

A person with long brown hair tied in a bun is holding a large, dense bunch of fresh green herbs, including basil and mint, in front of their face. They are wearing a light brown button-down shirt with rolled-up sleeves. The background is a plain, light-colored wall.

PROVISIONS

a cookbook for all seasons

edible
NORTHEAST FLORIDA

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Welcome to *Provisions, a Cookbook for All Seasons*. This curated compilation of some of our favorite recipes is designed to help get satisfying meals on the table, whether it’s a family dinner, lunch on the go or holiday gatherings. These dishes, some new, some old favorites, have been contributed to *Edible Northeast Florida* over the past 5 years by professional chefs, food makers and home cooks in our community who love to grow, cook and eat local food as much as we do. You’ll find salads, entrees, side dishes, desserts and even cocktails highlighting the region’s seasonal bounty from the fields and from the sea.

Whatever your cooking skill level, *Provisions* is at the ready, with recipes suitable for seasoned cooks, kitchen newbies and everyone in between. If you’re not sure when to find just harvested produce, start with the helpful *What’s in Season* chart. It gives a glimpse of what local farms are growing for our area markets throughout the year. Need help figuring out the essential ingredients to have on hand for meals when there’s no time to go grocery shopping? Create a shopping list based on our guide to stocking your pantry, refrigerator and freezer. Then get cooking.

HOW TO USE THE COOKBOOK

The recipes are organized by ingredient categories, such as root vegetables, greens and beans, dairy and eggs, etc. Recipes featuring those ingredients are listed at the start of each section. To move through the book, click on the Next or Previous buttons, located in the bottom corners of each page.

Throughout the cookbook you will see a computer monitor icon alongside the recipe names. This icon links to additional content on our website that is related to the recipe: sometimes a story about an ingredient, sometimes another recipe. You will also see a map locator icon on many of the recipes, which links to the contributor's website. If you make a recipe and like it, we encourage you to reach out to say thanks for the cooking inspiration.

This cookbook is a true testament to the talented cooks throughout Northeast Florida. We are grateful for their willingness to share their culinary prowess and delicious cooking ideas with our readers. Many thanks also to our advertisers and community partners throughout the region who share our vision and commitment to local. We would not be able to create this cookbook, and 6 beautiful issues of *Edible Northeast Florida* a year, without their support. Now more than ever, please make sure to show them some love by patronizing these businesses, and let them know their friends at *Edible* sent you.

We hope this cookbook serves as an inspiration to experiment in the kitchen, prepare good meals and gather at the table with your favorite people.

Lauren

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Photo by Sarah Annay



How to Stock Your

PANTRY, REFRIGERATOR AND FREEZER

Having a well-rounded selection of ingredients on hand is the first step toward a recipe for successful meal preparation. Start with this list of basic items and expand your shopping list as your cooking skills and culinary interests evolve. Save this list for trips to the grocery store (or online ordering) so you can keep track of ingredients you need and personal favorites to use as substitutes. With these essentials in your fridge and pantry, you'll be ready to cook satisfying meals, whether for the family, last-minute guests or yourself.

PANTRY

BASICS

Kosher salt	Oil: extra virgin olive oil, vegetable oil
Fine salt	Vinegar: apple cider, red wine, balsamic or sherry, rice
Black peppercorns	

BAKING

Flour: all purpose, whole wheat or pastry	Cocoa powder (unsweetened)
Baking soda	Chocolate: chips or bar
Baking powder	Pure vanilla extract

SWEETENERS

Sugar: granulated, brown, powdered	Honey
Maple syrup	Agave syrup

RICE, GRAINS AND DRIED BEANS

Rice: long-grain white, brown	Breadcrumbs
Grains: bulgur, quinoa, couscous, farro, freekeh	Lentils
Pasta: spaghetti, elbow macaroni, egg noodles	Black-eyed Peas
Polenta	Pinto, black or kidney beans
Grits	Old-fashioned rolled oats

DRIED FRUIT, SEEDS, NUTS, NUT BUTTERS

Raisins	Nuts: almonds, pecans, peanuts, cashews
Seeds: sunflower, flax, chia or hemp, sesame	Peanut butter or almond butter

CANNED GOODS

Chicken broth	Tomato paste
Beans: cannellini, navy, chickpeas or black	Roasted red peppers
Tomatoes	Tuna

DRIED HERBS AND SPICES

Bay leaves	Ground cloves
Cajun seasoning	Ground cumin
Cayenne pepper	Ground ginger
Chile powder	Oregano
Crushed red pepper	Paprika
Curry powder	Rosemary
Fennel or dill seed	Thyme
Ground cinnamon	Whole nutmeg

REFRIGERATOR

DAIRY AND EGGS	
Milk	Cheese: Cheddar, mozzarella,
Plain yogurt	goat, Parmesan, Swiss
Unsalted butter	Eggs
FRESH PRODUCE	
Apples	Limes
Avocados	Okra
Bananas	Onions
Bell peppers	Oranges
Broccoli	Pears
Berries	Potatoes
Cauliflower	Tomatoes
Carrots	Squash
Celery	Cilantro
Eggplant	Parsley
Greens: spinach, kale,	Scallions
Swiss chard, collards, lettuce	Garlic
Lemons	Ginger
CONDIMENTS	
Jelly, jam or preserves	Hot sauce
Ketchup	Worcestershire sauce
Mayonnaise	Soy sauce or tamari
Mustard	Asian fish sauce
Pickles	Toasted sesame oil

FREEZER

Ground beef, ground turkey, fish fillets	Fruit: berries, peaches,
Boneless, skinless chicken breasts	bananas or mangos
Bacon	Nuts: almonds, walnuts or pecans
Bread	Dough: pizza, pie or puff pastry
Stock: chicken or vegetable	
Vegetables: peas, chopped	
spinach or corn	





WHAT'S
IN SEASON

WINTER

(Dec-Jan-Feb)

PRODUCE

Arugula
Beans
Beets
Blood Oranges
Bok Choy
Braising Mix
Broccoli
Broccoli Raab
Brussels Sprouts
Butternut squash
Cabbage
Calamondins
Carrots
Cauliflower
Chestnuts
Chinese Spinach

Chives
Cilantro
Collards
Cress
Cucumber
Curry Leaf
Dill
Endive
English peas
Escarole
Fennel
Grapefruits
Green Onions
Hot peppers
Kale
Kohlrabi

Kumquats
Lemons
Lettuce
Limes
Loquats
Microgreens
Mizuna
Mustard Greens
Napa Cabbage
Onions
Oranges
Oregano
Parsley
Pomelos
Radicchio
Radishes

Rosemary
Rutabagas
Salad Mix
Satsumas
Sorrel (red veined)
Spinach
Sweet Potatoes
Strawberries
Swiss Chard
Tangelos
Tangerines
Thyme
Turnips
Winter squash

SEAFOOD

Amberjack
Catfish
Cobia
Drum
Grouper
Mahi-Mahi
Oysters
Pompano
Shrimp
Snapper
Tuna
Wahoo

SPRING

(March-April-May)

PRODUCE

Arugula
Basil
Beans
Beets
Blackberries
Blueberries
Bok Choy
Broccoli
Broccoli Raab
Brussels sprouts
Cabbage
Cantaloupe
Carrots
Cauliflower
Celery
Chives
Cilantro
Collards
Corn
Cress

Cucumbers
Curry Leaf
Daikon Radishes
Dill
Eggplant
Endive
Escarole
Fennel
Garlic Chives
Grapefruit
Green onions
Kale
Kohlrabi
Kumquats
Leeks,
Loquats
Lemongrass
Marjoram
Mayhaws
Mint

Mizuna
Moringa
Mulberry
Mustard greens
Nasturtium flowers
Nectarines
Okinawa Spinach
Okra
Onions
Oregano
Parsley
Pawpaw
Peaches
Peanuts
Peas
Peppers
Potatoes
Radicchio
Radishes
Red Orach

Rosemary
Rutabagas
Salad Mix
Shiso
Spinach
Strawberries
Swiss Chard
Thyme
Tomatoes
Turnips
Watermelon

SEAFOOD

Amberjack
Black Sea Bass
Blueline Tilefish
Catfish
Cobia
Drum
Flounder

Golden Tilefish
Gray Triggerfish
Greater Amberjack
King and Spanish
Mackerel
Mahi-Mahi
Mullet
Red Porgy
Red Snapper
Shallow Water
Grouper
Shrimp (March only)
Snowy Grouper
Triggerfish
Vermilion Snapper
Wahoo

SUMMER

(June-July-August)

PRODUCE

Basil
Beans
Beets
Blackberries
Blueberries
Bok Choy
Broccoli
Broccoli Raab
Cabbage
Cantaloupe
Carrots
Cauliflower
Celery
Chard
Chives
Cilantro
Collards
Corn

Cucumbers
Curry Leaf
Daikon Radishes
Dill
Eggplant
Feijoa (Pineapple Guava)
Figs
Garlic chives
Hot Peppers
Jute/Molokhia/
Egyptian Spinach
Kale
Lemongrass
Luffa/Chinese Okra
Marjoram
Mayhaws

Mint
Mizuna
Moringa
Mulberry
Nectarines
Okinawa Spinach
Okra
Onions
Oregano
Pawpaw
Peaches
Peanuts
Peppers
Potatoes
Radishes
Red Orach
Roselle Hibiscus
Rosemary

Salad Mix
Shiso
Summer Squash
Sweet Potatoes
Thyme
Tomatoes
Turnips
Watermelon
Zucchini

SEAFOOD

Amberjack
Black Sea Bass
Blueline Tilefish
Cobia
Flounder
Golden Tilefish
Gray Triggerfish

Grouper
Hogfish
Greater Amberjack
King and Spanish
Mackerel
Mahi-Mahi
Pompano
Red Porgy
Red Snapper
Shallow Water
Grouper
Shrimp
Snowy Grouper
Triggerfish
Vermilion Snapper
Wahoo

FALL

(Sept-Oct-Nov)

PRODUCE

Avocados
Basil
Beans
Beets
Bok Choy
Braising mix
Broccoli
Brussels sprouts
Butternut squash
Cabbage
Carrots
Cauliflower
Callaloo
Chestnuts
Chives
Cilantro
Collards
Cucumbers
Daikon Radish
Eggplant
Endive/escarole
English peas

Fennel
Field Peas
Garlic Chives
Grapefruit
Green onions
Hot Peppers
Japanese Eggplant
Kale
Kohlrabi
Kumquats
Lemons
Lettuce
Limes
Marjoram
Mint
Mizuna
Muscadine Grapes
Mushrooms
Mustard Greens
Napa Cabbage
Nectarines
Okinawa and

Malabar Spinach
Okra
Onions
Oranges
Oregano
Painted Corn
Papalo
Parsley
Pears
Peas (Southern)
Pecans
Peppers
Persimmons
Pomegranates
Pommelos
Pumpkin (Seminole)
Radicchio
Radishes
Roselle Hibiscus
Rosemary
Rutabagas
Salad mix

Satsumas
Scallions
Shiso
Spaghetti squash
Spinach
Sunchokes
Sweet peppers
Sweet Potatoes
Swiss chard
Tangelos
Tangerines
Thyme
Tomatoes
Turnips
Watermelon
Winter Squash

SEAFOOD

Alligator
Amberjack
Black Sea Bass
Bass

Clams
Cobia
Drum (Red)
Flounder
Groupers
Mackerel
Mullet
Oysters
Pompano
Red Porgy
Sheepshead
Shrimp
Spanish Mackerel
Spiny Lobster
Stone Crab Claws
Swordfish
Tilapia
Snook
Tilefish
Triggerfish
Vermilion Snapper
Wahoo





LEGUMES PASTA GRAINS NUTS SEEDS

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FARRO BOWL WITH TAHINI MISO DRESSING

Recipe by Miya Kusumoto | **Serves 4**

Spicy peanuts add a zesty crunch to this easy-to-make dish.

INGREDIENTS

For Tahini Miso Dressing

¼ cup tahini

3 tablespoons water

3 tablespoons miso

2 tablespoons lemon juice

For Spicy Peanuts

1 cup raw peanuts

½ cup peanut oil

¼ teaspoon each paprika, cayenne pepper,
teaspoon teaspoon salt

For Bowl

1 cup farro, uncooked

2 tablespoons olive oil

1 medium sweet potato, cut into bite size pieces

1 clove garlic, crushed

1 small head broccoli, cut into bite size pieces

½ tablespoon butter

1 teaspoon lemon juice

1 avocado, sliced

1 egg per person

PREPARATION

Make the Dressing and Peanuts: Combine all dressing ingredients in a small bowl. Mix until thick and uniform. Season with salt and pepper to taste. Set aside.

Preheat oven to 350°. Mix the peanut ingredients in a small bowl and toss to coat. Spread the prepared peanuts on a small baking sheet and bake for 10 to 15 minutes, until the mixture smells nutty. Set aside.

Make the Bowl: Cook farro according to package instructions. While it is cooking, heat olive oil in a small pan over medium heat. When oil is hot, add sweet potatoes and garlic and cook for 15 minutes, until the potatoes are crispy on the outside and soft in the middle.

Steam broccoli for 5 minutes, then toss with butter and lemon juice. Season with salt and pepper and set aside.

Prepare one egg for each bowl based on preference, poached or soft boiled in this case. To assemble bowl, spoon farro on the bottom and top with broccoli, sweet potato, avocado and egg in a bowl. Finish with a sprinkling of spicy peanuts and a dollop of Tahini Miso dressing.



Farro Bowl with Tahini Miso Dressing

Photo by Miya Kusumoto



Mac and Cheese
Photo by Wesley Parsons

GLUTEN-FREE
BANANA OAT PANCAKES

Recipe by Chef Christina Longo, Taverna Restaurant

Photo by Amy Robb | **Makes 6-8 Pancakes**

For a hot breakfast any day of the week, here’s a simple pan-
cake recipe that comes together almost as quickly as your
morning smoothie!

INGREDIENTS

- | | |
|--------------------------------|--------------------------|
| 2 medium bananas | ½ teaspoon baking powder |
| 2 whole eggs | 2 pinches salt |
| ½ cup gluten-free rolled oats* | |

PREPARATION

In a blender container or with a stick blender, blend all in-
gredients together until smooth. Allow to stand 10 minutes
to thicken slightly before cooking. Heat skillet on medium-
low. Coat lightly with pan spray or cooking oil (I like to use
coconut oil for the flavor). Drop batter onto preheated skillet
in 2 tablespoon portions. When surface of the pancakes begin
to bubble and set, flip and finish cooking. These brown and
cook quickly due to the natural sugar content of bananas, so
keep a close eye on them! Serve with real maple syrup or your
favorite pancake topping.

*Always look for certified gluten-free oats to be sure they are
not cross-contaminated with wheat.

MAC AND CHEESE

Recipe by Chef Daniel Jordan | **Serves 6**

Four different cheeses are used in this updated version of a
favorite dish. Try baking it in a cast iron pan.

INGREDIENTS

- | | |
|------------------------------|------------------------|
| 1 pound pasta | cheese, grated |
| ¼ cup butter | 1 cup sharp Cheddar |
| 1 cup half and half | cheese, grated |
| ½ cup heavy cream | ½ cup mozzarella |
| ½ cup Gruyère cheese, grated | cheese, grated |
| 2 large eggs, beaten | Salt, pepper |
| 1 cup sour cream | Pinch of ginger powder |
| 1 cup medium Cheddar | |

PREPARATION

Cook pasta according to package directions. Drain and set
aside.

In a large saucepan bring butter, half and half and cream to a
low simmer. Add Gruyère and stir until melted. In a separate
bowl mix eggs, sour cream and cooked pasta. Stir pasta mix-
ture into cream sauce and add the remaining cheese, except
for ½ cup. Season with salt, pepper and ginger powder. Pour
pasta into greased 3-quart baking dish and sprinkle remain-
ing cheese on top. Broil for 7 minutes on high or bake at 375°
until golden brown, about 15 minutes.

CHICKPEA CHANA
CHAAT MASALA

Recipe by Safura Osmani, Jax Vegan Couple | **Serves 6-8**

This spicy tangy Asian classic consists of pieces of samosas, chickpeas,
chili mixture, fresh coriander and sauce made out of ginger and tamarind
sauce. As long as you make the basic chickpeas dish you can add any
vegetables to it such as potatoes, tomatoes or chopped cauliflower.

INGREDIENTS

- | | |
|--|--|
| 2 (15-ounce) cans chickpeas,
rinsed and drained | 1 teaspoon fresh garlic
paste or powder |
| 1 (15-ounce) can
coconut cream | 1 teaspoon fresh ginger
paste or powder |
| ½ teaspoon ground turmeric | 1 cup cilantro, chopped |
| 1 teaspoon red chili powder | 1 teaspoon salt or to taste |
| 1 teaspoon cumin powder | |

PREPARATION

Add all ingredients except chopped cilantro to a stock pot and mix
well. Cook on medium heat until golden brown, for about 10 to 15
minutes. Add ½ cup of water, if you want more gravy. Garnish with
chopped cilantro.

The chickpea chana chaat masala can be eaten in a bowl by itself or
with rice, naan or on top of samosas.

RED LENTIL CARROT SOUP

Recipe by Chef Forrest Masters, The Sprout Kitchen | ***Serves 4-6***

Take advantage of carrot season and make this creamy vegan soup for an easy mid-week dinner.

INGREDIENTS

2 tablespoons coconut oil
1 small onion, chopped
2 cloves garlic, chopped
1 stalk celery, chopped
1 teaspoon grated ginger
1 tablespoon red curry paste
1 tablespoon salt
1 cup red lentils, washed
4 cups water or vegetable stock
1-½ cups carrots, grated
1 cup red pepper, chopped
1 cup coconut milk
2 cups chopped spinach,
or other leafy greens
¼ cup chopped cilantro

PREPARATION

In a large pot, sauté onions, garlic, celery and ginger in coconut oil for about 5 minutes. Add curry paste and salt. Sauté for 2 minutes, until curry starts to become fragrant. Add lentils and water/vegetable stock, then simmer for 30 minutes, or until lentils are soft. Remove soup from pot and blend with 1 cup shredded carrot and red pepper.

Return blended mix to the pot. Add coconut milk, spinach or other greens and remaining ½ cup shredded carrots. Simmer for 5 minutes, or until spinach is wilted. Garnish with cilantro, then season with salt and pepper to taste. Serve hot.



Red Lentil Carrot Soup
Photo by Amy Robb



Quinoa Tabouli
Photo by Amy Robb

SWEET AND SPICY
ORANGE GLAZED PECANS

Recipe by Lauren McCormick | Serves 16

These make a great gift, packaged in a reusable Mason jar.

INGREDIENTS

- | | |
|---|----------------------------|
| 1 egg white | flakes (or more, to taste) |
| 2 tablespoons fresh squeezed orange juice | 1 pound pecan halves |
| Zest from one orange | 1 cup sugar |
| 1 teaspoon vanilla extract | ½ teaspoon salt |
| ½ to 1 teaspoon red pepper | ½ teaspoon cinnamon |

PREPARATION

Preheat oven to 300°. In a large bowl, whisk egg white, orange juice, zest, vanilla and red pepper flakes. Add pecans and coat evenly. In a small bowl, combine sugar, salt and cinnamon. Add to pecans. Toss pecans in sugar mixture until evenly coated. Spread on an ungreased baking sheet. Bake, stirring every 10 to 15 minutes until pecans are dry, about 35 to 40 minutes. Let cool and store in an airtight container.

QUINOA TABOULI

Recipe by Devon Ritch | Serves 8-10

This will become a go-to side dish in your house. It’s full of protein, nutrients and flavor - plus it keeps well in the refrigerator.

