

# Recipe Page

August 4th, 2005 Week 9

## What's in Your Box this Week?

**Chard** for large shares(Seven Seeds Farm)

**Kale** for small shares (Dancing Bear Farm and Boones Farm)

**Lettuce** (Whistling Duck Farm and Seven Seeds Farm)

**Basil** (Boones Farm and Seven Seeds Farm)

**Onions** (Seven Seeds Farm)

**Garlic** (Boones Farm)

**Strawberries** (L&R Farm)

**Carrots** (Dancing Bear Farm)

**Potatoes** (Boones Farm and L&R Family Farm)

**Tomatoes and Peppers** for small shares (Root Down Farm)

**Eggplants** for larges (Seven Seeds Farm and Root Down Farm)

**Summer Squash** for large shares (Riverwood Island Farm)

**Blackberries** (Riverwood Island Farm)

**Plums** (Dancing Bear Farm)

**Green and Purple Beans** (Dancing Bear Farm)- The purple beans will turn green as they cook.

### Vine Ripened Tomato Le Caprese Salad

1 tomato

5 leaves fresh basil

1/4 tsp white wine vinegar

3 oz fresh "buffalo" mozzarella

Pinch of coarsely ground black pepper

1 tsp extra virgin olive oil

Slice the tomato to about 1/4 inch thickness and arrange on plate.

Slice the mozzarella about the same width and layer it between the tomatoes. Arrange the basil between the layers of cheese and tomato.

Season with pepper. Drizzle with olive oil and vinegar.

## **Green beans and sweet onions with a Swiss cheese sauce.**

### Ingredients

1/8 cup butter  
2 cups chopped sweet onions  
1 clove garlic, minced  
1/2 can condensed cream of celery soup  
1/2 cup milk  
1/4 teaspoon pepper  
1 cups green beans, ends cut off and sliced in half  
8 ounces shredded Swiss cheese  
6 slices of French bread, cut about 1/2-inch thick

### Directions:

Melt butter in a large skillet. Add onions and minced garlic to skillet; cover and cook over medium-low heat for about 15 minutes. Stir in cream of celery soup, milk, and pepper; heat, stirring occasionally, until bubbly.

Cook green beans until just tender; drain. In a 2-quart baking dish make layers of half of the cooked green beans, half of the shredded cheese, and a layer of half of the onion sauce; repeat layers. Top with bread slices, overlapping. Bake at 350° for 30 minutes.

## **Carrot Cake**

### Ingredients:

2 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon allspice  
4 eggs  
2 cups sugar  
2 teaspoons vanilla extract  
1 1/4 cups vegetable oil  
2 cups grated carrots  
1 (20 ounce) can crushed pineapple, drained  
1/2 cup sweetened flaked coconut  
1 cup chopped walnuts  
1 cup raisins

### Directions

Preheat the oven to 350 degrees F (175 degrees C). Coat a 10x15x2 inch baking dish or 10 inch Bundt pan with cooking spray.

In a medium bowl, stir together the flour, baking powder, baking soda, salt, cinnamon and nutmeg. Set aside. In a separate larger bowl, mix together the eggs, sugar and vanilla by hand. Stir in the oil; the mixture should resemble pudding. Gradually stir in the dry ingredients, then fold in the carrots, pineapple coconut, walnuts and raisins. Pour the batter into the prepared pan, and spread evenly. Bake for 55 to 60 minutes in the preheated oven, or until a small knife inserted into the cake comes out clean.

## **Algerian Potato Pancakes**

### Ingredients:

2 pounds mashed potato  
1 tablespoon paprika pepper  
2 teaspoons ground cumin  
pinch of cayenne pepper  
1 bunch of coriander, chopped  
3 eggs  
salt  
pepper  
oil for frying

### Directions:

In a large bowl, mix the potato with the spices, coriander, egg and seasoning. With floured hands, form the mixture into round flat cakes. Cover and chill for 30 minutes.

Heat a shallow layer of oil in a frying pan, add the cakes in batches and fry until crisp and brown on both sides. Transfer to paper towels to drain. Serve hot.

## **French Fries**

### Ingredients:

5 potatoes  
1 teaspoon vegetable oil  
2 eggs  
1 tablespoon Cajun spice (opt)

Directions Preheat the oven to 400 degrees. Slice each potato lengthwise into 1/4-inch ovals, then slice even oval lengthwise into matchsticks. Coat baking sheet with oil. Combine eggs and spice in a bowl. Add the matchstick potatoes and mix to coat. Pour the coated potatoes onto the baking sheet. Bake for 40 minutes, until the fries are crispy, turning them every 6 to 8 minutes with a spatula so that they brown evenly. Serve immediately.