

RECIPES: Shared Legacy Farms, Week Three, 2023

Homemade Ranch Dressing
Vegan Double Chocolate Muffins
Raw Beet Salad with Walnuts and Goat Cheese
Glazed Hakurei Turnips
Shaved Turnip and Radish Salad with Poppyseed Dressing
Roasted & Raw Carrot Salad with Avocado
Sunshine Salad Dressing
Carrot Top Hummus
Rainbow Chard and Carrot Hash
Raw Garlic Dressing
Oven Roasted Carrots and Kale
Grilled Beef with Broccoli
Ginger Beer Cherry Vodka Soda
Fresh Red Currant Yogurt Cakes
Red Currant Clafoutis
Cherry Basil Lemonade Spritzers
Blueberry Balsamic Vinegar

Homemade Ranch Dressing

Adapted from Cookie and Kate (www.cookieandkate.com)

Total time ~10 minutes

Makes 1 cup

Danielle shared this a few years ago and it's been a favorite since! So many options with fresh herbs and garlic!

Ingredients:

½ cup sour cream

¼ to ½ cup buttermilk, depending on your desired consistency

2 Tbs mayonnaise

1 Tbs minced fresh parsley

1 Tbs minced fresh cilantro or dill, or a combination of the two

1 Tbs minced fresh chives

1 garlic clove, pressed or minced

1 to 2 tsp fresh lemon juice, to taste

½ tsp fine salt

Freshly ground black pepper, to taste

Directions:

In a bowl, combine the sour cream, ¼ cup buttermilk, mayonnaise, fresh herbs, garlic, 1 teaspoon lemon juice, salt, and about 5 twists of black pepper. Whisk to combine.

Taste, and add up to ¼ cup more buttermilk if you desire a thinner, more drizzly consistency. Add up to 1 teaspoon more lemon juice if you would like more zing, and/or more pepper to kick it up a notch.

This dressing tastes great immediately and even better after a 10-minute rest. Use as desired, and store leftovers in the refrigerator, covered, for 5 to 7 days.

Vegan Double Chocolate Muffins

Adapted from Minimalist Baker (www.minimalistbaker.com)

Total Time 30 minutes

Makes 12 muffins

Freezer Friendly

This recipe was a HOT one in our Facebook group the past FOUR summers! I'm sharing again incase you haven't seen it! Multiple people have made these and have been successful in gettings those picky eaters to eat those beets! I used regular eggs, milk and an all purpose GF flour and it turned out fantastic.

Ingredients:

2 flax eggs (or regular eggs)

1 cup SLF beet puree (or sub butternut squash, applesauce, or another hearty fruit puree)

¼ cup maple syrup (sub honey if not vegan)

⅓ cup brown sugar

¼ tsp sea salt

1 ½ tsp baking soda

¼ cup melted coconut oil or vegan butter (such as Earth Balance)

¼ cup unsweetened almond milk (or regular milk if not vegan)

½ cup unsweetened cocoa powder

1 ⅓ cups whole-wheat pastry flour (or unbleached all-purpose, I used an all purpose GF flour)

⅓ cup dairy-free semisweet chocolate chips + more for topping

Directions:

Roast, boil or steam beets prior to peeling. Peel and puree until smooth.

Preheat oven to 375 degrees and line 12 muffins with paper liners, or lightly grease.

Prepare flax eggs in a large mixing bowl and let rest for 5 minutes OR crack 2 eggs into large bowl.

Add beet puree, melted oil, maple syrup or agave, brown sugar, baking soda, salt and whisk for 45 seconds.

Stir in the milk and whisk once more.

Add cocoa powder and flours and stir with a spoon or spatula until just combined, being careful not to over-mix. If the batter appears too thick, add a touch more almond milk. But it should be quite thick and NOT pourable – rather, scoopable.

Lastly, stir in chocolate chips. Then divide batter evenly between muffin tins (should be enough for between 11-12) and sprinkle with a few more chocolate chips (optional but recommended).

Bake for 17-22 minutes or until a toothpick inserted into the center comes out clean. Let cool for a few minutes in the pan, remove from tins and let cool on a cooling rack.

Will keep covered for several days. Freezer for longer-term storage.

Raw Beet Salad with Walnuts and Goat Cheese

Adapted from Umami Girl (www.umamigirl.com)

Total time ~15 minutes

Serves 4

My favorite way to eat beets is shredded and raw! I love the flavor and they are a great addition to even a simple green salad.

