



Ideas

Raspberries (Gibbs Berry Farm and Gardening Angel Organic) Eat them just slightly thawed as a snack. Add them to cold cereal or hot oatmeal, yogurt or smoothies. Make raspberry sauce or salad dressing. They can be used to make great desserts; combine with other berries for a terrific pie. Decorate the top of a cheesecake. Float frozen raspberries in beverages – sparkling, juice, punch – sure to be popular in kid & grown-up beverages.

Peaches (Karpo Farm) Frozen peaches can be used to make great smoothies and desserts. They can also be used for savory sauces for meats; see roasted chicken recipe below. Peach halves can be thawed slightly for easier use or can be used right from frozen. You can easily remove the skins by running them under warm water if desired.

Blueberries (Sodt's and Gibbs Blueberry Farms) Eat them right out of the bag. Add them to pancakes, muffins, & cobblers. Drop them into hot oatmeal or cold cereal. Check previous recipe sheets for additional recipes, or try the blueberry chutney recipe below.

Strawberries (Gibbs & Donahee Farms) Eat them right out of the bag, or make shakes and smoothies. Add them to cobblers, pies and cheesecakes. Make a simple sauce (recipe on November sheet) & use it in salad dressings or as an ice cream topping. With a second bag of berries, you can make some freezer jam or the strawberry-port jam recipe included here.

Green beans (Tantre, Pleasant Lane, & Coblenz Farms) Use in your favorite green bean recipes, just reduce cooking time. Green beans work well in stir fry, soups & casseroles. They pair well with garlic, lemon, butter, sesame, and smoked meats. You can roast them in a hot oven. You can even just thaw them and use them in a salad. Pair the green beans with tomato sauce and make Greek style stewed green beans.

Broccoli (Tantre and Wilczewski Greenhouses) How about a broccoli casserole on a cold night? A quiche? Broccoli pizza? Use in soup, stew or stir fry. Can just thaw and use in a salad. Or just heat (steam or microwave) and eat. Maybe a little lemon butter or roasted garlic with that? Best to thaw broccoli before using in casserole or quiches; no need to thaw for soup, stew or sautés.

Stewed or whole tomatoes (Tantre) These are San Marozano and Juliette tomatoes. Richard of Tantre says San Marozanos are renown for the tasty sauce you can make from them. Use the frozen stewed tomatoes as you would a can of stewed tomatoes. The frozen whole tomatoes are very handy for recipes that call for 1 or 2 tomatoes. Add to chili. Make tomato sauce, tomato soup or bisque. Note: do not use frozen tomatoes in a thawed, uncooked form.



Recipes

Welcome our 1st Guest Chef! Chef Brandon Johns, Executive Chef/Partner of Vinology at 110 S. Main St in Ann Arbor.

Back in September, Chef Brandon Johns did a “100 Mile Dinner” night at Vinology, and except for the olive oil, salt & pepper, the meal was all sourced from farms within ~ 25 miles of Ann Arbor. Brandon sources for the restaurant from farms we know and love in this area, some we see at market: Tantre Farm, Garden Works, Ernst Farm, Calder Dairy, Wasem Fruit Farm, Kapnick Orchards, and Jennings Brothers Stone Ground Grains, to name a few. I met Brandon at the Corner Brewery during our distribution at the Downtown Ypsi Holiday Farmers Market. When it comes to eating and drinking locally, he walks the talk. Brandon has agreed to share with us what he would cook from the Locavorious January share foods. To start things off: peaches!

Peach Custard Pie

From Brandon Johns, Executive Chef/Owner of Vinology at 110 Main Street, Ann Arbor, an “everyday wine bar” with exceptionally prepared, locally sourced food.

Ingredients for Pie Crust:

- 1 1/3 cups flour
- ¼ pound plus 2 T cold butter, chipped
- 1 T sugar
- ¼ cup ice water, or as needed

In a food processor equipped with a metal blade, combine flour, butter and sugar. Pulse 1 minute or until texture of mixture resembles coarse meal. Continuing to pulse, slowly add a little water at a time, until dough forms into a ball. Remove and place on a floured surface. Roll dough out. Firmly press into a 9-inch pie or tart pan. Chill and set aside.

Ingredients for Filling:

- 6–8 medium peaches, peeled and stoned
- ¼ cup heavy whipping cream
- 2 eggs
- ½ cup sugar
- ¼ tsp pure vanilla extract
- pinch of cinnamon
- pinch of nutmeg
- ¼ cup powdered sugar

Preheat oven to 375°F. Cut peaches into ¼-inch slices. Arrange slices neatly around dough until all have been used. Place pie on bottom oven rack and bake approximately 20 minutes to render juices from fruit. While pie is baking, combine all remaining ingredients, except powdered sugar, in a mixing bowl. Whisk until well blended. Remove pie from oven and pour egg mixture evenly over baked peaches. Return pie to oven and bake 20 minutes or until custard is set. Remove from oven and dust generously with powdered sugar.



