

# J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

## October 12, 2014 Newsletter

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This week's recipes contain:

*Lettuce, Eggplant, Tomatoes, Napa Cabbage Broccoli, Purple Beans, Celery, Sweet Dumpling Squash, Red Russian Kale and Cubanelle Peppers*

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### *Arabian Stew*

*www.recipelion.com*

3 1/2 cups tomato juice  
1 pound chicken meat, cooked and cut up  
2 small raw potatoes, diced  
1 medium eggplant, peeled and cut up  
1 large raw onion, diced  
6 stalks celery with tops, diced  
28 ounces green beans, drained  
3/4 pound sliced fresh mushrooms  
1 tablespoon oregano  
garlic, to taste  
onion powder, to taste  
Parmesan cheese, grated

Place all ingredients in a slow cooker in the order listed (except for the cheese), cover and cook 8-10 hours on medium. Serve with cheese. Makes 20 cups.

### *Open Faced Sandwiches with Mushrooms & Fried Eggs*

*Sidney Fry | Cooking Light August 2012*

4 teaspoons extra-virgin olive oil, divided  
1 cup thinly sliced shallots, divided  
1 (8-ounce) package presliced cremini mushrooms  
2 tablespoons dry white wine  
1/2 teaspoon freshly ground black pepper, divided  
1/4 teaspoon kosher salt  
8 teaspoons refrigerated pesto  
4 (1 1/2-ounce) slices multigrain bread  
2 ounces grated fresh Parmigiano-Reggiano cheese (about 1/2 cup)  
4 large eggs  
8 (1/4-inch-thick) slices beefsteak tomato  
3 tablespoons chopped fresh basil  
Preparation

Heat a large nonstick skillet over medium heat. Add 2 teaspoons oil to pan; swirl to coat. Add 2/3 cup shallots; cook 3 minutes. Add mushrooms; cook 4 minutes or until tender, stirring occasionally. Add wine, 1/4 teaspoon pepper, and salt; bring to a boil, scraping pan to loosen browned bits. Cook 2 minutes or until liquid almost evaporates, stirring occasionally. Remove mushroom mixture from pan; keep warm. Return pan to medium heat. Add 1 teaspoon oil to pan; swirl to coat. Add remaining

1/3 cup shallots; sauté 5 minutes or until lightly browned. Remove shallots from pan; keep warm. Preheat broiler to high. Spread 2 teaspoons pesto over one side of each bread slice. Top each slice with about 2 tablespoons cheese. Broil 2 minutes or until cheese melts; keep warm. Return pan to medium heat. Add remaining 1 teaspoon oil to pan; swirl to coat. Crack eggs into pan, and cook 4 minutes or until whites are set. Top each bread slice with 2 tomato slices. Divide mushroom mixture evenly among bread slices, and top each serving with 1 egg. Sprinkle with remaining 1/4 teaspoon pepper, shallots, and basil.

### *Broccoli Cheese Soup*

*therecipecritic.com*

1 tablespoon melted butter  
1/2 medium chopped onion  
1/4 cup melted butter  
1/4 cup flour  
2 cups half-and-half cream  
2 cups chicken stock  
1/2 lb fresh broccoli (about 1 cup)  
1 cup carrot, julienned  
1/4 teaspoon nutmeg  
8 ounces grated sharp cheddar cheese  
salt and pepper to taste

Saute the onion in 1 tablespoon melted butter and set aside. In a large pot whisk together the melted butter and flour over medium heat for about 3-4 minutes. Slowly whisk in the half and half and chicken stock. Let it simmer for about 20 minutes. Add the broccoli, carrots, and onions. Let them simmer on medium low for about 25 minutes until the broccoli and carrots are tender. Add nutmeg, salt and pepper and sharp cheddar cheese. Let the cheese melt and then serve. For a smoother soup puree it in a blender... but I love the chunks!

### *Shrimp & Egg Fried Rice*

*www.foodnetwork.com*

6 tablespoons peanut oil  
2 shallots, thinly sliced  
1 (2-inch) piece ginger, peeled and grated  
1/2 small head napa cabbage, core removed and finely sliced  
Salt  
2 cloves garlic, minced  
1/2 pound medium shrimp, peeled and deveined  
3 large eggs, lightly beaten



4 cups cooked long-grain white rice  
1/2 cup frozen peas, thawed in warm water  
3 tablespoons soy sauce  
1/4 bunch scallions, sliced, for garnish  
1/2 cup chopped peanuts, for garnish (optional)

