

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

June 29, 2014 Newsletter

This week's recipes contain:

Sweet Green Basil, Russian Tarragon, Baby Bok Choy, Lettuce, Green Kale, Swiss Chard, Red & White Radishes, Pink Radishes, Shelling Peas and Pearl Onions

Baby Kale and Baby Bok Choy with Sesame & Ginger *www.ebfarm.com*

2 tablespoons sesame oil
1/2 tablespoon grated fresh ginger
3 large green onions sliced 1/2-inch lengths
5 ounces Baby Kale
2 cloves garlic (finely minced)
2 head baby bok choy cut crosswise 1-inch wide strips
2 tablespoons mirin
1/2 tablespoon toasted sesame seeds
1 dash Toasted sesame oil (as garnish, optional)

Place a large skillet or wok over medium heat and add the sesame oil, ginger, garlic and green onions. Cook until fragrant, stirring constantly, about 1 minute. Add the baby kale, bok choy and mirin to the skillet, raise the heat to medium-high, and stir fry until the kale has wilted and the bok choy is crisp-tender, 4 to 5 minutes. Season to taste with salt. Transfer the mixture to a platter and sprinkle with sesame seeds. Drizzle with toasted sesame oil, if you like, and serve immediately.

Kale and Romaine Caesar Salad *www.kalynskitchen.com*

2 T fresh-squeezed lemon juice
1 T anchovy paste from a tube or soy sauce
1 tsp. garlic puree
1/2 tsp. Dijon mustard
6 T olive oil
2 T + 2 T freshly grated Parmesan cheese
sea salt and fresh ground black pepper to taste
4-5 oz. romaine lettuce
4-5 oz. dark green kale

In a blender, food processor, or the mini-processor bowl of an immersion blender combine the lemon juice, anchovy paste (or soy sauce), garlic puree, and Dijon and pulse together a few times. Then add the olive oil one tablespoon at a time, pulsing for a few seconds after each tablespoon of oil is added. Stir in 2 T of freshly grated Parmesan and season the dressing with sea salt and freshly ground pepper. Put dressing in the fridge and chill until ready to use, or if you want to make the

salad right away, chill it in the freezer for 10 minutes or so. Thinly slice romaine lettuce in 1/2 inch strips until you have enough to make 4-5 cups sliced romaine. Wash the sliced lettuce, then spin dry or dry with paper towels. If you have small garden kale leaves you won't need to cut away the center spine, but for large kale leaves, fold it over along the spine and cut away the thick part of the kale spine and discard. Then stack up a bunch of kale leaves and slice 1/2 inch thick, repeating until you have enough sliced kale to make 4-5 cups of sliced kale. Wash kale and spin dry or dry with paper towels. Combine the sliced romaine and kale in a large bowl, big enough to thoroughly toss the salad. Add a few tablespoons of dressing and toss, repeating until all the salad greens are very lightly coated with dressing. Add the remaining 2 T of freshly grated Parmesan to the salad and toss again. Serve right away.

Roasted Radishes ***with Brown Butter, Lemon and Radish Tops*** *www.bonappetit.com*

2 bunches medium radishes (such as red, pink, and purple; about 20)
1 1/2 tablespoons olive oil
Coarse kosher salt
2 tablespoons (1/4 stick) unsalted butter
1 teaspoon fresh lemon juice

Preheat oven to 450°F. Brush large heavy-duty rimmed baking sheet with olive oil. Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit. Coarsely chop radish tops and set aside. Cut radishes lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat. Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes. Season to taste with more coarse kosher salt, if desired. Melt butter in heavy small skillet over medium-high heat. Add pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes. Remove skillet from heat and stir in fresh lemon juice. Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish tops and serve.



