

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

June 22, 2014 Newsletter

This week's recipes contain:

Cilantro, Thai Basil, Stevia, Rubarb, Red Leaf Lettuce, Romaine Lettuce, Green Curly Kale, White Pearl Onions, Baby Bok Choy, Red Radishes and Purple Radishes

Radish Slaw *www.mariquita.com*

1/2 lb. radishes, trimmed and grated coarse (about 2 cups)
3 cups finely shredded cabbage
1 cup coarsely grated carrots
1/2 cup thinly sliced red onion
2 tbsp. fresh lemon juice
1/2 tsp. sugar
2 tbsp. olive oil
2 tbsp. finely chopped fresh cilantro, mint, or parsley leaves

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the herbs, and salt and pepper to taste.

Stevia Simple Syrup *www.care2.com*

1 cup warm water
1/4 cup fresh finely crushed stevia leaves

Add the warm water to the stevia leaves and set for 24 hours, then refigureate.

Rule of thumb for stevia - 1 generous tablespoon is roughly equivalent to 1 cup of sugar.

Thai Basil Salt *www.seriousseats.com*

1/2 cup kosher or sea salt
1/2 cup packed fresh Thai Basil leaves

Preheat the oven to 275 degrees. Combine the salt and Thai basil in your food processor. It will make a salty green paste. Spread the paste on a cookie sheet (don't line with aluminum foil - the paste will stick to the aluminum foil). Bake for 30 minutes. Check to make sure all the lumps are completely dry. If not, bake for an additional 10 minutes, then check for dryness. When dry, scrape into your food

processor until fine. Use as you would use table salt, but is particularly good on corn on the cob, pasta and tomatoes.

Rhubarb Upside Down Cake *www.marthastewart.com*

FOR THE TOPPING:

4 tablespoons unsalted butter, melted
1/2 cup all-purpose flour
1/4 cup sugar
Coarse salt

FOR THE CAKE

1 1/2 sticks unsalted butter, room temperature, plus more for buttering pan
1 pound rhubarb, trimmed and cut on a very sharp diagonal about 1/2 inch thick
1 3/4 cups sugar
1 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
Coarse salt
1/2 teaspoon finely grated orange zest plus 1 tablespoon fresh orange juice
2 large eggs
1 cup sour cream

COOK'S NOTE: Let the cake cool for 10 minutes before removing it from the pan. The rhubarb will be too hot to handle safely right after baking. But if the cake sits much longer, it may stick.

Preheat oven to 350 degrees. Make the topping: Stir together butter, flour, sugar, and 1/4 teaspoon salt until moist and crumbly. Butter a 9-inch round cake pan (2 inches deep). Dot with 4 tablespoons butter (cut into pieces). Toss rhubarb with 3/4 cup sugar; let stand for 2 minutes. Toss again, and spread in pan. Whisk together flour, baking powder, and 1 1/2 teaspoons salt. Beat remaining stick butter and cup sugar with a mixer on medium speed until pale and fluffy. Beat in zest and juice. Beat in eggs, 1 at a time, until incorporated, scraping down sides of bowl. Beat in flour mixture in 3 additions, alternating with sour cream, until smooth. Spread evenly over rhubarb. Crumble topping evenly over batter. Bake until a toothpick inserted into the



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center comes out clean and top springs back when touched, about 1 hour. Let cool for 10 minutes. Run a knife around edge of cake, and invert onto a wire rack. Let cool completely.

Curly Kale with Garlic, Ginger, Chili and Soy
realfood.tesco.com

1tbsp sunflower oil
1in piece root ginger, peeled and thinly sliced
1-2 mild red chillies, deseeded and thinly sliced
1 bunch while pearl onions, trimmed and roughly chopped into chunks
3 cloves garlic, peeled and finely sliced
1/2 pound curly kale
2 tbsp soy sauce

Heat a dash of the oil and sauté the ginger, chilli, spring onions and garlic for 1-2 minutes until garlic is golden - remove to a plate. Heat the rest of the oil and sauté the kale in three batches until bright green, softened and lightly charred. Add the chilli, garlic, onions and ginger back to the pan. Mix everything together well and add soy sauce to taste. Great served with pork or lamb dishes.

Grilled Baby Bok Choy
www.anacortesfarmersmarket.com

4 heads of baby bok choy
2 T. fresh squeezed lemon or orange juice
2/3 c. extra virgin olive oil
2 cloves garlic, thinly sliced (not minced)
2 T. fresh herbs of your choosing, such as dill or sage, finely chopped
Salt and pepper
1 T. balsamic vinegar or low-sodium soy sauce
Handful of pine nuts or chopped walnuts
Romano cheese, grated

Slice heads of baby bok choy in half length-wise (leaves to stem). Soak in cool water for 10 minutes to perk them up and remove any grit hidden inside. While heads soak, heat olive oil in small frying pan. Add thinly sliced garlic and stir until just golden brown (about 1 minute). With a slotted spoon, remove garlic to a paper towel and take pan off heat. Take baby bok choy out of water and gently shake/pat dry. Slice off upper dark green parts of the leaves from the lighter heads. Coarsely chop leaves and set to the side. Brush both sides of heads with garlic-infused oil. Place with cut side up and sprinkle with

lemon/orange juice, salt and pepper and herbs. Place seasoned heads on pre-heated grill with cut side down. Cover grill for 5 to 8 minutes. Remove cover and turn heads over. There should be a nice golden color starting to appear. Drizzle balsamic vinegar or soy sauce over cut sides of heads. Cover again for 5 minutes. At this point, head to the stove and heat up the remaining oil in the small fry pan. When hot, add pine nuts or walnuts and toast slightly for a minute or two. Add chopped baby bok choy leaves and salt and pepper. Stir constantly until wilted, but still very green (about 2 minutes). Remove from heat and toss in fresh herbs if desired. Remove cover and turn heads one last time back to the cut side. Remove from grill when fork-tender. To plate up, put heads on plate and top with leaves, nuts and a sprinkle of cheese. Add more balsamic vinegar or soy sauce if desired.

Lettuce Wrapped Fish
www.nytimes.com

Salt and freshly ground black pepper
Several big leaves of romaine lettuce
1 1/2 pounds thick white fish fillet (rockfish, cod, hake, snapper), in pieces about 3/4 to 1 inch thick, 1 inch wide, and 2 inches or less across
1 cup white wine, approximately
2 to 3 tablespoons butter.

Bring a large pot of water to a boil and salt it. Take as many big, intact leaves of lettuce or cabbage as you have pieces of fish. With large outer leaves, cut out center veins 2 to 3 inches up from bottom of leaves, to the point where the leaf is more pliable; with inner leaves this may not be necessary. One or 2 at a time, blanch leaves in boiling water until they are tender and flexible, 30 seconds to a minute. Remove and drain on paper towels. Put a piece of fish on each leaf and sprinkle with salt and pepper; fold or roll fish in leaf so edges overlap. It is not important to make a tight seal, but it is nice if package covers all the fish. When done, you can cover and refrigerate packages until ready to serve, or continue. In a large, broad skillet or casserole with a cover, bring wine to a boil with butter. Reduce heat to a simmer and add fish packages. Cover and simmer until a thin-bladed knife easily penetrates fish, 5 to 10 minutes. Remove fish to a warm platter. Over high heat, quickly reduce liquid in skillet; it is likely there will be more than there was when you started. When it is thickened a bit, pour over fish and serve.