

SLFarms Week 14 Recipes, 2020

Potato Leek Soup with Toasted Nuts and Seeds
Cast Iron Roast Chicken with Caramelized Leeks
Cauliflower Noodle Stir Fry
Cauliflower Leaf Pesto
Slow Cooked Stuffed Pepper Stew
Lemon Garlic Sauteed Bok Choy
Stir-Fried Sesame Baby Bok Choy
Crispy Breakfast Hash
Simple Stuffed Delicata Squash
Easy Roasted Delicata
Roasted Delicata Squash and Tomatoes
Crispy Corn Fritters
Hearty Corn Chowder
Apple Spice Waffles
Fresh Pear Bread
Caramelized Pear Steel Cut Oats

Potato Leek Soup with Toasted Nuts and Seeds

Adapted from Bon Appetit (www.bonappetit.com)

Serves 6

It's officially soup season! One of my favorite combinations, leeks and potatoes, just a little fancier!

Ingredients:

3 large leeks
4 sprigs thyme
2 sprigs rosemary
2 bay leaves
¼ cup (½ stick) unsalted butter
3 celery stalks, chopped
Kosher salt, freshly ground pepper
1 russet potato, peeled, chopped
5 cups (or more) low-sodium chicken broth
½ cup heavy cream
1 Tbs EVOO
¼ cup almonds, chopped
2 Tbs raw sunflower seeds
1 Tbs coriander seeds, crushed
Pinch of sugar
¼ cup crème fraîche

Directions:

Trim dark green leaves from leeks; discard all but 2. Tuck thyme, rosemary, and bay leaves inside leek leaves; tie closed with kitchen twine. Thinly slice light and pale-green parts of leeks.

Heat butter in a large heavy pot over medium-high. Add celery and sliced leeks and season with salt and pepper. Cook, stirring, until leeks begin to soften, about 5 minutes. Reduce heat to medium-low, add herb bundle, cover pot, and cook, checking and stirring occasionally, until leeks and celery are very soft, 25–30 minutes (this long, slow cooking draws maximum flavor out of the vegetables). Increase heat to medium-high, add potato and 5 cups broth, and bring to a boil. Reduce heat and simmer, stirring occasionally, until potato is very tender, 10–15 minutes. Let cool slightly. Discard herb bundle and any herbs that may have fallen out while cooking.

Working in batches, purée leek mixture in a blender until very smooth (make sure lid is slightly ajar to let steam escape; cover with a towel). Transfer to a large bowl or pitcher.

Pour soup back into pot and add cream. Thin with broth, if needed. Taste and season with salt and pepper; keep warm.

Heat oil in a small skillet over medium. Add almonds, sunflower seeds, and coriander seeds and sprinkle sugar over; cook, stirring, until nuts and seeds are golden, about 4 minutes. Transfer nuts to paper towels to drain; season with salt and pepper.

Serve soup topped with crème fraîche and nut mixture.

Cast Iron Roast Chicken with Caramelized Leeks

Adapted from Bon Appetit (www.bonappetit.com)

Serves 4

This is surprisingly simple!

Ingredients:

1 3½–4-pound whole chicken

Kosher salt

3 leeks, white and pale green parts only, halved lengthwise

3 Tbs EVOO, divided

Freshly ground black pepper

Directions:

Pat chicken dry with paper towels and season generously with salt, inside and out. (We use 1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt per lb.) Tie legs together with kitchen twine. Let sit 1 hour to allow salt to penetrate, or chill, uncovered, up to 1 day ahead.

Place a rack in upper third of oven and set a 12" cast-iron skillet or 3-qt. enameled cast-iron baking dish on rack. Preheat oven to 425°.

Meanwhile, toss leeks and 2 Tbs oil in a medium bowl to coat; season with salt and pepper.

Once oven reaches temperature, pat chicken dry with paper towels and lightly coat with half of the remaining oil; sprinkle with dry rub, if using. Drizzle remaining oil into hot skillet (this helps keep the chicken from sticking and tearing the skin). Place chicken in the center of skillet and arrange leeks around. Roast until leeks are browned at edges and tender and an instant-read thermometer inserted into the thickest part of breasts registers 155°, 50–60 minutes (temperature will climb to 165° as chicken rests). Let chicken rest in skillet at least 20 minutes and up to 45 minutes.

