

Recipes

Some Basics

G h e e

1 pound butter

Place butter in medium saucepan over medium-high heat. Bring butter to boil. This takes approximately 2 to 3 minutes. Once boiling, reduce heat to medium. The butter will form a foam which will disappear. Ghee is done when a second foam forms on top of butter, and the butter turns golden. Approximately 7 to 8 minutes. Brown milk solids will be in bottom of pan. Gently pour into heatproof container through fine mesh strainer or cheesecloth. Store in airtight container being sure to keep free from moisture. Ghee does not need refrigeration and will keep in airtight container for up to 1 month.

Simple cheese

"Labneh"

David B. Fankhauser, Ph.D

Beginning Cheese Making webpage at

www.biology.clc.uc.edu

Supplies and ingredients: qt. yogurt, 1 tsp. salt, sterile handkerchief, two bowls, whisk, strainer.

In a bowl whisk yogurt and salt to a smooth consistency.

Place a sterile handkerchief in a strainer suspended over a medium sized bowl (larger than a quart). Pour in salted yogurt.

Lift the four corners of the cloth to make a "sling" and suspend over the bowl to catch the whey which drips through. (I used a strong rubber band looped around the four corners and over a faucet to suspend the cloth. Some people let the whey go down the drain.)

Suspend over the bowl to catch the whey which drains off. It can be suspended in a refrigerator to ensure freshness. After about 24 hours, the whey has been drained off, remove and open up the cloth. Mold labneh into a ball. Store covered in the refrigerator.

30-MINUTE MOZZARELLA

Thanks to Ricki Carroll, [Home Cheese Making](#)

Measure out additives before you start, in clean glass or ceramic cups. Use unchlorinated water.

1 gallon pasteurized milk (NOT ultra-pasteurized)

1 1/2 level tsp. citric acid dissolved in 1/4 cup cool water

Stir the milk on the stove in a stainless steel kettle, heating very gently. At 55° add the citric acid solution and mix thoroughly. At 88° it should begin to curdle.

1/4 tsp. liquid rennet diluted in 1/4 cup cool water

Gently stir in diluted rennet with up-and-down motion, and continue heating the milk to just over 100°, then turn off heat. Curds should be pulling away from sides of pot, ready to scoop out. The whey should be clear. (If it's still milky, wait a few minutes.) Use a

slotted spoon to move curds from pot to a 2 quart microwaveable bowl. Press curds gently with hands to remove as much whey as possible. Microwave the curds on high for one minute, then knead the cheese again with hands or a spoon to remove more whey. (Rubber gloves help – this gets hot!) Microwave two more times (about 35 seconds each) kneading between each heating. At this point, salt the cheese to taste, then knead and pull until it's smooth and elastic. When you can stretch it into ropes like taffy you are done. If the curds break instead, they need to be reheated a bit. Once cheese is smooth and shiny, roll it into small balls to eat warm or store for later in the refrigerator. Lacking a microwave, you can use the pot of hot whey on the stove for the heating-and-kneading steps. Put the ball of curd back in with a big slotted spoon, and heat it until it's almost too hot to touch. Good stretching temperature is 175 degrees.

Basic noodle recipe

4 eggs

2 2/3 c whole-wheat flour

pinch of salt

Pour out flour onto a large surface; table, cutting board, counter. Make a hole in the center and add eggs. Mix with your hands. Add liquid if necessary (either another egg or water).

knead gently and form into a few balls. Roll out on a floured surface. make them as thin as you can without them falling apart.

Slice to the shape you desire.

Can be used for lasagna noodles, egg-roll wrappers, and more.

