

# FARM FRESH

# GAZETTE



## Peaches/Lettuce & Basil Pot/Radish/Beets/Bok Choy/Squash/Arugula/Parsley/Dutch Cabbage-large

### Chicken with Grilled Peaches and Arugula-serves 4

4 to 6-ounce boneless, skinless chicken breasts  
2tablespoons plus 1 teaspoon olive oil  
kosher salt and black pepper  
2medium red onions, sliced into 1/2-inch-thick rounds  
3peaches, cut into wedges  
1bunch arugula, thick stems removed (about 4 cups)  
2tablespoons balsamic vinegar  
2ounces blue cheese, broken into pieces

### DIRECTIONS

1. Heat grill to medium-high. Brush the chicken with 1 teaspoon of the oil and season with 1/2 teaspoon each salt and pepper.
2. In a bowl, toss the onions, peaches, 1 tablespoon of the oil, and 1/4 teaspoon each salt and pepper.
3. Grill the chicken and onions until the chicken is cooked through and the onions are tender, 5 to 6 minutes per side. Grill the peaches until charred, 2 minutes per side.
4. Toss the arugula with the onions, peaches, vinegar,

and remaining oil. Top with the cheese. Serve with the chicken.

### Emeril's Favorite Cabbage

#### Ingredients

1/2 pound bacon, coarsely chopped  
4 cups thinly sliced onions  
1 1/4 teaspoons salt  
1/4 teaspoon cayenne pepper  
3/4 teaspoon freshly ground black pepper  
1/2 teaspoon sugar  
3 bay leaves  
1 head green or white cabbage (about 3 1/2 pounds), cored and thinly sliced  
1 (12-ounce) bottle beer

#### Directions

Cook the bacon in a large, heavy pot or Dutch oven over medium-high heat, until browned and slightly crispy, about 5 minutes. Add the onions, salt, cayenne, black pepper, sugar, and bay leaves. Cook, stirring, until the onions are soft, about 5 minutes. Add the cabbage and stir to mix well. Cook, stirring, until the cabbage just begins to wilt or soften, 3 to 4 minutes. Reduce the heat to medium-low, and add the beer. Stir to mix. Cover and simmer, stirring

occasionally, for 1 hour. Remove the bay leaves. Remove from the heat and serve warm.

Recipe courtesy of Emeril Lagasse

### Chicken, Arugula Radish Pizza

#### Cooking light

#### Ingredients

1 breadsmith dough  
2 tablespoons extra-virgin olive oil, divided  
1 1/2 cups skinless, boneless rotisserie chicken breast, shredded  
1/3 cup part-skim ricotta cheese  
1.5 ounces goat cheese, crumbled (about 1/3 cup)  
1/2 teaspoon freshly ground black pepper  
1/4 teaspoon crushed red pepper  
2 tablespoons white wine vinegar  
1 teaspoon Dijon mustard  
1 1/2 cups arugula  
1/2 cup thinly sliced radishes

Remove the dough from the refrigerator and let it come to room temperature on the counter. Prepare your stone, pan (lightly sprayed), or parchment paper (non-waxed).

Carefully stretch or roll the dough to the desired size. If the dough is at room temperature, it should not tear.

Let the stretched dough rise for 10

to 15 minutes if thicker crust is desired.

Place a baking sheet in the oven. Preheat oven to 475° (keep baking sheet in oven as it preheats).

Brush crust with 1 tablespoon olive oil; top pizza evenly with shredded chicken and ricotta cheese. Sprinkle with goat cheese, black pepper, and red pepper. Carefully place pizza on preheated baking sheet; Bake at 400 to 425 degrees for approximately 15 to 25 minutes.

Combine white wine vinegar, remaining 1 tablespoon olive oil, and Dijon mustard in a medium bowl, stirring with a whisk. Add arugula and radish slices; toss to coat. Top pizza with arugula mixture. Cut the pizza into 8 wedges.

### **Italian Parsley & Beet Salad**

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YIELD Makes 6 servings

#### **INGREDIENTS**

1/4 cup fresh orange juice

1 tablespoon fresh lemon juice

1/4 cup extra-virgin olive oil plus more for drizzling

2 1/4 pounds assorted beets with greens (such as Chioggia, white, golden, and red; 1 1/2 pounds if already trimmed)

1/4 small red onion

1 1/4 cups Italian (flat-leaf) parsley leaves (from 1 bunch), torn if desired

Equipment: an adjustable-blade slicer

Accompaniment: fresh ricotta or farmer cheese, or grated ricotta salata

Whisk together juices, oil, and 1/2 teaspoon each of salt and pepper in a large bowl.

Trim beets, leaving 1 inch of stems attached, then peel.

Using stems as a handle, slice beets paper-thin (less than 1/8-inch-thick) with slicer (wear protective gloves to avoid staining hands), then cut slices into very thin matchsticks.

Thinly slice onion with slicer.

Toss beets, onion, and parsley with dressing and season with salt. Let stand, tossing occasionally, 30 minutes to soften beets and allow flavors to develop.

Toss again and season with salt and pepper before serving drizzled with additional oil.

### **Grilled Baby Bok Choy**

*Adapted From: Martha Stewart Everyday Food, [Grilled Bok Choy](#)*

#### **Ingredients:**

- 6 heads baby bok choy (about 1.25 pounds), split in half, and large leaves trimmed from the top
- 1 teaspoon [Kosher salt](#)

#### **Vinaigrette:**

- Juice of 2 limes (about 1/3 cup)
- zest of 2 limes
- 2 tsp sugar
- pinch of kosher salt
- 1/2 teaspoon fresh ground black pepper
- 1/3 cup olive oil

#### **Directions:**

**1. Prep the bok choy:** If the bok choy is dirty, soak it in a few changes of water in a salad spinner, then spin dry. Sprinkle the dried bok choy heads with

the teaspoon of kosher salt.

Whisk together the vinaigrette ingredients in a large bowl, then toss with the bok choy. Let the bok choy rest in the marinade, tossing occasionally, until it is time to grill.

**2. Preheat the grill:** Preheat the grill, brush the grates clean, then set to medium-low heat. On a gas grill, this is easy – preheat on high for 15 minutes, then turn the burners to medium-low. For a charcoal grill, see the notes section for suggestions on how to get to medium-low heat.

**3. Grill the bok choy:** Remove the bok choy from the vinaigrette, letting any excess drip back into the bowl. Place the bok choy over the medium low heat, starting it cut side down. Grill for six minutes, or until the bok choy has nicely browned grill marks. Flip the bok choy, then grill for another six to eight minutes, or until the bok choy is crisp-tender. (It will give just a little resistance when poked with a paring knife.) Move the grilled bok choy back to the bowl with the vinaigrette and toss to coat. Rest in the bowl until it is time to serve, letting the bok choy soak up the vinaigrette. Toss one last time before serving

**PIZZA DOUGH INGREDIENTS :** UNBLEACHED UNBROMATED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, CORNMEAL, SEMOLINA FLOUR, SUGAR, CANOLA OIL, BARLEY MALT SYRUP, SALT, WHEAT GLUTEN, YEAST.

**NUTRITION:** Serving Size 1/8 Package (57g), Servings Per Container 8  
Amount Per Serving: Calories 140, Calories from Fat 15, Total Fat 1.5g (2% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 230mg (10% DV), Total Carbohydrate 28g (9% DV), Dietary Fiber 0g (0% DV), Sugars 2g, Protein 4g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV)

[Full Nutrition Chart](#)

**ALLERGENS**CONTAINS WHEAT.