INGREDIENTS

- | | |
|--|---|
| 3 cups cooked quinoa, chilled* | (white part only) |
| 6 cups fresh curly parsley, stems removed and finely chopped | ⅔ cup olive oil |
| 1 cup fresh mint, chopped | ½ to ⅔ cup lemon juice |
| 2 to 3 tomatoes, diced | (depending on taste preference) |
| 2 medium cucumbers, diced | 3 tablespoons Mediterranean spiced sea salt (or salt and pepper to taste) |
| ¾ cup spring onions, minced | |

PREPARATION

Mix all ingredients together and taste. Adjust the lemon juice and salt amounts according to taste. *1 cup uncooked quinoa equals 3 cups cooked.

SICILIAN PEA
SHOOTS AND PASTA

Recipe by Chef Rosaria Cammarata, GYO Greens Farm | Serves 2

The following is my favorite recipe for pea shoots. It reminds me of the childhood dish that brought me to the dinner table the fastest.

INGREDIENTS

- | | |
|---|-------------------------------------|
| ½ onion, diced | ¼-½ cup whole milk ricotta |
| 2 tablespoons olive oil | Zest of half lemon |
| 2 cups pea shoots | Lemon juice, to garnish |
| Salt and pepper to taste | Basil leaves, chopped, to garnish |
| ¼ cup water | Olive oil, to garnish |
| ⅓ cup pistachios or pecans, optional | Pecorino cheese, grated, to garnish |
| ½ pound pasta (orecchiette, orzo or ditalini work best) | |

PREPARATION

Saute onion in olive oil. While the onion is caramelizing, add a few handfuls of pea shoots. Season with salt and pepper. Reduce heat and wilt the pea shoots. Remove from heat and add contents of the pan to a high speed blender along with water. Cover and blend to smooth consistency. If desired, add pistachio or pecans.

While onions are cooking, boil water to make pasta. When cooked, drain pasta, reserving about ½ cup of the pasta water to thin out sauce if needed. Put cooked pasta in a large bowl and pour pea shoot sauce over top of pasta. Mix thoroughly. The pasta should be completely coated like a thin pesto. If it is too thick, add a bit of the reserved pasta water.

Either top the individual dish with a dollop of ricotta cheese and a bit of lemon zest. Or toss pasta with all the cheese and lemon zest. Serve pasta garnished with a light squeeze of lemon juice, a sprinkle of basil, a drizzle of your favorite olive oil or Pecorino cheese.

SHRIMP + ASPARAGUS RISOTTO

Recipe by Congaree & Penn | **Serves 6**

This makes a great early spring dinner, when fennel and asparagus are in season.

INGREDIENTS

- 1 pound shrimp (16 / 20 size), peeled and deveined (reserve shells)
- 8 cups water
- 1 small carrot, peeled and roughly chopped
- 1 rib celery, washed and roughly chopped
- 1 onion, peeled and roughly chopped
- 1 cup Congaree and Penn Rice Middlins
- 1 bay leaf
- 8 tablespoons butter, cut in half
- Juice and zest of 2 lemons
- 1 pound asparagus, tips removed and split in half, stalks cut into ¼-inch rounds
- ½ bunch Italian flat leaf parsley, washed and finely chopped
- 1 cup feta cheese
- 1 small whole fennel bulb (green top too), bulb sliced thinly, middle stalks removed, and tops roughly chopped
- 1 tablespoon Congaree and Penn pecan oil
- Salt and cracked black pepper to taste

PREPARATION

To make broth for risotto: In a 4-quart saucepan, combine shrimp shells, water, carrot, celery and onion. Boil until volume of liquid has reduced by about half. Strain through a coffee filter or fine mesh strainer to remove any chunks of unwanted food bits.

To make risotto: Return broth to a medium saucepan and heat until steaming. Add middlins and stir to prevent rice from sticking to the bottom of the pot. Add bay leaf, 4 tablespoons butter and half the lemon juice and zest. Continue to stir occasionally over medium heat as the rice cooks. By the time the rice fully absorbs the broth (approximately 15-20 minutes), the rice should be near finished and al dente, or have just a touch of texture, enough to stick to your teeth just a bit. If the rice is still underdone, splash water in the risotto to maintain the creamy consistency, but still cook the rice. Finish the risotto by adding the asparagus rounds, chopped parsley and feta cheese. Leave covered, off heat, while shrimp are cooking.

To cook shrimp: Season and sear the shrimp in 4 tablespoons butter. Keeping the shrimp warm in the pan, pour the butter into risotto and stir to combine.

To serve: Plate the risotto into bowls, with shrimp on top. To garnish, combine asparagus tips and fennel, then toss with remaining lemon juice and pecan oil. Season with salt and pepper, then top the risotto with the salad. Finish with feta cheese on top.



Shrimp & Asparagus Risotto
Photo by Stefanie Keeler



DAIRY ALTERNATIVE DAIRY EGGS

Photo by Jesse Brantman

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HOMEMADE NUT MILK

Recipe by Brooke Brennan, Brooke Brennan Wellness | **Serves 4-6**

Vary the flavor of homemade almond milk by adding a few ingredients, from spicy to sweet, for endless possibilities. This recipe was made using almonds, but if you have other nuts on hand, they will work too. Try pistachios, walnuts, pecans, cashews, or even pumpkin seeds (pepitas) for an equally delicious result.

INGREDIENTS

1 cup raw almonds
3-¾ cups filtered water, plus
water for soaking

Cinnamon and Vanilla

3 pitted Medjool dates
1 teaspoon cinnamon
1 vanilla bean pod
Himalayan pink salt, to taste

Turmeric and Cardamom

1 teaspoon turmeric powder
¼ teaspoon cardamom powder
2 Medjool dates, pitted
pinch cracked pepper

Spicy Cacao

1 tablespoon raw cacao powder
pinch cayenne
3 Medjool dates, pitted

PREPARATION

Cover the almonds with filtered water in a large bowl. Fill with water about 3 inches above the top of the almonds. The almonds should soak overnight (ideally, about 8–12 hours) and will swell up. The process of soaking nuts makes the almonds much easier on your digestive system. Also, the brown peel of the almond inhibits nutrient absorption. Once the almonds are soaked and blended the peel is removed so you get the maximum health benefits that almonds offer.

Drain and rinse the almonds. Place almonds, filtered water and any of the optional flavors in a high-speed blender. Blend on the highest setting for 2 minutes. Line a large bowl with the nut milk bag or cheesecloth and pour in the milk. Pull the string to close the bag and squeeze all the milk from the almonds. This process can take some time, but you will want to get every last drop. Pour the almond milk into a glass jar with a tight lid and place in the refrigerator.

Your homemade almond milk will last about 3–5 days in the refrigerator. If you do not think you will use it in that time, freeze it in an ice cube tray. Also, be sure to save the pulp from the nut milk bag. This almond pulp can be used in smoothies, baking, oats or dehydrated to create homemade almond meal.



Homemade Nut Milk
Photo by Muriel Silva



Rice and Cheese Fritters
Photo by Amy Robb

RICE AND CHEESE FRITTERS

Recipe by Chef Joseph Lennon | Makes 3 Dozen Fritters

Delicious on their own, these fritters can also be used as a filling for a wrap or a pita bread sandwich.

INGREDIENTS

Fritters

6 cups water or stock	1 pound oyster
3 cups Carolina Gold rice, uncooked	mushrooms, diced
4 tablespoons butter	Egg wash (1 egg beaten with 2 teaspoons water or milk)
½ cup flour	1 cup flour
4 cups whole milk	1 cup cornmeal
½ pound Gruyere cheese	Peanut or vegetable oil,
1 cup Parmesan cheese	for frying

Fried Sage Tomato Sauce

2 medium tomatoes, diced	1 tablespoon sugar
Salt and pepper	4 tablespoons olive oil
2 cloves garlic, minced	10 leaves fresh sage

PREPARATION

To cook rice: Bring water to a boil, add rice, and cook until water has evaporated.

To make cheese sauce: Melt butter in a pan, then whisk in flour. Cook for about 1 minute, until flour is browned, then set aside. In double boiler, heat milk on medium. Once milk is warm add butter-flour mixture and whisk until consistency of a thick gravy. Add cheese and stir until cheese is melted.

To make fritters: Sauté mushrooms until soft, then mix into cheese sauce. Add cooked rice and mix together. Let cool, then put in the refrigerator until it is completely cooled and firm. Make egg wash in flat dish, like a pie plate. Put some cornmeal in one bowl and flour in another bowl. Using a 2-ounce ice cream scoop or large spoon, form balls from rice mixture, patting gently with your hands. Roll each rice ball first in flour, followed by egg wash, then cornmeal. Set on baking sheet. Heat oil in deep frying pan or Dutch oven over

medium heat setting. Fry fritters until golden brown or the cheese starts to bubble out.

To make Fried Sage Tomato Sauce: Sauté tomatoes in a medium skillet until they start to bubble. Add salt and pepper to taste, garlic and sugar. Cook on low for 10 to 15 minutes. While this is cooking, heat olive oil in a small pan, then fry sage leaves for about 5 seconds. Drain on paper towel and add to tomato sauce. Once sauce is cooked, let cool then blend until smooth.

SALT-CURED EGG YOLKS

Recipe by Lauren Titus | Makes 4 Egg Yolks

This centuries-old technique of curing egg yolks has made its way onto local menus, and this golden pop of umami is welcome indeed. Grated on top of salads, pastas, beef and other dishes, the flavor of preserved yolks is reminiscent of a fine Parmigiano-Reggiano cheese, but more nuanced.

INGREDIENTS

1-¾ cups kosher salt	4 egg yolks
1-¼ cups sugar	

PREPARATION

Combine salt and sugar in a bowl. Spread one half of the mixture in the bottom of an 8 X 8" glass baking dish. Make 4 indentations in mixture. Carefully place an egg in each indentation. Gently sprinkle the remaining salt mixture over top of egg yolks. Cover tightly with plastic wrap and chill in refrigerator for 4 days.

To dry eggs, either use a food dehydrator or your oven, set at 150°. Remove yolks from dish and carefully brush salt mixture off each yolk. Gently rinse under cold water to remove any remaining salt, and pat dry with paper towel. Generously coat either a wire rack (for the oven) or the dehydrator rack with nonstick spray oil, and carefully place yolks on rack and dry out for 1-½ to 2 hours. Cool and store in an airtight container in the refrigerator.

Cured egg yolks last about one month in the refrigerator.

PIMENTO CHEESE SPREAD

Recipe by Knead at Bold Bean Coffee Roasters | **Serves 6-8**

This spread can be used on sandwiches with bacon and green tomatoes or as a topping on a cracker... let your imagination run with it!

INGREDIENTS

4 cups shredded	½ cup mayonnaise
Cheddar cheese	2 cups roasted red peppers
½ cup goat cheese, softened	(found in the pickle/olive
½ cup cream cheese, softened	section of your favorite market
1 teaspoon white pepper	or roast 2 whole red peppers at
1 teaspoon sugar	350° for 15 minutes)
2 tablespoons of pickle juice	1 tablespoon sriracha

PREPARATION

Add all ingredients to your mixing bowl and mix on low speed one until everything is incorporated, about 30 seconds. Store in refrigerator for up to 1 week.

HOMEMADE FRESH RICOTTA

Recipe by Chef Tom Gray, Prati Italia and Town Hall

Makes 2 Cups

Chef Tom and his team use this ricotta in a variety of applications at Prati Italia – most notably in the ricotta ravioli with lemon, Pecorino and black pepper and garlic bread with ricotta and olive tapenade. Try making ricotta toast for a taste of Prati Italia at home!

INGREDIENTS

1 quart whole milk	1 tablespoon Champagne
1 cup heavy cream	vinegar
Kosher salt, to taste	Zest of 1 lemon
Ground white pepper, to taste	1 tablespoon olive oil
1 cup buttermilk	

PREPARATION

Combine milk, cream, a pinch of salt, and a pinch of pepper in a medium pot over moderate heat. Bring up just to a boil, stirring often allowing your spoon scrape the bottom of the pot to avoid scorching. As soon as you see movement to indicate the milk is about to boil, turn off heat and pour in buttermilk and vinegar. Stir once or twice then stop to allow curds to form.

After it is set, use a slotted spoon to skim the cheese into cheesecloth-lined strainer. Fold in lemon zest and olive oil. Season with additional salt and pepper to taste.

BACON-THYME BUTTER

Recipe by Chef Joshua Smith, Catch 27 | **Makes 2 Cups**

Add a dollop of this flavorful compound butter to oysters hot off the grill at a backyard cookout, or on crostini as an appetizer at your next brunch.

INGREDIENTS

1 pound butter,	1 teaspoon salt
room temperature	½ teaspoon black pepper
2 lemons, zest only,	3 tablespoons garlic,
finely grated	finely minced
5 teaspoons thyme,	½ cup cooked crispy bacon,
finely minced	diced small (save the bacon fat)
4 teaspoons parsley,	
finely minced	

PREPARATION

Mix butter, lemon zest, thyme, parsley, salt, pepper, garlic, crispy bacon bits and bacon fat together. Immediately spoon the mixture on top of hot grilled oysters so it fully melts.



Pimento Cheese Spread
Photo by Austin Ellis

SHAKSHOUKA

Recipe by Miya Kusumoto | **Serves 2**

A staple of Northern African cuisine, shakshouka means a mixture - and this poached egg dish serves up a delicious combination of herbs, spices, tomatoes and peppers.

INGREDIENTS

¼ teaspoon cumin seeds
¼ cup grapeseed oil
1 clove garlic, minced
1 small yellow onion,
roughly chopped
1 red pepper, cut into thick strips
1 yellow pepper,
cut into thick strips
2 teaspoons brown sugar
2 teaspoons thyme, chopped
2 tablespoons parsley, chopped
2 tablespoons cilantro, chopped
3 Roma tomatoes,
roughly chopped
½ teaspoon saffron threads
Cayenne pepper
Salt and pepper
2 eggs
Cilantro, for garnish

PREPARATION

In a medium pan, dry roast cumin seeds over high heat until toasted and fragrant. Reduce the heat to medium and add grapeseed oil, garlic and onion and cook for 5 minutes until the onions are just softened. Add peppers, sugar and herbs and cook for an additional 10 minutes. Add tomatoes, saffron and a hint of cayenne pepper to the pepper mixture. Reduce heat to low and cook for 15 minutes, adding water as necessary to maintain the consistency of tomato sauce. Season with salt and pepper. Make two shallow indentations in mixture and crack 1 egg in each. Cover pan and cook on low heat for 15 minutes until eggs are set. Sprinkle with cilantro and serve.

Shakshouka

Photo by Miya Kusumoto

WHAT’S IN SEASON QUICHE

Recipe by Allison D’Aurizio, 1748 Bakehouse | Serves 6-8

Quiche might be the most versatile food in your arsenal. It’s perfect for breakfast, lunch or dinner and can be made year-round with produce from every growing season. Feel free to make substitutions for what you have on hand. We love Cheddar, fontina gruyere and goat cheese and tomatoes, leeks, fennel, asparagus, mushrooms, carrots, caramelized onion, squash, peppers, zucchini, kale and swiss chard. The combinations are endless.

INGREDIENTS

For the crust

2-½ cups all-purpose flour
2 sticks butter, cubed and very cold
½ teaspoon salt
¼-½ cup very cold water

For the quiche

2 large eggs
3 large egg yolks
1-½ cups heavy cream
(substitute half & half or milk
or a combination of these two)
¼ teaspoon white pepper (optional)
½ teaspoon salt
1 teaspoon minced garlic
1-½ teaspoons Dijon mustard
1 red bell pepper, sliced thin
10 to 12 cherry tomatoes sliced in half
1 bunch asparagus
6 oz cheese, such as Cheddar, fontina,
gruyere or goat cheese

PREPARATION

To make pie crust: In a food processor combine flour, salt and cubed cold butter. Pulse 5 to 7 times until the butter is slightly smaller but not fully incorporated. Slowly add ¼ cup of the ice cold water into the feed tube of the processor, pulsing after. Test a small piece of the dough by squeezing a small amount between your fingers. If it holds together it’s ready; if it seems dry add a few more tablespoons of water at a time, testing afterwards. Your dough will look shaggy - that’s what you’re going for. Dump onto a large piece of plastic wrap, fold wrap over and gently squeeze the dough into 2 separate flat disks. Let rest in the refrigerator for 1 hour or overnight.

Once dough has rested, working on a floured surface, squeeze dough several times into a firm disk. Begin to roll out using firm strokes (not a back and forth motion, this will make your dough tough). The dough should be 12 to 13 inches in diameter. Sprinkle the top of the pie crust and rolling pin with a little flour. Lay rolling pin on one edge of the pie crust and begin gently rolling the pie crust over the rolling pin. When it’s all rolled up, move it to the pie pan and gently unroll. Trim all but an inch or two of the pie dough from around the edge; use the trimmings to patch up any holes or tears. Turn under the overhanging dough so it forms an edge around the pie plate. Return to the refrigerator to rest.

To make quiche filling: Preheat oven to 350°.

Beat eggs and yolks well. Reserve 2 tablespoons of the eggs and brush prepared pie crust, bottom, sides and edges. Combine cream, eggs, salt, pepper and mustard, then set aside. Trim asparagus stalk ends, then dice stalks, leaving about 1 ½ inches on the tips. Spread cheese of choice in an even layer on bottom of prepared pie crust. Arrange vegetables on top of cheese, carefully pouring egg-cream mixture on the top. Place pie pan on a lined baking sheet and bake for 50-60 minutes or until the top is firm when pressed slightly. Internal temperature should read 165°. Let cool for 30 minutes before slicing.



What's in Season Quiche
Photo by Allison D'Aurizio



SEASONAL FRUIT

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BLUEBERRY-LAVENDER POP TARTS

*Recipe by Robynn Jackson, Vagabond Coffee | **Makes 12 Tarts***

Always be prepared to head out on your next excursion by having some grab-and-go goodies on your checklist. These hand pies are perfect travel companions, as a fruit-filled breakfast on the go or a tasty snack to keep you energized to your next destination.

INGREDIENTS

Dough

3 cups flour

1 teaspoon salt

1 cup butter

½ cup ice water

Filling

4 cups fresh blueberries

1 cup white sugar

1 cup brown sugar

2 tablespoons lemon juice

1 tablespoon vanilla

3 tablespoons dried lavender

1 egg, beaten

Glaze

1-½ cups powdered sugar

4 tablespoons milk

PREPARATION

To make dough: Combine flour and salt in a bowl. Add cold, cubed butter and work into the flour with your hands. Gradually add ice water, 1 tablespoon at a time, until the dough comes together. Chill dough for at least one hour.

To make filling: While dough is chilling, prepare filling. Mix all ingredients except lavender and beaten egg in a bowl. Preheat oven to 375°F.

When dough has chilled, roll out and cut into 24 (3- by 4-inch) rectangles. To assemble, spoon filling onto half of the rectangles, leaving a little room around all edges. Sprinkle lavender over the berries and brush egg wash around edges of dough. Place remaining rectangles over filling and crease all edges with a fork. Brush remaining egg wash on top of pop tarts and place on a baking sheet covered with parchment paper. Bake for 30 minutes. Immediately place pop tarts on a cooling rack.

To make glaze: While pop tarts are cooling, make glaze. Sift powdered sugar in a medium bowl and whisk in milk until it is pouring consistency. When pop tarts are completely cooled, cover each with glaze.



Blueberry-Lavender Pop Tarts
Photo by Stefanie Keeler



Citrus and Strawberry Pavlova
Photo by Amanda Lenhardt

CITRUS AND STRAWBERRY PAVLOVA

Recipe by Calli Marie, BREW Five Points | **Serves 6-8**

Pavlova is a meringue dessert that was created in honor of the famous Russian ballerina Anna Pavlova while she was on tour in Australia and New Zealand. The Pavlova can be made a day ahead and stored in an airtight container.

