

# FARM FRESH

# GAZETTE



## Corn/Cucumbers/Eggplant/Beans Heirlooms/Cherry Tomatoes/Fryer Peppers/ Peaches/Freshly Baked Bread/Limas-Large

### Simple Panzanella Salad

1/2 pound day old chewy farm style bread, cubed  
Water, to cover  
4 small vine ripe tomatoes, chopped  
1 small red onion, chopped  
1 cup loosely packed basil leaves, torn or shredded  
2 tablespoons red wine vinegar  
1/4 cup extra-virgin olive oil  
Salt and freshly ground black pepper

#### Directions

Place bread in a medium mixing bowl and cover with water. Soak bread 3 to 5 minutes. In small batches, remove bread in handfuls from the water and wring it out with out mashing or tearing bread. You do not want wet bread, so wring it carefully.

Combine tomatoes with onions and basil in a second bowl and dress with vinegar, oil, salt and pepper. Add bread to tomato salad and combine. Adjust seasonings and serve.

Recipe courtesy of Rachael Ray

### **Bruschetta**

- 2 Tablespoons Olive Oil
- 5 cloves Garlic, Finely Minced

- 1 pint Red Grape Tomatoes, Halved Lengthwise
- 1 pint Yellow Grape Tomatoes, Halved Lengthwise
- 1 Tablespoon Balsamic Vinegar
- 16 whole Basil Leaves (chiffonade)
- Salt And Pepper To Taste (don't Oversalt!)
- 1 whole Baguette
- 8 Tablespoons Butter
- Cut the baguette into diagonal slices to allow for the most surface area possible. Melt half the butter in a large skillet and grill half the bread on both sides, making sure they're nice and buttery. Cook till golden brown on both sides. Repeat with the other half of the butter and the other half of the bread.
- To serve, give the tomato mixture a final stir, the spoon generously over the slices of bread. Serve on a big platter as a first course or appetizer.

#### Instructions

- In a small skillet, heat olive oil over medium-high heat. Add garlic and stir, lightly frying for about a minute, removing before the garlic gets too brown (it can be golden.) Pour into a mixing bowl and allow to cool slightly.
- Add tomatoes, balsamic, basil, and salt and pepper to the bowl. Toss to combine, then taste and add more basil if needed, and more salt if needed (don't over salt, though!) Cover and refrigerate for an hour or two if you have the time.

### Tomato-Corn Pudding with Leeks and Cubanelle Peppers

*From greensgrow.org*

- 4 ears of sweet corn, shucked and cut off cob
- 1 large leek, sliced
- 1 cubanelle pepper, diced
- 1 tomato, diced
- 1 bunch (about 2 Tbl) fresh thyme, chopped
- 1 Tbl fresh parsley, chopped
- 1 Tbl fresh chive, chopped
- 2 egg whites
- 1 cup whole milk
- Salt and pepper to taste

- In a large sauté pan, sweat leek, cubanelle and thyme in olive oil over medium-high heat for about five minutes.
- After the leeks and pepper become tender, add corn kernels and sauté for two or three minutes.
- Season with salt and pepper, then drain off any excess liquid using a fine mesh strainer or colander.
- Transfer to a large mixing bowl and stir in diced tomato.
- Brush a 7" x 9" casserole dish with olive oil and spread vegetables evenly inside it.
- In small mixing bowl, whisk together egg whites and milk and pour over the corn.
- Cover and bake at 400 degrees for 25 or 30 minutes or until the eggs have set.
- Allow to cool, and garnish with fresh parsley and chive.

## **Southwest Corn & Quinoa Stuffed Tomatoes**

### **Ingredients**

- 4 Large tomatoes (hollowed out)
- 1/4 onion (diced)
- 2 cubanelle peppers
- 1 cup cooked quinoa
- 1/4 cup tomato pulp
- 2 ears of corn (cooked & stripped from ear)
- 1/4 cup shredded Monterey jack cheese
- chili powder
- smoked paprika
- salt & pepper
- olive oil

### **Directions**

1. Preheat oven to 400 F
2. Hollow out tomatoes by cutting a hole in the top and scooping out the

pulp. Reserve 1/4 cup for the filling.

3. Heat olive oil in a large skillet over medium high heat. Add the onion & peppers and cook stirring often for 5 minutes. Add the quinoa, corn, pulp and seasoning and continue to cook for another 2-5 minutes until heated through.
4. Spoon quinoa mixture into the hollowed-out tomatoes and place in an oven-safe baking dish. Sprinkle the top with Monterey jack cheese.
5. Bake tomatoes for 5 minutes or until cheese is melted.

