

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 27, 2014 Newsletter

This week's recipes contain:

*Green Sweet Basil, Siberian Kale, Leaf Broccoli, Green Beans,
New Potatoes, Radishes, Green Leaf Lettuce and Pickling Cucumbers*

Sweet Basil Mayo *www.foodnetwork.com*

1 cup loosely packed fresh basil leaves
1/2 cup mayonnaise
1 tablespoon fresh lemon juice
1/2 teaspoon Dijon mustard
Kosher salt and freshly cracked black pepper

In a food processor, puree the basil, mayonnaise, lemon juice and mustard. Season with salt and pepper and set aside.

Kale and Carmelized Onion Grilled Cheese *Cooking Light | September 2013*

4 medium kale leaves, stems removed
2 teaspoons canola oil
2 medium red onions, cut into 1/2-inch-thick slices
1/4 teaspoon freshly ground black pepper
1/8 teaspoon kosher salt
1 teaspoon red wine vinegar
8 (1-ounce) slices multigrain bread
Cooking spray
1 ounce finely grated Parmesan cheese, divided
(about 1/4 cup)
3.5 ounces shredded raclette cheese (about 7/8 cup)

Preheat oven to 300°. Bring a small pot of water to a boil; add kale. Remove from heat; let stand 4 minutes or until kale is bright green. Drain; rinse kale under cold water until cool. Pat leaves dry. Heat a skillet over medium-high heat. Add oil; swirl to coat. Add onion, pepper, and salt. Cook 10 minutes or until onion is tender and browned, stirring frequently. Remove from heat; stir in vinegar, tossing to coat. Coarsely chop onion. Heat a large nonstick skillet over medium heat. Lightly coat 1 side of each bread slice with cooking spray. Working with 2 slices at a time, arrange bread in pan, sprayed side down. Cook 1 1/2 minutes or until bread begins to brown. Sprinkle 1 tablespoon Parmesan on 1 bread slice in pan. Top with 1 kale leaf, one-fourth of onion mixture, and about 1/4 cup raclette. Top with other toasted bread slice. Transfer sandwich to a baking sheet. Repeat procedure with remaining 6 bread slices, Parmesan, 3 kale leaves, onion

mixture, and raclette. Bake sandwiches at 300° for 5 minutes or until cheese melts.

Leaf Broccoli, Potato and Rosemary Pizza *www.yummly.com*

2 of Your favorite uncooked pizza crusts
1 large yukon gold potato, very thinly sliced
Salt
Extra-virgin olive oil
1/2 pound leaf broccoli washed, ends trimmed
1 large garlic clove, minced, plus 2 garlic cloves lightly smashed but still intact
1/4 teaspoon crushed red pepper flakes
8 ounces fresh mozzarella cheese, thinly sliced
2 tablespoons fresh rosemary leaves
1/2 cup finely grated Pecorino Romano cheese
Freshly ground black pepper
Rosemary sprigs for garnish

Preheat oven to 375 F. Toss potatoes with 1 tablespoon olive oil and 1 teaspoon salt in a large bowl. Arrange potatoes in one layer on a baking tray. Bake until edges begin to turn golden brown, 15 to 20 minutes. Remove from oven and let cool. Increase oven temperature to 475 F. Bring a large pot of salted water to boil. Add broccoli rabe and blanch 30 seconds; drain. Plunge broccoli rabe into a bowl of ice water. Cool and drain again. Lay in one layer on a kitchen towel to thoroughly dry. Cut in 2" pieces. Heat one tablespoon olive oil in skillet over medium heat. Add minced garlic and red pepper flakes. Sauté briefly, 30 seconds. Add broccoli rabe and 1/2 teaspoon salt. Sauté one minute. Remove from heat. Taste and add more salt if necessary. Assemble pizzas: Lightly brush pizza crusts with olive oil. Rub all over with smashed garlic cloves. Arrange one layer mozzarella cheese over crusts. Top with one layer of potatoes and broccoli rabe. Sprinkle one tablespoon rosemary over each crust. Top with grated Pecorino cheese. Bake on pizza stone or on tray on lowest rack in oven until crust is golden brown and cheese is bubbly, about 15 minutes. Before serving, sprinkle with freshly ground black pepper. Garnish with fresh rosemary leaves and drizzle with extra-virgin olive oil.



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Oven Roasted Green Beans with Parmesan
www.foodnetwork.com

1 1/2 pounds green beans
2 tablespoons extra-virgin olive oil
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon garlic powder
1/2 cup Parmesan or Asiago cheese

Preheat the oven to 425 degrees F.

Trim the ends of the green beans and add to a large bowl. Toss with the extra-virgin olive oil, then add the garlic powder, cheese, salt and pepper and toss until cover. Spread out evenly on a parchment lined baking sheet. Sprinkle with a little extra cheese. Roast, stirring once halfway through, until lightly caramelized and crisp tender, 20 to 25 minutes.

Rosemary and Butter Steamed New Potatoes
www.deepsouthdish.com

2 pounds of new or very small red potatoes
1/2 cup of butter
1/4 cup of water
1 teaspoon of kosher salt, or to taste
1/2 teaspoon of freshly cracked black pepper, or to taste
2 or 3 sprigs of fresh rosemary

Add the butter, water, rosemary sprigs, salt and pepper to a medium saucepan and melt butter over low heat. Meanwhile, scrub the potatoes and peel a strip away from the center of each potato. Add to the saucepan, cover, and cook over low for 25 to 30 minutes. Roll potatoes around in the pan occasionally as they cook, but do not remove cover. Transfer to a serving bowl, drizzling the remaining butter from the saucepan over the top. Serve immediately.

Radish, Boursin and Chive Tartines
www.thekitchn.com

Thinly sliced ciabatta bread
Boursin cheese spread or softened cream cheese
Fresh radishes, washed and dried
Fresh chives, minced
Kosher salt and freshly ground black pepper

Spread the bread with the cheese, and cut each slice

in half. Cut the radishes in half lengthwise, then slice ultra-thin with a mandoline. Lay a few slices of radish on each bread slice, and sprinkle with minced chives, salt and pepper.

Cucumber Raita
Eating Well | July/August 2011

1 small cucumber, peeled, seeded and diced
1 cup low-fat plain yogurt
2 tablespoons chopped fresh mint
1 tablespoon lime juice
1 small clove garlic, minced
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon pepper

Combine cucumber, yogurt, mint, lime juice, garlic, cumin, salt and pepper in a small bowl. Serve immediately or cover and refrigerate for 30 minutes to allow flavors to blend.

Kale Slaw
www.dianadyer.com

Fresh kale leaves sufficient to prepare 4 c diced kale
1 green or red pepper, diced
1 large carrot, shredded
1 sweet onion, diced
4 cloves garlic, pressed
1/3 cup brown sugar
2 tablespoons balsamic vinegar
2 tablespoons white vinegar
1/4 cup water
1/4 cup olive oil
2 cloves garlic, crushed

Prep is easy. Harvest fresh kale leaves the day you prepare the slaw. Wash the leaves and shake them dry. You may trim the stems but I leave them in. With a sharp knife dice the leaves until you have pieces the size you would enjoy in your slaw. Combine and mix the kale, pepper, carrot, onion and pressed garlic in a ceramic bowl. You may want to reserve a small piece of carrot to put through the garlic press after the garlic to get as much of the garlic as possible through the press. In a small food processor (preferred) or bowl, mix the remaining ingredients thoroughly to dissolve the brown sugar and emulsify the oil with the remaining liquids. Pour this dressing over the mixed veggies and let the mix marinate in the refrigerator for at least a few hours. Very crunchy and tasty!