INGREDIENTS

For the Pavlova

- 6 egg whites
- ¼ teaspoon cream of tartar
- ½ teaspoon salt
- 1 cup granulated sugar
- 1 cup confectioners' sugar

For the Citrus and Berry topping

- 1 pint strawberries, quartered
- 1 tangerine, zested then segmented
- ½ cup kumquats, thinly sliced
- 5 mint leaves, thinly sliced
- reserved tangerine zest
- ¼ cup sugar

PREPARATION

Preheat oven to 350°; once preheated, reduce to 200°. Using a mixer, beat egg whites with cream of tartar on medium-high until frothy. While the mixer is on, slowly add in the granulated sugar and mix until medium peaks form. With the mixer on medium, slowly add in confectioners' sugar, 1 tablespoon at a time, until your meringue is at stiff peaks. Spread meringue in an 8-inch circle on a parchment-lined baking sheet, making a well in the middle. The sides should be about 2 inches high and the middle about 1 inch. Bake in a 200° oven for 3 hours. Once baked, turn oven off and let pavlova cool in the oven for 2–3 hours.

To make citrus and strawberry topping: Thirty minutes before you are ready to eat your pavlova, toss berries, mint, zest and sugar together. Toss in tangerines and kumquats right before topping. With a slotted spoon top pavlova with berry and citrus mixture and drizzle with the reserved fruit juices.

VEGAN CARDAMOM
ORANGE PECAN COOKIES

Recipe by Nancy Macri

Makes 9 Large or 20 Small Cookies

Make these cookies once and you will discover that butter, eggs and milk are not prerequisites for the creation of amazingly delicious baked goods.

INGREDIENTS

1 cup sugar	½ teaspoon sea salt
⅓ cup canola oil	¼ teaspoon ground cardamom
¼ cup arrowroot powder	1-¾ cups unbleached flour
3 tablespoons almond milk	1 teaspoon baking powder
1 tablespoon fresh orange juice	½ cup lightly toasted pecans, chopped
1 tablespoon orange zest	
1 teaspoon orange extract	

PREPARATION

Preheat oven to 350°.

In large mixing bowl, beat sugar, oil, arrowroot, almond milk, orange juice, zest, extract, sea salt and cardamom until well blended. Gradually add the flour and baking powder until completely blended. Set bowl aside. Cover a large baking pan with parchment paper. Place pecans in a small, flat bowl. Using an ice cream scoop, form level balls of dough, then dip each ball of dough in pecans so 1 side is lightly covered. Place on baking sheet, nut side up, and bake 15–18 minutes until the edges of cookies are only slightly browned. Let cool a few minutes, then remove carefully with a spatula, transferring cookies to a cooling rack.

ENDIVE AND FRUIT SALAD

Recipe by Stefanie Keeler | Serves 4

The poppy seed vinaigrette adds a tangy crunch to the endive and citrus fruit.

INGREDIENTS

For Poppy Seed Dressing

Juice from ½ lemon	1 cup olive oil
⅓ cup sugar	1-½ tablespoons poppy seeds
1 teaspoon salt	2 heads French endive
⅓ cup wine vinegar	½ medium grapefruit
2 teaspoons mustard	1 medium orange

PREPARATION

To make dressing: Dissolve the sugar, salt and mustard in the vinegar. Add the oil. Beat until the dressing is well blended. Stir in the poppy seeds and shake well.

To assemble salad: Separate endive leaves. Peel grapefruit and orange and cut into 1-inch pieces. Toss together with lemon juice.

PEACH BUTTER

Recipe by The Blue Hen | Makes 1 Pound

Biscuits will never be the same once this peach butter lands on your breakfast plate.

INGREDIENTS

1 pound (4 sticks) unsalted butter, at room temperature	2 fresh peaches finely diced, in season (or 1-½ cups frozen peaches, thawed and finely diced)
½ tsp salt	
¼ cup honey	
¼ cup brown sugar	

PREPARATION

Mix butter, salt, honey and sugar on medium until light and fluffy, about 3-5 minutes. Add peaches and mix on medium until well combined.

Serve with a hot, fresh biscuit and a cup of black coffee for the ultimate breakfast experience.



Vegan Cardamom Orange Pecan Cookies
Photo by Jenna Alexander



Midori Sourtini
Photo by Nick Hogan

BLACKBERRY-
PEACH FLAMBÉ

Recipe by Chef Christina Longo, Taverna Restaurant

Serves 4

Give your next dinner party a flaming finish by setting your dessert on fire! It's easier than you think.

INGREDIENTS

- | | |
|---|---|
| 4 medium peaches, halved and pitted, each half-cut into five slices | granulated sugar |
| 1 cup fresh blackberries (substitute blueberries if blackberries are not available) | 2 pinches allspice (optional, it brings out the essence of dark berries) |
| 2 tablespoons butter | 2 ounces Manifest 10-year aged bourbon (or your favorite brown liquor, at least 80 proof) |
| 2 tablespoons brown sugar | |
| 2 tablespoons white | |

PREPARATION

Place a large, long handled skillet over medium heat. Add butter and allow to melt. When butter is completely melted, add both sugars and increase heat to medium high, stirring with a wooden spoon or heat proof spatula to combine. When sugar mixture begins to bubble and thicken, add peaches and stir or toss to coat. Allow peaches to simmer in hot caramel until they begin to soften and release their juices, three to four minutes (the peaches will start to look shiny and the liquid will begin turning a light rosy hue from the peach skins). Add the blackberries and allspice and stir to coat.

Pour the bourbon into the pan to cover the entire surface, swirl gently to warm and ignite with a stick lighter held just above the surface of the fruit. Allow the flames to extinguish themselves while gently swirling the pan, then immediately remove from heat. Serve over a scoop (or two) of vanilla ice cream.

MIDORI SOURTINI V3.0

Recipe by Evan Geske, Ponte Vedra Club & Inn

Serves 1

We reached out to some of Florida's best bartenders and asked them to send us their favorite Manifest cocktail recipes.

INGREDIENTS

- | | |
|---|---|
| 2 chunks honeydew melon | ¾ ounce lemon juice |
| 2 chunks cantaloupe | 1 egg white |
| 1-½ ounces Manifest Distilling Florida Citrus Vodka | Sliced cantaloupe and honeydew melon, for garnish |
| 1 ounce Midori Melon Liqueur | Black salt, for garnish |
| ¾ ounce honey simple syrup | |

PREPARATION

In a cocktail shaker, muddle the chunks of honeydew melon and cantaloupe. Add remaining ingredients (except for sliced melons and black salt) and dry shake (with no ice). Fill shaker with ice and shake again for 30 seconds.

Double strain into a chilled martini glass and garnish with sliced cantaloupe and honeydew melon. Sprinkle a pinch of black salt on top.

LEMON CURD

*Recipe by Amy Armstrong | **Makes 2 Cups***

Here's a tangy topping for gingerbread or scones at teatime.

INGREDIENTS

Zest from 3 to 4 lemons

1-½ cups sugar

½ cup lemon juice

⅛ teaspoon salt

¼ lb unsalted butter, room temperature

4 extra large eggs

PREPARATION

Zest lemons, being careful not to remove the pith (white part under the skin). The white pith tends to make the curd bitter.

Either chop the zest or place it in a food processor. Add the sugar, lemon juice and salt and pulse until combined.

Cream the butter then beat in the sugar mixture. Add the eggs 1 at a time until combined.

Pour the mixture into a saucepan and heat over low heat until it starts to thicken. This may take about 10–15 minutes. Stir continuously. Just before the pot starts to simmer, you will see the curd start to thicken. Make sure you don't let it boil. Remove from heat and cool. Package it up into jars and refrigerate.



Lemon Curd
Photo by Amy Robb



**BRUSSELS SPROUTS
BROCCOLI
CABBAGE
CAULIFLOWER
KOHLRABI**

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HOMEMADE SAUERKRAUT

*Recipe by Mariah Goetz Salvat, Southern Roots Filling Station and Cultivate Jax | **Makes ½ Gallon***

You can use a traditional clay crock, food-grade plastic bucket or a half-gallon Mason jar to make sauerkraut.

INGREDIENTS

- 1 head green cabbage
- 1 head purple cabbage
- 5 medium carrots, shredded
- 1 (3-inch) piece ginger, diced
- 5 cloves garlic, minced
- 4 tablespoons salt

PREPARATION

Peel off the outside three layers of each cabbage. Reserve for later use. Chop remaining cabbage into strips about a half-inch thick. Place in separate bowls. Shred carrots into a bowl. Place remaining ingredients in their own bowls. Clean the container with warm, soapy water. Begin with a handful of each vegetable and place in container. Add 1 tablespoon salt. Mix until salt is evenly distributed. Repeat previous steps until all the vegetables are used. Let sit for three hours covered and unrefrigerated. After three hours,remove the lid and begin to press vegetables down. Liquid should begin to be released. Once the vegetables are completely submerged under the liquid brine, place saved whole cabbage leaves on top of the vegetables so they are completely covered. Place a plate, stone or other flat object over the leaves so when the weight is applied, it will evenly press them down.

Get two clean plastic bags, such as garbage bags and double bag them (place one bag inside the other). Then place into container. Place a weight such as jugs filled with water, stones or a heavy cast iron pot in the bags sitting in crock. Pour water into the plastic bags so that the water gets into every crevice and makes it airtight. Place out of the way in a closet or pantry where it can be left alone for six weeks.



*Homemade Sauerkraut Ingredients
Photo by Muriel Silva*



Golden Cauliflower
Photo by Lexi Mire

FAMILY DINNER KOHLRABI

*Recipe by Chef Rosaria Cammarata, GYO Greens | **Serves 6***

This dish is a favorite from Chef Rosaria’s childhood. Though her mother’s version was more Sicilian, Rosaria puts her own twist on it with the addition of Pecorino cheese and green peas.

INGREDIENTS	PREPARATION
1 pound fava beans or butter beans 3-4 cloves garlic, peeled and smashed to break the clove ½ lemon 2 medium kohlrabi roots, cleaned, peeled and diced in large pieces 4 cups water (approximately) Fresh parsley, chopped, to taste ½ cup English peas Olive oil 2 cups petite Swiss chard, washed Pecorino romano or ricotta salata, grated or shaved, to taste Truffle oil (optional)	Cook beans then quickly chill in ice water and set aside. Zest and juice the lemon and set aside, saving the lemon pieces for the stock. In a 2-quart pot, add garlic, lemon pieces, diced kohlrabi and salt to taste and cover with water. Bring to a boil uncovered, then reduce to simmer. Remove the lemon pieces and chunks of garlic to avoid bitterness. Leave uncovered. Check for seasoning and add chopped parsley to enhance flavor of stock. Add green peas to kohlrabi broth and bring to a quick boil. When peas are cooked (about 3-5 minutes) add fava beans to heat. Drizzle olive oil over stock and let sit covered. To serve, divide Swiss chard between 6 bowls and add vegetables from the pot, reserving the broth. Divide broth between each bowl. Top with lemon zest and cheese. Drizzle lemon juice and truffle oil if desired.

ROSEMARY KOHLRABI FRIES

Recipe by Jessi Fiske, Juicy Roots Farm | **Serves 6**

Whether raw or cooked, the leaves, stem and bulb/root of kohlrabi are all edible. This annual vegetable is a cultivar of cabbage and is also related to broccoli, cauliflower, kale and Brussels sprouts.

INGREDIENTS

2 large or 3 medium
kohlrabis, peeled
2 tablespoons olive oil
½ teaspoon salt
½ teaspoon garlic powder
1 tablespoon chopped
Fresh rosemary

PREPARATION

Preheat oven to 400°. Slice each kohlrabi into ½-inch slices and then cut each slice into ½-inch "fries." Toss with olive oil, salt and garlic powder and spread on a baking sheet. Sprinkle rosemary over the top. Bake for 25 minutes, tossing on the pan halfway through. Toss again and serve immediately.

Dip Tip: For a zesty dipping sauce, blend together 1 cup cannellini beans, ½ cup tahini, 2 tablespoons lemon juice, 1 teaspoon minced garlic, 1 tablespoon chopped parsley and ½ teaspoon ground cayenne pepper. Add water to thin to desired consistency. Salt and pepper to taste.



Rosemary Kohlrabi Fries
Photo by Wesley Parsons



Golden Cauliflower
Photo by Jenna Alexander

BRUSSELS
SPROUTS STIR-FRY

Recipe by Chef Jason Swank

Serves 6

Take advantage of the local Brussels sprouts harvest and serve these mini cabbages as a side dish during the holiday season.

INGREDIENTS

- | | |
|---|----------------------------|
| 1-½ pounds Brussels sprouts | 1 pint cherry tomatoes |
| 1 pound applewood-smoked bacon (or your favorite bacon) | (washed and cut in half) |
| ½ pound radishes, quartered | ¼ cup crumbled goat cheese |
| ½ small yellow onion, thinly sliced | Salt and pepper to taste |

PREPARATION

Clean Brussels sprouts by washing and removing base stem, then cut in half. Wash radishes and cut into quarters. Combine radishes and sprouts in a mixing bowl and set to the side. Slice bacon into 1-inch-thick ribbons, place in large sauté pan and cook to desired crispness. Remove bacon from fat, add onion and caramelize until dark brown. Add Brussels sprout–radish mixture along with the bacon to the pan. Toss with onions and bacon fat. Place pan in 350° oven for 5 minutes, until sprouts and radishes are al dente. Take pan out, add cherry tomatoes and toss until evenly distributed. Add salt and pepper to taste. Sprinkle goat cheese on top.

SPINACH, ARTICHOKE
AND BROCCOLI PASTA SALAD

Recipe by Amy Jensen

Serves 4

This dish can be doubled and served at a large gathering or potluck.

INGREDIENTS

- | | |
|--|---|
| 1 (12-ounce) box pasta (farfalle, caserecce, fusilli or something similar) | ¼ cup of the marinade |
| 8 ounces quartered artichokes marinated in olive oil (reserve | 4 ounces sliced sun-dried tomatoes marinated in olive oil (reserve ¼ cup of the marinade) |

- | | |
|---|--|
| 4 ounces spinach, thinly sliced | Fresh parsley, for garnish |
| 1/2 pound broccoli or broccolini, roasted and cut into bite size pieces | Salt and red or black pepper, to taste |
| 1/2 cup pitted kalamata olives, halved | |

PREPARATION

Cook pasta according to directions on package.

Combine artichoke hearts, sun-dried tomatoes, spinach, broccoli, olives and 1/4 cup of each of the oil marinades (from sun-dried tomatoes and artichokes) in a large bowl or dish. Drain and rinse noodles, then add to bowl and mix together. Garnish with fresh parsley, salt and red or black pepper. Serve at room temperature.

GOLDEN CAULIFLOWER

Recipe by Chef Forrest Masters, The Sprout Kitchen

Serves 6-8

The color of this aromatic side dish adds a festive touch to your holiday menu.

INGREDIENTS

- | | |
|---------------------------|------------------------------|
| 1 large cauliflower | 1 teaspoon ground ginger |
| 1 tablespoon coconut oil | ¼ teaspoon cayenne |
| 1 cup coconut milk yogurt | Sea salt and pepper to taste |
| 2 cloves garlic | 2 tablespoons lime juice |
| 1 teaspoon turmeric | 1 teaspoon lime zest |
| 1 teaspoon cumin | ¼ cup chopped cilantro |
| 1 teaspoon coriander | |

PREPARATION

Break cauliflower into small florets. To make marinade, blend together coconut oil, yogurt, garlic, spices, salt, pepper and lime juice. Toss florets in marinade and refrigerate for at least 2 hours. Place florets on parchment-lined baking sheet and roast at 400° for 25 minutes or until golden. Top with lime zest and cilantro and serve.

LEAVES AND CHEESE HAND PIES

Recipe by Karen Alexander, Ackerman Cancer Center | **Makes 8-12 Pies**

Cauliflower leaves work well in this savory pastry. You can also try broccoli, Brussels sprouts or beet leaves.

INGREDIENTS

3 cups all-purpose flour
1 teaspoon salt
1 cup butter
½ cup ice water
1 tablespoon oil
1 tablespoon garlic
1/4 small onion, small diced
1-½ Roma tomatoes, small diced
2 cups cauliflower leaves,
finely chopped
Salt
Black Pepper
8 tablespoons ricotta cheese
5 tablespoons Parmesan-Reggiano
cheese, finely grated
1 egg, lightly beaten with 2
teaspoons water
Dash of cayenne pepper (optional)

PREPARATION

To make pie dough: Combine flour and salt in a bowl. Add cold, cubed butter and work into the flour with your hands. Gradually add ice water, 1 tablespoon at a time, until the dough comes together. Chill dough for at least one hour.

To make filling: Heat the oil in a nonstick skillet over medium-high heat. Add the garlic, onion, tomatoes, leaves, salt and pepper. Cook until wilted and the liquid from the tomatoes has almost completely evaporated, about three minutes. Remove from the stove.

To assemble hand pies: Preheat the oven to 375°. Prepare baking sheet with parchment paper. In a large bowl, mix together the cheeses.

Place pie dough round on work surface and roll out to 16-inch-wide circle. Cut out an even number of rounds for top and bottom of pies, depending on preferred size. Place a spoonful of the cheese mixture and a spoonful of the sautéed leaves in the center of each dough round. Using a pastry brush, paint the edges of the dough with egg wash. Place another dough round on top of the filling. Gently press down edges with a fork to seal. Repeat with remaining ingredients and rounds. Place each hand pie on the baking sheet, leaving space between each round. Brush tops of hand pies with remaining egg wash. Bake until pastries puff and turn golden brown, about 20 to 25 minutes. Remove from the oven and serve.



Leaves and Cheese Hand Pies
Photo by Wesley Parsons



GREENS AND BEANS

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ALMOND- ARUGULA PESTO

Recipe by Katie Kuykendall | ***Makes 1 Cup***

This is a perfect sauce for homemade pizza topped with fresh mozzarella, prosciutto, sun dried tomatoes and lemon-dressed arugula. It also makes a fantastic dressing for couscous salad with chickpeas, chunky feta, roasted almonds, cucumbers and fresh tomatoes.

INGREDIENTS

½ cup almonds,
toasted and cooled
1 cup basil leaves
½ cup arugula
1 lemon, zest and juice
1 clove garlic, smashed
1/4 cup freshly grated Parmesan cheese
(if vegan, substitute nutritional yeast
for cheesy flavor, or omit
this ingredient)
½-¾ cup extra virgin olive oil
½ teaspoon sea salt
fresh cracked pepper

PREPARATION

Spread almonds on a baking sheet and toast them at 350° for about 10 minutes. Once they are golden brown and you can smell them, take them out of the oven and pour them onto another cookie sheet or pan to cool.

While the almonds are cooling, toss the basil leaves into the bowl of the food processor. Add the cooled almonds, arugula, lemon zest and juice, parmesan/nutritional yeast, sea salt and cracked pepper. Slowly pour in olive oil, starting with a small amount, blend, and add more if more moisture is needed. This way you don't end up with an excessively oily pesto.

Once you have added all the ingredients, pulse and blend away. The consistency is completely up to you and how the pesto will be used. For a creamy, smooth pesto, blend well, remembering to scrape down the sides so all of the components are fully incorporated. Serve immediately. It can also be kept in an airtight container in the refrigerator for a couple of days. After that, it begins to lose its bright green color.



Almond-Arugula Pesto
Photo by Amy Robb



Pan Seared Lamb Chops with Greens
Photo by Wesley Parsons

PAN SEARED LAMB CHOPS WITH GREENS

Recipe by Jennifer King | **Serves 4**

Steak or a hearty fish like tuna can be substituted for lamb. For added crunch, top with toasted pistachios or candied pecans.

INGREDIENTS

- 4 tablespoons salt
- 1 tablespoon black pepper
- Leaves pulled from 3 sprigs of fresh rosemary
- 8 lamb chops
- 2 tablespoons vegetable oil
- 2 blood oranges cut into ¼-inch round slices, peel removed*
- 2 avocados, halved and sliced
- ¼ cup good olive oil
- 1 pound mixed baby kale, mizuna, arugula or other brassica family greens, washed, dried and torn into bite-sized pieces

*TIP: Slice with peel on, then remove peel from each slice by cutting it off making a hexagon shape.