### **Ingredients**

4 medium heirloom tomatoes, cut into 1/4-inch-thick slices  
 1 cup water  
 2 garlic cloves, crushed  
 1 medium leek, chopped  
 1 medium tomato, quartered  
 3/4 teaspoon salt, divided  
 1/2 teaspoon freshly ground black pepper, divided  
 1 tablespoon unflavored gelatin  
 6 (1/4-inch-thick) slices medium eggplant  
 1 1/2 tablespoons extra-virgin olive oil  
 Cooking spray  
 4 ounces' fresh mozzarella cheese, cut into 1/8-inch-thick slices  
 1 tablespoon chopped fresh thyme leaves, divided  
 1 tablespoon finely chopped fresh chives, divided

### **Preparation**

1. Preheat oven to 450°.

2. Place heirloom tomato slices on several layers of paper towels. Top with a single layer of paper towels. Let stand 15 minutes.

3. Combine 1 cup water, garlic, leek, and quartered tomato in a medium saucepan; bring to a boil. Reduce heat; simmer 10 minutes. Strain through a sieve over a bowl, pressing to extract liquid; discard solids. Pour liquid into pan; stir in 1/2 teaspoon salt and 1/4 teaspoon pepper. Cool to room temperature. Sprinkle with gelatin; let stand 5 minutes. Bring gelatin mixture to a boil; boil 3 minutes. Remove from heat.

4. Lightly brush eggplant slices with oil; arrange in a single layer on a baking sheet coated with parchment paper. Bake at 450° for 10 minutes; turn and bake an additional 5 minutes or until tender.

5. Lightly coat a 9 x 5-inch loaf pan with cooking spray. Line pan with plastic wrap. Arrange tomato slices in a double layer on bottom of pan; sprinkle with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Top tomatoes with a thin layer of cheese; sprinkle with 1 1/2 teaspoons thyme and 1 1/2 teaspoons chives. Arrange 3 eggplant slices over cheese. Repeat layers, ending with tomatoes. Pour gelatin mixture over terrine. Cover with plastic wrap. Chill 8 hours or overnight.

6. Turn terrine out onto a platter. Let stand 1 hour (or until room temperature).

## **Shrimp Tacos with Corn Salsa**

### **Ingredients**

1 cup fresh corn kernels (about 2 ears)  
1 teaspoon olive oil  
2 tablespoons chopped green onions  
2 tablespoons chopped fresh cilantro  
3 tablespoons fresh lime juice, divided  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 diced peeled avocado  
Cooking spray  
1 pound medium shrimp, peeled and deveined  
2 teaspoons honey  
1/4 cup light sour cream  
8 (6-inch) corn tortillas

### **Preparation**

1. Preheat broiler to high.
2. Combine corn and oil in small bowl; toss gently to coat. Arrange corn in an even layer on a jelly-roll pan; broil 6 minutes or until lightly browned. Combine corn, onions, cilantro, 1 tablespoon juice, salt, pepper, and avocado in a medium bowl; toss gently.
3. Heat a large grill pan over medium-high heat. Coat pan with cooking spray. Combine shrimp, 1 tablespoon juice, and honey in a medium bowl; toss to coat. Add shrimp to pan; cook 2 minutes on each side or until done.
4. Combine sour cream and remaining 1 tablespoon juice in a small bowl.
5. Warm tortillas according to package directions. Place 2 tortillas on each of 4 plates. Top each tortilla with about 1/4 cup

corn mixture, about 4 shrimp, and 1 1/2 teaspoons sour cream mixture.

## **Walnut Stuffed Eggplant**

*Serves 6*

These individual-serving entrées can be made ahead, then reheated just before serving. Salting the eggplant before cooking it eliminates any potential bitterness, but skip this step if you're watching your sodium.

- 3 medium eggplants (3 lb.)
- 2 Tbs. plus 4 tsp. olive oil, divided
- 2 medium onions, diced (3 cups)
- 1 1/2 pt. grape tomatoes, halved (3 cups)
- 3/4 cup roughly chopped walnut pieces
- 2 1/4 tsp. ground cinnamon
- 1 1/2 tsp. dried oregano
- 1/4 cup whole-wheat breadcrumbs
- 2/3 cup crumbled reduced-fat feta cheese (3 oz.)
- Lemon wedges, optional, for garnish

1. Halve eggplants lengthwise, and scoop out flesh and seeds, leaving 1/2-inch-thick edges on eggplants' shells. Cut scooped-out flesh into 1/2-inch pieces, and set in colander. Sprinkle eggplant pieces and inside of eggplant shells with salt. Let stand 25 to 30 minutes, or until beaded with moisture. Rinse eggplant shells and pieces in cold water, and pat dry.

2. Bring large pot of salted water to a boil. Drop eggplant shells in water, and simmer 5 to 8 minutes, or until barely tender when pierced with fork. Drain in colander, cool, and pat dry.

3. Meanwhile, heat 1 Tbs. olive oil in large skillet over medium-high heat. Sauté onions 3 minutes, or until translucent. Add eggplant pieces, tomatoes, walnuts, cinnamon, oregano, and 1/4 cup water. Season with salt and pepper, if desired. Cook 8 minutes, or until vegetables are softened and browned, stirring occasionally.