Tart Dough

Makes four 7" tarts

2 cups whole-wheat flour, 8 ounces Butter, Unsalted (2 sticks), cold -- cut into 1/2, inch cubes, 1/2 tsp Salt, 6 tbsp Ice Water -- may need a few more tablespoons, 1 Egg -- beat well with a tablespoon of water

Make the dough: Preheat the oven to 350 degrees. Put the flour, butter and salt into a food processor. Pulse about 30 times. Check the consistency of the dough. You want to see the butter in small pieces (the size of small peas or large grains of rice). When you have reached that consistency, dump the contents into a wide bowl. Add 6 tablespoons of ice water to the bowl and with one hand, with fingers in a "claw" shape, mix the dough. Squeeze dough in your hands. If it holds together for a moment, before crumbling, it's ready. Sparingly add water until ready. Press into a disc shape. Cut the disc into 4 quarters. Form these into discs and chill, covered, for at least 15 minutes. Roll out each quarter so that the dough is 1/8" thin. Use a 9" plate as a guide and cut a circle around it. Crimp the edges of the tart, poke the bottom all over with the tines of a fork and lay out on a sheet pan. Brush the edges with the egg wash. Chill for 15 minutes. Bake 15-20 minutes until nicely browned. Lift the tart carefully and make sure the bottom is cooked. It should be light brown. Let cool.

Pie Crust

Makes one covered pie or two open pies

2 c Whole-wheat flour (pinch of salt mixed in)

1 stick cold unsalted butter (frozen works good if using a food processor)

Cold water

Slice the butter into 1/4 inch chunks and cut it into the flour. If using a small processor blend the butter into half the flour till butter is the size of a split pea. Then add this to the rest of the flour.

Add enough cold water till the mixture will hold together in a ball. Form two balls and chill 15 minutes.

Main Course

R o a s t e d C e l e r y R o o t T a r t s w i t h R o s e m a r y a n d L e e k

1 lb Celery Root (Celeriac) -- dice medium

2 medium Shallots -- sliced thin, 2 teaspoons Rosemary -- minced

2 tbsp ghee, Salt to taste, 1 Egg, 2 tbsp Butter, Unsalted

1 Leek -- sliced thin, white and light green parts only

1/4 cup crumbly goat cheese or grated hard cheese

Make the filling and assemble tarts: Preheat oven to 400 degrees. Toss celery root, shallot, rosemary, ghee and salt together and lay out on an oiled baking sheet. Roast for 20 minutes until the celery root is nice and soft. Puree in a food processor. Add egg and mix well. Spread onto tarts and bake in a 350 degree oven for 5-7 minutes until it sets up. Meanwhile, melt butter in a sauté pan and add leeks. Saute until tender but don't brown. When tarts are ready, slice each one into 8 pieces. Garnish each one with a small amount of leeks and then a sprinkle of cheese.

SPINACH LASAGNA

1 lb. fresh, whole grain lasagna noodles

4 cups chopped spinach (Steam for 2-3 minutes, let excess water drain)

16 oz. tomato sauce

2 cups fresh ricotta

2 cups mozzarella

Spread a thin layer of tomato sauce on the bottom of a large casserole. Cover surface with a layer of noodles, 1/2 of the ricotta, 1/2 of the spinach, 1/3 of the remaining sauce and 1/3 of the mozzarella. Lay down another layer of noodles, the rest of the ricotta, the rest of the spinach, 1/3 of the sauce and 1/3 of the mozzarella. Spread a final layer of

noodles, the remainder of the sauce and mozzarella, bake uncovered at 350 for 40 minutes.

www.animalvegetablemiracle.com

EGGS IN A NEST

2 cups uncooked whole grains (wheat berries, buckwheat, rye), Cook grains with 4 cups water in a covered pot while other ingredients are being prepared.

butter – a few tbsp, 1 medium **onion**, chopped, and **garlic** to taste

Sauté onions and garlic in olive oil in a wide skillet until lightly golden.

Carrots, chopped, ½ cup **dried tomatoes**, Add and sauté for a few more minutes, adding just enough water to rehydrate the tomatoes.

1 *really large* bunch of **chard**, coarsely chopped

Mix with other vegetables and cover pan for a few minutes. Uncover, stir well, then use the back of a spoon to make depressions in the cooked leaves, circling the pan like numbers on a clock.

8 eggs Break an egg into each depression, being careful to keep yolks whole. Cover pan again and allow eggs to poach for 3 to 5 minutes. Remove from heat and serve over grains.