PREPARATION

Combine the salt, pepper and rosemary in a spice mill or grinder and blend until rosemary is in very small pieces. Rub each lamb chop on both sides with spice mix and let rest 1 hour. Reserve remaining spice mix.

Heat a cast iron or heavy bottomed pan on high and add vegetable oil. When hot, add the coated lamb chops and sear on each side for 3 to 5 minutes or until desired “doneness” is achieved. Remove lamb chops from pan and put on a platter to rest. Set pan on low heat and add olive oil and orange slices. Heat just until the oranges start to release their juices.

Divide the cleaned greens and avocado slices onto 4 plates. Remove the oranges from the pan and distribute onto each plate on top of the greens. Drizzle greens with ¼ of the hot pan juices. Place 2 lamb chops on each plate of wilted greens. Season with pinch of the reserved salt, pepper and rosemary mix.

GREENS, GRAINS AND SQUASH BOWL

Recipe by Brooke Brennan, Brooke Brennan Wellness | ***Serves 4-6***

This flavorful bowl makes a great addition to your Meatless Monday menu. For variety, replace the butternut with other winter squash, such as acorn or delicata.

INGREDIENTS

1 cup kamut (or quinoa), prepared according to package directions
1 medium butternut squash, peeled, halved, seeded and diced in ½-inch pieces
2 bunches lacinato kale, cleaned, stemmed and rough chopped
Arils from 1 pomegranate
½ cup dried cherries
4 ounces fresh goat cheese, crumbled
½ cup roasted, salted pumpkin seeds
1 teaspoon turmeric powder
2 tablespoons avocado oil
Salt and pepper, to taste
Citrus & Cider Vinaigrette
Zest of 1 orange
Juice of 1 lemon
1 tablespoon apple cider vinegar
¼ cup olive oil
1 teaspoon raw honey
1 teaspoon Dijon mustard
Salt and pepper, to taste
Salt and pepper, to taste

PREPARATION

Preheat oven to 425°F. Prepare butternut squash for roasting. Add diced squash to a bowl with avocado oil, turmeric, salt and pepper. Mix well with your hands and place on a large baking sheet in a single layer. Roast for 25 minutes or until golden brown.

Place all the dressing ingredients in a large Mason jar with a lid. Shake vigorously until blended and emulsified.

While the squash is roasting, prepare the greens and grains bowl. In a very large bowl add the kale, cooked kamut, pomegranate arils, dried cherries, goat cheese and pumpkin seeds. Add dressing to the salad and massage well with your hands. Massaging the kale well will help break down the tough fibers and make it very tender.

Once squash is done roasting, top the salad with the hot squash and additional goat cheese, pumpkin seeds, pomegranate and dried cherries, if desired.



Greens, Grains and Squash Bowl
Photo by Amy Robb



Chard and Bean Soup
Photo by Wesley Parsons

CHARD AND BEAN SOUP

Recipe by Karen Alexander, Ackerman Cancer Center

Serves 6-8

Packed with vegetables, this hearty comfort food is quick to fix and makes a perfect weekday dinner.

INGREDIENTS

- | | |
|---|---|
| 2 tablespoons olive oil | cannellini beans) |
| 1 onion, diced | 1 tablespoon + 1 teaspoon |
| 2 large carrots, diced | Ground Veggie Blend, found |
| 1 stalk celery, diced | at local supermarkets or online |
| 2 garlic cloves, minced | ¼ teaspoon black pepper |
| 1 (12-ounce) can organic fire-roasted crushed tomatoes | 1-½ teaspoons salt |
| 4 cups organic chicken broth (low sodium) | ¼ teaspoon onion powder |
| 3 to 3-½ cups cooked cannellini beans (or two 15-ounce cans organic | ½ teaspoon paprika |
| | 1 pinch sugar (optional – to cut acidity) |
| | 2 bundles Swiss or rainbow chard, cut into strips |

PREPARATION

Sauté onion, celery and carrots in the olive oil. Once they are soft, add the garlic and cook for one minute. Add the crushed tomatoes, chicken broth, white beans and all the spices. Bring to a boil for about 5 to 10 minutes with the lid on to release the flavors. Turn off the heat, incorporate chard, stir, cover and wait about 3 to 5 minutes for the chard to cook.

BLISTERED GREEN BEANS WITH MINT AND TOASTED PECANS

Recipe by Katie Delaney, Slow Food First Coast

Serves 6

Zhuzh up your veggie game with this instant classic featuring Florida pecans, charred green beans and fresh mint.

INGREDIENTS

- | | |
|--|---------------------------|
| ½ cup pecans | 1 cup fresh mint |
| 1-½ pounds Florida green beans | (approximately 30 leaves) |
| 5 tablespoons pecan or extra virgin olive oil, divided | 1 teaspoon salt |
| | ½ teaspoon pepper |

PREPARATION

Preheat oven to 350°. Spread pecans in an even layer on a rimmed baking sheet. Toast for 6 to 8 minutes, stirring once halfway through toasting. Let cool for 10 minutes, finely chop and set aside. Increase oven to 425°. Wash green beans and pat dry. Trim ends and toss with just enough pecan or olive oil to coat, about 2 tablespoons. Sprinkle with salt and pepper and toss again.

Spread beans in a single layer on rimmed baking sheet. Roast for 15 to 20 minutes, flipping once during cooking. Beans should be blistered, crisp-tender and browned in spots. In a food processor or using a mortar and pestle, grind mint leaves, 3 remaining tablespoons of olive oil, salt and pepper together to form a paste. Arrange beans on a platter, top with mint paste and toasted pecans.

CITRUS MARINATED KALE SALAD

Recipe by Kristin Adamczyk | Serves 4

This refreshing and easy side dish takes advantage of seasonal vegetables and satsumas.

INGREDIENTS

For Marinade	
½ cup olive oil	2 1/2 tablespoons rice vinegar
⅓ cup fresh satsuma juice	½ tablespoon sesame oil
2 ½ tablespoons Nama Shoyu	¼ teaspoon salt

For Salad	
4 cups shredded kale	1 cup diced satsuma
1 cup shredded carrots	½ cup sesame seeds for garnish
1 cup shredded beets	

PREPARATION

Blend all marinade ingredients together until well combined and slightly emulsified. Using a whisk or blender are good options. Place chopped kale, carrots, beets and satsuma in a large bowl. Drizzle with marinade and toss until well coated. Garnish salad with sesame seeds.

FARMER ROLLS WITH AVOCADO HUMMUS

Recipe by Dawn Hutchins, Florida Coastal Cooking | Serves 10

Kids love to make these vegan rolls, perfect for an after-school snack or lunch.

INGREDIENTS

For Avocado Hummus	
2 cups chickpeas, cooked*	1 garlic clove
½ ripe avocado	½ teaspoon sea salt, or to taste
Juice of ½ lemon	¼ teaspoon black pepper
½ tablespoon olive oil	Vegetable broth, to thin to
½ cup spinach	desired consistency
¼ cup fresh cilantro	

For Rolls	
10 butter lettuce leaves	into matchsticks
½ cup Avocado Hummus	1 cup fresh arugula, chopped
1 kohlrabi, sliced	1 cup fresh tatsoi
into matchsticks	spinach, julienned
2 carrots, sliced	4 green onions, sliced
into matchsticks	Juice of 1 lemon
2 watermelon radishes, sliced	Salt, to taste

PREPARATION

To make avocado hummus: Puree all ingredients together in a blender until smooth. Salt to taste. *One (15-ounce) can of chickpeas, drained and rinsed, can be used instead of cooked chickpeas, as noted above.

To assemble rolls: Fold each butter lettuce leaf in half and top with a dollop of Avocado Hummus. Divide kohlrabi, carrots, watermelon radish, arugula, spinach and green onions evenly over rolls. Squeeze lemon juice on each and top with a sprinkle of salt. Roll each strip and secure with a toothpick, if necessary.

CHEEZY KALE CHIPS

Recipe by Carrie Zarka Dooley, Shakti Life Kitchen

Serves 4-6
Serve these chips with hummus for a delicious, savory vegan treat.

INGREDIENTS

16 ounces cashews or other nuts or seeds	1 tablespoon plus 1 teaspoon olive oil
⅓ cup nutritional yeast	1 tablespoon miso
6 ounces water	1½ teaspoons sea salt
¼ cup tamari or coconut aminos	2 pounds kale, stems removed

PREPARATION

Mix all ingredients except kale in a food processor or high-speed blender. Massage mixture into kale. Lay each leaf out flat on teflex and dehydrate at 145° for two hours and then turn down to 115° for another eight hours. Dehydrating longer or overnight and keeping at 115° also works. For a warm kale salad, take out while still soft.



Citrus Marinated Kale Salad
Photo by Jenna Alexander



MUSHROOMS
ONIONS
LEEKS
FENNEL

Fennel Gratin **82**

Sourdough Crusted Snapper with Fennel **85**

Greek Stuffed Mushrooms **85**

Mushroom Croquettes with Yogurt Sauce **86**

Sausage-Leek Stuffing **86**

Onion Tart **89**

Wild Mushroom Pizza with White Garlic Sauce **90**

FENNEL GRATIN

Recipe by Katie Nail | ***Serves 8***

Try this variation on a potato gratin for a side dish that has a mild anise-like flavor, but is sweeter and more aromatic.

INGREDIENTS

- 5 medium fennel bulbs
- 4 cups (32 ounces) vegetable stock
- 1 cup (8 ounces) heavy whipping cream
- ¾ cup breadcrumbs
- ½ cup grated Parmesan cheese
- 1 teaspoon sea salt
- ½ teaspoon cinnamon
- Pepper to taste

PREPARATION

Preheat oven to 400°.

Prepare the fennel by cutting off the stalks where the green and white meet. Then quarter each bulb. Place the quarters into a heavy pot. Season and then pour the vegetable stock over the fennel until just covered. Bring the stock to a boil and simmer for 7 minutes. Transfer the fennel and half the liquid to a medium-size baking dish. Add the cream and place uncovered in the hot oven. Bake uncovered for 10 minutes. Remove and add the breadcrumbs and grated cheese. Place back into the oven and bake until the cheese has melted and turned golden brown, about 5–7 minutes. Serve immediately.



Fennel Gratin
Photo by Lexi Mire



Greek Stuffed Mushrooms
Photo by Elise Crigar

SOURDOUGH CRUSTED
SNAPPER WITH FENNEL

Recipe by Chefs Chase Pritchard and Kris Sullivan, Culinary Outfitters

Serves 4

Served with charred fennel, pearl onions and bouillabaisse sauce, this dish wows in flavor and presentation - perfect for an evening at home or entertaining guests!

INGREDIENTS

3 fennel bulbs	2 cups water
2 teaspoons butter	4 snapper fillets, 5-7
1 pound shrimp shells	ounces in size
1 leek, cubed	4 slices sourdough bread,
1 shallot, diced	¼-inch thick
2 heads garlic	1 tablespoon canola or
1 tablespoon tomato paste	vegetable oil
Pinch saffron	½ pound pearl onions,
1 teaspoon salt	cut in half
6 ounces Pernod	Salt and pepper to season

PREPARATION

To make fennel purée: Cut 1 fennel bulb in cubes 1-2 inches in size. Place in a pot with 1 teaspoon butter and enough water to almost cover. Bring to a boil and cook until tender. Transfer to blender and purée with 1 teaspoon butter until smooth.

To make bouillabaisse sauce: In large saucepan, cook shrimp shells over high heat until dark pink. Add leek, 1 diced fennel bulb, diced shallot, garlic, tomato paste, saffron and salt. Continue cooking until vegetables start to tenderize, about 4 to 5 minutes. Remove from heat, add Pernod, then return to medium heat and let cook until reduced to half the amount. Add water and turn the heat down to simmer for 8 to 10 minutes. For a silky sauce, pass through a fine-mesh strainer.

To cook snapper: Season fillets with salt and pepper, then place each fillet on top of a slice of sourdough bread. Trace outline of fish with a knife and trim bread to shape. Heat oil in oven-ready frying

GREEK STUFFED
MUSHROOMS

Recipe by Chef Eva LaRosa | **Makes 2-3 Dozen**

Love spanakopita? Try this gluten-free version, using mushrooms instead of phyllo dough, for easy holiday hors d'oeuvres.

INGREDIENTS

4 pounds fresh spinach	1-¼ cups feta cheese,
1 tablespoon olive oil	crumbled
1 small yellow onion, diced	½ cup fresh dill, chopped
5 scallions, sliced	Salt and pepper to taste
(green and white part)	2 pounds mushrooms,
1 teaspoon chopped garlic	caps only

PREPARATION

Preheat oven to 375°. Sauté spinach in oil and cook until excess water has evaporated. Add onion and scallions and cook on medium heat until onion is translucent. Add garlic and continue cooking for another minute. Remove from heat and cool slightly. In a mixing bowl add spinach mixture along with 1 cup of feta and dill. Season with salt and pepper to taste, keeping in mind the saltiness of feta cheese.

Clean mushroom caps and place on lightly oiled cookie sheet or baking dish. Fill each mushroom with 1 tablespoon spinach mixture and top with a bit of crumbled feta. Bake for 30 minutes until mushrooms are tender.

MUSHROOM CROQUETTES
WITH YOGURT SAUCE

Recipe by Kristin Adamczyk

Serves 4

Here’s a new dish to add to your Meatless Monday menu. Double the recipe and serve leftovers as a sandwich in pita bread with lettuce and tomato.

INGREDIENTS

For Croquettes

8 ounces mushrooms,	½ cup oat flour
finely chopped	¾ cup cooked rice
1 medium onion, minced	2 tablespoons nutritional yeast
2 cloves garlic, minced	Salt and pepper, to taste

For Yogurt Sauce

1 cup plain yogurt	
1 tablespoon fresh	1 clove garlic, minced
basil, chopped	Salt to taste
1 tablespoon fresh	
chives, minced	

PREPARATION

To make croquettes: Sauté mushrooms, onion and garlic in coconut oil or butter until soft and onions are translucent. Transfer to a medium bowl and add rice and oat flour. Mix with a spoon or hands until combined. Mix in nutritional yeast, salt and pepper. Shape into patties or balls. Heat olive oil in frying pan and cook until golden brown. Alternatively, these can be baked for 25-35 minutes at 350°.

To make yogurt sauce: Mix all ingredients and chill until ready to serve.

SAUSAGE-LEEK STUFFING

Recipe by Stefanie Keeler

Makes 4 Cups

This stuffing will quickly become a favorite side dish all year round! For a vegetarian version, use fennel instead of sausage.

INGREDIENTS

1 pound sausage links*	1-½ packages potato
2 tablespoons butter, melted	bread buns
1 medium leek, chopped	¼ cup (½ stick) butter, melted
2 cloves garlic, minced	1-½ cups milk
½ cup mushrooms, chopped	

PREPARATION

If sausage has casing around it, remove from sausage and crumble meat in a bowl. Set aside. Sauté leeks and garlic in 2 tablespoons butter for 30 seconds. Add crumbled sausage and mushrooms. Cook stirring occasionally, until browned. In a large bowl, tear bread into small pieces and add milk and 1/4 cup melted butter. Soak bread in mixture for five to 10 minutes.

Once sausage mixture is cooked, add to the bread/milk bowl and mix well with your hands. Stuff turkey with mixture. Alternately, spread evenly about 1-inch thick in an 8x8-inch baking dish. and pop in the oven alongside the turkey. Bake until golden on top.

*For a vegetarian version, replace sausage with 1 medium fennel bulb, chopped.



Mushroom Croquettes with Yogurt Sauce
Photo by Amy Robb



Onion Tart
Photo by Wesley Parsons

ONION TART

Recipe by Randy Bruner | **Serves 12**

Also called Zwiebelkuchen, this recipe originates from Germany and can easily be doubled to accommodate large crowds.

INGREDIENTS

PREPARATION

- ½ cup plus 1 tablespoon butter
- 1-¾ cups all-purpose flour
- 3 eggs
- 4 tablespoons half and half
- ½ teaspoon salt
- 4 medium onions
- 4 slices bacon, diced
- ½ cup whipping cream (be generous)
- Salt and pepper to taste

Preheat oven to 400°. Lightly grease a 9- X 13-inch baking dish and set aside.

Using a pastry blender or fork, work butter into flour. Stir in 1 egg, half and half and salt to make dough. Let stand in a cool place for a few minutes. Thinly slice onions. Fry bacon in a small skillet over medium heat until golden brown. Add onion rings and sauté 2 to 3 minutes. Drain off excess fat.

In a medium bowl, beat together whipping cream, 2 eggs, salt and pepper. Roll out dough on a lightly floured surface. Line greased baking dish with pastry. Prick pastry surface with a fork. Spread cooked bacon and onions over pastry. Pour in cream mixture. Cover with foil. Bake 20 minutes. Remove foil and bake 10 to 15 minutes longer or until set. Cut in squares and serve warm.

WILD MUSHROOM PIZZA WITH WHITE GARLIC SAUCE

Recipe by Chef Kristen Uffmann | *Makes 4 Pizzas*

Pizza night goes gourmet with this flavorful recipe featuring wild mushrooms, white garlic sauce and a blend of cheeses.

INGREDIENTS

Dough
3 teaspoons salt
2 teaspoons sugar
1-¼ teaspoons dry active yeast
4 cups cold filtered water
3 tablespoons plus 1 teaspoon
extra virgin olive oil
8 cups bread flour
White Garlic Sauce
4 cups peeled garlic
2-½ cups extra virgin olive oil
Toppings
4 cups wild mushrooms (oyster,
brown beech, shitake, cremini)
1 Black Summer Truffle, shaved
1 cup of each: shredded fontina,
goat cheese, shaved Parmesan or
Pecorino-Romano
Microgreens (mizuna,
arugula, mustard, radish, beet,
red amaranth)

PREPARATION

To make dough: Using a stand mixer with dough hook attachment, whisk together all ingredients except flour in bowl of mixer. Add flour and turn on low speed for 30 seconds. Turn mixer to medium speed and mix for two minutes. Put dough on a floured surface and cut into four equal pieces. Roll each piece of dough into a ball. Oil surface of sheet pan with olive oil and place dough balls at least 6 inches apart. Brush olive oil over dough and cover with plastic wrap or bag. Proof dough for 30 minutes in refrigerator before baking.

If making only 1 or 2 pizzas, freeze unused dough for future pizzas.

To make white garlic sauce: While dough is proofing, place garlic and olive oil (enough to completely submerge the garlic in baking dish) and cover with tin foil. Bake in oven set at 325° for about 30 to 40 minutes. Garlic will be a light golden color and soft. Strain garlic and oil. Put garlic in blender and blend, drizzling in ¼ cup of oil. Sauce will be smooth in consistency. Save extra oil for future cooking and flavoring.

To make roasted mushrooms: Toss mushrooms with oil, salt and pepper. Place on sheet pan and roast at 350° for 20 to 30 minutes.

To assemble and bake pizza: Preheat oven to 500°. Let dough come to room temperature before forming pizza. Place dough ball on a cornmeal-dusted surface. Sprinkle cornmeal on top and bottom to prevent dough from sticking. Shape each dough ball into 14-inch pizza rounds. Dust pizza stone or sheet pan with cornmeal and place formed pizza dough onto stone or pan.

Brush each pizza with white garlic sauce. Spread mushroom mixture evenly on each pizza. Crumble goat cheese over each pizza, then cover with shredded fontina and shaved Parmesan or Pecorino-Romano. Slide pizza into oven. Rotate the pizza after 5 minutes, then bake another 2 or 3 minutes, until crust is golden and cheese is melted. Garnish with shaved black summer truffles and microgreens. Serve immediately.



Wild Mushroom Pizza with White Garlic Sauce
Photo by Cole LoCurto



RADISHES
BEETS
TURNIPS
CARROTS

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SEASON’S
BOUNTY HOECAKES

Recipe by Chef Genie McNally, The Floridian

Makes 40 Appetizers

This gluten-free appetizer provides a showcase for local cool weather produce such as beets and butternut squash. Each component can be made ahead, for easy assembly right before company arrives.

