



Ideas

Red peppers (Tantre Farm) Roast in a hot oven with a little olive oil, salt & pepper and use on sandwiches, pizza, salads or puree into a sauce. Make fajitas. Add to chili, chowder or stir fry. Pairs well with just about every other vegetable in this month's share! Check out the recipes that follow.

Whole tomatoes (Tantre Farm) These are San Marozano (the larger ones) and Juliette tomatoes. Richard of Tantre says San Marozanos are renown for the tasty sauce you can make from them. Use the frozen ones in recipes in place of canned tomatoes. Also very handy for recipes that call for 1 or 2 tomatoes. Add to chili. Make tomato sauce, tomato soup or bisque...like a roasted red pepper & tomato bisque. Note: do not use frozen tomatoes in a thawed, uncooked form.

Corn (Gardening Angel Organic Farm). Corn kernels in their natural juice. Just heat, eat and enjoy! Use in chowder, soup, and salsas. Doesn't a corn pudding or spoon bread sound good for a cold night? Still have the summer squash from November? Make calabacitas! (Recipe on November sheet.)

Edamame (Fry Farms) Japanese green soy beans are another great locally grown vegetable you can just heat and enjoy. Boil water, add edamame, heat for ~5 minutes, cool and shell. For use in recipes that have additional cooking time, you can simply thaw and shell. Toss on salads, in soups and stir fries. In recipes, substitute edamame for peas or fava beans. 16 oz of in-pod edamame yields ~ 1 heaping cup shelled. (Check out November's recipe sheet for some salads.)

Kales & collards (Tantre). A blend of Red Russian, Lacinato, Curly Kale & Collard greens. Add the mix to stews, or make braised greens. Make southern style greens (cooked in a pot forever with a ham hock.) Pairs well with strong flavors like smoked meats, tamari, hot peppers, peanuts...and sweet red peppers.

Swiss chard (Renaissance Acres, Tantre, Valley Family Farm). Mostly Bright Lights chard. Use as you would frozen spinach. Great in soups, especially Minestrone, quiche or combined with root vegetables like potatoes or beets.

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.

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 November's berries, you can make some freezer jam. Try a simple sorbet (recipe included.)

Recipes

Fast & Fab Red Sauce

Here's a fast & easy way to turn your bag of frozen San Marozanos into a great sauce...ready by the time the pasta is done, or the pizza dough is rolled out.

Put the frozen tomatoes in a small saucepan; cover the bottom of the pot with a little bit of water (~ ¼ cup). Heat on med-high. Add 2 cloves garlic, chopped, ¼ teas oregano, ¼ teas basil, 1/8 teas salt and 1/8 teas pepper. More or less. As the water starts to boil, you can roll the tomatoes around in it and the skins will come off. If desired, remove tomato skins with a fork. Cook the tomatoes for ~ 10-15 minutes, stirring occasionally, cooking off a little water. For a thicker sauce here's a recommendation from Richard at Tantre Farm: add 1 or 2 dried, chopped apricots or a couple of dried tomatoes. Richard also recommends leaving those skins on!



Kale and Red Peppers

Contributed by Locavorious member & kitchen helper Allison Stupka; adapted from the Community Farm Cookbook. Allison says serve as is for a side dish or with pasta and grated cheese for a main dish. I also think it would be excellent on a hot grilled salami sandwich. (I'm serious, quit laughing.)

- 1 onion or large leek, chopped
- 4 gloves of garlic, chopped
- 3 T olive oil
- 12 oz frozen kales and collards, partially defrosted
- 12 oz frozen red sweet peppers
- 1 T cider vinegar
- Salt and pepper

Heat oil in large frying pan. Add onion & garlic and cook covered over low heat until onions are transparent and garlic can be mashed with a fork. Add greens and red peppers. Cook uncovered for a few minutes, gently separating frozen vegetables. Mix; add vinegar, salt and pepper. Cook covered over low-medium heat until kale is tender (about 15 minutes) checking occasionally, adding water if pan gets completely dry.

Chicken Cacciatore

A great use of Locavorious peppers and tomatoes. Adapted from Giada De Laurentiis on the Food Network.