Ingredients:

3 cups julienned raw beets from 2 to 3 beets, depending on size (see instructions)

½ small red onion, peeled

½ cup chopped walnuts

Zest of 1 orange

1 Tbs EVOO

1 Tbs sherry vinegar

1 Tbs freshly squeezed orange juice

½ tsp Dijon mustard

¼ tsp fine sea salt

A few good grinds black pepper

2 ounces fresh goat cheese

Microgreens to garnish, optional

Directions:

Trim and peel the beets. Cut beets and onion on the julienne blade of a mandoline slicer, or grate them on a box grater if you don't have a mandoline.

In a small, dry frying pan, toast the walnuts over medium heat for a few minutes, tossing occasionally, until fragrant and lightly browned in spots.

Place beets, onion, walnuts, and orange zest in a medium mixing bowl. Add the oil, vinegar, orange juice, mustard, salt, and pepper, and toss to combine.

Plate salad in a large serving bowl or individual bowls and top with crumbled goat cheese and microgreens.

Glazed Hakurei Turnips

Adapted from Bon Appetit (www.bonappetit.com)

Serves 10

Try this simple recipe to enjoy those turnips and their greens!

Ingredients:

3 bunches baby hakurei turnips, baby turnips, or red radishes (about 2 pounds), trimmed, greens reserved

¼ cup (1/2 stick) unsalted butter

3 Tbs sugar

Kosher salt

Directions:

Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar, and a large pinch of salt; bring to a boil.

Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes. (If turnips are tender before liquid has reduced, use a slotted spoon to transfer turnips to a plate and reduce liquid until syrupy. Return turnips to pan and stir to coat well.)

Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2–3 minutes. Season with salt.

Shaved Turnip and Radish Salad with Poppyseed Dressing

Adapted from Splendid Table (www.splendidtable.com)

Serves 4

This is a great salad to make with this weeks box!

Ingredients:

¼ cup EVOO

2 Tbs apple cider vinegar

Grated zest of 1 organic lemon

1 tsp Dijon mustard

½ shallot, diced

1 Tbs poppy seeds

1 tsp raw honey or pure maple syrup

Fine sea salt

2 turnips, peeled, tops removed

4 medium radishes, tops removed

1 small bunch watercress

1 bunch asparagus, as young as possible

3 Tbs minced fresh chives

Directions:

Whisk the olive oil, vinegar, lemon zest, mustard, shallot, poppy seeds, honey, and a pinch of salt together in a small bowl.

Using a mandoline, slice the turnips and radishes into thin translucent rounds. Put them in a large bowl and add the watercress. If the asparagus are large, slice them in half and add them to the bowl. Pour the dressing over and fold gently to combine.

Season with more salt if needed, arrange on plates, and sprinkle with the chives before serving.

Roasted & Raw Carrot Salad with Avocado

Adapted from Cookie and Kate (www.cookieandkate.com)

Prep time 20 minutes; Cook time 30 minutes

Serves 4

Roasted and raw carrots all in one salad? What a great idea for crack carrots!

Ingredients:

2 pounds carrots, divided

1-2 Tbs EVOO

Salt

1 large or 2 small avocado

4 Tbs Sunshine Salad Dressing (see below)

1/3 cup chopped green onion

1/3 cup torn fresh leafy herbs (basil, mint, dill and/or cilantro)

Pinch of red pepper flakes

Pepper to taste

Directions:

Preheat the oven to 425 degrees and line a large, rimmed baking sheet with parchment paper for easy cleanup.

To prepare the carrots: First, wash all the carrots. Then, reserve 3 large carrots and set them aside. Slice the remaining carrots on the diagonal into pieces about 1/2" thick and 1 1/2" long. On the baking sheet, toss the carrot pieces with enough olive oil to lightly coat them. Arrange them in a single layer and sprinkle them lightly with salt.

Bake for 25 to 30 minutes, tossing halfway, until the carrots are tender and turning deeply golden on the edges.

Meanwhile, slice the remaining 3 carrots into very thin rounds (about as thin as you possibly can; you should have about 1+ cup sliced). Place the carrot rounds in a bowl, and fill the rest of the bowl with cold water and a handful of ice cubes (this will make the carrots nice and crisp). Set the bowl aside.

When the carrots are done roasting, arrange them across a large platter. Drain the carrot rounds well, and sprinkle them all over the roasted carrots.

Halve the avocado(s) and remove the pit(s). Thinly slice half of the avocado and carefully scoop out the pieces with a large spoon. Arrange the slices in sections over the salad. Dice the rest of the avocado, scoop out the pieces and arrange them all over the salad.