INGREDIENTS

For Hoecakes

3 cups Bob’s Red Mill Gluten Free Biscuit and Baking flour	2 teaspoons rosemary, chopped fine, optional
2 cups coarse yellow cornmeal	1 teaspoon baking powder
4 teaspoons salt	¼ teaspoon baking soda
4 teaspoons sugar	½ pound very cold butter
2 teaspoons pepper	3 cups very cold buttermilk

For Chevre

2 cups goat cheese	available, or 1 teaspoon zest of lemon and 1 teaspoon zest of orange
½ cup heavy cream or goat’s milk	
1 tablespoon honey	Dash salt and pepper
Zest of Meyer lemon if	

For Citrus-Cured Beets

1 cup fresh orange juice	allspice, peppercorns, nutmeg
½ cup apple cider vinegar	1 teaspoon salt
¼ cup water	2 cups either red beets, golden beets or Chioggia, peeled and diced into ½-inch cubes
4 tablespoons lemon juice	
2 tablespoons sugar	
¼ teaspoon each cinnamon,	

For Butternut Gremolata

1 cup butternut squash, diced into ½-inch cubes	2 teaspoons salt
½ red onion, diced fine	2 teaspoons pepper
1 tablespoon garlic, minced	Dash sugar
¼ cup canola or grapeseed oil	½ cup olive oil
1 bunch flat leaf parsley, chopped fine, stems included	2 tablespoons red wine vinegar
	2 tablespoons lemon juice
	Zest of 1 lemon

PREPARATION

To make hoecakes: Sift together dry ingredients in a large mixing bowl. Grate in butter using a cheese grater, distributing it loosely into the flour by hand. Place the whole mixture in the freezer or refrigerator for 30 minutes or so. Crumble butter into mixture using fingers or a dough cutter if needed, until butter/flour mixture is well incorporated and butter pellets are no more than pebble sized. Using a mixing spoon or gloved hands, gradually fold in buttermilk. To shape, scoop roughly 1-ounce pieces of the dough by hand, and loosely pat into disks.

To cook hoecakes: Preheat oven to 350°. While oven is heating, warm a large cast iron or non-stick frying pan over medium-high heat, and grease pan lightly. Working in batches of 6 drop the disks onto the griddle and cook 2 to 3 minutes, checking to see when they start to brown on the bottom. Once lightly browned on one side, flip to the other side to brown and press gently on the disks to flatten to around 2/3- inch thickness. Once both sides brown, remove and place on a parchment-lined baking sheet to rest until all disks are griddled. Bake hoecakes at 350° for 15 to 20 minutes, rotating pan halfway through. These can be held in a warm oven for an hour or two.

To make chevre: Whisk all ingredients together, adding the cream in increments. Adjust seasoning and honey as desired.

To make beets: Bring all ingredients except beets to a boil. Add beets and simmer until cooked completely. Beets should be fork tender but not disintegrating. Once cooked through, strain from liquid and cool immediately on a sheet tray in the fridge. If you cook different types of beets, store separately.

To make gremolata: Bring 1 quart water to a boil. Add butternut squash and cook until softened. Strain and cool in a mixing bowl in the refrigerator. While butternut is cooking, simmer onions and garlic in oil until just softened (do not brown or caramelize). Combine onions and butternut in mixing bowl and allow to cool. Combine with all of the remaining ingredients. Just before serving, toss the chilled beets in with the butternut gremolata.

To serve: Plate the warmed hoecakes and top with a dollop of the whipped chevre. Top each with a tablespoon of beet & butternut gremolata. Drizzle with honey for a little extra sweetness as desired.



Season's Bounty Hoecakes
Photo by Wesley Parsons



Beet Kimchi
Photo by Jenna Alexander

BEET KIMCHI

Recipe by Kristin Adamczyk | *Makes 1 Quart*

Use a mandoline slicer to turn the carrots and beets into thin matchsticks.

INGREDIENTS	PREPARATION
4 cups filtered water	Mix the water and salt to make your brine. Make sure salt is dissolved.
4 tablespoons salt	
1 large red cabbage or Chinese cabbage	Set aside a few washed whole cabbage leaves for later use. Chop remaining cabbage. Slice beets and carrots. Let the vegetables soak in the brine for a few hours or overnight. Cover them with a plate to keep them submerged under the brine. If needed, make more brine to completely cover the vegetables.
2-3 large carrots	
1-2 beets	
3-4 cloves garlic, minced	Chop garlic and peppers, then mix together, or mix garlic into chili paste if using that.
3-4 hot chilies or 3-4 tablespoons chili paste	Kimchi is supposed to be a spicy dish, but you can tone down or omit the heat if you need to. Drain brine off vegetables and reserve it. Taste vegetables for saltiness. If they are too salty, rinse them. If you cannot taste salt, then sprinkle on some salt and toss. Mix brined vegetables with garlic and pepper mixture. Stuff and pack it into a clean quart-sized Mason jar. Pack it tightly, pressing down to make sure the brine rises over your vegetables. If needed, add some of the reserved brine. Weigh the vegetables down with the reserved cabbage leaves by folding them up and stuffing them into the jar on top of vegetables. Screw jar lid on, but not completely tight.
Quart Mason jar or a large crock	Set jar into a baking pan to catch any juices that may escape during fermentation. Set in a cool, dry place out of sunlight. Taste vegetables daily; in about a week they should be ready to eat. Remove the top large cabbage leaves. Store in refrigerator up to 2 weeks.
	NOTE: While optimal fermentation temperature is 76° it is not necessary. Depending on the temperature conditions in your household it could take longer, if cooler, or less time to ferment if warmer.

SCALLOPED TURNIPS

Recipe by Chef Jody Petronella | **Serves 6**

The bitter flavor of turnips mellows in this creamy side dish, a great alternative to scalloped potatoes.

INGREDIENTS

1 large head garlic
1 tablespoon vegetable oil
4 turnips, peeled
1-½ cups grated
Muenster cheese
1 stick (8 tablespoons)
butter, softened
¾ cup vegetable stock
¾ cup heavy cream
Salt and pepper, to taste
1 teaspoon ground coriander
Rosemary, for garnish

PREPARATION

Preheat oven to 325°. Drizzle vegetable oil all over head of garlic. Wrap in aluminum foil and bake for 20 minutes. Let cool. Increase oven temperature to 375°. Thinly slice turnips. Use a mandoline for consistent thickness.

In a large oven-proof skillet, melt 2 tablespoons of butter over medium-low heat. Place a single layer of turnips on top of the butter. Squeeze or spoon ⅓ of the roasted garlic on the turnips. Spread 2 more tablespoons of butter on top of first layer of turnips. Pour ¼ cup vegetable stock and ¼ cup heavy cream over the turnips. Sprinkle with coriander. Sprinkle ½ cup of Muenster cheese over turnips. Repeat these layers twice (turnips, butter, garlic, vegetable stock, heavy cream, cheese). Top with coarse pepper and salt. Bake for about 20 to 30 minutes, until the top is brown and bubbly. Garnish with fresh rosemary.



Scalloped Turnips
Photo by Wesley Parsons



Cucumber and Radish Salad
Photo by Wesley Parsons

SORGHUM-GLAZED
CARROTS

Recipe by Chef Waylon Rivers | Serves 6

Not too long ago, Sorghum, or sorghum molasses, was a staple sweetener in the South. It can be found in most grocery or health food stores.

INGREDIENTS

- | | |
|--|---------------------------------|
| 2 pounds baby carrots, peeled and tops removed | ¼ cup carrot juice |
| 2 tablespoons canola oil | 2 satsumas, peeled and supremed |
| 4 tablespoons sorghum | 2 radishes, sliced paper thin |
| Kosher salt, to taste | 4 teaspoons dill, picked |
| Black pepper, to taste | |

PREPARATION

Preheat oven to 250°F. Meanwhile, toss the carrots, canola oil, 3 tablespoons sorghum, salt and pepper in a mixing bowl.

Place the carrots on a baking sheet lined with parchment paper in a single layer so that they are not touching. Roast for 30 minutes; continue checking every 10 minutes until they are barely fork tender. Remove from oven.

To glaze the carrots, pour the carrot juice in a medium sauté pan and bring to a boil. Whisk in remaining sorghum until it has dissolved. Add the carrots and simmer in the carrot juice until the juice becomes slightly syrupy. Divide the carrots between 4 shallow bowls. Pour 2 tablespoons of glaze over each portion. Garnish each plate with 5 radish slices, 5 Satsuma supremes and 1 teaspoon of dill. Serve.

CUCUMBER AND
RADISH SALAD

Recipe by Karen Alexander | Serves 4

This festive-looking salad makes a refreshing and healthy side dish during the holiday season.

INGREDIENTS

For the vinaigrette:

- | | |
|---------------------------------------|---|
| 2 large garlic cloves, finely chopped | or agave syrup |
| ½ cup balsamic vinegar | ½ teaspoon salt |
| ¼ cup olive oil | ¼ teaspoon black pepper |
| 1 teaspoon maple | Favorite herbs, fresh or dried, chopped |

For the salad:

- | | |
|-------------------------------|------------------------------|
| ¼ small onion, thinly sliced | thinly sliced |
| 1 cup cherry tomatoes, halved | ¾ cup thinly sliced radishes |
| 1 medium cucumber, | |

PREPARATION

Whisk the vinaigrette ingredients together in a bowl. Add the sliced onions and marinate for 10 minutes. Add the rest of the ingredients, mix well and marinate for another 10 minutes in the refrigerator. Best served cold.

QUICK PICKLED RADISHES

Recipe by Alina Gonzalez, Urban Folk Farm | **Makes 2 Cups**

This dish is one of Alina’s favorite ways to prepare the radishes she and her husband harvest at Urban Folk Farms. She enjoys making dishes with whatever she has around the house and encourages experimentation in the kitchen.

INGREDIENTS

6 ounces Easter Egg radishes, thinly sliced	1 tablespoon sugar ¼ teaspoon kosher salt
1 cup apple cider vinegar	2 cloves garlic, roughly chopped
1 tablespoon honey	1 tablespoon fresh lime juice

PREPARATION

Wash radishes, dry and slice using a mandoline or sharp knife about 1/4-inch thick, or cut into matchsticks or wedges. In a medium saucepan over medium heat, combine the vinegar, sugar, honey and salt and heat until ingredients are dissolved, about 2 minutes. Remove from heat. Stir in lime juice.* Place the radishes and garlic in a clean jar and pour the liquid into the jar. If you wanted more of a kick, you could add jalapenos as well. Leave about ¼ inch of room at the top. Cover, let cool, and refrigerate for at least 4 hours.

*This step can be skipped and simply place all of the ingredients together then put in jars and place in the refrigerator.

LAVENDER BEET COLLINS

Recipe by Nick Nistico | **Serves 1**

Lavender infused vodka gives this Collins drink a refined flavor.

INGREDIENTS

2 ounces Lavender infused Stoli Gluten Free Vodka infused with Fennel	and Red Beet 1 ounce lime juice 1 ounce simple syrup
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PREPARATION

To make lavender infused vodka: Pour 1 bottle vodka over a bunch of fresh lavender. Store in a dark and cool place or in the refrigerator and steep for 2 weeks. Strain out lavender when ready to use.

To infuse the lavender vodka with fennel and red beet: Thinly slice fennel and red beet, then add to a 2-quart jar. Pour lavender vodka over fennel and beet and store in refrigerator overnight.

To make the cocktail: Shake infused vodka, lime juice and simple syrup together and strain over ice. Garnish with lime peel.

CARROT CAKE SOUFFLE

Recipe by Chef Rebecca Reed, Black Sheep Restaurant Group

Serves 6-8

This delicious dessert shows you how easy making a soufflé really is—we promise. Dust with powdered sugar and serve with a scoop of ice cream such as vanilla bean or salted caramel.

INGREDIENTS

8 tablespoons unsalted butter, room temperature	½ teaspoon nutmeg, freshly grated
1 cup all-purpose flour	½ teaspoon ground ginger
2 cups whole milk	1 teaspoon vanilla extract
¾ cup plus 1 tablespoon granulated sugar	¾ teaspoon kosher salt
1 teaspoon ground cinnamon	½ cup freshly grated carrots
	6 eggs, separated

PREPARATION

In a medium bowl, mix the flour and butter together using your hands to form a smooth paste. Reserve.

In a medium-large pot, bring milk, sugar, spices, vanilla, salt and grated carrots to a boil over medium-high heat. Once mixture begins to boil, add the flour and butter paste and whisk over medium-low heat until the mixture pulls away from the sides of the pot as it is being whisked. Turn off heat. Place mixture in the bowl of a stand mixer fitted with a paddle attachment. Mix over low speed for about 15 minutes, or until bowl is no longer hot to the touch. Add egg yolks 1 at a time to incorporate. Move soufflé base mixture to a large bowl. Clean and dry stand mixer bowl. Add egg whites to mixing bowl and whisk to form stiff peaks. Using a spatula, gently fold egg whites into soufflé base in 3 additions. Preheat oven to 400°. Brush ramekins with butter and dust with sugar. Fill ramekins with soufflé base and bake for about 18 minutes.



Carrot Cake Souffle
Photo by Amanda Lenhardt



WINTER AND SUMMER SQUASH

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PUMPKIN RISOTTO CAKES WITH SAGE HONEY

Recipe by Rachel Kohl | **Serves 6**

Serve these savory cakes with sage-infused honey. This recipe uses Seminole pumpkin, a native Florida pumpkin which grows wild in the Everglades. It was under cultivation by Seminole Indians when the Spaniards arrived in Florida in the 1500s. Any winter squash variety can be used in this recipe, but the Seminole pumpkin is an heirloom with a great flavor.

INGREDIENTS

- 1 small Seminole pumpkin
(about 1 pound), halved lengthwise
and seeds removed
- 3 tablespoons olive oil
- 3 cups vegetable stock
- ½ cup minced onion
- ½ teaspoon salt
- 2 tablespoons minced garlic
- 1 cup middlins or Arborio rice
- 1 cup white wine
- ½ teaspoon black pepper
- ¼ cup honey
- 5 to 10 fresh sage leaves
- 3 eggs
- ½ cup all-purpose flour
- 1½ cups panko crumbs
- 6 ounces goat cheese, crumbled
- vegetable oil for frying (canola
or light olive oil)
- 2 tablespoons lemon juice

PREPARATION

To make the pumpkin: Heat oven to 400°. Line a rimmed baking sheet with aluminum foil. Use 1 tablespoon of the olive oil to brush on the cut sides of the pumpkin and on the foil. Place the pumpkin cut-side down on the foil. Roast until a skewer inserted in the pumpkin meets no resistance, 30 to 40 minutes. Remove the pumpkin from the oven and turn cut-side up. When cool enough to handle, scrape the pumpkin from the skin and reserve.

To make risotto: Bring the broth to a simmer over medium-high heat. Reduce the heat to the lowest possible setting to keep the broth warm. Heat 2 tablespoons of olive oil in a saucepan over medium heat. Add the onions and salt and cook until very soft and translucent, about 9 minutes. Add the middlins and cook, stirring frequently, until the edges of the grains are transparent, about 4 minutes. Add the wine and garlic and cook, stirring frequently, until the wine is completely absorbed, about 2 minutes. Add warm broth, ½ cup at a time, and cook at a faint simmer, stirring frequently. Continue adding broth as it is absorbed, stirring all the while, until the middlins are softened through and creamy, about 20 minutes. Add the cooked pumpkin to the risotto and stir to incorporate. Add salt and pepper to taste. Spread the risotto onto a baking sheet and let cool completely in the refrigerator.

To make sage honey: Heat the honey and sage leaves together over low heat. Set aside.

To make risotto cakes: Set up a standard breading procedure with three shallow bowls or pie plates: flour, beaten eggs, panko. Using an ice cream scoop, scoop out 3 ounces of risotto, press indentation with thumb, fill with goat cheese then press risotto over the goat cheese to cover. Form into a patty, dust with flour, dip in beaten eggs, and roll in panko. Set risotto cakes on parchment lined baking sheet. Repeat process until all risotto is used.

Chill the cakes at least 30 minutes. Pan-fry the cakes in a ¼ inch of vegetable oil over high to medium high heat until golden brown on both sides. Do not overcrowd the pan.

For the honey sauce, remove the sage leaves and whisk in the lemon juice. Drizzle over the risotto cakes or serve as a dipping sauce.



Pumpkin Risotto Cakes with Sage Honey
Photo by Amy Robb



Acorn Squash Old Fashioned
Photo by Amy Robb

GREEK STUFFED SPAGHETTI SQUASH

Recipe by Allie Testoni | Serves 4

This dish is a great way to get young helpers involved in meal prep, with easy steps for all skill levels.

INGREDIENTS

- 1 medium spaghetti squash oil, divided
- 3 tablespoons extra virgin olive

For the Stuffing

- ¼ teaspoon cumin roughly chopped
- ¼ teaspoon coriander 1 garlic clove, minced
- ¼ teaspoon salt 3 tablespoons tomato paste
- ¼ teaspoon pepper 1 cup tomato puree
- ½ cup diced white onion 3 ounces baby spinach
- 2 ounces sun-dried tomatoes, ¼ cup heavy cream

For the Breadcrumb Topping

- ¼ cup panko breadcrumbs Parmesan cheese
- 2 sprigs fresh oregano, stems Coarse salt and pepper, removed, chopped to taste
- 1 ounce grated 2 ounces feta cheese, crumbled

PREPARATION

Preheat oven to 450°. Line a baking sheet with aluminum foil. Halve spaghetti squash lengthwise, then scoop out seeds*. Place each half on baking sheet, cut side up. Drizzle with 1 tablespoon olive oil, season with salt and pepper. Turn over spaghetti squash on baking sheet and roast cut side down until tender, about 25 to 35 minutes. Remove from oven and cool to room temperature.

To make stuffing: Mix cumin, coriander, salt and pepper together and set aside. Heat 1 tablespoon olive oil in a medium sized pan on medium heat and add onions and sun-dried tomatoes. Sauté until softened, 3 to 4 minutes. Add spice mixture, garlic and tomato paste then cook for another minute. Stir in tomato puree and heat until warm. Add spinach then stir until leaves are wilted. Remove pan from heat and slowly stir in heavy cream. Add salt and pepper to taste. If sauce seems too thick, add a bit more cream and stir.

To make breadcrumb topping: Combine panko breadcrumbs, oregano, Parmesan, 1 tablespoon olive oil, salt and pepper in a small bowl. Set aside. When squash is cool enough to handle, scrape a fork through each half to create spaghetti-like strands. Add the squash strands and feta cheese to the filling mixture in the pan and combine. Add salt and pepper to taste. Divide mixture between two squash halves and sprinkle the breadcrumbs on top of each half. Return to oven for about 10 minutes or until the topping has evenly browned. Serve it by either scooping out each serving or placing each half on a plate if being used as a main course.

*Reduce food waste! Rinse seeds with water, drain, then toss with salt and oil. Spread them on a baking sheet and bake at 350° for 30 minutes for a crunchy holiday snack!

ACORN SQUASH OLD FASHIONED

Recipe by Nick Nistico | Serves 1

This new Old Fashioned is sure to add a little spice to your life, and puts winter squash in a whole new category - liquid deliciousness.

INGREDIENTS

- 2 ounces Coopers Craft Bourbon infused with Cinnamon 2 dashes Aromatic Bitters
- Spiced Acorn Squash Orange peel
- Blueberry, for garnish

PREPARATION

Combine all ingredients and pour over ice. Garnish with orange peel and a blueberry.

To make Squash-Infused Bourbon: Cut 2 cups acorn squash into chunks. Toss squash with ¼ cup maple syrup and 1 teaspoon cinnamon. Spread on a baking sheet and bake in the oven at 350 degrees for 15 minutes or until soft. Allow to cool.

