

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

August 24, 2014 Newsletter

This week's recipes contain:

Cucumbers, Jalapenos, Pickling Cucumbers, Bi-color Sweet Corn, Italian Eggplant, Zucchini, Red Grape Tomatoes, Cusa, Summer Squash, Green Onions, Swiss Chard and Green Curly Kale

Mexican Calabazita Stew

www.ninosalvaggio.com

1 lb. Pork, Lean, cut in thin strips
1 medium Cusa Squash
1 medium Onion, chopped medium
2 Garlic Cloves, chopped
2 ears Sweet Corn, Kernels
1 cup Tomatoes, canned, diced
2-3 cups Water
1 Red Bell Pepper, seeded, chopped
1 tsp. Chili Powder
2 tsp. Cumin, Ground
To Taste Salt & Pepper

Cook pork in a frying pan until brown (use a little oil). When pork is cooked, stir in the onion & bell pepper and continue to cook for a couple more minutes. Put this mixture into a 4 ½ qt. pot. Next, add salt, pepper, cumin, garlic and squash. Add water. Simmer for 20-30 minutes, occasionally stirring. Then let stand for another 20-30 minutes off of the heat (covered). The cooking process will continue steaming the vegetables. Serve with a corn or flour tortilla!

Eggplant and Country Bread Lasagna

www.lidiasitaly.com

3½ pounds medium eggplant
2 cups flour, for dredging
½ cup canola oil, for frying, or more if necessary
½ teaspoon salt, or more if necessary
2 tablespoons soft butter, for the baking pan
12 slices day-old country bread
6 cups Tomato sauce
2 cups Parmigiano-Reggiano, grated

Trim the stem and bottom end of the eggplants. Peel off all the skin, if it is tough or, with tender eggplant, remove ribbons of peel, in a striped pattern. With a sharp chef's knife, cut all the eggplant lengthwise into slices, about 1/3-inch thick. Toss a few slices at a time in the flour (in a large bowl or on a tray) to coat completely on both sides; shake off the excess and pile in another bowl or tray. Pour 2 or 3 table-

spoons of the canola oil into the skillet and tilt it so the entire bottom is coated with a thin film of oil. Set the pan over medium-high heat for a couple of minutes. Fry the slices for about 2 minutes until lightly colored on the underside, then flip them over and fry 2 minutes on the second side. Drain the slices on sheets of paper towel and sprinkle with a couple pinches of salt while hot. Brown the remaining floured eggplant in batches, adding oil to the pan as needed. Remove to paper towels and salt them right away, using about 1/2 teaspoon for all the slices.

Assembling the Lasagna: Arrange a rack in the center of the oven and preheat to 400°. Cut the crusts off the bread slices. Butter the bottom and sides of the baking pan generously. Spread a cup of the tomato sauce in a thin layer in the bottom of the pan. Cover the bottom with a single layer of bread slices. Trim the slices and cut them in pieces so they fit close together and lie flat (but you don't have to fill every small crack or hole). Spoon about 2 cups of sauce onto the bread and spread it evenly. Make a layer of eggplant, using half the slices. You can lay them crosswise or lengthwise in the pan, whichever way fits best. Overlap the slices as necessary to make an even layer that completely covers the sauce. Press down gently to condense the lasagna and make more room in the pan, then sprinkle 1 cup of grated cheese evenly over the top. Repeat layering. Cut a sheet of aluminum foil about 2 feet long – preferably from a wide roll of heavy duty foil. Press the foil so it hugs the sides of the pan and bend it to make a "tent" over the lasagna that doesn't touch the surface anywhere.

Bake the lasagna covered for about 45 minutes, giving the eggplant plenty of time to cook. Remove the pan from the oven and carefully unfold the foil from the sides of the pan and lift it off completely. Return the lasagna to the oven and bake for another 15 to 20 minutes, or until the top is deep golden-brown. Let the casserole settle for a few minutes before serving (it will stay hot for some time). Cut in squares or rectangles of whatever size you like and lift out individual pieces with an angled spatula.