- 4 chicken thighs and 2 chicken breasts with skin and backbone, halved crosswise
- 2 teaspoons salt, more or less to taste
- 1 teaspoon freshly ground black pepper, plus more to taste
- 1/2 cup all purpose flour, for dredging
- 3 tablespoons olive oil
- Frozen red peppers
- 1 onion, chopped
- 3 garlic cloves, finely chopped
- 3/4 cup dry white wine
- 16 oz frozen whole tomatoes
- Tomato paste
- 3/4 cup reduced-sodium chicken broth
- 3 tablespoons drained capers
- 1 1/2 teaspoons dried oregano leaves
- 2 teaspoons dried basil

Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the flour to coat lightly. In a large heavy sauté pan, heat the oil over a medium-high flame. Add the chicken pieces to the pan and sauté just until brown, about 5 minutes per side. (Cook chicken in 2 batches if necessary.) Transfer the chicken to a plate and set aside. Add the onion and garlic to the same pan and sauté over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper. Add the wine; simmer until reduced by half, about 3 minutes. Add the tomatoes, tomato paste, red peppers, broth, capers, oregano and basil. Return chicken to pan and turn to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 30 minutes. Transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 more minutes. Spoon off any excess fat from atop the sauce if it bugs you. Spoon the sauce over the chicken.



Corn Chowder

There are lots of great corn chowda recipes out there! I included this vegetarian version from Jim Hyland, Winter Sun Farms, because I like the combination with other vegetables, such as red peppers. (Do you detect a theme here?)

- ½ - 1 Tbsp butter
- 1/2 large yellow onion, chopped (about 1/2 cup)
- 1/2 large carrot, chopped (about 1/3 cup)
- 1/2 celery stalk, chopped (about 1/3 cup)
- 16 oz frozen corn kernels
- 1 bay leaf
- 3 1/2 cups milk, whole or low fat
- 1 medium potato peeled and diced
- 1/2 package Locavorious frozen red peppers
- Kosher salt and fresh ground pepper
- 1/2 teaspoon fresh thyme leaves

In a large saucepan, melt the butter over medium heat. Add the onion and sauté for 4 to 5 minutes, until soft. Add the carrot and celery and cook for 4 or 5 more minutes. Add the milk, potato and bay leaf. Bring to a boil and reduce heat to a bare simmer. Cover the pot and cook for 10 minutes. Make sure the heat is as low as can be and still maintain a gentle simmer to prevent scalding the milk on the bottom of the pan. Discard the bay leaf. Raise the heat, add the corn, red peppers, 1 teaspoon of salt, fresh ground pepper to taste, slowly bring to a boil. Turn down heat, and simmer for 15 minutes, or until the potatoes are fork tender. Add fresh thyme during last 5 minutes of cooking.

Colonial Corn Pudding

From Cooking Light, December 2008. This recipe is billed as a Nantucket Christmas favorite.

- 3 cups frozen corn kernels, thawed and divided
- 3/4 cup evaporated fat-free milk, divided
- 2 tablespoons half-and-half
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- Dash of freshly ground nutmeg
- 1 large egg
- 1 large egg white
- 6 tablespoons oyster crackers, crushed and divided
- 3 tablespoons stone-ground cornmeal
- Cooking spray
- 1/2 cup (2 ounces) shredded sharp cheddar cheese
- 2 teaspoons butter, melted

Preheat oven to 350°. Combine 1 cup corn, 1/4 cup evaporated milk, and half-and-half in a blender; process until smooth. Combine remaining 1/2 cup evaporated milk, salt, pepper, nutmeg, egg, and egg white in a large bowl. Stir in pureed corn mixture, remaining 2 cups corn, 3 tablespoons crackers, and cornmeal. Spoon mixture into an 8-inch square baking dish coated with cooking spray. Sprinkle evenly with cheese. Combine remaining 3 tablespoons crackers and butter in a small bowl; sprinkle cracker mixture evenly over cheese. Bake at 350° for 30 minutes or until golden brown. Serve warm.