Heat 2 tablespoons of the peanut oil in a wok or a large nonstick skillet over medium-high flame. Give the oil a minute to heat up, then add the shallots, the ginger, and stir-fry for 1 minute until fragrant. Add the cabbage and stir-fry until the cabbage is wilted and soft, about 8 minutes; season with a nice pinch of salt. Remove the vegetables to a side platter and wipe out the wok with dry paper towel. Put the pan back on the heat and coat with 2 tablespoons of oil. Add the garlic and to the wok and saute gently until fragrant. Add shrimp and cook for 2 to 3 minutes until pink. Set aside on platter with vegetables. Add remaining oil to the wok and when hot, crack the eggs into the center. Scramble the egg lightly, then let it set without stirring so it stays in big pieces. Fold in the rice and toss with the egg until well combined, breaking up the rice clumps with the back of a spatula. Return the sauteed vegetables and shrimp to the pan along with the peas and season with salt and soy sauce. Toss everything together to heat through. Spoon the fried rice out onto a serving platter, and garnish with scallions and peanuts.

## ***Whole Roasted Winter Squash*** *www.tenderfoodie.com*

Preheat your oven to 350 degrees Fahrenheit. Line a cookie sheet with parchment paper. Make sure no parchment sticks out past the pan (or it might burn). Thoroughly wash one dumpling squash and one delicata squash (or 2 or each, just leave space enough for the squash to breathe and turn). Use a knife to pierce each squash in several places all the way around to vent. Place them on the cookie sheet and set into the preheated oven. Every 15 or 20 minutes, turn the squash so that every inch can get an even heat exposure. Turn from top to bottom first, and as it starts to soften, turn side to side. When the squash is soft and browning, remove from the oven. Let it cool down, cut in half, scrape out the seeds and pith. Then serve hot. You can add a little sea salt, or some brown sugar or maple syrup, or just eat them plain. Butter lovers can use these dairy alternatives, too. The dumpling squash is quite delicious roasted and naked (you can even eat the dumpling's skin), so purists like RB might not want to dress it up at all. The delicata squash will take about one hour. The dumpling squash will take about 1-1/2 hours

## ***Calabrese Salad*** *www.lidiasitaly.com*

1 pound russet potatoes  
1/2 cup extra-virgin olive oil  
6 Italian frying peppers, preferably 5 inches or longer

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12 garlic cloves, crushed and peeled  
1 small red onion, halved and thinly sliced  
1/2 teaspoon kosher salt  
1/2 teaspoon peperoncino flakes, or to taste  
2 tablespoons red wine vinegar

Put the potatoes in a pot with water to cover them by about 2 inches, and heat to a steady boil. Cook just until the potatoes are easily pierced with a fork or sharp knife blade (don't let them get mushy), then drain and cool them. Peel off the skins, cut the potatoes crosswise into round slices about 1/3 inch thick, and put in the salad bowl. Pour 1/4 cup of the olive oil into a big skillet, and set over medium-high heat. When the oil is hot, lay in the peppers and cook for a couple of minutes, until they're sizzling and starting to color on one side, then turn them and brown the other side. Keep turning and moving the peppers around so they cook and color evenly. After 5 minutes, when the peppers have been turned a couple of times and are sizzling nicely, scatter the garlic cloves in between them. Now lay another, smaller skillet or a heavy pot cover on top of the peppers, and press down for more thorough browning. Cook for another 5 minutes or more, rotating the peppers a couple of times, until browned and blistered on all surfaces. Remove from the heat, and let the peppers cool for a few minutes, with the weight still in place. When the peppers can be handled, cut off the stems, peel off the skin, slice them open, and scrape out the seeds. Slice them lengthwise in strips about 1 inch wide; if the peppers were very long, cut the strips crosswise into nice lengths for eating, 3 inches or so. Assemble and dress the salad while the pepper strips are still warm (though it is also good at room temperature). Put the pepper pieces and the onion slices in the bowl with the potatoes, and sprinkle over them the salt and peperoncino. Drizzle the remaining 1/4 cup olive oil and the vinegar on the vegetables, and toss well. Remove garlic and serve right away.

## ***Kale Pesto*** *redrussiankale.co.uk*

100g kale, Red Russian (or Curly)  
2 cloves of garlic, peeled and crushed  
handful of pine nuts  
3 tablespoons of double cream  
50g parmesan, grated  
1 tablespoon of olive oil  
1/2 teaspoon grated nutmeg (optional)  
Pinch of salt

Heat the oil in a pan and gently saute the garlic for a couple of minutes. Wash the kale well and chop. Add to the garlic pan. Cover and cook for 2 minutes until the kale starts to wilt. Put the pine nuts in a food processor/blender and whizz up until smooth. Add the double cream and nutmeg(if using). Whizz up again. Add the kale and garlic. Process up until smooth. Season with the salt and grated parmesan. Mix well. Cook the pasta as per the packet instructions. Drain well. Add the kale pesto to the pasta. Mix well. Serve warm.