Like us on Facebook!!

visit www.jttodfarms.com

Bacon Wrapped Stuffed Jalapenos

thepioneerwoman.com

20 whole Fresh Jalapenos, 2-3 Inches In Size
2 cubes Cream Cheese, Softened
1 pound Thin(regular) Bacon, Sliced Into Thirds

If you have them, slip on some latex gloves for the pepper prep... Cut jalapenos in half, length-wise. With a spoon, remove the seeds and white membrane (the source of the heat; leave a little if you like things HOT). Smear softened cream cheese into each jalapeno half. Wrap jalapeno with bacon pieces (1/3 slice). Secure by sticking toothpick through the middle. Bake on a pan with a rack in a 375-degree oven for 20-25 minutes. You don't want the bacon to shrink so much it starts to squeeze the jalapeno. If, after 20 minutes, the bacon doesn't look brown enough, just turn on the broiler for a couple of minutes to finish it off. These are best when the jalapeno still has a bit of bite to it. Serve immediately, or they're also great at room temperature.

Yellow Summer Squash with Blistered Tomatoes

www.aspicyperspective.com

2 lbs. yellow squash, choose smaller ones
1 pint grape tomatoes
2 cloves garlic, minced
2 Tb. fresh thyme leaves
1 Tb. butter
1 Tb. olive oil (or use Land O'Lakes Butter with Olive Oil and Sea Salt and mix the oil)
Salt and Pepper
1/2 cup Parmesan Cheese

Heat a large skillet to medium-high heat. Trim the ends of the squash. Quarter each squash and slice into pieces, 1/3 inch thick. Add the butter and oil to the skillet, followed by squash and garlic. Toss and sear for 2-5 minutes, until barely cooked through. Salt and Pepper to taste. Push the squash to the sides of the skillet and add the tomatoes. Cook and toss another 2-3 minutes until the tomatoes are just about to pop. Stir in the fresh thyme and remove from heat. Sprinkle the yellow squash recipe with Parmesan cheese and serve warm!

Quick Kinchi Cucumbers

www.foodandwine.com

1 pound cucumbers, cut into 1/2-inch spears
1 1/2 teaspoons salt
2 1/2 tablespoons sugar
1 1/2 TB Korean red chile flakes or 2 teaspoons crushed red pepper
1 1/2 TB thinly sliced strips of peeled fresh ginger
4 garlic cloves, thinly sliced
1 tablespoon Asian fish sauce
1 tablespoon soy sauce
1/2 teaspoon dried shrimp (optional), minced
1 small carrot and 1 scallion, thinly sliced into 2-inch matchsticks
1/4 small onion, thinly sliced

In a colander, toss the cucumbers with 1/4 teaspoon of the salt and 1/2 tablespoon of the sugar and let stand for 10 minutes. In a bowl, mix the remaining 1 1/4 teaspoons of salt and 2 tablespoons of sugar with the chile flakes, ginger, garlic, fish sauce, soy sauce and dried shrimp. Toss in the carrot, scallion, onion and cucumbers. Arrange the cucumbers in a shallow dish, spooning the shredded vegetables and liquid on top. Let stand for 15 minutes, turning once or twice, then serve.

Swiss Chard and Kale Saute with Pine Nuts

cookitallegryfree.com

4 Cups of Kale and Swiss Chard leaves (OR any greens), de-stemmed and torn into bite-sized pieces
3 Tbsp Grapeseed OR Olive Oil (OR leftover Bacon Drippings)
2 tsp Apple Cider Vinegar OR Champagne Vinegar
1/2 tsp Sea Salt, or more to taste
1/3 Cup Golden Raisins
1/4 Cup Pine Nuts OR Sunflower Seeds OR Pepitas

Heat the Oil (or Bacon Drippings) in large saute pan. Once heated, add Greens and cook for about 2 minutes. Once greens start to shrink down and soften, add your Vinegar and Sea Salt. Cook for another 2 minutes. Add Golden Raisins and Pine Nuts (or Seeds), unless omitting. Cook for 1 more minute. Then serve warm.