Transfer chicken to a cutting board and carve. Serve with leeks.

Cauliflower Noodle Stir Fry

Adapted from Nest and Glow (www.nestandglow.com)

Total Time ~20 minutes

Serves 2

This recipe would work with cauliflower greens or kale!

Ingredients:

3 ounces dry noodles

1 bunch of green leaves

1 onions

4 carrots

4 celery stalks

2 cloves garlic

1" ginger

1 Tbs Miso paste

1 tsp Tamari or soy sauce

Directions:

Cook the noodles as as per the directions on the pack, then drain and put to one side.

Finely chop the cauliflower leaves.

Dice the carrot, onion and celery.

Finely chop the peeled ginger and garlic.

Add all to a wok with 3-4 Tbs of water and water fry on a high heat for a few minutes.

I prefer the veggies al dente as it has more vitamins and crunch. If you prefer softer, continue to cook a little longer.

Stir in the noodles, tamari sauce and miso. Enjoy!

Slow Cooked Stuffed Pepper Stew

Adapted from Taste of Home (www.tasteofhome.com)

Serves 8

This is filled with flavor and can be frozen! Use those frying peppers or bells!

Ingredients:

1-1/2 pounds bulk Italian sausage
1 large onion, chopped
2 medium green peppers, chopped
2 to 4 Tbs brown sugar
2 tsp beef base
1/2 tsp salt
1/4 teaspoon pepper
2 cans (15 ounces each) tomato sauce
1 can (28 ounces) diced tomatoes, undrained
2 cups tomato juice
3/4 cup uncooked instant rice

Directions:

In a large skillet, cook sausage and onion over medium heat until sausage is no longer pink, breaking up sausage into crumbles, 8-10 minutes; drain.

In a 6-qt. slow cooker, combine sausage mixture, green peppers, brown sugar, beef base, salt, pepper, tomato sauce, tomatoes and tomato juice. Cook, covered, on low until vegetables are tender, 4-5 hours.

Stir in rice. Cook, covered, until rice is tender, 15-20 minutes longer.

Cauliflower Leaf Pesto

Adapted from Romper (www.romper.com)

Not sure what to do with those leaves? Pesto! Freeze and and enjoy them this winter!

Ingredients:

3 cloves garlic, peeled

¼ cup pine nuts

¼ tsp sea salt, or to taste

¼ tsp freshly ground black pepper, or to taste

1 tsp grated lemon zest

1 Tbs fresh lemon juice, or to taste

¼ cup grated Parmesan cheese

½ cup cauliflower leaves (just the green parts)

1 ½ cups packed fresh basil leaves and tender stems

3 Tbs chopped fresh parsley leaves and tender stems

6 to 8 Tbs EVOO

Directions:

In a food processor with the motor running, drop the garlic through the hole in the top to mince.

Add the pine nuts, salt, and pepper and process until coarsely ground.

Add the lemon zest, lemon juice, cheese, cauliflower leaves, basil, and parsley and process to mince the greens.

With the motor still running, drizzle in the oil through the hole in the top to incorporate. If the mixture is too thick, add a little water.

Transfer to a container, cover, and store in the refrigerator for up to 1 week or in the freezer for up to 3 months.

Lemon Garlic Sauteed Bok Choy

Adapted from Inspired Taste (www.inspiredtaste.net)

Total time ~ 10 minutes

This is SO simple and so tasty. I love to have it along side grilled salmon!

Ingredients:

1 pound baby bok choy

1 ½ Tbs EVOO

3 garlic cloves, minced

Pinch crushed red pepper flakes

Sea salt

Half of a lemon, cut into wedges

Directions:

Remove any discolored outer stalks of the bok choy and discard them (or save for stock later). Place the bok choy into a colander and rinse with cool water, rubbing any grit or dirt from between the leaves. Trim the ends then slice each bok choy in half lengthwise. Or if they are large, cut into quarters. Pat dry.

Add the oil, garlic and red pepper flakes to a wide room-temperature skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic, but before the garlic starts to turn light brown.

Toss in the bok choy and spread into one layer. Sprinkle with about 1/4 teaspoon of salt then cook, without stirring, until the bottom is starting to turn brown, about 2 minutes.

Flip then cook another 2 minutes or until the green leaves have wilted and the white bottoms are beginning to soften, but still have some crunch.