4. Preheat oven to broil. Toss breadcrumbs with 4 tsp. olive oil in bowl. Brush each eggplant shell with 1/2 tsp. oil, and place cut-side up on baking sheet. Broil 5 minutes, or until tender and starting to brown. Reduce oven heat to 375°F.

5. Divide filling among eggplant shells. Sprinkle each stuffed eggplant with breadcrumb mixture, and top with feta cheese. Bake 35 minutes, or until heated through and browned on top. Serve with lemon wedges, if using.

## **Extra garlic green bean and eggplant stir-fry**

This stir-fry uses bold aromatics like garlic (tons of it), ginger, scallions and a serrano chile to build the eggplant and green beans into a main dish you will want to make over and over again.

Chopping and dicing all the fresh ingredients takes some time, but the cooking moves quickly, so you'll want to make sure to have everything in its place before you fire the pan.

Sometimes I finish the dish with fresh basil; other times, cilantro. Each herb takes the dish in a noticeably different, but equally

fantastic, direction. Perhaps serve both herbs on the side and let your family decide.

### **Ingredients**

3/4 cup vegetable stock  
1 teaspoon toasted sesame oil  
1/2 teaspoon sugar  
1/4 cup canola oil  
4 large garlic cloves, minced  
1 piece peeled fresh ginger (1 inch), minced (about 1 tablespoon)  
2 scallions, white and greens, thinly sliced on a diagonal (1/2 cup)  
1 serrano pepper, stemmed, seeded and ribs removed, minced  
1/2 pound green beans, trimmed and cut in half crosswise  
1 1/2 pounds eggplant, cut into 1/2-inch dice  
3 tablespoons soy sauce  
Steamed jasmine rice, for serving  
2 tablespoons toasted sesame seeds  
Chopped fresh basil and/or cilantro leaves, for serving

### **Preparation**

Whisk together the stock, sesame oil, and sugar in a small bowl. Set aside.

Heat the canola oil in a large nonstick skillet over medium-high heat. Add the garlic, ginger, half the scallion slices, and the serrano pepper and cook, stirring constantly, for 1 minute. Add the green beans and cook, stirring almost constantly, for 1 minute. Add the eggplant, stirring it until it is well distributed and coated in oil, and let it cook, undisturbed, until it begins to brown, 1 minute.

Pour the soy sauce over the vegetables and toss to coat evenly. Cook, stirring frequently, until the eggplant is tender and the beans are tender-crisp, 3 minutes. Add the stock mixture and let simmer, stirring

occasionally, until most of the liquid has been absorbed (the dish should not be watery, but a thin sauce should remain), 3 to 5 minutes. Turn off the heat and stir in the remaining scallions.

Serve immediately over the rice with a spoonful of the pan juices, a sprinkle of toasted sesame seeds, and the chopped herbs.

Add an extra serrano pepper or include some seeds if you want to kick up the heat.

Asian eggplant varieties are best here, but you can use other varieties if needed.

### **Succotash Of Fresh Corn, Lima Beans, Tomatoes, And Onion serves 6**

- 2 tablespoons extra-virgin olive oil
- 1 1/2 cups chopped onion
- Coarse kosher salt
- 1 large garlic clove, minced
- 3 cups chopped red tomatoes (about 1 1/2 pounds)
- 2 1/4 cups corn kernels cut from 4 ears of corn (preferably 2 ears of white corn and 2 ears of yellow corn)
- 2 cups fresh lima beans (from about 2 pounds pods) or 10 to 11 ounces frozen lima beans or baby butter beans, thawed
- 3 tablespoons thinly sliced fresh basil
- Heat oil in heavy large skillet over medium heat. Add onion and sprinkle with coarse salt. Sauté until soft and translucent, about 5 minutes. Add garlic; stir until fragrant, about 1

minute. Add tomatoes, corn, and lima beans. Reduce heat to medium-low, cover, and simmer until corn and lima beans are tender and tomatoes are soft, about 20 minutes, stirring occasionally. Season to taste with salt and pepper. **DO AHEAD** Can be made 1 day ahead. Cover and chill.

Rewarm before continuing.

- Stir in basil and serve..

### **Grilled Chicken & Tomatoes**

4 (6-ounce) skinless, boneless chicken breast halves  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
Cooking spray  
5 cups arugula  
1 cup halved multicolored cherry tomatoes  
1/4 cup thinly sliced red onion  
1/4 cup olive oil and vinegar salad dressing, divided  
10 pitted kalamata olives, chopped  
1/2 cup crumbled goat cheese

1. Heat a large grill pan over medium-high heat. Sprinkle chicken with salt and pepper. Coat pan with cooking spray. Place chicken in pan; cook 6 minutes on each side or until done.

2. While chicken cooks, combine arugula, tomatoes, onion, 3 tablespoons dressing, and olives; toss gently. Arrange about 1 cup salad on each of 4 plates; top each with 2 tablespoons cheese. Brush chicken with remaining 1 tablespoon dressing. Cut chicken into slices. Arrange 1 sliced chicken breast half on each salad.

**GOT QUESTIONS:  
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