In a large jar, combine the squash with 1 750mL bottle of bourbon; save the bottle for later. Cover jar tightly and allow it to infuse for two to three weeks. Strain the bourbon, funnel back into the empty bottle and cap tightly.

VEGETABLE LO MEIN

Recipe by Chef Peter Kenney, Purple Olive

Serves 4

This easy stir-fry uses spaghetti squash instead of noodles for a gluten-free spin on a classic dish.

INGREDIENTS

For the Sauce

- | | |
|--------------------------------|-------------------------|
| 4 tablespoons tamari | ½ tablespoon sugar |
| ½ tablespoon rice wine vinegar | ½ tablespoon sesame oil |

- | | |
|--|------------------------------|
| 1 large spaghetti squash, cooked and scraped | ½ cup broccoli, chopped |
| 1 teaspoon garlic, chopped | ½ cup kale, chopped |
| 1 teaspoon ginger, chopped | 1 lime, cut in half |
| 1 datil pepper, sliced in rings | Cilantro and basil, optional |
| ½ cup sliced green onions | Sesame Seeds |
| 1 medium carrot, sliced | 2 teaspoons vegetable oil |

PREPARATION

To make sauce: Whisk together all ingredients in a bowl or measuring cup.

Heat wok or large sauté pan on medium high heat. Add vegetable oil, garlic, ginger, datil peppers, juice from ½ lime, green onions and carrots. Stir in pan quickly for about a minute. Add broccoli and kale. Stir in pan to cook vegetables. Add cilantro and basil if desired. Add cooked spaghetti squash and stir to heat. Add the sauce mixture and sesame seeds and stir to combine. Squeeze the other half of lime over top before serving.

ROSEMARY ZUCCHINI SUPPER BREAD

Recipe by Marisa Ratliff | **Makes 2 Loaves**

Slice and toast leftover bread for an easy snack or as a side dish at breakfast.

INGREDIENTS

- | | |
|---------------------------------------|--|
| 1-½ cups all-purpose unbleached flour | 2 tablespoons fresh rosemary, finely minced |
| 1-½ cups whole-wheat pastry flour | 3 large organic eggs |
| 1 teaspoon baking soda | 2 tablespoons organic milk |
| ½ teaspoon baking powder | ½ cup plain, organic Greek yogurt |
| ½ teaspoon pink Himalayan salt | 1/2 cup organic olive oil |
| ½ teaspoon garlic powder | 2-¼ cups organic zucchini, shredded and squeezed |
| 1 tablespoon parsley, finely chopped | ¼ cup organic scallions, finely chopped |

PREPARATION

Preheat oven to 350°. Spray 2 (9- by 5-inch) loaf pans with coconut oil cooking spray.

In a medium bowl, mix flours, baking soda, baking powder, salt, parsley, garlic powder and rosemary until well combined, then set aside. In a larger bowl, add eggs, milk, yogurt and olive oil; mix until thoroughly combined. Add zucchini and scallions and mix until incorporated. Carefully stir in flour mixture until just combined. Don’t over mix. Divide batter evenly between loaf pans.

Bake for 30–40 minutes, or until a toothpick inserted in the center comes out clean. Let cool in loaf pan for 10 minutes, then carefully remove from pans and place on a cooling rack. Slice and serve warm with whipped butter.

Vegetable Lo Mein
Photo by Jenna Alexander





Jamaican Spiced Pumpkin Pie
Photo by Wesley Parsons

ROASTED VEGETABLE TIAN

Recipe by Terri Davlantes, Jax Cooking Studio | **Serves 6**

With an abundance of fresh vegetables available at the market and home gardens, this is a delicious way to use them and the presentation is gorgeous. Even better? Adapt the recipe to use whatever vegetables are in season.

INGREDIENTS

- | | |
|------------------------------|----------------------------|
| 2 medium yellow peppers | Salt, crushed red peppers, |
| 2 medium zucchini | black pepper |
| 2 large tomatoes | Basil, thyme and parsley |
| 1 large sweet onion, | chiffonade, to season |
| sliced in half | ½ cup shredded or grated |
| 2 medium Chinese eggplants | hard cheese (Cheddar, |
| ⅓ cup extra virgin olive oil | Parmesan, Swiss, etc.) |
| 3 to 4 cloves garlic, minced | |

PREPARATION

Preheat oven to 400°. Rub oil on bottom and sides of 1-½-quart baking dish.

Slice yellow pepper crosswise into thin discs. Thinly slice all other vegetables on bias so they match thickness of other vegetables. Arrange zucchini, tomatoes, onions, eggplant and yellow peppers in a single row standing up against each other slightly shingled, one row at a time. Repeat until the dish is full and all vegetables are used. Using a pour spout, drizzle oil between layers very lightly. Sprinkle a very small amount of salt and minced garlic between layers. Finish with fresh herbs and pepper sprinkled on top and a generous drizzle of olive oil.

Bake uncovered in oven for 15 minutes. Lower oven temperature to 350° and continue baking uncovered for 35-45 minutes until knife tender and lightly-browned on top. Remove from oven and immediately sprinkle with shredded or grated hard cheese. Cool about 5-10 minutes before serving.

Alternate technique: Layer vegetables like a lasagna, adding cheese and seasonings between layers.

JAMAICAN SPICED PUMPKIN PIE

Recipe by By Ellen Kirouac | **Serves 8**

With a gingersnap crust, this pie adds a kick to holiday dessert tables.

INGREDIENTS

For Crust

- | | |
|-------------------------------------|----------------------------------|
| 1-½ cups gingersnap crumbs | ¼ cup butter, melted |
| 2 tablespoons sugar | |
| <i>For Filling</i> | ¾ teaspoon ground cinnamon |
| 1 (15-ounce) can pure pumpkin puree | ½ teaspoon salt |
| 1-¼ cups unsweetened coconut milk | ⅛ teaspoon freshly grated nutmeg |
| ¾ cup packed light brown sugar | 4 large eggs, room temperature |
| 1 teaspoon ground ginger | 2 tablespoons spiced rum |

PREPARATION

To make crust: Place gingersnap cookies in food processor and grind into crumbs. Combine crumbs and sugar into a small bowl. Add butter and mix well. Press mixture into bottom and sides of a lightly greased 9” pie plate. Bake at 350° for 10 minutes. Let cool.

To make filling: In a large bowl, whisk the pumpkin puree, coconut milk, sugar, ginger, cinnamon, salt and nutmeg until smooth. Whisk in eggs, then add rum. Combine until mixture is smooth. Pour filling into cooled pie crust. Bake pie at 325° for one hour until the center of the pie is no longer wobbly when plate is nudged. Transfer to a rack and cool completely before serving. Store pie at room temperature for up to two days.

SUMMER SQUASH MARMALADE

Recipe by Chef Joshua Day | Makes 4 Cups

This makes a great topping for grilled chicken and fish or served on a toasted baguette with goat cheese.

INGREDIENTS

11 medium yellow zucchini
4 small zucchini
3 medium pattypan squash
¼ cup vegetable or canola oil
1 small yellow onion, julienned
1 clove garlic, thinly sliced
2 teaspoons ground coriander
½ cup white wine
2 tablespoons apple cider vinegar
3 tablespoons sugar
Zest of 1 lemon
Marigold petals, optional
3 tablespoons parsley
3 tablespoons olive oil
Salt to taste

PREPARATION

Thinly slice squash and zucchini on a mandoline. Sprinkle a little salt and sugar on them so that they start to “cure.” This will help them cook and sweat evenly in the next steps.

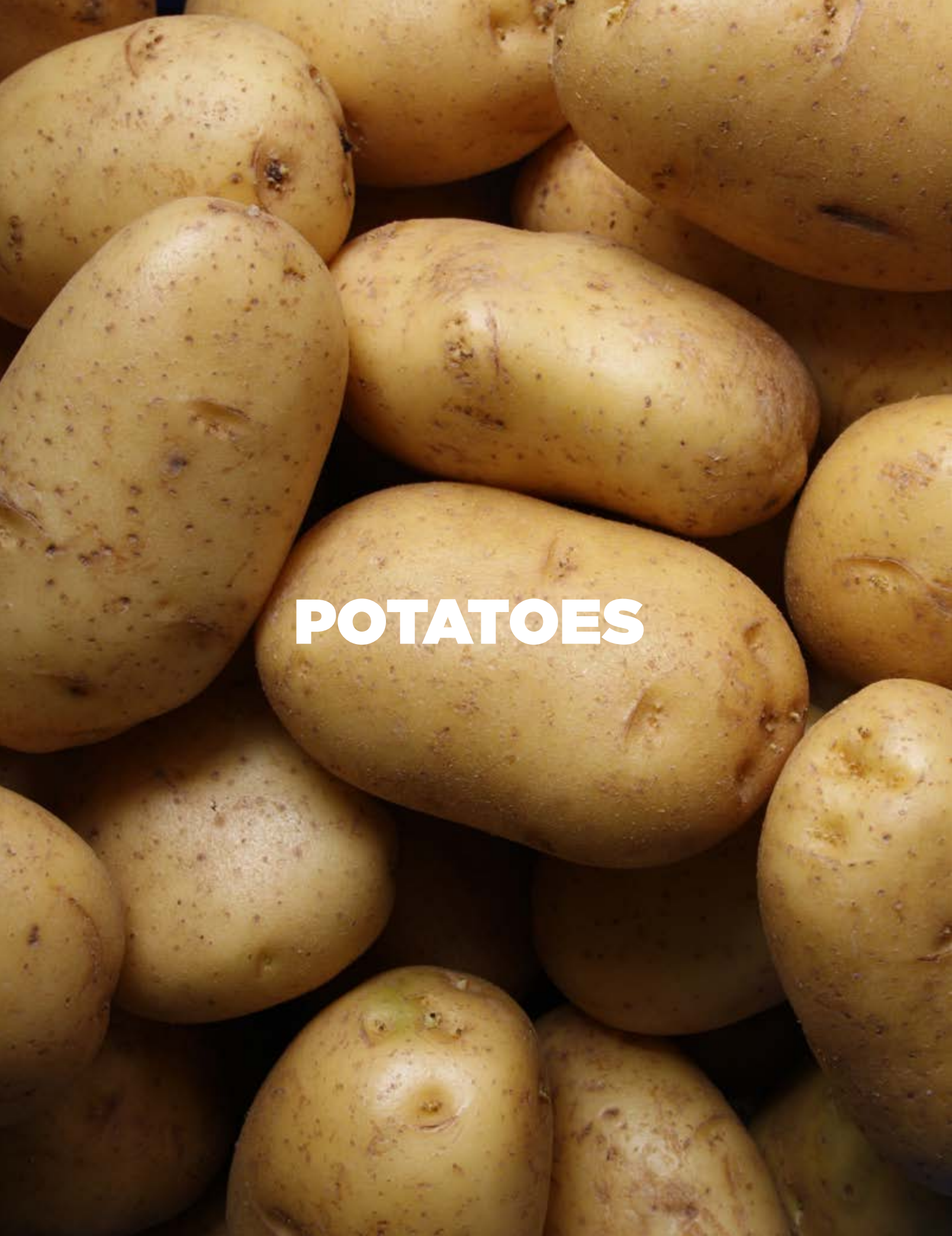
Add vegetable or canola oil to a large frying pan and slowly sweat the onions and garlic on low heat until translucent but still with texture, about 5 minutes. Add coriander and sprinkle a little salt on top of the vegetables to season and help with the sweating process. Add sliced squash and continue to sweat, gently folding vegetables together. Cook for about 5 minutes until vegetables are cooked, but still retain some texture. Using a slotted spoon, remove the vegetables from the pan and place in a large bowl or on a sheet pan. Place in refrigerator to cool until completely chilled.

Add white wine, apple cider vinegar and sugar to the reserved cooking liquid in the pan and stir to combine. Heat the mixture until liquid is reduced by a little over one-half and it reaches a nappe consistency (with the liquid just lightly coating the back of a spoon). Chill the liquid in a cup or small bowl until cold.

When the squash mixture and the cooking liquid are both cold, add them to a mixing bowl and gently fold to coat. Add the lemon zest, marigolds, parsley, olive oil and salt. The marmalade can be served chilled or slightly warmed. Keep in refrigerator for up to a week.



Summer Squash Marmalade
Photo by Wesley Parsons



Kale and Sweet Potato Empanadas **120**

Sweet Potato Pie **123**

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KALE AND SWEET POTATO EMPANADAS

Recipe by Chef Gaston Buschiazzo, *The Floridian*

Makes 8-16, depending on size

Make your empanadas small and serve them with Pumpkin Seed Chimichurri as appetizers or make them larger and add a salad for a full meal.

INGREDIENTS

For the Dough

3 ¼ cups all-purpose flour
¼ teaspoon salt
1 ½ stick unsalted butter,
chilled and cut into 12 cubes
1 egg
4-5 tablespoons water
For the Filling
1 tablespoon olive oil
1 onion, chopped
2 sweet potatoes, diced
1 bunch kale, washed,
stems removed
2 tablespoons chopped garlic
2 tablespoons ricotta
cheese (optional)
1 tablespoon coriander
1 teaspoon cumin
1 tablespoon apple cider
vinegar
salt and pepper

For the Chimichurri

1 cup parsley leaves
½ cup cilantro leaves
½ cup pumpkin seeds
¾ cup canola oil
½ teaspoon crushed red
pepper (if you like less heat,
add just a pinch and gradually
increase the amount to taste)
2 cloves garlic, minced
3 tablespoons fresh
lemon juice
1 teaspoon apple cider vinegar
½ teaspoon salt

PREPARATION

Preheat oven to 350°F.

To make dough: Mix the flour and salt in a food processor or by hand. Add the butter, egg and water until a lumpy dough forms. Form a ball, flatten slightly and chill in the refrigerator for about 30 minutes.

To make filling: In a large pan add olive oil and onions and brown for about 5–7 minutes over medium heat. Add sweet potatoes, and cook until sweet potatoes are tender. Roughly chop the kale and add to the pan. Add garlic to the pan and cook together for 3 minutes. Set aside and add the ricotta cheese if using. Mix well and add coriander, cumin, apple cider vinegar, salt and pepper to taste.

While the sweet potato and kale mixture is cooling, roll out the dough into thin sheets. Use a plate or bowl to cut the dough into circles (a diameter of 4 to 6 inches works well).

Spoon filling onto 1 half of each round, to leave a ¼-inch edge empty. Fold over dough into a half-moon shape. Use a fork to seal the edges and place onto an oiled baking sheet. Bake for 30 minutes.

While the empanadas are baking, make the Chimichurri. Place all ingredients in blender and mix until creamy. Add salt and pepper to taste. Serve with the empanadas.



Kale and Sweet Potato Empanadas

Photo by Amy Robb



Sweet Potato Pie
Photo by Cole LoCurto

SWEET POTATO PIE

Recipe by Maxine Reid | **Makes 2 Pies**

Maxine was Dietary Supervisor for River Garden Hebrew Home for the Aged in Mandarin for 45 years before she retired. She is known for the pies she bakes for every family gathering, including this holiday favorite.

INGREDIENTS	PREPARATION
<p><i>For pie dough</i></p> <p>2-¼ cups all-purpose flour</p> <p>¼ teaspoon salt</p> <p>⅔ cup cold butter, cut into chunks</p> <p>4 to 5 tablespoons cold water</p> <p><i>For filling</i></p> <p>3 to 4 large sweet potatoes</p> <p>½ cup butter, softened</p> <p>2 cups sugar</p> <p>4 eggs</p> <p>1 teaspoon cinnamon</p> <p>½ teaspoon nutmeg</p> <p>¼ teaspoon cloves</p> <p>½ teaspoon salt</p> <p>1 (13-ounce) can evaporated milk</p>	<p><i>To make pie dough:</i> Combine flour and salt in bowl; cut in butter with pastry blender or fork until mixture resembles coarse crumbs. Using a fork, stir in enough water just until flour is moistened. Divide dough in half and shape each into a ball; flatten slightly. Roll out each ball of dough on a lightly floured surface into 12-inch circle. Fold into quarters. Place each piece of dough into greased 9-inch pie pan; unfold, pressing firmly against bottom and sides. Trim crust to ½-inch from edge of pan. Crimp or flute edge. Set aside.</p> <p><i>To make filling:</i> Preheat oven to 375°. Roast sweet potatoes until easily pierced with fork; cool slightly, then remove skins. Place cooked and peeled potatoes in large mixing bowl. Beat with electric mixer until smooth. Stir in butter and sugar, then beat in eggs one at a time. Mix in spices, salt and evaporated milk until well combined. Divide mixture between the two unbaked pie crusts. Bake on preheated cookie sheet near the center of the oven for 1 hour or until knife inserted in center comes out clean. Cool before slicing.</p>

MINI STUFFED POTATOES

*Recipe by Angie Christensen | **Serves 6***

This dish is easily doubled for a large gathering.

INGREDIENTS

20 tiny baby potatoes, such as fingerling or very small	or sour cream
red-skinned potatoes	¼ cup gorgonzola cheese
Extra virgin olive oil	½ cup finely grated Stilton
Kosher salt	or sharp cheddar cheese
½ cup plain yogurt	½ cup chopped fresh parsley
	or other herbs

PREPARATION

Wash and dry potatoes, then toss in oil. Sprinkle with kosher salt. Place on baking sheet and bake at 350° or until tender; set aside.

In a small bowl combine yogurt or sour cream with gorgonzola cheese and Stilton or sharp cheddar; mix well. Make a small crosswise cut in each potato and squeeze gently to open; top each potato with a generous spoonful of the cheese mixture. Garnish with parsley or other herbs. Serve warm or at room temperature.

FARM BASKET SAUTÉ

*Recipe by Lauren Titus | **Serves 8***

This hearty dish is sure to keep you going from lunch until dinner! Use whatever seasonal vegetables you have on hand.

INGREDIENTS

2 tablespoons olive oil	3 medium red potatoes, cut into ¾-inch cubes
2 cloves garlic, minced	
1 small onion, chopped	1 tablespoon basil, chopped
1 medium eggplant, cut into large cubes	1 tablespoon oregano, chopped
3 medium carrots, cut into rounds	Salt and pepper to taste
	Splash apple cider vinegar

PREPARATION

Heat oil in large frying pan. Add garlic and onions and saute five minutes. Add eggplant, carrots and potatoes and cook, stirring occasionally to keep from sticking, for 10 to 15 minutes. Add basil, oregano, salt, pepper and

splash apple cider vinegar and cook covered, another 10 minutes, stirring occasionally, until potatoes are cooked through.

SWEET POTATO RAVIOLI

*Recipe by Karen Alexander, Ackerman Cancer Center | **Serves 4***

Wonton wrappers make it easy to prepare these savory ravioli, served with a sage and pecan sauce.

INGREDIENTS

2 to 4 tablespoons pecans

For the Ravioli

1 medium sweet potato	¼ teaspoon black pepper
3 tablespoons ricotta cheese	20 small wonton wrappers
1 tablespoon Parmesan cheese	(1 small package)
⅛ teaspoon salt	

For the Sauce

1 tablespoon butter, salted or unsalted	Pecan Oil
2 tablespoons Congaree and Penn	7 sage leaves

PREPARATION

Bake pecans at 400° for 2 minutes on each side. Remove immediately to prevent burning and roughly chop. Set aside for garnish.

To make ravioli: Prick sweet potato with a fork, wrap it with aluminum foil and bake at 400° for 50 minutes, or until tender (time may vary depending on the size of the sweet potato). Peel sweet potato, place it in a food processor and process until smooth. Mix in cheeses, salt and pepper. Place wonton on a clean and flat surface. Place a small amount (about 1 teaspoon) of filling in the center of the wonton. Brush the edges of the wonton with a small amount of water. Fold wonton over the filling and press down with fork tines to seal edges tightly. Repeat with the remaining wontons and filling.

To make sauce: Heat butter, pecan oil and sage leaves in a saucepan over medium-low heat, just enough to melt butter and combine flavors.