Raspberry Almond Muffins

The raspberry-almond combination seems to work well. There is a nice Cooking Light recipe out there relying on almond paste for the almond flavor, but I thought this flexible version (floating on the internet at www.allrecipes.com & other places) sounded a little easier.

- 1 cup sliced almonds
- 2 cups flour
- 2/3 cup white sugar
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon salt
- 3/4 cup milk, buttermilk or warm water
- 1 to 2 teaspoons almond extract; or can do 1 teas vanilla & 1 teas almond extract
- 1/2 cup butter
- 2 eggs, beaten
- 10 oz package of frozen raspberries (Keep frozen until ready to use.)

Preheat oven to 375 degrees F. Arrange almonds in a single layer on a medium baking sheet, and bake in the preheated oven 5 to 10 minutes, until lightly toasted.

Reduce oven temperature to 350 degrees F. Lightly grease a 6 cup jumbo muffin pan or 12 cup standard muffin pan.

In a medium bowl, mix flour, sugar, 3/4 cup almonds, baking powder, baking soda, and salt.

In a separate medium bowl, mix buttermilk/liquid of choice, almond extract, butter, and eggs. Blend into the flour mixture. Fold raspberries into batter. Spoon batter into the prepared muffin pan. Sprinkle with remaining almonds.

Bake 25 minutes at 350 degrees F, until a knife inserted in the center of a muffin comes out clean.

Roast Chicken with Balsamic Peaches

From Real Simple, October 2006. This recipe sounds like it would be wonderful and very local if you are lucky enough to have a roasting chicken from Old Pine, Ernst or another local farm.

- 1 3 1/2- to 4-pound chicken
- 3 tablespoons olive oil
- 2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 4 peaches, halved or quartered (peeled, if desired)
- 4 small shallots, quartered
- 1 tablespoon balsamic vinegar
- 6 sprigs fresh thyme (or equivalent amount dried ~ 1/4 teaspoon)

Heat oven to 400° F.

Rinse the chicken and pat it dry with paper towels. Rub the chicken with 1 tablespoon of the oil and season with 1 1/2 teaspoons of the salt and 1/4 teaspoon of the pepper. Place in a roasting pan or baking dish.

Start roasting the chicken.

Meanwhile, in a small bowl, combine the peaches, shallots, vinegar, thyme, and the remaining oil, salt, and pepper. Add the shallot-peach mixture to the pan after the chicken has been in the oven for 30 minutes. Roast until the chicken is cooked through and a thigh registers 180° F on a meat thermometer, for a total of about 1 hour, 10 minutes. Let rest for 10 minutes before carving. Serve with the peaches and pan sauce.



Blueberry-Ginger Chutney over Chicken

My husband spotted this winner in *Cooking Light*, January 2005. The chutney can be served warm, chilled, or at room temperature. Make it first, and chill while the chicken marinates, or prepare the chutney when the chicken is almost done marinating. This chutney sounds like it would taste wonderful with brie or cream cheese, too.

Chutney:

- 2 cups frozen blueberries
- 1/3 cup packed brown sugar
- 1/3 cup finely chopped onion
- 1/4 cup golden raisins
- 3 tablespoons cider vinegar
- 1 1/2 teaspoons grated peeled fresh ginger
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon crushed red pepper
- Dash of ground cloves
- 1 garlic clove, minced

Chicken:

- 1 1/2 tablespoons olive oil
- 3/4 teaspoon dried basil
- 3/4 teaspoon dried oregano
- 6 (6-oz) skinless, boneless chicken breast halves
- 3 garlic cloves, minced
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

To prepare chutney, combine first 11 ingredients in a medium saucepan; bring to a boil. Reduce heat to medium-low, and simmer ~30 minutes or until thickened, stirring occasionally.

To prepare chicken, combine oil, basil, oregano, chicken, and 3 minced garlic cloves in a large heavy-duty zip-top bag; seal. Marinate in refrigerator for 2 hours, turning occasionally. Remove chicken from bag. Sprinkle 3/4 teaspoon salt and black pepper evenly over chicken.

Heat a large grill pan over medium-high heat. Cook the chicken 5 minutes on each side or until done. Serve with chutney.



Strawberry-Port Jam

From Southern Living magazine, June 2003. It's too hot in the summer to make jam...now is the time to boil some water!

- ~ 20 oz frozen strawberries, thawed
- 1 1/2 cups ruby port
- 1 teaspoon grated lemon rind
- 1/2 teaspoon ground nutmeg
- 1 (1 3/4-ounce) package powdered fruit pectin
- 4 cups sugar

Chop or crush thawed strawberries in a 4-cup measuring cup. Add water to strawberries to measure 2 1/2 cups.