Drizzle the salad dressing lightly all over the salad by the tablespoon, then sprinkle the green onion and leafy herbs on top. Finish by sprinkle the salt, red pepper flakes (if using) and a few twists of black pepper on top. Serve promptly, as the avocado will brown over time.

Sunshine Salad Dressing

Adapted from Cookie and Kate (www.cookieandkate.com)

Total time ~10 minutes

Yields 1 ½ cups

Creamy and light, a great salad dressing made with greek yogurt!

Ingredients:

½ cup plain greek yogurt (any % fat will do)

¼ cup EVOO

¼ cup Dijon mustard

3-4 Tbs honey, to taste

2 Tbs lemon juice

2 Tbs apple cider vinegar, or more lemon juice

1 clove garlic, pressed or minced

½ tsp salt

fresh pepper

Directions:

In a 2-cup liquid measuring cup or bowl, combine all of the ingredients as listed. Whisk until blended. Taste, and season with additional pepper if necessary.

This dressing is intentionally bold, but if it tastes too tart for your liking, whisk in another tablespoon of honey.

Store leftover salad dressing in the refrigerator, covered, for 10 to 14 days.

Carrot Top Hummus

Adapted from Rachel, Teacher-Chef (www.teacher-chef.com)

Makes 2 Cups

Total time 10 minutes

Freezer Friendly (1-2 months)

Such a healthy dip to go with other veggies!

Ingredients:

1 bunch carrot tops (approximately 2 cups packed)

1 clove garlic (or more, to taste)

2 Tbs lemon juice

1 can chick peas

1 tsp salt

1 tsp cumin

¼ tsp pepper

Olive Oil

Directions:

Clean your carrot tops & chop off any extra stem parts that don't have leaves attached to them. Add to the bowl of your food processor with your garlic, salt, & lemon juice. Process until pieces have been mostly broken down.

Add in your (drained - but reserve the liquid in case you need it) can of chick peas and your cumin & pepper.

Process until smooth.

Add in some Olive Oil (up to a tablespoon) and/or some reserved liquid from your chick peas if needed.

Continue to run your food processor until smooth. Taste and add any seasonings as needed.

Place into a bowl and serve or refrigerate. As it sits, the flavors will continue to meld and become even more delicious - but this is also perfect to serve right away and is good in the refrigerator for at least a week!

Rainbow Chard and Carrot Hash

Adapted from Real Food with Dana (www.realfoodwithdana.com)

Prep time ~10 minutes, Cook time ~25 minutes

Serves 6

The most colorful hash that ever existed!

Ingredients:

2 Tbs EVOO

1 yellow onion, sliced

2 tsp minced garlic (or 3 cloves, minced)

3-4 large carrots, washed and grated*

1 bunch rainbow chard, chiffonade (or chopped)

¼ cup chicken broth

Juice and zest from ½ lemon

sea salt: 1 pinch + ½ tsp, divided

Directions:

Heat the oil over medium-low heat in a large sauté pan. When it's hot, add the onions and a small pinch of salt. Stir every few minutes until the onions are translucent, about 8-10 minutes. Be careful - if your pan is too hot they may burn! If this happens, add a little liquid to the bottom of the pan (about 2 Tbsp) and stir until it evaporates.

Stir in the garlic and carrots and continue cooking until the onions are golden brown, for about 5 more minutes.

Add in the chard with ¼ cup chicken broth. Stir so everything is evenly incorporated with the rest of the veggies, then pop the lid on the skillet.

Simmer until the greens are slightly wilted and tender, about 5-8 minutes. Don't let them overcook and get mushy.

Remove the lid, remove the pan from the heat, and stir in the lemon juice, zest and ½ tsp salt. Taste and season with additional salt and pepper, if desired.

Raw Garlic Dressing

Adapted Everyday Maven (www.everydaymaven.com)

Total time ~5 minutes

Makes ¼ cup dressing

I know homemade dressings are a favorite in this group!

Ingredients:

1 Tbs grated Pecorino Romano cheese

2 large cloves garlic, crushed

½ tsp kosher salt

¼ tsp Italian seasoning

7 turns freshly ground black pepper

pinch crushed red pepper flakes

4 tsp apple cider vinegar

2 ½ Tbs EVOO

Directions:

Combine all ingredients except olive oil in a small bowl. Using a small whisk or fork, mix until combined and continue whisking while you slowly pour in olive oil.

Refrigerate until ready to use. Serve over your favorite salad and Enjoy!