To cook: Bring a large pot of salted water to a boil over high heat. Add ravioli and cook for approximately 2 minutes, until they float to the surface. Remove and transfer immediately to the saucepan with the sauce. (Do not dry wontons first to keep them from sticking together.) Decorate with the toasted pecans and serve.



Sweet Potato Ravioli

Photo by Wesley Parsons



Sweet Potato Soup & Peanut Pesto
Photo by Amy Robb

SWEET POTATO SOUP & PEANUT PESTO

Recipe by Rachel Kohl | **Serves 6-8**

This soup is inspired by a cold soup served at the White Dog Café in Philadelphia. It is equally delicious served hot. It can be made as much as two days ahead of time.

INGREDIENTS

- 2 pounds sweet potatoes, peeled and diced
- 3 stalks lemongrass, outer layers removed, bulbs split open
- 2 tablespoons olive oil
- 1 cup minced onion
- 2 tablespoons minced garlic
- 1 jalapeño pepper, seeded and minced
- 1 (2-inch) piece fresh ginger, peeled and minced
- 1 (14-ounce) can coconut milk
- 1 lime, juiced
- 2 teaspoons salt
- ¼ teaspoon cayenne pepper
- For Peanut Pesto
 - ½ cup unsalted peanuts, toasted
 - 2 tablespoons chopped fresh basil leaves
 - 2 tablespoons chopped fresh mint leaves
 - 1 tablespoon chopped fresh cilantro leaves and stems

PREPARATION

In a large saucepan, cover the sweet potatoes and lemon grass with water and bring to a boil. Reduce the heat and simmer until the potatoes are fully cooked, about 20 minutes. Remove the lemon grass stalks. Drain the sweet potatoes, reserving the liquid and the potatoes separately.

In a sauté pan, heat the oil over medium heat until it ripples. Add the onion and cook until soft, about 5 minutes. Add the garlic and cook for 2 minutes. Add the jalapeño and minced ginger and sauté for 3 minutes.

Combine the cooked sweet potatoes, cooked onion mixture, coconut milk, and 3 cups of the sweet potato cooking liquid in a food processor or blender. Process until smooth, about 30 seconds.

Pour the soup into a nonreactive saucepan over medium heat and bring to a simmer. Stir in the lime juice, salt, and cayenne pepper. If the soup is too thick, add more of the sweet potato cooking liquid. Serve the soup hot or refrigerate until well chilled. Top with Peanut Pesto.

To make peanut pesto: Crush the peanuts and combine with the basil, mint, and cilantro in a small bowl and toss well. When serving the soup, sprinkle each serving with about 1 tablespoon of the peanut pesto.

SPANISH TORTILLA

Recipe by Chef Christina Longo, Taverna Restaurant | ***Serves 6-8***

Be sure to use the amount of olive oil noted to ensure this egg and potato dish slides out of the pan.

INGREDIENTS

1-¼ pounds (about four medium)
Yukon gold potatoes
1 small yellow onion
1 cup olive oil (Spanish extra
virgin is best)
6 extra large or jumbo eggs
½ teaspoon salt
Freshly ground black
pepper to taste

PREPARATION

Peel potatoes, cut in half vertically and slice with a sharp knife or mandoline to quarter-inch thickness. Thinly slice onions.

Heat 1 cup of olive oil in an 8- or 9-inch nonstick skillet over medium heat. After three to four minutes, drop in a potato slice. If it bubbles around the edges, the oil is ready. Add all potatoes, onions, 1/4 teaspoon salt and a dusting of pepper. Carefully coat mixture in pan with oil, using a wooden spoon or heatproof spatula. Adjust heat to medium-low so the oil bubbles gently. Cook, turning the potatoes every few minutes,until they are knife tender but not browned. This should take 10 to 15 minutes. If potatoes begin to break, they have cooked too long. Drain the potatoes in a colander, reserving oil.

Beat the eggs in a large bowl, adding the remaining salt and pepper to taste. Wipe out the skillet and return to medium heat. Add 2 tablespoons of the cooking oil to the pan. Mix the warm potatoes and onions into eggs, stirring to coat, then add all to the skillet. As soon as the edges firm up, about two minutes, reduce heat to medium-low and cook for five minutes.

Run a heatproof rubber spatula all around the edge of the tortilla to ensure it will release from the pan. The top will still be runny, not set. Carefully slide the tortilla onto a dinner plate. Cover with another plate and, holding plates tightly together, flip them so the runny egg side is on the bottom. Add 1 more tablespoon of oil to skillet and carefully slide the tortilla back into the pan. Cook five more minutes, then slide onto a clean plate for serving.



Spanish Tortilla
Photo by Amy Robb



**EGGPLANT
OKRA
PEPPERS
TOMATOES**

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HEIRLOOM TOMATO TART

Recipe by Jessi Streator | Serves 8-12

This recipe was the winning entry in the 2019 Peace Out Pie Contest, held at the St. Augustine Amp Farmers’ Market. Fresh tomatoes atop a goat cheese filling on a Parmesan cheese crust make for a delectable brunch dish.

INGREDIENTS

For Parmesan Crust

1-½ cups all-purpose flour
1-½ teaspoons sea salt
10 ounces grated Parmesan cheese
¾ cup (1-½ sticks) cold unsalted butter, cut into ½-inch pieces
4 to 5 tablespoons ice water
2 to 3 cups granulated sugar for blind baking*
For Creamy Basil Goat Cheese
½ cup heavy whipping cream
8 to 10 ounces goat cheese, room temperature
½ cup fresh basil leaves
Sea salt

For Vanilla Sea Salt

1 vanilla bean
1 cup flake salt (such as Maldon)

For Tomato Topping

2 to 3 medium heirloom tomatoes
1 to 2 pints small heirloom tomatoes
Vanilla Sea Salt
Whole basil leaves

PREPARATION

Preheat the oven to 400°F.

To make Parmesan crust: Place flour, sea salt and Parmesan cheese into a food processor and pulse until combined. Place the cold cubes of butter in food processor and pulse until the mixture has small pea-sized pieces of butter remaining. Add a few tablespoons of ice water, one or two at a time, and pulse until combined. Add more ice water until the dough holds together when you squeeze it. The dough should not be sticky.

Using a 14-inch tart pan, press dough firmly into the bottom and sides of the dish. Lay a piece of parchment paper over the top of the crust and carefully fill the pan with granulated sugar as a weight for blind baking. Place the tart pan into the oven and bake for 10 to 15 minutes, or just until the edges start to golden in color. Pull the tart out of the oven and carefully remove the parchment paper and beans. Return the crust to the oven and bake for an additional 10 to 15 minutes until it is golden throughout. Remove the crust from the oven and let it cool completely.

To make goat cheese filling: Combine the heavy cream and goat cheese in a bowl. Stir well. Chop basil into small pieces and stir into the goat cheese mixture. Add a pinch of sea salt. Using a spreader or icing spatula, add the goat cheese filling to the cooled crust and spread to the edges of the crust.

To make vanilla sea salt: Split the vanilla bean in half lengthwise. In a small bowl, gently scrape the vanilla bean seeds into the sea salt and mix to combine. Store any leftover vanilla sea salt in an airtight container.

To assemble tart: Thinly slice heirloom tomatoes. Just before serving, top the tart with tomatoes and a sprinkling of vanilla sea salt. Garnish with fresh basil leaves.

**Note:* Blind baking refers to the process of baking a pie crust without the filling and is usually done when the crust will be filled with an unbaked filling. Granulated sugar or dried beans are used to hold the crust in place while baking.



*Heirloom Tomato Tart
Photo by Wesley Parsons*



All-Purpose Refrigerator Pickling Brine
Photo by Jesse Brantman

ALL-PURPOSE REFRIGERATOR
PICKLING BRINE

Recipe by Jack Twachtman | Makes 1 Quart

It’s nearly impossible to mess these up, so don’t be afraid to play around by adding a garlic clove, dried chile, a few sprigs of herbs and/ or a pinch of spices to suit your tastes.

INGREDIENTS

- | | |
|-----------------------------------|-----------------------------|
| 3 cups water | ½ cup + 2 tablespoons sugar |
| 1 cup rice vinegar | 3 tablespoons kosher salt |
| 2 tablespoons white wine vinegar* | |

PREPARATION

Combine ingredients in a medium saucepan and bring just to a boil, stirring to combine. Remove from heat. Trim, slice or chop vegetables into desired shape and pack into a clean jar with a lid. Add any spices or flavoring elements to the jar and cover with the brine. Allow to cool and refrigerate at least overnight. Pickles should be fine in the refrigerator for up to two months. Store any leftover brine in the refrigerator.

*I like to use rice vinegar as a neutral base, but feel free to experiment with different flavored vinegars in place of the white wine vinegar.

SUGGESTED COMBINATIONS

- Cucumbers, sliced, with bay leaf and allspice or dill and peppercorn
- Daikon radish, sliced, with garlic, turmeric, bay leaf and peppercorn
- Hot peppers, whole, or sliced with garlic and a couple sprigs of thyme
- Muscadine grapes, halved, with cinnamon, coriander and peppercorn
- Okra, whole, with dried chili pepper, fresh sliced jalapeno, garlic and mustard seed
- Summer squash, cut into ribbons, with garlic, dried chili pepper and a sprig of rosemary
- Watermelon rind, peeled, with cinnamon, clove and allspice

INFINITE ARMS

Recipe by Zach Lynch | Serves 1

St. Augustine Pot Distilled Rum and peppers? Why not! Shishito peppers are on the sweet side, though occasionally you will get one that is hot, so be prepared!

INGREDIENTS

- | | |
|--------------------------------|----------------------------|
| 1-½ ounces St. Augustine Pot | ¾ ounce fresh lime juice |
| Distilled Rum | 2-3 Shishito pepper wheels |
| 1 ounce fresh watermelon juice | |

PREPARATION

Shake all ingredients and strain over fresh ice. Garnish with a Shishito pepper.

GRILLED WHOLE OKRA

Recipe by Jennifer Ashton, Juniper Market

Serves 4 to 6

This is a simple side dish, perfect if you are put-off by the sliminess of okra when prepared other ways.

INGREDIENTS

- | | |
|-------------------------|-------------------------|
| 1-½ pounds okra | ½ teaspoon salt |
| 3 tablespoons olive oil | ⅛ teaspoon black pepper |

PREPARATION

Toss whole okra in olive oil, sprinkle with salt and pepper. Grill over very high heat for 8–12 minutes, until browned but still firm. Okra can also be roasted in the oven on a greased baking sheet at 425° for the same amount of time.

CREAMY EGGPLANT DIP

Recipe by Jason McDonald, Fresh Jax | **Makes 3 Cups**

Add this to your next get-together menu. It’s a delectable vegan dip that everyone will love!

INGREDIENTS

2 medium eggplants	¼ teaspoon sea salt
¼ cup tahini	1 tablespoon agave nectar
3 tablespoons lemon juice	1 tablespoon olive oil
2 cloves garlic, minced	(optional)
½ teaspoon ground cumin	2 tablespoons olives (optional)

PREPARATION

Preheat oven to 400°. Poke a few holes in each eggplant with a fork to allow steam to escape when baking. Place whole eggplants on a baking sheet and bake until soft, about 30 minutes. Allow eggplants to cool, then peel and dice them. Combine diced eggplant with remaining ingredients in the blender. Blend until smooth and creamy. Serve at room temperature or chilled. Top with olive oil and olives.

DATIL PEPPER HOT SAUCE

Recipe by Lauren Murphy | **Makes 3 Quarts**

The majority of datil peppers grown in the U.S. are produced in St. Augustine and are a cornerstone in the foods and folklore of the Minorcan culture. Datil peppers have been compared in spiciness to habanero peppers, although they are unparalleled in their sweetness and taste. When purchasing datil peppers, look for the more mature orange and yellow peppers for a sweeter sauce, although you can also use the green peppers.

INGREDIENTS

6 cups (Approximately) Datil peppers (mixture of yellow, orange, and/or green), stems and caps removed (but leave the seeds in!)	3 (28-ounce) bottles Hunt's 100% natural ketchup
1 (32-ounce) bottle white distilled vinegar	1 large onion, sliced
1 quart canned tomatoes	1 head garlic, separated and peeled
	Worcestershire sauce (optional)
	Red wine (optional)
	Figs (optional)

PREPARATION

Fill blender with datil peppers. Cover peppers with white distilled vinegar and blend. Add the sliced onion and the garlic cloves to the datil mixture and blend until smooth. Pour datil-onion-garlic mixture into a large saucepan.

Add canned tomatoes to the blender and blend well. Add some local figs (the Hamilton family secret ingredient!) to this step for a little additional sweetness. Add tomato mixture and ketchup to pot and stir until well combined. Add red wine and Worcestershire sauce to taste, if desired. Cook sauce on medium-low, stirring occasionally, for at least 2 hours and for as long as desired.

To sweeten the sauce a bit more, add another blender full of canned tomatoes and figs and another bottle of ketchup.

Datil Pepper Sauce can be kept in the refrigerator in an airtight container for several weeks, or canned according to home canning directions.

GAZPACHO

Recipe by Karen Alexander, Ackerman Cancer Center | **Serves 4**

Refreshing and quick to fix, this chilled soup brings out the flavor of fresh, vine-ripened tomatoes.

INGREDIENTS

4 large tomatoes, chopped	¼ teaspoon paprika
1 medium cucumber, peeled and chopped	1 sprig fresh parsley
1 medium green pepper, chopped	1 piece white bread
¾ small onion, chopped	1 cup water
1 small clove garlic	Salt and pepper, to taste
4 tablespoons olive oil	2 tablespoons
1 tablespoon white vinegar	Greek yogurt (optional)
	Cubed cucumber (optional)

PREPARATION

Blend all ingredients (except Greek yogurt and cubed cucumbers) together until liquefied. Add additional cold water or ice as needed to cool the mixture. Ladle into four bowls. Add Greek yogurt or cucumber cubes for presentation.



Gazpacho
Photo by Wesley Parsons





SEAFOOD TOFU TEMPEH

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TRIGGERFISH TACOS
WITH GRILLED PEACH SALSA

Recipe by Chef John Thompson, Osprey Tacos | **Serves 4**

If peaches are not in season, substitute pineapple or mango in the salsa.

INGREDIENTS

2 peaches	Pinch of salt
1 small red onion	1 pound triggerfish, cut into
2 poblano peppers, finely diced	4 fillets
1 habanero pepper, minced	1 lime, cut into slices
1 bunch cilantro, chopped	8 corn or flour tortillas
Juice of 3 limes	

PREPARATION

To make salsa: Peel peaches and cut in half top to bottom, then remove pit. Cut peaches and onions into 1/8-inch slices. Grill over high heat for 1 minute (approximately 30 seconds on each side). Take off grill, dice and add to bowl with poblano peppers. Add habanero pepper, cilantro, lime juice and salt.

To make fish: Place 4 fillets of fish on a sheet of aluminum foil and top each with one slice of lime. Wrap tightly and place over the coals of the campfire to steam for approximately 3 to 6 minutes. While cooling, toast tortillas over the fire. Place fish on tortillas. Top with salsa and a squeeze of lime.

PICKLED SHRIMP

Recipe by Jennifer Ashton, Juniper Market

Serves 4-6

No more rubbery shrimp! This recipe uses an oil and vinegar-type dressing rather than a vinegar pickling liquid alone and when doubled or quadrupled, it's perfect for a crowd.

INGREDIENTS

1 pound large, unpeeled shrimp	1 tablespoon capers
1 tablespoon salt	1 lemon, zest and juice
½ teaspoon celery salt	½ cup white wine vinegar
½ teaspoon mustard seed	½ cup good olive oil (preferably not EVOO)
½ teaspoon ground mustard	½ thinly sliced sweet onion
½ teaspoon whole black peppercorns	1 (14-ounce) can hearts of palm
½ teaspoon fresh cracked pepper	1 (8-ounce) jar plain artichoke hearts
½ teaspoon red pepper flakes	5 or 6 thinly sliced and seeded sweet peppers
¼ teaspoon ground coriander	2 dashes hot sauce (optional)
3 bay leaves	
2 cloves garlic, chopped	

PREPARATION

Bring pot of water to boil with 1 tablespoon salt. Add shrimp. Once water returns to slight simmer, strain shrimp and rinse with cold water. Peel shrimp. For a nice presentation leave the tails on.

Coarse grind mustard seeds and peppercorns with mortar and pestle or spice grinder. In measuring cup or Mason jar combine spices, garlic, capers, lemon zest, juice, vinegar and oil; whisk or shake well to combine. Place shrimp, thinly sliced onion, hearts of palm, artichoke hearts and peppers in non-reactive bowl and toss with vinaigrette. Cover and refrigerate for at least 6 hours or overnight, occasionally stirring contents to evenly coat.

Serve with baguette or toast points to help sop up all that delicious pickling liquid.



Pickled Shrimp
Photo by Amy Robbs



Oyster Dressing Skillet
Photo by Wesley Parsons

OYSTER DRESSING SKILLET

Recipe by Chef Tasha Peters, By Design Catering | **Serves 6**

Dressing or stuffing? If cooked inside the turkey, this side dish is called stuffing. Baked separately, it's dressing. This version is a savory side dish, with the focus on oysters and lots of fresh herbs.

INGREDIENTS

PREPARATION

- 3 tablespoons butter, divided
- ½ cup minced shallots
- 1 cup chopped celery
- 1 bay leaf
- 2 garlic cloves, minced
- ⅛ teaspoon pepper
- ⅛ teaspoon salt
- 1 cup raw oysters, shucked and drained
- 6 slices cooked bacon, chopped into pieces
- 2-½ cups chicken bone broth or stock (½ cup reserved)
- 1 cup chopped fresh spinach
- 2 tablespoons fresh sage
- 2 tablespoons fresh tarragon
- 2 tablespoons fresh parsley
- 2 eggs, beaten
- 2 baguettes, day-old, cubed*

Melt 2 tablespoons butter in a 10-inch cast iron skillet. Add shallots, celery, bay leaf, garlic, salt and pepper. Saute for 3 minutes, then add the oysters and bacon for an additional 3 minutes, until the shallots become slightly translucent. Add 2 cups of the chicken bone broth, chopped spinach and fresh herbs. Bring to a boil then turn off heat.

In a large bowl combine the beaten eggs with ½ cup broth. Toss the cubed bread with the egg mixture to coat. Toss gently to combine. Fold the stock mixture gently into bread mixture, until the bread has absorbed the liquid. Butter the skillet completely with reserved 1 tablespoon butter. Pour bread mixture into skillet and bake at 375° for 30 minutes.

*Note: Let cubed bread sit out overnight so that it has a chance to get dry. This prevents the bread from getting mushy when the dressing is assembled.

SHEET PAN BROILED FISH

Recipe by William Underwood | **Serves 4**

This dish is easy to assemble and can vary according to seasonal fish and vegetables.

