

# Recipe Page

September 8th, 2005- Week 14

## What's in Your Box this Week?

**Tomatoes** (L&R Family Farm and Root Down Farm)

**Green Beans** (Boones Farm)

**Beets** (Riverwood Island Farm)

**Eggplant** (Root Down Farm)

**Hot peppers** (Root Down Farm)- jalapenos and poblanos: Poblanos are fairly mild and can either be stuffed or sliced up for salads or stirfrys.

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

**Slicing Cucumbers** (L&R Family Farm)

**Blackberries or Raspberries** (Riverwood Island Farm)

**Green Bell Peppers** (Root Down Farm)

**Leeks** (Seven Seeds Farm)

**Garlic** (Seven Seeds Farm)

**Melons** (Seven Seeds Farm)- Cantaloupes or watermelons

**Corn** (L&R Family Farm)

**Cherry Tomatoes** for large shares (Boones Farm)

**Chard** for large shares (L&R Family Farm)

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

**Lemon cucumbers** for large shares (L&R Family Farm)

## Yakinegi (Grilled Leek) Recipe

Ingredients:

4 leeks            1 tsp sesame oil            2 tbsp soy sauce

Wash leeks and cut diagonally into 1 1/2 inch lengths. Brush leeks with sesame oil and grill. Brush leeks with soy sauce and grill until softened.

## Eggplant Parmesan

1/4 cup vegetable oil	1/4 cup finely chopped onion or leeks	1 clove garlic, mashed
1 tablespoon minced basil	1 teaspoon salt	1/4 teaspoon pepper
1 pound of tomatoes, cooked down	1 medium eggplant	lemon
1 egg	1 tablespoon vegetable oil	1/4 cup milk
flour	vegetable oil for frying	8 ounces sliced mozzarella cheese
1/2 cup grated Parmesan cheese		

In a large skillet heat 1/4 cup vegetable oil; add onions and garlic and sauté over low heat, stirring occasionally, until onions are tender and yellow. Stir in parsley, salt, pepper, and tomato sauce; simmer for about 30 minutes. Meanwhile, peel the eggplant and cut into 1/4-inch thick slices; brush each slice with lemon juice to prevent discoloration. Beat egg slightly; beat in milk and 1 tablespoon oil. Dust each slice of eggplant with flour, patting well to remove excess flour. Dip into the egg and milk mixture; drain. In a large skillet over medium heat, heat 2 tablespoons oil. Fry eggplant on both sides, adding more oil as needed, until golden brown. In a 2-quart baking dish, layer sauce, eggplant, and mozzarella, topping layers off with Parmesan cheese. Bake at 350° for 30 minutes.

## Beet, Frizzled Leek and Gorgonzola Crostini

3 medium beets, (3/4 lb), trimmed and scrubbed	1 tablespoon extra virgin olive oil
2 teaspoons white wine vinegar	2 teaspoons chopped fresh basil
To taste salt and ground black pepper	1 leek, white part only
1 cup canola oil	4 slices Italian bread, cut diagonally
2 ounces Gorgonzola cheese	

Wash beets. Place in a saucepan, cover with water and cook over medium heat for 30 to 40 min or until tender. Drain. When cool enough to handle, slide the peel off by hand, and slice into small wedges. Place in a medium bowl. Season with oil, vinegar, basil, salt and pepper. Set aside and cover.

Cut leek crosswise about 3-inch long. Slice lengthwise into thin strips. Wash in cold water and dry. Heat the oil in a cast iron pan over moderate heat. The oil should not be too hot. Fry the leeks until golden brown. Drain on paper towel. Set aside. Can be made a day ahead, and kept in an air tight container.

Toast the bread until golden. Spread each toast with gorgonzola. Top with 2 to 3 slices of beet mixture, and a few more on the plate. Sprinkle leeks on top, and serve at once.

## Chili with Jalapenos

1 can Dark red kidney beans, drain	1 can Black beans, drained	1 can Garbonzo beans, drained
2 cups Stewed tomatoes	3 cups tomato sauce	1 Green pepper, chopped
1 White onion or leek, chopped	1 Handful jalapenos, sliced	Chili powder
1 1/2 tb Cumin		

Place all ingredients, in a large kettle and mix well. Reduce heat and continue cooking for 20-25 minutes.