of the beans. Cook in the 325 over for 2 hours.

Note: These are best if you bake them the night before and then put them in the fridge and put them back in to warm the day of the event. The hot-cold-hot makes them thicker and bring up the spicy heat.



Organic Red Quinoa and Brown Rice Salad

Submitted by Marcia Pascuzzi

Uses mostly organic and all CSA veggies.

Make a dressing with Delicious Olive Scene (Shops of Rocky River/Chagrin Falls) balsamic vinegars and flavored oils. I am a scratch cook so I have no measurements.

Make a dressing to your tastes. I used traditional balsamic, strawberry balsamic, olive oil, raspberry vinegar, CSA honey, touch of rice vinegar, garlic salt, salt, pepper, paprika, and any of our favorite seasonings.

Cut up all of our favorite veggies from your CSA. I used carrot, pepper, red onion, tomatoes, rutabaga, fresh cilantro, asparagus, all cut up small and tossed with organic cooked quinoa (red) and delicious organic brown basmati rice. I cooked the rice slightly less than called for so it has a bit more strength. Mix all together and place on a bed of CSA field greens. You could add a grilled chicken breast if you wanted a more hardy meal. Tips: always wash your rice first. Snap asparagus stems where they want, keep the tips in the freezer for soups pureed



Coleslaw

Submitted by: Todd Smith

Ingredients:

Slaw:

1 med head cabbage, chopped
1 med white onion, chopped
1 green pepper, chopped
1-2 carrots, grated

Dressing:

1 cup sugar
1 cup apple cider vinegar
 $\frac{3}{4}$ cup vegetable oil
1 Tablespoon salt
1 teaspoon celery seed
1 teaspoon mustard seed

Combine all vegetables in a bowl. Boil all other ingredients until sugar is dissolved. Pour liquid over vegetables.

Chill in refrigerator for at least 2 hours prior to serving.



Back On Track II Cilantro Lime Spelt Berry Salad

From: Adapted from Back on Track Wheatberry and Bean Salad which was adapted from Alive Magazine.

Yield: 7.5-8 cups

Salad Ingredients:

- 1 cup dry speltberries (or wheatberries)
- 1 medium carrot, peeled & diced
- 1/2 red onion, diced (yield ~1 cup)
- 1 English cucumber, diced
- 1 orange pepper (or red/yellow), diced
- 1 large tomato, diced
- 3 green onions, diced
- 2 cups/500 ml cooked black beans

Dressing Ingredients:* See note below

- 2 tbsp extra virgin olive oil
- 5 tbsp minced cilantro (1 cup whole Cilantro, with large stems removed)
- 1 tbsp balsamic vinegar
- 3 tbsp fresh lime juice (~1.5 limes) + 1/2 tsp zest
- 2 large garlic cloves, minced
- 1 tsp ground cumin, or to taste
- 3/4-1 tsp kosher salt, or to taste + ground pepper, to taste

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Directions:

In a medium bowl, soak the berries overnight in cold water (optional- I skipped this step this time). The next day, drain the berries and place in a medium sized pot, covered in 3 inches of water. Bring to a boil and then reduce heat to medium and simmer for about 45 minutes. Drain and cool.

In a large bowl, mix together the diced vegetables (cucumber, carrot, onion, red pepper, tomato, green onions). Add in cooked beans and drained cooked berries and stir.

In a small bowl whisk together the dressing ingredients (olive oil, minced cilantro, balsamic vinegar, fresh lime juice, minced garlic, cumin, salt and pepper). Add the dressing and stir well. Now season with kosher salt and freshly ground black pepper to taste. Garnish with additional cilantro if desired. Yield: 7.5-8 cups. Will keep in the fridge for 3-5 days.

Note: next time, I might double the dressing.



Pasta with Black Kale, Caramelized Onions, and Parsnips

From: Myrecipes.com

Ingredients:

2 tablespoons extra-virgin olive oil, divided
3 cups (1/3-inch) diagonally cut parsnip (about 1 pound)
2 1/2 cups sliced onion (about 1 large)
1 tablespoon chopped fresh thyme
4 garlic cloves, chopped
1/2 cup dry white wine
8 cups trimmed chopped black kale (about 3 bunches)
1/2 cup organic vegetable broth
8 ounces uncooked penne pasta
1/2 cup (2 ounces) shaved Parmigiano-Reggiano cheese, divided
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

Directions:

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add parsnip to pan; cook 12 minutes or until tender and browned, stirring occasionally. Place in a large bowl; keep warm.