Warm Corn Spoon Bread

Daniel Hugelier, CMC, Professor of Culinary Arts, Schoolcraft College; recipe just appeared in magazine Edible WOW, Winter 2009. I haven't had time to try it, so this is as it appears in the magazine. Note that variation the chef mentions...roasted red peppers.

1 T unsalted butter, melted
1 cup milk
1/3 cup corn kernels, thawed
¼ cup fine yellow cornmeal
½ teas salt
Pinch cayenne pepper
2 whole eggs, divided
¼ teas baking powder
½ teas cracked black peppercorns
Cooking spray

Preheat oven to 350 degrees. Place melted butter in a 10-inch cast iron skillet, oven proof skillet or pie pan; set aside. Combine milk, corn, cornmeal, salt and cayenne in a 2-qt saucepan. Cook over med-high heat, stirring constantly, until thick, about 3-4 minutes; set aside to cool slightly.

Whisk two egg yolks in medium bowl until light yellow; 1-2 minutes. Add baking powder; mix well. Add 2 T cornmeal mixture to the eggs stirring constantly so as not to cook the eggs. Stir in remaining cornmeal mixture.

Place 2 egg whites in a large bowl; beat until stiff peaks form. Fold egg whites into the cornmeal mixture. Pour into prepared skillet. Top with crushed peppercorns.

Coat one side of aluminum foil with cooking spray, crease foil in the center and cover skillet.

Bake in 350 degree preheated oven for 20 minutes. Uncover and cook for 8 minutes.

Serve immediately.

Variations: Fold in grated cheese to the mix or sprinkle on top. To make a main entrée: Add roasted peppers, onions, mushrooms or smoked sausage to the bottom of the skillet. Then add the cornmeal mixture and bake as directed.

Edamame – The Perfect Snack

A certified kid-friendly food! Keeps little fingers busy at dinner. Common appetizer in Japanese restaurants. Grownups - try them instead of peanuts with a cold beer.

Boil some water in a med-large saucepan; toss in frozen edamame. Return to a boil. Cook ~ 3 minutes, more or less depending upon your preference. Drain and sprinkle pods with kosher salt, sea salt or soy sauce. Serve warm or room temperature as a snack or appetizer. Open pods with fingers or teeth and eat the tasty green soy beans. (Don't eat the pods.)



Sesame Chicken Edamame Bowl

Adapted from Cooking Light, March 2006. A nice addition to this recipe is ~ 1 cup other chopped veggies. I've also made this with tofu, first fried in sesame oil. Lemongrass keeps nicely in the freezer for the next time you need it.

- 1 T canola oil
- 1 T minced peeled fresh ginger
- 2 teaspoons minced peeled fresh lemongrass
- 2 garlic cloves, minced
- 1 pound skinned and deboned chicken, cut into bite-sized pieces
- ~ 1 cup frozen shelled edamame
- 2 cups frozen red peppers, slightly thawed
- 2 T soy sauce
- 1 T mirin (sweet rice wine) or other sweet wine
- 1 teaspoon dark sesame oil (or hot sesame oil for a spicier dish)
- 1/4 teaspoon cornstarch
- 1/2 cup sliced green onions
- 2 teaspoons dark sesame seeds
- 1/2 teaspoon salt
- 2 cups hot cooked brown or white rice

Heat canola oil in a large nonstick skillet over medium-high heat. Add ginger, lemongrass, and garlic; sauté 1 minute or just until mixture begins to brown. Add chicken; sauté ~ 2 minutes. Add edamame and peppers; sauté 3 minutes, or until chicken is cooked and vegetables are hot. Combine soy sauce, mirin, sesame oil, and cornstarch, stirring with a whisk. Add to pan; cook 1 minute. Remove from heat. Stir in onions, sesame seeds, and salt. Serve over rice.

Lentil-Edamame Stew

This vegetarian recipe from Ethiopian-born chef Marcus Samuelsson just appeared in Cooking Light magazine, 12/2008.