Oven Roasted Carrots and Kale

Total time ~30 minutes

Serves 2-4

Ingredients:

½ lb carrots, sliced lengthwise, then cut on diagonal

5 ounces kale, washed, thick stems removed

1 Tbs EVOO

½ yellow or white onion (could use your tropea onions)

4 cloves garlic, crushed or minced

Salt and (optional) parmesan cheese to taste

Directions:

Preheat oven to 400 degrees.

Chop kale finely. Chop the onion.

Combine kale, carrots, onion, garlic and olive oil in a large bowl and use your hands to mix it well. Make sure all the kale gets massaged with oil.

Spread in a 13 x 9 baking dish and cook 20-25 minutes, stirring once halfway through. (The carrots should be tender and the kale wilted and brown in spots.) Sprinkle lightly with salt and parmesan if using, and enjoy.

Grilled Beef with Broccoli

Adapted from Bon Appetit (www.bonappetit.com)

Serves 4

This is my go to meal when I have broccoli! We love using coconut aminos instead of soy sauce.

Ingredients:

6 garlic cloves, grated

1 3-inch piece ginger, peeled, grated

$\frac{3}{4}$ cup oyster sauce

$\frac{3}{4}$ cup Shaoxing wine (Chinese rice wine)

$\frac{3}{4}$ cup soy sauce

$\frac{1}{4}$ cup toasted sesame oil

3 Tbs mild-flavored (light) molasses

3 Tbs unseasoned rice vinegar

1 $\frac{1}{2}$ pounds flank steak

2 medium heads of broccoli (about 1 pound), stems peeled, heads halved lengthwise

Sliced scallions, toasted sesame seeds, and cooked white rice (for serving)

Directions:

Whisk garlic, ginger, oyster sauce, wine, soy sauce, oil, molasses, and vinegar in a medium bowl. Place steak in a large resealable plastic bag and pour in 2 cups marinade; set remaining marinade aside. Seal bag, turn to coat, and let steak marinate in refrigerator at least 1 hour and up to 12.

Prepare a gas grill for 2-zone heat; set one burner at medium and one or two burners at medium-high. Alternatively, prepare a charcoal grill for medium-high heat. Grill steak over medium-high heat, turning occasionally, until charred, 3–5 minutes per side for medium-rare. Transfer to a cutting board and let rest 10 minutes. Slice against the grain into $\frac{1}{2}$ "-thick strips.

Meanwhile, stir $\frac{1}{2}$ cup reserved marinade and $\frac{1}{2}$ cup water in a small bowl to combine. Brush broccoli all over (crowns and stems) with some of the thinned marinade. Grill over medium heat, turning occasionally and basting frequently with thinned marinade, until charred and tender, about 12 minutes. Transfer to a plater and let cool slightly before breaking into large pieces.

Divide steak and broccoli among plates. Top with scallions and sesame seeds. Serve with rice and remaining marinade alongside.

Ginger Beer Cherry Vodka Soda

Adapted from Half Baked Harvest (www.halfbakedharvest.com)

I know this group loves their cocktails made with CSA ingredients!

Ingredients:

Cherry Simple Syrup:

1 cup fresh cherries, pitted

2-3 Tbs honey

Ginger Beer Cherry Vodka Soda:

Crushed Ice

$\frac{3}{4}$ cup ginger beer

2-4 Tbs cherry simple syrup depending on your taste, above

1-2 ounces vodka

1 Tbs lime juice

Fresh cherries for garnish

Directions:

Cherry Simple Syrup

In a small to medium size pot, combine the cherries and honey. Use a muddler or just a fork to mash the cherries up until they are almost pulp like. Add 1 cup water and place the pot over high heat. Bring to a boil, stirring often for about 5 minutes. Remove from the heat. Strain the mixture through a fine mesh strainer. Chill until completely cool, about 30 minutes. Syrup can be kept in the fridge for at least one week.

Ginger Beer Cherry Vodka Soda

Fill your glass with ice. Add the ginger beer, cherry simple syrup, vodka and lime juice. Stir to combine.

Garnish with fresh cherries and thyme. DRINK.

Fresh Red Currant Yogurt Cakes

Adapted from Crumb Blog (www.crumbblog.com)

Total time ~40 minutes

Serves 8

Let's have fun experimenting with red currants!

Ingredients:

½ cup plain whole-milk yogurt

1 cup sugar

3 large eggs

½ cup oil

1 ½ cups all-purpose flour

2 tsp baking powder

¼ tsp salt

1 Tbs grated lemon zest

1 cup fresh red currants

Directions:

Preheat oven to 350F. Lightly grease and flour the cups of a mini-loaf pan (or a jumbo muffin tin, if you prefer).