Stir together strawberry mixture, ruby port, grated lemon rind, and ground nutmeg in a large saucepan. Stir in fruit pectin. Bring mixture to a full rolling boil, and boil, stirring constantly, 1 minute. Add sugar, stirring constantly, and bring to a full rolling boil. Boil 1 minute. Remove from heat, and skim off any foam.

Pour hot jam immediately into hot, sterilized jars, filling to 1/4 inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in boiling-water bath 10 minutes.

Broccoli Cheese Soup

An easy, classic soup. A cubed, cooked potato makes a nice addition.

- Olive oil or cooking spray
- 1 cup chopped onion
- 2 garlic cloves, minced
- 3 cups chicken or vegetable broth
- 16 oz frozen broccoli
- 2 1/2 cups milk
- 1/3 cup flour
- 1/4 teas black pepper
- 8 oz shredded cheese (cheddar is the classic choice, but many other cheeses would work)

Heat a large nonstick saucepan coated with cooking spray or oil over medium-high heat. Add onion and garlic; saute 3 minutes or until tender. Add broth and broccoli. Bring broccoli mixture to a boil over medium-high heat. Reduce heat to medium; cook 10 minutes.

Combine milk and flour, stirring with a whisk until well blended. Add milk mixture to broccoli mixture. Cook 5 minutes or until slightly thick, stirring constantly. Stir in pepper. Remove from heat; add cheese, stirring until cheese melts.

Place one-third of the soup in a blender or food processor, and process until smooth. Return pureed soup mixture to pan.



Fassolakia

Greek stewed green beans and tomatoes. Cook the full time to get that authentic softness.

¼ cup olive oil
1 small onion, thinly sliced
1 lb frozen green beans
~ 2 cups stewed tomatoes (1 Locavorious container of stewed tomatoes)
½ cup water
1 T parsley, minced
Salt and pepper -- to taste

Heat the oil over medium flame in a large saucepan. Add the onion and sauté until wilted and translucent. Add green beans and sauté, stirring frequently, until thawed and heated through, 6-8 minutes. Stir in the tomatoes, water, parsley, salt and pepper. Bring to a boil, then reduce heat to low, cover and simmer until the green beans are well cooked, 30-40 minutes. Adjust seasoning and serve immediately; can also be served at room temperature or chilled.

Variations: Saute 1 tablespoon garlic along with the onions. Add some chopped zucchini/summer squash blend or some potatoes along with the green beans.

Saucy Green Beans

Locavorious member Sari Mills loaned me one of her old favorite cookbooks, Sundays at Moosewood Restaurant. This side dish is from the New England section, simple and straightforward. I like the way it is similar yet different from the “Old World” green bean recipe above.

16 oz green beans
1 ¼ cup salted water
1 large onion, thinly sliced
1 T butter
2 T flour
¼ cup sour cream
1 teas lemon juice
1 T chopped fresh dill or 1 ½ teas dried dill
Salt & freshly ground pepper to taste

Bring water to a boil; drop in onion slices and boil for a couple minutes. Add green beans and cook until desired tenderness. Drain, reserving the liquid.

In a separate saucepan, make a roux: melt butter on low heat. Whisk in the flour and continue cooking for a minute or two, stirring constantly and taking care not to burn the roux. Whisk in about one cup of the reserved green bean liquid, the sour cream, and the lemon juice. Add 2 teaspoons of the dill. Salt and pepper to taste.

Place the beans in a serving dish and pour the sauce over them. Served sprinkled with the rest of the dill.



Fall River Vegetable Stew

Adapted from Sundays at the Moosewood Restaurant.

- 1 large Spanish onion, chopped
- 4 garlic cloves, pressed
- 3 T olive oil
- 5 small potatoes
- 2 T sweet Hungarian paprika
- 1 cup water or vegetable stock
- 15 oz stewed frozen tomatoes + 16 oz whole frozen tomatoes (or 28 oz can whole tomatoes, crushed)
- 2 bay leaves
- 1 cup dry red wine
- ~ ½ lb green beans
- 3 cups sliced mushrooms
- 1 cup frozen corn
- Salt & pepper

In a large soup pot, sauté the onion and garlic in the olive oil until the onion softens. Stir in the potatoes, carrots and paprika and sauté for 3-4 minutes, being careful not to let the paprika burn.

Pour in the water or stock, tomatoes, bay leaves, and wine. Cover and simmer on low heat for about 10 minutes.

Add the green beans and mushrooms and continue to simmer, covered, for about 30 minutes. Stir occasionally. Mix in the corn and simmer for about 15 minutes more or until the potatoes and carrots are tender. Add salt and pepper to taste. Remove the bay leaves.