Transfer to a platter then squeeze 2 lemon wedges on top. A teaspoon or so of olive oil is nice, too. Serve with more lemon wedges on the side.

Stir-Fried Sesame Baby Bok Choy

Adapted from Epicurious (www.epicurious.com)

Total time ~10 minutes

Serves 4

Love this super simple way to enjoy this vegetable!

Ingredients:

1 pound baby bok choy

Sauce-

1 ½ Tbs soy sauce

1 Tbs Chinese rice wine or dry sherry

½ tsp sugar

1 Tbs peanut or vegetable oil

1 garlic clove, minced

1 1-inch piece fresh ginger, peeled and minced

2 tsp sesame oil

Directions:

Trim and discard the rough bottoms from the baby bok choy. Separate the leaves, rinse, and pat dry.

In a small bowl, combine the soy sauce, rice wine, and sugar. Set aside.

Heat a wok or large skillet over medium-high heat until a bead of water sizzles and evaporates on contact. Add the peanut oil and swirl to coat the bottom and sides. Add the garlic and ginger and stir-fry until aromatic, 20 to 30 seconds.

Add the bok choy and stir-fry for about 2 minutes, until crisp-tender. Add the soy sauce mixture and cook for another 30 seconds. Turn off the heat, and drizzle with sesame oil.

Transfer to a serving plate and serve hot.

Crispy Breakfast Hash with Bacon and Potatoes

Adapted from Barefeet in the Kitchen (www.barefeetinthekitchen.com)

Total time ~ 30 minutes

Great way to get some veggies in the morning, you could also finely chop some cauliflower greens and add them in!

Ingredients:

5 strips of bacon sliced into ½ – 1 inch pieces

4 medium potatoes diced into tiny pieces, about ½ inch

1 medium onion, chopped

1 large bell pepper, chopped

4 ounces white mushrooms, sliced

1 ½ tsp salt

1 tsp black pepper, divided

Optional: Eggs cooked to your preference

Directions:

In a large skillet, over medium high heat, cook the bacon and then drain on a paper towel. Drain the grease from the skillet, leaving just a teaspoon or two in the pan. Add the onion to the pan and cook for a few minutes, until it has softened.

Add the potatoes to the skillet, season with 1 teaspoon salt and 1/2 teaspoon pepper and then stir. Press into the bottom of the pan and let cook undisturbed for 5-6 minutes. Stir and repeat 2-3 times until the potatoes are soft and slightly crispy and the onions are browned and crisp on the edges.

Add the peppers to the skillet, stir and cook a minute or two, until they start to soften. Add the mushrooms, stir and season with the remaining salt and pepper to taste. Cook until the mushrooms are tender and then serve topped with a soft egg if desired. Enjoy!

Simple Stuffed Delicata Squash

Adapted from Kim's Cravings (www.kimscravings.com)

Total time 45 minutes

Serves 8

This is my favorite squash! It's a fall squash that is SO simple to prepare and cooks pretty quickly! You could also add other veggies to this!

Ingredients:

4 large delicata squash ends cut off, sliced vertically and deseeded

1 lb. lean ground turkey or chicken

½ small onion diced

2 garlic cloves minced

1 14 ounce can diced tomatoes

1 tsp seasoning salt

2 handfuls fresh spinach

Directions:

Preheat oven to 400 degrees F.

Brown meat in a large skillet over med-high heat. After meat has been cooking for about 2-3 minutes, add onion and garlic.

Meanwhile, you may want to pop the squash in the microwave for about 1 minute to soften the squash up a bit.

Once meat is almost fully cooked, add tomatoes, seasoning salt and spinach. Stir to combine and continue to cook until spinach is wilted. This should only take a couple of minutes.

Use a slotted (this will help drain excess liquid) spoon to spoon the turkey mixture into the squash halves. Fill them as full as possible. You may have extra turkey mixture, which makes a very tasty salad topping.

Bake stuffed squash at 400 degrees F. for 20 to 30 minutes, until tops are browned and squash is soft.

Enjoy!

Easy Roasted Delicata Squash

Adapted from Rachel Cooks (www.rachelcooks.com)

Serves 2

This is as easy as it gets with this squash- you can eat the skin!