French Swiss Chard Tart
gourmandeinthekitchen.com

Dough: ¼ cup/30 g pine nuts
¼ cup/30g tapioca flour
1 ¾ cups/196g almond flour
1/2 tsp sea salt
2 Tablespoons/30g coconut oil or ghee or butter
1 egg white (save the yolk for the filling)

Filling: 1 Tablespoon extra virgin olive oil
2 small garlic cloves, finely chopped
¼ teaspoon red pepper flakes
1 large bunch of swiss chard, roughly chopped
3 eggs plus 1 egg yolk
1/2 cup/120ml whole milk yogurt
½ teaspoon sea salt
¼ teaspoon freshly ground black pepper
1 Tablespoon currants or raisins (optional)
2 Tablespoons/60g pine nuts , toasted
1 to 2 oz sheep's milk feta cheese (optional)

Dough: Preheat oven to 350 degrees F. Process the pine nuts and tapioca flour in a food processor until you have a fine flour. Add the almond flour , salt and ghee or coconut oil and pulse to combine. With the motor running add the egg white through the shoot and process until a crumbly dough starts to form.

Gather the dough with your hands and place it in the center of a lightly greased 9-inch tart pan pressing it out evenly to the edges and up the rim of the tart pan using your fingers and the palm of your hand. Prick the dough all over with the tines of a fork and refrigerate to firm for at least 20 to 30 minutes or place in the freezer for 10 minutes before baking. Bake for 15 to 18 minutes until lightly golden and set. Remove from oven and cool on wire rack while making the filling. Tart: Heat the oven to 350 degrees F. Heat the olive oil, garlic and red pepper flakes over medium heat in a medium sized skillet or sauté pan for 1 minute until fragrant but not brown. Add the chard and coat with the oil and spices. Cover partially and cook until tender (about 5 to 7 minutes), stirring as necessary and adding a Tablespoon of water if the leaves look too dry. Set aside to cool while you make the custard. Beat the eggs in a large bowl with the coconut milk or yogurt and salt and pepper. Stir in the chard mixture and currants. Pour the filling into the tart and scatter the pine nuts (and feta if using) over the surface. Bake until golden and firm, (about 30 to 35 minutes) covering the edge of the crust with foil as necessary if browning too quickly. Let cool completely on a wire rack and serve at room temperature.

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Cheesy Tarragon Omeletta
www.theperfectpantry.com

10 large eggs, well beaten
¾ cup shredded cheese - your favorite
3 Tbsp minced Tarragon or favorite fresh herbs
Large pinch of sea salt and fresh ground black pepper
2 Tbsp olive oil

In a large bowl, combine eggs, cheese, herbs, salt and pepper, and beat lightly with a whisk to combine. Heat a large frying pan over lowest heat; add the oil, then pour in the egg mixture. Cover, and cook for 5 minutes. Lift the lid, and with a spatula lift the edges of the omeletta and let some of the uncooked egg from the top run underneath. Replace the lid and continue cooking over low heat for another 3 minutes. Again, lift the edges and let the uncooked egg on top run underneath. Cover, and continue cooking until the egg is set, another 5 minutes or more. If you prefer to have the top browned, either flip the omeletta and cook for 1 minute, or place under the broiler until the top is lightly browned. Serve hot or at room temperature.

Pea, Lettuce & Herb Salad
www.finecooking.com

1 cup fresh shelled peas
Kosher salt and Freshly ground black pepper
3 Tbs. extra-virgin olive oil
1 Tbs. fresh lemon juice
1 tsp. finely grated lemon zest
1 bunch lettuce, washed, dried, torn into bite-size pieces
6 medium radishes, thinly sliced
4 scallions thinly sliced on the diagonal
1/4 cup loosely packed fresh flat-leaf parsley leaves
1/4 cup loosely packed fresh chervil leaves
2 Tbs. very coarsely chopped fresh tarragon
2 Tbs. thinly sliced chives

If using fresh peas, sample them. If they are young, sweet, and tender, keep them raw. If they are older and a bit tough, blanch them in a small pot of boiling salted water until just tender, 2 to 4 minutes. Drain and spread them on a baking sheet in a single layer to cool. If using frozen peas, thaw them by leaving them at room temperature or by running them under warm water. In a small bowl, whisk the oil with the lemon juice, lemon zest, and salt and pepper to taste. Just before serving, toss the peas in a small bowl with 1 Tbs. of the dressing. Toss the butter lettuce, radishes, scallions, and herbs in a large bowl with just enough of the remaining dressing to lightly coat. Season to taste with salt and pepper. Top with the peas.