- 1 cup dried lentils
- 1 cup shelled edamame
- 2 tablespoons olive oil
- 1 1/2 cups minced red onion
- 3 garlic cloves, minced
- 1 (14.5-ounce) can diced tomatoes, undrained – or 16 oz frozen Locavorious tomatoes
- 6 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh parsley and 1 tablespoon chopped fresh mint
- 1/2 teaspoon salt, 1/2 teaspoon ground cumin, 1/8 teaspoon ground red pepper, 1/8 teaspoon ground cinnamon, and Dash of ground cloves

Place lentils in a large saucepan; cover with water to 2 inches above lentils. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until tender. Drain well, and set aside.

Place edamame in a small saucepan; cover with water to 2 inches above edamame. Bring to a boil; cook 2 minutes or until edamame are tender. Remove from heat; drain well. NOTE: You can also cook the edamame in their pods first and then shell them.

Heat oil in a Dutch oven over medium-high heat. Add onion, garlic, and tomatoes to pan; sauté 6 minutes or until onion is translucent, stirring often. Stir in lentils, edamame, juice, and remaining ingredients. Cook 2 minutes or until thoroughly heated, stirring often. Serve with Ethiopian bread or pita bread for a main entree, or alone as a side dish.



Creamy Swiss Chard & Noodles

Swiss chard recipe from Locavorious member Chris Powell, who warns that she just eyeballs everything....and that her oven is one of a kind, so cooking time may vary! Chris makes this dish from fresh chard, but we think it will work well with frozen.

Defrost the chard for a bit in a colander. Cook 6-8 oz. medium egg noodles and put into a greased casserole. Saute 1/3 cup chopped walnuts in 2-3 T oil, remove with slotted spoon and set aside. Chop a small onion and a couple of carrots and saute in the oil until tender. Add chard to onions and carrots, cook until warmed. Mince a clove or two of garlic and add, along with 1/2 teaspoon savory or thyme and 1 T soy sauce. Turn off heat, add half a cup sour cream. Season with salt and pepper to taste. Stir in reserved walnuts. Spoon over noodles. Top with four slices of swiss cheese (enough to cover surface). Bake in 400 degree oven 20 minutes or until cheese is melted and lightly browned.

Dijon Chicken Stew with Potatoes and Kale

Adapted from Cooking Light, January 2006. Swiss chard would work nicely in this recipe too.

Olive oil
2 cups sliced leek
4 garlic cloves, minced
1/3 cup flour (about 1 1/2 ounces)
1 pound skinless, boneless chicken thighs, cut into bite-sized pieces
1/2 pound skinless, boneless chicken breast, cut into bite-sized pieces
1/2 teaspoon salt, divided
1/2 teaspoon freshly ground black pepper, divided
1 cup dry white wine
3 cups fat-free, less-sodium chicken broth, divided
1 tablespoon all-purpose flour
1 1/2 cups water
2 tablespoons Dijon mustard
2 cups cubed peeled potato (about 1 pound)
Locavorious kale & collard mix
Crushed red pepper

Heat 1 teaspoon oil in a Dutch oven over medium-high heat. Add leek; sauté 6 minutes or until tender and golden brown. Add garlic; sauté 1 minute. Spoon leek mixture into a large bowl.

Place 1/3 cup flour in a shallow bowl or pie plate. Dredge chicken in flour, shaking off excess. Heat 1 tablespoon oil in pan over medium-high heat. Add half of chicken mixture; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper. Cook 6 minutes, browning on all sides. Add browned chicken to leek mixture. Repeat procedure with remaining chicken mixture, 1/8 teaspoon salt, and 1/8 teaspoon black pepper.

Add wine to pan, scraping pan to loosen browned bits. Combine 1 cup broth and 1 tablespoon flour, stirring with a whisk until smooth. Add broth mixture, remaining 2 cups broth, water, and mustard to pan; bring to a boil. Stir in chicken mixture, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper. Cover, reduce heat, and simmer 30 minutes.

Stir in potato. Cover and simmer 30 minutes or until potato is tender. Stir in kale; cover and simmer 10 minutes. Garnish with crushed red pepper, if desired.