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VEGETARIAN CHILI

1 lb. dry local beans, soaked overnight and drained

1 cup chopped carrots, 2 large onions, chopped

1 cup peppers (if available, freeze or dry over the summer)

3 cloves garlic, minced

Ghee

28 oz. canned tomatoes, undrained

4 cups stock or tomato juice; 3-5 tbs. Chili peppers

1 tsp oregano

Optional: 2 cups cubed cooked winter squash

Sautee garlic, peppers and onions in ghee until golden, add chopped carrots and cook until tender. Combine with beans and remaining ingredients, stir well. Thin with extra water, stock or tomato juice as needed. Cover and simmer for one hour.

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BUTTERNUT BEAN SOUP

1½ cups dried local beans, soaked overnight and drained

6 garlic cloves, finely chopped

1 tbs. thyme

1 tbs. sage

4 tsp. rosemary

Combine beans and spices in a large saucepan, add water to cover amply, simmer for 30 to 40 minutes, until beans are tender and most water has cooked off.

2 butternut or hubbard squash, halved lengthwise and seeded ghee

While beans are cooking, drizzle a large roasting pan with ghee and arrange squash skin-side-down. Cook at 400 for about 40 minutes, until fully tender when pierced with a fork. Remove from oven and serve each half squash filled with a generous scoop of bean soup.

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P U M P K I N S O U P I N I T S O W N S H E L L

1 five lb. pumpkin (if smaller or larger, adjust the amount of liquid) Cut a lid off the top, scoop out the seeds and stringy parts, and rub the inside flesh with salt. Set the pumpkin on a large roasting pan.

1 quart chicken or vegetable stock, 1 quart milk, ½ cup fresh sage leaves (use less if dried), 3 tbsp chopped garlic, 2 tsp. sea salt

Roast garlic cloves whole in oven or covered pan on low heat, until soft. Combine with liquid and spices in a large pot, mashing the cloves and heating carefully so as not to burn the milk. When the pumpkin is ready, fill with the liquid and replace the lid, putting a sheet of foil between the pumpkin and its top so it doesn't fall in. (If you accidentally destroyed the lid while hollowing the pumpkin, just cover with foil.) Bake the filled pumpkin at 375° for 1-2 hours, depending on the thickness of your pumpkin.

Occasionally open lid and check with a spoon, carefully scraping some inside flesh into the hot liquid. If the pumpkin collapses or if the flesh is stringy, remove liquid and flesh to a blender and puree. With luck, you can serve the soup in the pumpkin tureen.

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T U R K E Y S A U S A G E

2 ½ lb. raw turkey meat diced, including dark meat and fat

½ cup chopped onion

¼ cup chopped garlic

1 tsp salt

2 tsp. fresh oregano (or 1 tsp. dry)

2 tsp. fresh thyme (or 1 tsp. dry)

Hog casings (ask your butcher, optional)

Combine seasonings in a large bowl and mix well. Toss with turkey meat until thoroughly coated. If the meat is very lean, you may need to add ghee to moisten. Cover and refrigerate overnight. Then grind the mixture in a meat grinder or food processor. You can make patties, or stuff casings to make sausage links. An inexpensive sausage-stuffing attachment is available for KitchenAid other grinders; your butcher may know a source for hog casings. www.animalvegetablemiracle.com

V E G G I E F R I T T A T A

Ghee for pan

8 Eggs

½ cup milk

Preheat oven to “broil”, beat eggs and milk together, then pour into oiled, oven-proof skillet over medium heat

Chopped kale, broccoli, asparagus or spinach –depending on the season

Salt to taste

Feta or other cheese (optional)

Promptly add vegetables and stir evenly into egg mixture. At this point you can also add feta or other cheeses. Cook on low without stirring until eggs are mostly set, then transfer to oven and broil 2-4 minutes, until lightly golden on top. Cool to set before serving.

C r o c k - p o t C h i c k e n a n d v e g g i e s

(Ingredients can be adjusted to the size of your crock-pot)

3-4 lb chicken (whole or parts) skinned is best

6 medium potatoes (peeled, 1 inch cubes)

4 large carrots (scrubbed and half inch slices)

One large chopped onion, 3 cloves of garlic, chopped

Sprigs of sage and thyme

Salt to taste

Set chicken and veggies in the crock-pot

Add herbs and salt to taste

Cover with water. Chicken parts can stick out of the water.

