

Recipes for The Farm at Miller's Crossing, Week 21 – 2011

Carol Hargis, The Market Fresh Chef 

Barley Minestrone 3qts

2 Tbsp. OLIVE OIL
1/4 cup fine dice PANCETTA or thick bacon
2 cups chopped Savoy or Napa CABBAGE
1 cup dice ONION
1 cup 1/4" sliced CARROT
1/4 cup diced CELERY
2 CLOVES GARLIC, mince
2 qts. BROTH
2 cups canned diced TOMATO, w/ juice
1/2 cup PEARL BARLEY, rinse
2 sprig ROSEMARY
2" PARMESAN rind (optional)
1 cup canned KIDNEY BEANS, rinsed, drained
Grated PARM



Heat oil in stockpot on med. Sauté pancetta til golden 2-3m. Add vegetables. Sauté til soft 6m. Add broth, tomato w/ juice, barley, rosemary, Parm rind, 1/2t salt, 1c water. Bring to boil, simmer til tender 20m. Discard rosemary, Parm rind. Add beans, s&p. Sprinkle Parm.

Japanese Kabocha (Soy Simmered) Serves 4

1 lb. Kabocha SQUASH, peeled w/ 1/2 strips left in place, seeded, diced 1&1/2"
2 cups DASHI* or water
1 Tbsp. SAKE
1 Tbsp. SOY SAUCE
1 Tbsp. SUGAR (or less, based on squash sweetness)



Put squash in pot skin-down, 1 layer. Add dashi to just cover, put lid from 1 or 2" smaller pan on top. Bring boil, set simmer. Check @ 4min w/ pick. Should be some resistance. Add sake, sugar. Swirl pan. Turn squash over. Cover, simmer 2-3m. Check tender, skin ez to pierce. Add soy. Simmer 2m. Platter. Strain liquid, return to pan, reduce to thin syrup. Pour on squash, serve. *Dashi is traditional broth/base in Japanese cuisine; the liquid of miso soup; from dried bonito flakes & seaweed. Has smoky savory flavor; sub. good veg broth.

Savory Allium Tart - Alsatian flammenküche

3 Tbsp. BUTTER
2 med. ONION, thin slice
2 med. LEEKS, thin slice white
1 tsp. chopped THYME
2 tsp. chopped MARJORAM
1 Tbsp. chopped PARSLEY
1/2 cup CRÈME FRAICHE or best quality sour cream
1 recipe Basic Pie Dough, cold
1 EGG YOLK
1 tsp. cold WATER



Melt 3T butter in huge skillet med. When foamy, add alliums. S&p. Caramelize golden 10m. S&p. Put in bowl. Mix herbs, crème w/ alliums. Cool 5m. Oven 425. Flour a work surface, roll dough 11x1/8". Lay dough on baking sheet, spread filling leaving a 1" border. Fold edge over, flute. Whisk yolk & water. Brush on edges. Bake til bottom crust golden 20-25m.