

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

October 19, 2014 Newsletter

The recipes use the following seasonal vegetables:

Lettuce, Tomatoes, Italian Eggplant, Pie Pumpkin, Acorn Squash, Green Cabbage, Broccoli, Beets with Greens, Kale and Anaheim Peppers

Tomato Pie Recipe

www.simplyrecipes.com

1 9-inch pie shell (purchased or homemade)
1/2 yellow or red onion, chopped
3-4 tomatoes, cut in half horizontally, squeezed to remove excess juice, roughly chopped, to yield approximately 3 cups chopped tomatoes
1/4 cup sliced basil (about 8 leaves)
2 cups grated cheese (your favorites)
3/4 cup mayonnaise
1 teaspoon (or more to taste) of Frank's Hot Sauce (or Tabasco)
Salt and freshly ground black pepper

Preheat your oven to 350°F. Pre-bake the pie shell in the oven for about 8 to 10 minutes (a little longer for a frozen pie shell), until lightly browned. If you are using a homemade crust, freeze the crust first, then press a sheet of aluminum foil into the crust to keep the sides of the pie crust from falling down as it cooks. Pre-bake it for 15 minutes, then remove the foil and bake for 10 more minutes. Lightly salt the chopped tomatoes and set them in a colander over a bowl to drain while you are pre-baking the crust. Squeeze as much moisture as you can out of the chopped tomatoes, using either paper towels, a clean dish towel, or a potato ricer. Sprinkle a layer of chopped onion over the bottom of your pre-baked pie crust shell. Spread the drained chopped tomatoes over the onions. Sprinkle the sliced basil over the tomatoes. In a medium bowl, mix together the grated cheese, mayonnaise, Tabasco, a sprinkling of salt and freshly ground black pepper. The mixture should be the consistency of a gooey snow ball. Spread the cheese mixture over the tomatoes. Place in oven and bake until browned and bubbly, anywhere from 25 to 45 minutes.

Bacon Wrapped Stuffed Anaheim Peppers

tsgcookin.com

8 Anaheim chile peppers
1 block (8 ounces) cream cheese
4 ounces (weight) grated sharp cheddar cheese
3/4 cup minced onion
1/2 cup minced sweet red pepper
1 jalapeno, seeded and minced
1 tablespoon minced fresh garlic
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon chile powder

1/4 teaspoon hot sauce
16 slices bacon (NOT thick sliced)

Preheat oven to 450 degrees F. Line a half sheet baking pan (approximately 13- x 18- x 1-inch) with aluminum foil. Place a cooling rack (such as is used for cookies, etc.) in the bottom of the of the pan. Set aside. Wash Anaheim peppers. With a sharp knife, slice the peppers open on one side only--do not slice completely through the peppers. Carefully scrape out seeds. Set peppers aside. In a medium-sized bowl, mix together the cream cheese, grated sharp cheddar cheese, onion, red pepper, jalapeno, garlic, salt, black pepper, chile powder, and hot sauce. Fill the hollowed out Anaheim peppers with the filling. Sing two pieces of bacon per pepper, wrap the bacon slices around each pepper. Scrunch the bacon close together as you wrap. Remember that it will shrink as it cooks. Secure with toothpicks. Place peppers on the rack in the baking pan, leaving space between each pepper. Do not over-crowd the pan. If there is a concern about splatters while baking, lay a piece of aluminum foil lightly over the peppers. Do not fold it around the edges because steam from cooking needs a way to escape. Bake for 20 minutes. Remove pan from oven. If a foil covering has been used, remove the foil at this time. Set oven to broil. Move oven rack 5-7 inches from broiler. Broil peppers 1-3 minutes until bacon is brown and crispy. Note: If splattering during broiling is a concern, try the following--carefully remove the rack with the peppers on it and drain the collected grease from the pan (an old jar works well as a grease receptacle). Return the rack with the peppers on it to the baking pan and complete the broiling process. Remove toothpicks before serving. Be careful when removing the toothpicks because the peppers will be hot. If you prefer to using the cream cheese filling as a dip instead of stuffing it into the peppers, do the following: add 1/2-1 cup sour cream and mix well; top with crumbled, crispy-fried bacon.