In a large bowl, whisk together yogurt, sugar, eggs and oil until smooth and well blended.

Add flour, baking powder, salt and lemon zest, and stir until the batter is smooth and silky. Pour into the prepared mini-loaf tin, dividing evenly between the cups. Scatter berries on top of the batter, using around 2 Tbs per loaf.

Bake in preheated oven for 25-30 minutes, or until the edges are pale gold and a toothpick comes out clean when inserted into the center of one loaf. (If using a muffin tin, you may need to add another 5 minutes of cooking time.)

Let cool on a rack for 20 minutes in the pan, then turn out and let cool completely before serving.

Red Currant Clafoutis

Adapted from A Cozy Kitchen (www.acozykitchen.com)

Total time ~55 minutes

Let's have fun experimenting with red currants! You could use ANY combination of berries for this.

Ingredients:

Cooking spray

½ cup all-purpose flour

1/3 cup white granulated sugar

2 Tbs brown sugar

¼ tsp salt

3 large eggs

¾ cup plus 1 Tbs, Milk of choice

½ cup fresh currants removed from their vines, plus more for garnish

Powdered Sugar for garnish

Directions:

Preheat the oven to 350F. Liberally grease a 9-inch round baking dish with cooking spray. Set aside.

In a large bowl, mix together the flour, white sugar, brown sugar and salt. Mix in the eggs and almond milk. Whisk until completely combined. The batter will have a few small lumps and be very thin. Allow to rest on the counter while pick off the currants from their vines.

Pour the batter into the baking dish. Sprinkle the currants on top, being sure to spread them out evenly. Bake for 40 to 45 minutes or until the edges are golden brown and the center is set and firm. The clafoutis will puff up slightly in the oven, but will deflate as it sits--not a big deal.

Garnish with a few more vines of fresh currants and dust the clafoutis with powdered sugar. Serve with whipped cream, ice cream or enjoy it all by itself.

Cherry Basil Lemonade Spritzers

Adapted from Cooking Light (www.cookinglight.com)

Serves 8

Love this one! So refreshing, make without vodka for an amazing mocktail!

Ingredients:

2 cups fresh sweet cherries, pitted and halved, divided

½ cup sugar

4 cups water, divided

6 basil sprigs

1 (1/2-in.) piece peeled fresh ginger, thinly sliced

2/3 cup fresh lemon juice

1 ½ cups vodka

3 cups chilled seltzer water

8 basil sprigs (for garnish)

Directions:

Combine 1 ½ cups cherries and sugar in a small saucepan; let stand 10 minutes or until juices have released, stirring occasionally. Place pan over medium-high. Add 1 cup water, 6 basil sprigs, and ginger to pan; bring to a boil.

Cook 10 minutes or until sugar dissolves and cherries have broken down. Remove pan from heat. Gently mash cherry mixture with a potato masher or a fork. Let stand 30 minutes at room temperature

Strain cherry mixture through a mesh sieve over a large pitcher; discard solids. Add remaining 3 cups water, lemon juice, and vodka to pitcher; stir gently to combine. Stir in remaining ½ cup fresh cherries.

Add seltzer water to pitcher just before serving. Pour about 1 cup cherry mixture into each of 8 ice-filled glasses.

Garnish each glass with a small basil sprig.

Blueberry Balsamic Vinegar

Adapted from The Food Network (www.foodnetwork.com)

Time ~ 3 days

Makes 5 ½ cups

Have this on hand as a topping for salads all summer!

Ingredients:

4 cups frozen, thawed or fresh blueberries

1 quart balsamic vinegar

¼ cup sugar

Lime peel cut in strips from 1 lime (green part only)

1 (3-inch) cinnamon stick

Directions:

In a large non-reactive saucepan, crush blueberries with a potato masher or back of a heavy spoon. Add vinegar, sugar, lime and cinnamon and bring to a boil. Reduce heat and simmer, covered, for 20 minutes. Cool slightly and pour into a large bowl. Cover and refrigerate for 2 days to allow flavors to blend.

Place a wire mesh strainer over a large bowl. In batches, ladle blueberry mixture into strainer, pressing out as much liquid as possible. Discard solids.

Pour vinegar into clean glass bottles or jars, and refrigerate, tightly covered, indefinitely. Use in salad dressings or drizzled over chicken or beef.