Heat remaining 1 tablespoon oil in pan over medium-low heat. Add onion to pan; cook 20 minutes or until tender and golden brown, stirring occasionally. Stir in thyme and garlic; cook 2 minutes, stirring occasionally. Add wine; cook 3 minutes or until liquid almost evaporates. Stir in kale and broth; cook, covered, 5 minutes or until kale is tender. Uncover; cook 4 minutes or until kale is very tender, stirring occasionally.

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Cook pasta according to package directions, omitting salt and fat. Drain pasta in a sieve over a bowl, reserving 3/4 cup cooking liquid. Add drained pasta to kale mixture. Stir in parsnips, 1/2 cup reserved cooking liquid, 1/4 cup cheese, 1/2 teaspoon salt, and 1/2 teaspoon black pepper; cook for 1 minute or until thoroughly heated. Add remaining 1/4 cup cooking liquid if needed to moisten. Top with remaining 1/4 cup cheese.



Local Chicken and Andouille Gumbo atop Ohio Corn Grits

Made by: Holly Hasman, adapted from Bon Appétit, January 2012

Ingredients:

- 1 tablespoon kosher salt plus more
- 1 teaspoon fresh ground black pepper
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper
- 3 pounds skinless, boneless chicken thighs
- ½ cup or more vegetable oil
- 1 pound andouille or other spicy smoked sausage, cut into ½” rounds
- 1 cup all purpose flour
- 2 medium onions, finely chopped
- 4 scallions, thinly sliced (white and pale parts separated from dark)
- 2 celery stalks, finely chopped
- 2 green bell peppers, finely chopped
- 2 tablespoons chipped garlic
- 8 cups low-salt chicken broth
- 2 bay leaves
- 1 teaspoon fresh thyme
- 2 cups ½” thick slices fresh (or frozen, thawed) okra, divided
- 1 ½ teaspoons Worcestershire sauce
- 1 teaspoon hot sauce (preferably Crystal)

Combine 1 tablespoon salt and next three ingredients in a small bowl. Sprinkle all over chicken. Heat ½ cup oil in a heavy pot over medium heat. Working in batches, sear chicken until golden brown, about 5 minutes per side. Transfer to a plate. Add sausage to pot, cook until browned, about 4 minutes per side. Transfer to plate with chicken.

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Strain drippings from pot through a fine mesh sieve into a 2-cup heatproof measuring cup; reserve 1 cup drippings, adding more oil if needed to measure 1 cup. Wipe pot clean, return drippings to pot.

Heat drippings over medium heat. Whisk flour. Whisk constantly until roux is the color of milk chocolate, 15-20 minutes. Reduce heat to low; add onions. Cook, stirring occasionally, until soft, about 10 minutes. Stir in white and pale green parts of scallions and next three ingredients. Cook, stirring often, until soft, about 10 minutes.

Slowly whisk in broth. Add bay leaves, thyme, and reserved chicken and sausage. Bring to a boil; reduce heat to low and simmer gently, skimming fat from surface and stirring occasionally, about 45 minutes.

Stir in 1 cup okra, Worcestershire, and hot sauce. Simmer until chicken is very tender and flavors meld, about 45 minutes. Stir in remaining 1 cup okra; simmer until okra is crisp-tender, about 5 minutes. Remove from heat. Season to taste with salt. Do ahead: Can be made two days ahead. Let cool slightly; chill uncovered until cold. Cover and keep chilled. Rewarm gently before continuing.

Serve gumbo over grits. Garnish with dark-green parts of scallions.