Roasted Beets & Sauteed Beet Greens

www.allrecipes.com

1 bunch beets with greens
1/4 cup olive oil, divided
2 cloves garlic, minced
2 tablespoons chopped onion (optional)
salt and pepper to taste
1 tablespoon red wine vinegar (optional)

Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of



olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

Gingery Creamed Kale & Cabbage

www.foodandwine.com

Salt

3 pounds kale, tough stems discarded
1/4 cup plus 2 tablespoons vegetable oil
1 large white onion, coarsely chopped
1 pound green cabbage, coarsely shredded
1 1/2 tablespoons finely grated fresh ginger
1/2 teaspoon turmeric
2 cups heavy cream
1 cup buttermilk

Bring a large pot of water to a boil and salt the water. Add the kale leaves and cook until tender, about 6 minutes. Drain and let cool, then coarsely chop. In a large pot, heat the oil. Add the onion and cook over moderate heat until softened, about 7 minutes. Add the cabbage, ginger and turmeric and season with salt. Cook over moderate heat, stirring occasionally, until the cabbage is wilted, about 5 minutes. Add the cream, cover and simmer over moderately low heat, stirring occasionally, until the cream has thickened, about 8 minutes. Stir in the kale, season with salt and cook for 3 minutes, stirring a few times. Remove from the heat and stir in the buttermilk. Bring to a simmer and serve.

Baking a pie pumpkin: Cut the pumpkin in half, scoop out seeds and pulp (save the seeds to clean and roast). Place on a baking dish, either face up or down, and roast in 350 degree oven for 45 minutes or until the pumpkin is fork tender. Cool, peel off the skin from the pumpkin and mash or run through the blender. If it's overly watery, strain it through cheese cloth to get rid of the excess moisture. If its too dry, add a tablespoon of water. Use or freeze.

Pumpkin Bars

S Brewer

4 eggs, beaten
2 cups pumpkin (or 1 15 oz can)
1 1/3 c sugar

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1 c oil or 1/2 c butter & 1/2 c applesauce
2 c flour (regular or gluten free)
2 tsp baking powder
1 tsp salt
3 tsp cinnamon
1 tsp nutmeg
1/2 tsp ginger

Beat eggs, pumpkin, sugar and oil until well blended. Mix dry ingredients and then add to liquid. Mix until smooth. Pour into jelly roll pan and bake at 350 for 25 - 30 minutes. Cool and frost with cream cheese frosting (1/2 bar cream cheese, 1/2 c butter, 1 tsp vanilla and 3 c powdered sugar - beat until smooth)

Roasted Acorn Squash with Brown Sugar

www.skinnytaste.com

1 acorn squash, cut in half, seeds and fibers removed
1 tbsp whipped butter
2 tbsp brown sugar (to taste)
dash of ground cinnamon

Preheat oven to 350°. Rub 1/2 tbsp light butter on each side. Top with brown sugar and cinnamon. Place in a baking dish and add 1/4 cup water to the bottom of the pan. Cover and bake 50 minutes. Uncover and bake an additional 10 minutes. Remove from oven and allow to cool before serving.

Baked Eggplant Chips

www.scratchingcanvas.com

1 Eggplant
1 Egg
1 c bread crumbs
2 TB Parmesan Cheese
1/2 tsp black pepper
1 tsp paprika
1/2 tsp garlic salt

Preheat the oven to 150. Line the baking pan with parchment paper. Wash and clean the eggplant, pat it dry with kitchen towel. Chop off the stem end and cut the eggplant into thin round slices. Slice as thin as possible. Take a medium bowl and beat the egg lightly in it. Take a deep bottomed flat plate and fill it with breadcrumbs, mix in remaining ingredients. Take a slice of eggplant and dip in the the beaten egg and then in the seasoned breadcrumbs. Place on baking dish. Bake for 15 minutes. Flip once and then bake another 10 minutes until nicely browned. Remove from the oven and serve with hot sauce, spicy green mole sauce or cream cheese, slices of jalapeno and a dash of hot sauce or mole.