Hide the Greens Turnovers

Adapted from Cooking Light, January 2007. Disclaimer: I haven't tried this recipe yet, but it sounded like a good way to sneak greens into the unsuspecting and suspicious-of-vegetables-but-trusting-of-Pillsbury type people you may know.

- 1 T olive oil
- 1 cup chopped onion
- 1 or 2 garlic cloves, chopped
- 12 oz Locavorious kales & collards or swiss chard, slightly defrosted
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 3/4 cup crumbled feta cheese
- 1 tube refrigerated dinner roll dough
- Cooking spray
- 2 1/2 T grated fresh Parmesan cheese

Preheat oven to 375°.

Heat olive oil in a large skillet over medium-high heat. Add onion; sauté 10 minutes or until tender and lightly browned. Add garlic; sauté 2 minutes. Add greens; sauté 8 minutes or until kale is tender. Stir in pepper, salt, and nutmeg. Remove from heat; cool slightly. Stir in feta.

Separate dough into 8 pieces. Roll each dough piece into a 5-inch circle. Spoon about 1/3 cup kale mixture on half of each circle, leaving a 1/2-inch border. Fold dough over kale mixture until edges almost meet. Bring bottom edge of dough over top edge; crimp edges of dough with fingers to form a rim.

Place turnovers on a baking sheet coated with cooking spray. Lightly coat turnovers with cooking spray; sprinkle each turnover with about 1 teaspoon Parmesan. Bake at 375° for 18 minutes or until golden brown. Let stand at least 5 minutes before serving; serve warm or at room temperature.

Braised Kale

There are many excellent variations on braised winter greens. Omit the bacon for a vegetarian, low-fat version. Cooks Illustrated (Jan-Feb 2009 edition) recommended some interesting additions: chorizo sausage, or ginger, curry powder and coconut milk.

- 2 bacon slices
- 1 1/4 cups thinly sliced onion
- Locavorious kale & collard mix, mostly thawed
- 1/3 cup apple cider
- 1 T apple cider vinegar
- 1 1/2 cups (or so) diced Granny Smith apple
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper

Place a Dutch oven over medium heat. Add bacon; cook 5 minutes or until crisp, stirring occasionally. Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon, and set aside. Increase heat to medium-high. Add onion to pan; cook 5 minutes or until tender, stirring occasionally. Add kale & collards, and cook 5 minutes or until heated through, stirring frequently. Add cider and vinegar; cover and cook 10 minutes, stirring occasionally. Add apple, salt, and pepper; cook 5 minutes or until apple is tender, stirring occasionally. Sprinkle with bacon.



Super-Simple Strawberry Sorbet

Not one, but two erudite Locavorious members spotted this lovely, easy recipe in the NYT recipe section last week. You could also make this with the frozen peaches, or blueberries.

12 oz Locavorious frozen strawberries
3/8 cup yogurt, crème fraîche or silken tofu
4-5 T sugar, more or less to taste.

Put all the ingredients in a food processor container along with a couple of tablespoons of water. Process until just puréed and creamy, stopping to scrape down the sides of the bowl as needed. If the fruit does not break down completely, add a little more water through the feed tube, a tablespoon or two at a time, being careful not to over-process or the sorbet will liquefy.

Serve immediately or freeze it for later; if serving later, allow ~ 10 minutes for sorbet to soften at room temperature.

Pinot-Blueberry Dessert Sauce

Found on the website of a large frozen food producer, Stahlbush Island Farms. Said to be great on ice cream, with yogurt, in a pie crust, with hard cheese and French bread, or served by itself in a little ramekin.

Bag of frozen blueberries
1/2 cup pinot noir
1/4 cup brown sugar
1 tbsp corn starch

Pour blueberries in a sauce pan and heat on medium low. As berries begin to thaw and warm up, in a separate bowl, stir together 1/2 cup pinot noir, 1/4 cup brown sugar, and 1 tbsp corn starch. Pour over berries. Stir berry and wine mixture until it begins to bubble and thicken. Reduce heat and continue stirring off and on for about 5 minutes. Remove from heat and let stand at least 10 minutes before serving.