INGREDIENTS

Extra Virgin Olive Oil
Salt and pepper
1 medium sweet potato, cut into ¼-inch thick rounds
1 small zucchini, cut into ½-inch thick rounds
1 small acorn squash, cut into ½-inch thick rounds
1 small Vidalia onion, cut into wedges
6 okra, sliced lengthwise
1 pound snapper fillet (or other firm fleshed fish)

For the vinaigrette

4 lemons
1 tablespoon fresh thyme, finely minced
1 teaspoon honey
1-½ teaspoons salt
1 teaspoon pepper
⅓ cup olive oil

PREPARATION

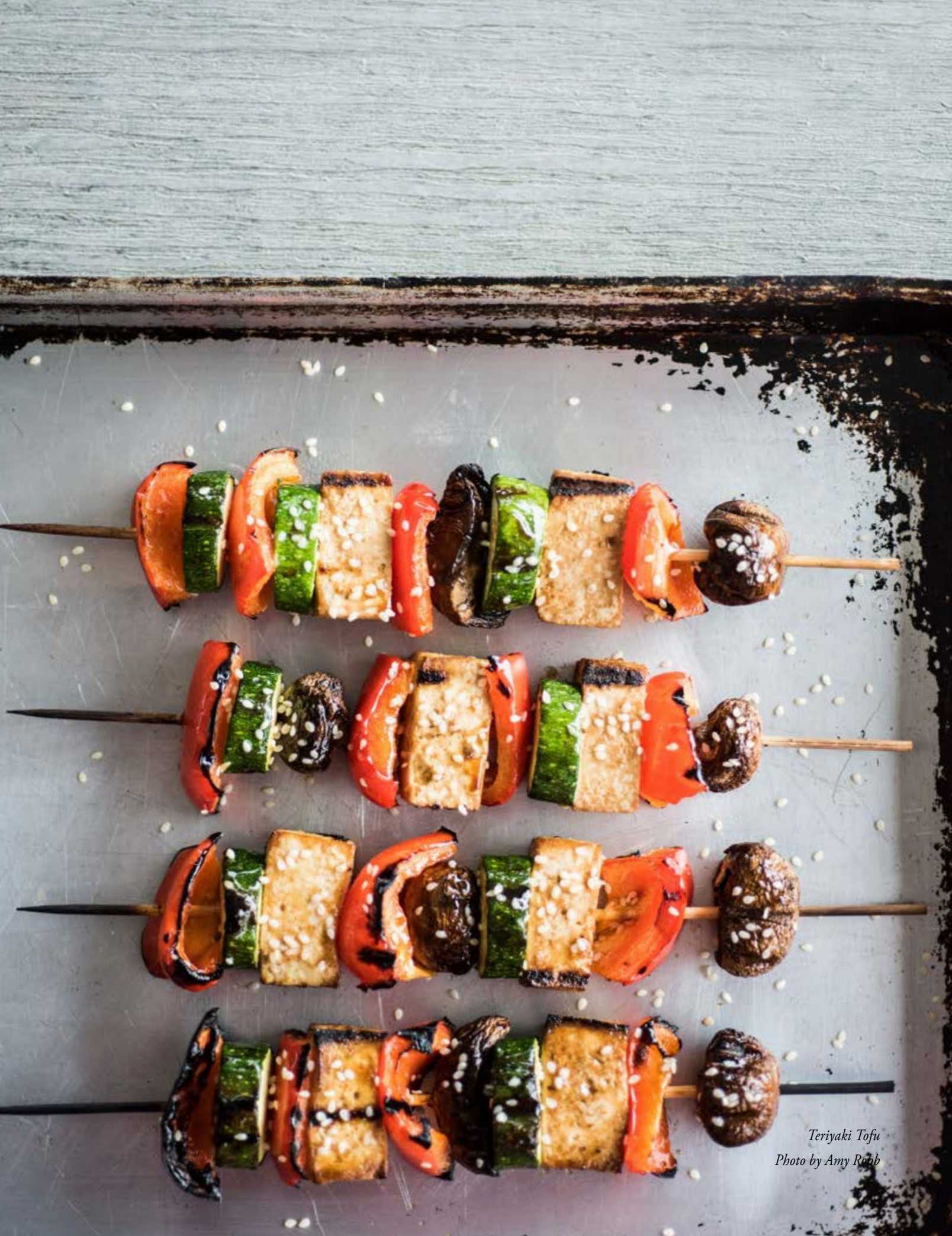
Set broiler to high and preheat the oven. Lightly toss all vegetables in extra virgin olive oil. Season with salt and pepper. Spread vegetables evenly on a large sheet pan lined with aluminum foil, leaving room in the center for the fish. Do not overcrowd the pan. Season fish on both sides with salt and drizzle generously with extra virgin olive oil. Broil on the third highest rack of oven for 10-15 minutes. If the fish is finished cooking before the vegetables, transfer it onto another pan, remove from oven and cover with aluminum foil. Allow vegetables to broil until they become tender and begin to char.

For the vinaigrette: Zest 1 lemon and juice the rest into a small bowl. Add thyme, honey, salt and pepper. Whisk in olive oil.

To serve: Drizzle vinaigrette over fish and vegetables. Serve alongside a simple salad or soup.



*Sheet Pan Broiled Fish
Photo by Wesley Parsons*



Teriyaki Tofu
Photo by Amy Robb

TEMPTIN’ TEMPEH REUBEN

Recipe by Mariah Goelz Salvat, Southern Roots Filling Station and Cultivate Jax

Makes 2 Sandwiches

Arto Moro Tempeh from Gainesville is a common ingredient in daily specials at Southern Roots Filling Station. This fresh tempeh, paired with Southern Roots’ house-made kraut, creates the perfect combination for a vegan version of a classic sandwich.

INGREDIENTS

For the Tempeh

- 1 (8-ounce) piece tempeh
- 1/2 cup olive oil
- 1/2 cup tamari
- 1/2 cup apple cider vinegar
- 1/2 cup water

For the Russian Dressing

- 1/2 vegan mayonnaise
- 1/4 cup tomato paste
- 1 teaspoon apple cider vinegar
- 1 tablespoon pickle relish or chopped pickle
- 1/4 teaspoon salt
- 1/2 to 1 cup sauerkraut of choice
- 4 slices pumpernickel bread (or any favorite sandwich bread)
- 2 slices cheese or vegan cheese (optional)

PREPARATION

Preheat oven to 350 °.

To make tempeh: Slice tempeh into 1/2-inch strips. Place in a baking dish. In a small bowl, blend olive oil, tamari, apple cider vinegar and water together. Pour over tempeh. Place baking dish in oven and bake for 20 minutes. Flip each piece of tempeh and bake for an additional 20 minutes. Remove from oven.

To make Russian dressing: Place all ingredients in a blender and blend until mixed.

To assemble sandwich: Toast slices of bread. Spread Russian dressing on two slices of bread, then divide tempeh pieces and place on top of dressing. Top with as much sauerkraut as you like. Drizzle more dressing on top of sauerkraut. If using cheese, place on top of sauerkraut and place in the oven for 5 minutes to soften/melt the cheese. Top with remaining slices of toast, cut in half and enjoy!

TERIYAKI TOFU

Recipe by Lauren Titus | Serves 4

Perfect with your favorite vegetables, this is also great with tempeh.

INGREDIENTS

- 1 tablespoon tamari sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoons mirin
- 1 teaspoon garlic powder or 2 garlic cloves, finely minced
- 1/4 cup vegetable oil
- 1 tablespoon rice vinegar
- 1 pound extra-firm tofu, pressed and cut into
- 1-1/2-inch pieces
- 1 medium zucchini, sliced in thin rounds
- 1 medium red pepper, cut into small chunks
- 1/2 pound mushrooms, stems removed
- 1/4 cup toasted sesame seeds

PREPARATION

Whisk all marinade ingredients together in a small bowl. Alternate tofu and vegetables on skewers. Brush marinade on vegetables and tofu while grilling. Cook until vegetables are slightly soft and tofu is browned. Finish with toasted sesame seeds.

CEVICHE

Recipe by Chef Andrew Yeo | Serves 4-6

Leche de tigre, or tiger’s milk, is the traditional Peruvian name for the citrus-based marinade that “cooks” the seafood in ceviche.

INGREDIENTS

8 ounces snapper, cut in cubes
2 limes, juiced
1 habanero pepper, chopped
½ cup Leche de Tigre*
¼ cup red onion, chopped
1 small sweet potato, sliced
½ cup Peruvian corn
Micro cilantro, to garnish
Pinch citrus salt to taste

PREPARATION

Combine fish and lime juice in a 1½-quart glass bowl and stir to cover the fish with lime juice. Add habanero pepper, Leche de Tigre and chopped red onion. Cover bowl and refrigerate for several hours, until fish no longer appears raw when cut. To serve, garnish with sweet potato, Peruvian corn and cilantro.

****To make Leche de Tigre:*** Combine ½ cup fish stock, 2 tablespoons chopped red onion, 1 tablespoon chopped celery, 1 tablespoon chopped cilantro, 1 teaspoon chopped habanero pepper, 1 teaspoon chopped garlic, 1 cup ice cubes and salt in a blender. Blend until everything is well mixed, then strain.



Ceviche Ingredients

Photo by Amy Robb



Photo by Wesley Parsons

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MEZCAL A LA CHORIZO

Recipe by AJ Andrews, El Jefe Restaurant | *Serves 1*

The chorizo fat-washed mezcal has a smoky flavor that balances well with the sweet and spicy poblano liqueur.

INGREDIENTS	PREPARATION
For the chorizo fat-washed Mezcal	To make chorizo fat-washed Nobel Coyote Espadin Mezcal:
1 ounce fat drained from cooked chorizo	Combine ingredients and blend until fat is no longer separated. Pour into an airtight container and place in the refrigerator for a few days. Remove container from storage and strain any remaining fat out of the Mezcal with a cheesecloth.
5 ounces Nobel Coyote Espadin Mezcal	Store in glass jar.
For the Cocktail	
1-½ ounces chorizo fat-washed Nobel Coyote Espadin Mezcal	<i>To make cocktail:</i> Add all ingredients to mixing glass or metal shaker. Stir and strain over ice in highball glass. Garnish with orange peel.
1/4 ounce Ancho Reyes Poblano Liqueur	
3/4 ounce sweet vermouth	
1 ounce Campari	



Mezcal a la Chorizo
Photo by Stefanie Keeler



Pork Roulade
Photo by Amy Robb

PORK ROULADE

Recipe by Chef Marcel Vizcarra, Llama Restaurant | **Serves 4**
This makes an impressive dish for a dinner party or a holiday gathering.

INGREDIENTS

For the Marinade

- | | |
|-----------------------------------|---------------------------------------|
| 1 teaspoon fresh oregano, chopped | 2 large navel oranges, juice and zest |
| 1 teaspoon dry oregano | 1 teaspoon salt |
| 1 teaspoon fresh garlic, chopped | 1 teaspoon pepper |

For the Stuffing

- | | |
|---|-------------------------------|
| ½ pound smoked chorizo or kielbasa, diced | 4 teaspoons heavy cream |
| 1/2 pound smoked gouda, diced | 1 teaspoon Aji Amarillo paste |
| 1/2 pound queso fresco, diced | 1 stick butter, frozen |
| | 1 (2-pound) pork tenderloin |

PREPARATION

To make marinade: Chop all ingredients together into a fine paste (using a blender or food processor will result in a very bitter marinade).

To make stuffing: In a medium bowl, mix the chorizo or kielbasa, cheeses, heavy cream and Aji Amarillo. Chill in refrigerator for 30 minutes.

To assemble pork: Preheat oven to 425°. Butterfly the pork tenderloin by making a lengthwise cut into the center of the tenderloin. Do not cut all the way through to the opposite edge, so that the flaps remain attached. Slice until the pork is flat. Season with salt and pepper. Spread stuffing on the pork and roll up, securing with twine. Coat a large sauté pan with vegetable oil. Add pork, seam-side down and cook four minutes or until browned, carefully turning occasionally. Place pork into a baking dish and brush with marinade. Place stick of butter on top of pork. Bake for 45 minutes or until a thermometer inserted in the center registers 140°. Remove pork from pan and let stand five minutes before slicing.

To make sauce: Crush whole garlic and leave skin on. Heat cream and crushed garlic in saucepan on medium heat until hot, then reduce heat to low. Reduce cream to about 2 cups. Season with salt. Strain into a bowl, pressing gently on the garlic to extract more liquid.

To serve: Slice pork roulade. Pour cream sauce on each plate, place roulade on top and garnish with fresh herbs.

MOMMA BAKER’S MEATBALLS

Recipe by Chef Alex Baker, Black Sheep Restaurant

Serves 6 to 8

Serve over pasta or with fresh bread and garnish with grated Parmesan and fresh basil.

INGREDIENTS

- | | |
|--------------------------------|-----------------------------------|
| 1 large onion | 2 tablespoons chili flakes |
| 2 pounds ground beef | 2 tablespoons red wine vinegar |
| 1 pounds ground pork | or balsamic vinegar |
| 4 cloves garlic, finely minced | 3 eggs beaten |
| ½ cup chopped basil | 1 cup bread crumbs |
| 1 tablespoon chopped rosemary | 2 tablespoons kosher salt |
| 1 tablespoon chopped thyme | 1 tablespoon fresh cracked pepper |
| 1 cup grated Parmesan | 4 cups tomato sauce |

PREPARATION

Grate onion on cheese grater over a bowl to catch all of the juice and grated onion. Add all remaining ingredients to the bowl and mix well to incorporate everything. Once mixed well, pinch off one tablespoon portion and cook in a pan until done, then taste to check the seasoning. Adjust salt and pepper if needed. Then roll the remaining meatball mixture into desired size and place on baking sheet. Roast in a 425° oven for 10-15 minutes until the liquid begins to run clear. Remove from oven, add meatballs to tomato sauce and simmer for 15 minutes.

BACON PRALINES

Recipe by Chef Rebecca Reed, Black Sheep Restaurant Group

Makes approximately 2 Dozen

This is a modern version of classic Southern Praline, because sweet and salty is great, but sweet, salty and smoky is next level!

INGREDIENTS

1 cup sugar	4 tablespoons (½ stick)
½ cup dark brown sugar	unsalted butter
½ cup buttermilk (substitute	½ teaspoon vanilla extract
½ cup milk plus 1 teaspoon	1-½ cups pecans/walnuts
apple cider vinegar in a pinch)	mixture, toasted and chopped
½ teaspoon baking soda	5 slices thick cut smoked
½ teaspoon kosher salt, plus	bacon, cooked and crumbled
scant 1 teaspoon more	
to finish	

PREPARATION

Line a baking sheet with a silpat or wax paper.

Secure a candy thermometer to a medium-large pot, then add sugars, buttermilk, baking soda and salt. Cook over medium heat, while stirring constantly, until the mixture reaches 238°. Remove from heat and remove thermometer. Stir in butter, vanilla, nuts and bacon. Let mixture cool and thicken for about 5 minutes.

Use a spoon or scoop to portion pralines onto prepared baking sheet. Sprinkle with remaining salt. Let cool and dry for 20 minutes. Enjoy immediately or store in an airtight container for up to a week.

HONEY SRIRACHA WINGS

Recipe by Miya Kusumoto | Serves 2-4

Careful - you may end up eating all of these before the guests arrive!

INGREDIENTS

2 pounds chicken wings	2 tablespoons sriracha sauce
½ cup ketchup	⅛ cup olive oil
½ cup rice wine vinegar	cilantro, green onions and
¼ cup soy sauce	sesame seeds, for garnish
2 tablespoons honey	salt and pepper, to taste

PREPARATION

Preheat the oven to 350°. Line a rimmed baking sheet with foil. Toss the wings with olive oil and a generous amount of both salt and pepper. Once coated, spread the wings out on the baking sheet in a single layer. Cook for 30 to 35 minutes until the chicken is cooked through and the skin is beginning to brown.

In a medium saucepan set over high heat, whisk together ketchup, rice wine vinegar, soy sauce, honey and sriracha until the mixture is boiling. Reduce heat to low and cook, stirring occasionally, until thickened and reduced by half, about 15 minutes.

Increase the oven temperature to 450°. Using a large spoon, transfer the wings to a bowl and toss them with the honey sriracha sauce. Set aside. Remove and discard the tin foil and excess juices. Re-line the baking sheet with foil. Once coated, spread the wings in a single layer onto the baking sheet. Bake for 15 more minutes until the wings are lightly charred. Serve, garnished with cilantro, green onions and sesame seeds.



Honey Sriracha Wings
Photo by Miya Kusumoto

SMOTHERED PORK CHOPS

Recipe by Chef Daniel Jordan | **Serves 4**

Serve with rice and garnish with crispy fried shallots - comfort food at its most delicious.

INGREDIENTS

For the Gravy

- ½ pound butter
- 1 medium onion, diced
- 2 cloves garlic, chopped
- 1 cup all-purpose flour
- 1 cup vegetable stock or water
- 1 cup half and half
- Salt, pepper and ground ginger, to taste

For Pork Chops

- ¼ cup Congaree and Penn fine rice flour
- 1 cup all-purpose flour
- ½ teaspoon Congaree and Penn pecan meal
- Salt and pepper, to taste
- 4 bone-in pork chops
- 1 tablespoon extra virgin olive oil
- Pinch ground ginger

PREPARATION

To make gravy: Melt butter in a large saucepan. Add onions and garlic and cook until translucent. Whisk in flour and simmer until medium brown in color with a nutty aroma. Add stock or water and half and half. Season to taste. Keep on very low heat until ready to serve.

To cook pork chops: Toss together flours, pecan meal, salt, pepper and ground ginger. Lightly flour each pork chop with mixture. Heat olive oil in a large skillet. For best results, make sure the pan is very hot. Add pork chops and sear each side 3 to 5 minutes, depending on thickness, until golden brown. Top with gravy and serve.

Smothered Pork Chops
Photo by Wesley Parsons

COCONUT CURRY CHICKEN

Recipe by Chef Dennis Chan, Blue Bamboo | *Serves 4-6*
Coconut milk balances the bite of Thai chili peppers in this dinner entrée.

INGREDIENTS

- | | |
|---|--|
| 1 large onion | 4 Thai chilies, halved |
| Oil for stir frying | ¼ cup fish sauce |
| 3 tablespoons red curry paste | 10 kaffir lime leaves |
| 2 (13.5-ounce) cans coconut milk | 3 cups mixed vegetables, such as broccoli, carrots, zucchini or bell pepper, cut into small pieces |
| 1-½ pounds boneless, skinless chicken breasts, cut into ½-inch strips | Cooked rice |
| 10 sprigs Thai basil | |

PREPARATION

Sauté onion in oil until almost transparent. Add red curry paste and sauté until fragrant. Slowly add coconut milk and chicken. Add remaining ingredients except vegetables and simmer for 15 minutes. Add vegetables and simmer until done, about 2 to 5 minutes. Serve over fragrant rice.

FATIMA’S MOROCCAN LEMON CHICKEN

Recipe by Milouda Cline, Cline’s Custom Meats Butcher Shop
Serves 4
In Morocco, the joy of eating food is in sharing it. This is my mother’s recipe and it became my favorite meal to cook, I even outdid my mother in the recipe. It’s simple, easy and full of traditional Moroccan flavors. I make it in a Tajine because it makes a mouth-watering stew with zesty flavor.

INGREDIENTS

- | | |
|---------------------------------|--|
| <i>For charmoula (marinade)</i> | |
| ½ tablespoon salt | 1 preserved lemon |
| ½ tablespoon pepper | ½ cup chopped parsley and cilantro (divided) |
| 2 tablespoon olive oil | ½ tablespoon Moroccan harissa |
| 2 tablespoons lemon juice | pinch of saffron |
| 3 tablespoon ginger | |
| ½ tablespoon turmeric | |
| 3 garlic cloves, peeled | |

For stew

- | | |
|--|--|
| 1 (3-pound) whole chicken, cut in 8 pieces, skin removed | ½ cup frozen sweet peas soaked |
| 3 tablespoons cooking oil | Salt, pepper, remaining parsley and cilantro |
| 1 large onion, thinly sliced | |
| 3 carrots, peeled and quartered | |
| 3 yellow potatoes, peeled and quartered | |

PREPARATION

To make charmoula: Combine all marinade ingredients and blend together. Marinate chicken for ½ hour to overnight.

To make stew: In a large pot, heat 3 tablespoons cooking oil over medium high heat. Sear marinated chicken on all sides until evenly browned. (Searing is very important.) Add onions. Sauté with chicken for 3 minutes. Add carrots, potatoes, and sweet peas. Season vegetables with salt and pepper. Add remaining herbs and cover. Let simmer on low heat for 45 minutes. Serve hot with bread and mint tea.



Coconut Curry Chicken
Photo by Stefanie Keeler

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*Katie Versaggi at Bee Hill Farm in Elkton
Photo by Jesse Brantman*