Ingredients:

1 delicata squash

1 tsp EVOO

¼ tsp salt (more or less to taste)

¼ tsp black pepper (more or less to taste)

Directions:

Preheat oven to 425°F. Scrub the outside of the squash with a brush until very clean. Cut ends off to create two flat edges. Cut in half lengthwise and scoop out seeds.

Cut into 1/4- to 1/2-inch slices, keeping the size of the slices consistent. Rub, toss, or spray with olive oil so both sides of each slice are coated with oil. Sprinkle with salt and pepper and spread onto a parchment paper lined baking sheet in a single layer.

Place in preheated oven and roast for 20 minutes. Flip each slice over and roast for another 15 minutes or until golden brown and crispy on the outside and tender on the inside.

Enjoy immediately.

Roasted Delicata Squash and Tomatoes

Adapted from The Real Food RDs (www.therealfoodrds.com)

Total time 35 minutes

Serves 4

Sub in any type of tomatoes you still have lingering!

Ingredients:

2 medium delicata squash, seeds removed and sliced into 1/4-inch thick 'moons'

1 cup grape or cherry tomatoes

1 ½ T ghee, melted or oil of choice

1 medium shallot, thinly sliced (may substitute 1/3 cup thinly sliced red onion)

Fresh thyme leaves (may substitute 1/4 tsp. dried thyme)

Salt & Pepper

Directions:

Preheat oven to 400°F.

Line a large rimmed baking sheet with parchment paper.

Add squash slices, shallots and tomatoes to baking sheet. Toss with melted ghee (and bacon fat, if using).

Arrange vegetables in an single layer. Sprinkle with salt and pepper. Lay a few thyme sprigs (or sprinkle with dried thyme) on top of the vegetables and bake in preheated oven for 22-25 minutes, stirring the vegetables halfway through baking time, until tender and lightly browned.

Remove from the oven and serve.

Crispy Corn Fritters

Adapted from The Kitchn (www.thekitchn.com)

Chop up some peppers to add to these. You can FREEZE them!

Ingredients:

1 ½ cups all purpose flour
2 Tbs fine white cornmeal
1 Tbs sugar
2 tsp baking powder
1 tsp salt
½ tsp cayenne pepper
3 cups fresh corn kernels
½ medium jalapeno pepper, minced
2 Tbs fresh chives, chopped
½ cup whole milk
2 large eggs
½ cup oil

Directions:

Mix the dry ingredients. Whisk the flour, cornmeal, sugar, baking powder, salt, and cayenne pepper together in a large bowl.

Toss corn, jalapeño, and chives with the dry ingredients. Add the corn, jalapeño if using, and chives. Toss with your hands or a spatula until the vegetables are coated.

Prepare the batter. Mix the milk and eggs together in a measuring cup until incorporated, then pour into the flour and corn mixture. Stir with a spatula until all of the flour is moistened. The batter will be quite thick, but do not overmix. Set aside while you heat the oil.

Heat oil and fry the fritters. Heat the oil into a large cast iron skillet over medium heat until shimmering. Drop 4 (1/4-cup) portions of the batter evenly around the pan and flatten each slightly with the back of a spoon or a spatula. Cook until golden-brown on the bottom, 2 to 3 minutes. Flip with a flat spatula and cook until puffed, brown and cooked through, 2 to 3 minutes more. If using frozen corn kernels, they may need 1 to 2 minutes more cook time per side.

Drain and serve the fritters. Transfer the fritters with a spatula to a paper-towel lined plate. Continue making fritters with the remaining batter. Transfer finished fritters to a serving plate and serve warm or at room temperature.

Hearty Corn Chowder

Adapted from The Chunky Chef (www.thechunkychef.com)

Total time ~ 1 hour

Serves 6

Soup and more soup, use those potatoes in this one. Could also add some poblanos if you have them still! I made this last week and was not disappointed!

Ingredients:

8 slices bacon, diced
2 Tbs unsalted butter
1 medium yellow onion, diced
¼ cup all-purpose flour
2 cloves garlic, minced
5 cups water (chicken broth or vegetable broth may be substituted)
8 ears yellow sweet corn (husks and silks removed)
1 lb yukon gold or baby red potatoes, sliced into ½ inch pieces
¼ tsp dried thyme
¼ tsp smoked paprika
salt and black pepper, to taste
1 cup half and half or heavy cream
handful of chopped fresh chives

Directions:

Slice corn kernels off the cob and set aside. Take each ear of corn and hold it over a bowl. Use either the back of your knife or a spoon and scrape any remaining pulp and juice from the cobs.