Serves 8-10



Braised Turnips with Poppy-Seed Bread Crumbs

From: Gourmet | February 2008, by Farid Zadi

Ingredients:

For turnips:

- 3 tablespoons unsalted butter
- 2 pounds medium turnips (not Japanese), peeled and cut into 1-inch-thick wedges
- 1 1/2 cups water
- 1 tablespoon fresh lemon juice

For bread crumbs:

- 2 tablespoons extra-virgin olive oil
- 1 garlic clove, minced
- 1 cup fine fresh bread crumbs from a baguette
- 1 tablespoon poppy seeds
- 1 tablespoon chopped flat-leaf parsley

Preparation:

Braise turnips. Melt butter in a 12-inch heavy skillet over medium heat, then add turnips, water, lemon juice, and 1/2 teaspoon salt and bring to a boil. Reduce heat to low and simmer, covered, 30 minutes. Increase heat to medium and stir turnips, then briskly simmer, uncovered, until all of liquid has evaporated and turnips are glazed and just tender, 20 to 35 minutes (they should be cooked through but still retain their shape).

Make bread crumbs while turnips cook.

Heat oil in a large heavy skillet over medium heat until it shimmers, then cook garlic, stirring, until pale golden, about 1 minute. Add bread crumbs and poppy seeds and cook, stirring frequently, until golden, 4 to 5 minutes. Stir in parsley and salt to taste. Just before serving, sprinkle bread crumbs over turnips.



Cauliflower – White Bean Dip

From: Everyday Food Magazine

Ingredients:

1 medium head cauliflower, trimmed and cut into 1 1/2-inch pieces
5 garlic cloves, unpeeled
3 tablespoons extra-virgin olive oil, plus more for serving
Coarse salt and ground pepper
1 can (15.5 ounces) cannellini beans, rinsed and drained
1 teaspoon lemon zest, plus 1 tablespoon lemon juice

Directions:

Preheat oven to 375 degrees. On a rimmed baking sheet, toss cauliflower and garlic with 2 tablespoons oil; season with salt and pepper. Roast until cauliflower is tender and browned, 25 to 30 minutes. When garlic is cool enough to handle, remove peel. In a food processor, combine cauliflower, garlic, beans, 1 tablespoon oil, lemon zest and juice, and 1/4 cup hot water. Process until smooth. Season to taste with salt and pepper. (To store, refrigerate in an airtight container, up to 3 days.) Serve drizzled with oil.



Merryfield Apple Cake

Ingredients:

- 3 cup all purpose flour
 - 2 cup sugar
 - 1 cup salad oil
 - 3 eggs
 - 1 teaspoon baking soda
 - 1 teaspoon salt
 - 2 teaspoons vanilla
 - 3 cup diced apples
 - 1 cup chopped walnuts
 - ½ cup seedless raisins or craisins
- Dust with powdered sugar after cooled.

Preheat oven to 325 degrees. Grease and flour 13x9 pan. In large bowl, combine flour and next 6 ingredients in mixer at low speed. Beat until well mixed. Constantly scrapping sides of bowl, beat 3 minutes. Stir in apples, nuts & raisins, Spread batter (very thick) in pan. Bake 1 hour or until cake is golden brown. Cool cake in pan for 10 minutes. Remove from pan and cool completely. Refrigerate. Dust with powdered sugar before serving.



Austrian Apple Cake

125 g butter

125 g sugar

2 eggs

Juice of 1 lemon

2 teaspoons baking powder

¼ cup milk (may need more)

200 g flour

6 apples, peeled and quartered. Cut slices into apples so that you get close to the bottom but not through. When they bake this opens up like a fan.

Cream the butter & sugar, add eggs. Add rest of the ingredients until you have a smooth, spreadable dough. If it is too stiff add more milk. Pour into spring form pan. Lay apple pieces on top in any pattern you like, making sure to push quarters down into the dough a bit.

Bake at 350 degrees for 35-40 minutes or until lightly browned on top.

Cool. Dust with powdered sugar.



Pumpkin Cake with Cream Cheese Frosting

Submitted by: Lynda Tuennenman

Ingredients:

4 large eggs
2 cups all purpose flour, sifted before measuring
2 teaspoons baking soda
½ teaspoon salt
1 teaspoon cloves
2 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
2 cup sugar
1 cup salad oil
1 can (15 oz.) pumpkin

Frosting:

2 pkg (3 oz.) cream cheese, softened
1 teaspoon vanilla
3 cup powdered sugar

Crack eggs into a large mixing bowl; let sit 30 minutes to room temperature. Preheat oven to 350 degrees. Sift flour with baking soda, salt, cloves, cinnamon, ginger & nutmeg. With mixer at high speed, beat eggs thoroughly. Add sugar and continue beating until light and fluffy. Gradually add oil & pumpkin. Beat in flour at low speed, until flour is just moistened. Pour into ungreased bundt pan. Bake 1 hour. Remove cake from oven, cool completely in pan on wire rack. Meanwhile, prepare frosting. In a small bowl beat cream cheese with vanilla until smooth & soft. Gradually add powdered sugar, beating until light & fluffy. Carefully remove cake from pan. Frost top and sides. You can decorate with pecan or walnut halves on top.