Set crock-pot on high for three hours then simmer for a couple of hours or until you get home. Start it in the morning then when you come home dinner is ready to eat.

Side Dishes

P O T A T O S A L A D

4 cups large storage potatoes, coarsely diced and boiled until firmly tender

3 hard boiled eggs, peeled and coarsely chopped

¾ cup last summer’s dill pickles, finely chopped

2 tbsp dill

salt to taste

Sour Cream – a few tbsp

Combine potatoes, eggs, and pickles, being careful not to mash anything. Add dill and salt to mixture and combine thoroughly. Add just enough sour cream to hold the salad together.

B r a i s e d L e e k s

3-4 leeks, Ghee, Thyme, Sea Salt, Vegetable or chicken Stock, Cream (Optional)

Remove root and cut leeks in half length-wise. Trim withered green leaves and wash thoroughly. Keep green part as this recipe tenderizes the whole leek.

Place your leeks in an oiled pan with a secure lid and dress in ghee. Sprinkle sea salt and fill to half the height of the leeks with broth. Sprinkle with thyme.

Bring the uncovered pan to a boil on the stovetop. Reduce to very low heat, cover tightly, and simmer for 30-40 minutes, or until tender.

Taste and season. For a richer dish add fresh cream to the reduced juices. Braised leeks can also be blended and strained for a creamy leek soup --Recipe courtesy of Beth Maxey

B R A I S E D W I N T E R S Q U A S H

Thanks to Deborah Madison, Local Flavors

2 lbs. winter squash, peeled and sliced into ½ inch rounds

2 tbs. butter , 2 cups apple cider , 1 tsp. salt

Rosemary and pepper to taste

Melt butter in skillet with rosemary, after a few minutes add the squash, salt and cider.

You may need to add some additional cider (or water), enough to cover the squash.

Bring to a boil and braise for 20 minutes or until tender. At this point the juice should be reduced to a glaze. If not, raise heat for a few minutes until excess liquid evaporates.

Add a splash of vinegar if you like.

H O L I D A Y C O R N P U D D I N G A N I N E - Y E A R - O L D C A N M A K E

3 cups corn kernels

2 eggs, beaten

1 cup milk

1 cup grated Gouda type cheese (or substitute)

2 tbs. parsley (dried)

1 tbs. marjoram (dried)

Salt to taste

Combine ingredients and pour into greased baking dish. Bake at 350 for 45 minutes or until top is puffy and golden.

Desserts

Peppermint Butter Wafers 2 dozen cookies

1/2 c unsalted butter
1/4 c finely chopped fresh peppermint (or other mint) leaves
1/3 c honey, 1 egg, lightly beaten, pinch salt
3/4 c flour

350 degree oven

Cream butter with fresh mint, let stand at room temperature for 1 hour to suffuse the butter with mint flavor.

Cream honey into butter and mint.

Add beaten egg and mix until well blended.

Add salt & flour and mix just until batter is smooth.

Drop teaspoonfuls of batter onto a lightly oiled cookie sheet, 2 inches apart. The batter will spread and flatten as it bakes.

Bake 10-15 min in center of oven until wafers are light brown at edges.

The Moosewood Restaurant Kitchen Garden

Apple Pie

Use basic pie crust recipe.

6 to 8 large pie apples; peeled, cored and sliced thin
2 Tablespoons unsalted butter
1/3 Cup Honey
One batch of basic pie crust

Preheat the oven to 350 degrees.

Roll out the bottom of the pie crust and place it in the pie pan. Fill as full as you can with apple slices. Drizzle with honey and dot with butter. Roll out a pie crust top with the other ball of dough. Place on top of the pie, crimp the edges, poke a fork in the top a few times for vent holes and bake for one hour.

Tip: After the top of the pie looks cooked (20 minutes or so) slip a piece of tin foil loosely over it to prevent the top and edges from burning.