Cook bacon pieces in large heavy bottomed pot (like a dutch oven) over MED heat. Cook about 5-8 minutes, or until bacon is crisp. Use a slotted spoon to remove to a paper towel lined plate and set aside.

Use a clean paper towel to absorb some of the bacon grease, reserving about 1 Tbs of grease in the pot. Add butter and melt over medium heat.

Add diced onions and cook about 5 minutes, until soft and translucent. Add garlic and flour and cook about 1 minute, stirring often.

While whisking, pour in water and increase heat to medium-high. Add in corn, potatoes, thyme, smoked paprika, and salt and pepper. Stir and bring to a low boil, then reduce heat to medium-low and simmer.

Simmer, stirring every so often, for 15-20 minutes, until potatoes are fork tender.

Use an immersion blender to blend about half the soup until smooth. Alternatively, remove about 3 cups of the soup to a blender and blend until smooth. Stir the blended soup back into the pot.

Add in half and half, reserved corn juice, and about half the chives. Stir in and heat through.

Serve sprinkled with remaining chives and cooked bacon pieces, if desired.

Apple Spice Waffles

Adapted from Taste of Home (www.tasteofhome.com)

Total time ~ 30 minutes

Makes 12 waffles

Great way to enjoy those apples that might be piling up!

Ingredients:

2 cups biscuit/baking mix

2 tsp ground cinnamon

1 tsp ground nutmeg

2 large eggs, room temperature

1- ½ cups milk

6 Tbs butter, melted

1 cup chopped peeled apple

Optional: Whipped cream and maple syrup

Directions:

Preheat waffle maker. In a large bowl, combine biscuit mix, cinnamon and nutmeg. In another bowl, whisk eggs, milk and butter; stir into dry ingredients just until moistened; stir in apple.

Bake waffles according to manufacturer's directions until golden brown. If desired, serve with whipped cream, syrup and additional chopped apples.

Fresh Pear Bread

Adapted from Taste of Home (www.tasteofhome.com)

Makes 2 loaves

Save this for those ripe pears! Also could freeze this once made.

Ingredients:

1 small 3 large eggs, room temperature
1- ½ cups sugar
¾ cup vegetable oil
1 tsp vanilla extract
3 cups all-purpose flour
2 tsp baking powder
2 tsp ground cinnamon
1 tsp baking soda
1 tsp salt
4 cups finely chopped peeled ripe pears (about 4 medium)
1 tsp lemon juice
1 cup chopped walnuts

Directions:

In a bowl, combine the eggs, sugar, oil and vanilla; mix well. Combine flour, baking powder, cinnamon, baking soda and salt; stir into the egg mixture just until moistened. Toss pears with lemon juice. Stir pears and walnuts into batter (batter will be thick).

Spoon into 2 greased 9x5-in. loaf pans. Bake at 350° for 55-60 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Caramelized Pear Steel Cut Oats

Adapted from Minimalist Baker (www.minimalistbaker.com)

Total time ~ 20 minutes

Serves 2

Hello fall breakfast! Spice up your kitchen with this one, play around with the toppings!

Ingredients:

$\frac{3}{4}$ cup steel cut oats

1 $\frac{1}{2}$ cups water

1 $\frac{1}{2}$ Tbs butter or olive oil

2-3 Tbs brown sugar

2 pears

$\frac{1}{4}$ tsp cinnamon

1 Tbs lemon

For toppings: Pecans, granola, nut butter

Directions:

Start your oats by bringing water to a boil in a small saucepan. Once boiling add a pinch of salt and then your oats. Swirl to coat then cover and turn heat to low. Cook for 15 minutes or until the water is absorbed and the oats are tender.

In the meantime, prepare your pears. Heat a medium saucepan over medium heat. Once hot, add olive oil or butter. Once bubbling, add brown sugar and stir. Then immediately add in pears, lemon juice and cinnamon and stir to coat. Cover to steam and soften the pears and cook for 10 or so minutes or until tender and golden brown.

Once tender, remove the lid to allow them to caramelize a bit more. Remove from heat.

Divide oats between two bowls (as original recipe is written) and top with equal servings of pears. I also added a few pecans, which added a nice crunch and more protein.