Oatmeal Chocolate Chip Cookies

From: Christina Kurtz at Wholesome Valley Farms
Submitted by: Holly Hasman

Makes 52 (size 40 scoop)

Cream:

1 cup pure Ohio maple syrup
1 teaspoon vanilla
1 cup butter
2 eggs, Scenic Acres

Blend:

1 $\frac{3}{4}$ cup freshly milled Kamut flour
1 teaspoon baking soda
1 teaspoon pink Himalayan salt

Mix with above, stir in:

3 cup Stutzman Farms Rolled Oats (sprouted)
1 cup chocolate chips

Bake at 350 degrees for 8-10 minutes



Vegan Pumpkin Oatmeal Cookies

2 cups flour (spelt, whole wheat pastry, or all purpose)
1 1/3 cup oats
1 1/2 teaspoon cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon cardamom
1/2 teaspoon nutmeg
1 teaspoon baking soda
3/4 teaspoon sea salt
1 cup pumpkin puree
1 cup sugar
2 Tablespoon molasses
1/3 cup canola oil or coconut oil
1/3 cup unsweetened applesauce
1 Tablespoon ground flaxseed
1 teaspoon vanilla
1 cup chopped walnuts

Preheat oven to 350 degrees. Grease or oil cookie sheets.

Combine flour, oats, spices, baking soda, and salt. In separate bowl, mix remaining ingredients except for walnuts. Blend wet ingredients into dry, and then stir in nuts.

Drop by rounded tablespoons onto cookie sheet. Flatten a little; these cookies won't spread much.

Bake 15-16 minutes. Make 4-5 dozen.



Blueberry Coffee Cake

Ingredients:

½ cup butter, softened
8 oz. cream cheese, softened
1 ¼ cup sugar
2 large eggs
1 teaspoon vanilla
1/3 cup milk
2 cups flour
1 teaspoon baking powder
½ teaspoon salt
1 cup fresh or frozen blueberries

Cream butter, cream cheese, and sugar. Add eggs, vanilla, milk, flour, baking powder and soda, salt and berries. Mix and spread in a 9x13 inch pan.

Topping (this is a must):

½ cup brown sugar
1 teaspoon cinnamon
½ cup flour
3 Tablespoons butter (softened, but not melted)

Mix and sprinkle on coffee cake. Bake at 350 degrees for 30-35 minutes.

Serves 18.



Baked Spelt Pudding

From: Bob's Red Mill Natural Foods

Ingredients:

1 Dash of Ground Cinnamon
1 Cooking Spray
1 Vanilla Bean, split lengthwise
1/8 tsp Cardamon
1/4 tsp Salt
1/2 cup Sugar
4 cups 2% milk
1/2 cup SPELT BERRIES

Directions:

Place Spelt in medium saucepan. Cover with water to 2 inches above Spelt; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour. Drain. Place Spelt in a food processor; process 45 seconds or until spelt resembles coarse meal.

Preheat oven to 275°

Combine Spelt, milk, sugar, salt, cardamom, and vanilla in a 2 quart casserole dish coated with cooking spray. Bake at 275° for 3½ hours, stirring every hour to prevent a skin from forming. Let stand 5 minutes. Sprinkle with cinnamon. Serve warm or chilled. Makes 6 - 2/3 cup servings.



Sweet Maple Butter

Submitted by: Holly Hasman

Ingredients:

1 cup butter
Pure Ohio maple syrup, to taste
Stevia powder, to taste

Combine in a stand mixer or Vitamix, chill

Applesauce

Crockpot full of peeled and cored apples.

1 Tablespoon of honey
2 teaspoons cinnamon

Cook 4-6 hours on low.