



FOOD DAY™

OCTOBER 24, 2011

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Kittitas County Recipes

It's time to eat real, America.



**Can be
prepared
Vegan**

An apple a day; age-old advice that still makes a lot of sense. Apples contain an ample dose of fiber (two-thirds of which is in the peel), some potassium, and a modest amount of vitamin C. They're also a good source of flavonoids, which protect nerve cells from oxidative stress, suggesting that this fruit may help prevent Alzheimer's and other degenerative brain diseases. Enjoy them in their natural state -- or in this tasty recipe.

Apple Oatmeal Muffins

The moistness of these muffins comes from the shredded apple. These make a great breakfast muffin or a nutritious snack.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients: (Makes 1 dozen)

- ◆ 2 cups apple, peeled and shredded
- ◆ 1 1/2 cups all-purpose flour
- ◆ 1 cup quick oats
- ◆ 2/3 cup firmly packed brown sugar
- ◆ 1 1/2 tsp baking powder
- ◆ 1/2 tsp baking soda
- ◆ 1/2 tsp salt
- ◆ 1/2 tsp cinnamon
- ◆ 1/4 cup fat-free milk (or milk alternative)
- ◆ 2 tbsp canola oil
- ◆ 1 tsp vanilla extract
- ◆ 1 cup plain fat-free yogurt (or yogurt alternative)
- ◆ 2 egg whites (or substitute 2 1/2 tbsp of applesauce)



Preparation:

Spoon flour into measuring cups and level with a knife. Place flour in a large mixing bowl and add oats, brown sugar, baking powder, baking soda, salt and cinnamon. Stir with a whisk. Combine milk, oil, vanilla, yogurt and egg whites, stirring until well blended. Add wet ingredients to flour bowl and stir until just moist. Blot shredded apple on kitchen paper to get rid of excess moisture, then add apple to mixture and stir.

Spoon batter into a lined 12-cup muffin tin. Bake at 400 degrees for 20 minutes.

Submitted by:

Darcy Graham, Nutrition Coordinator, Kittitas County Head Start/ECEAP

www.kitcoh.org - #509-968-4050

Vegetarian

Caprese Salad is a wonderful way to enjoy heirloom tomatoes, because their wonderful colors and distinctive flavor are highlighted by the simple presentation. We like to use the smaller varieties of tomatoes, along with the egg-sized balls of mozzarella cheese to create “bite-sized” portions of the salad, but it is also fabulous with one of the giant heirlooms sliced onto individual salad plates for a dramatic display!

Caprese Salad

Heirloom tomatoes: It is rare to find organic heirloom tomatoes in the grocery store, because most grocery produce is shipped for long distances, and heirloom tomatoes do not travel well. They have thin skins, and need to be picked when ripe to have their distinctive flavor. They are called heirloom because they are grown from seeds that have been saved and handed down by gardeners over the years, and grow true to type from those seeds (unlike hybrids). They can be canned, dried, and made into innumerable sauces and salsas. Grow some in your own garden next summer!

- ◆ Choose ripe but firm organic heirloom tomatoes, with an eye to their sizes and colors.
(Or substitute other tomatoes)
- ◆ Wash well under cold water, then slice into $\frac{1}{4}$ " to $\frac{1}{2}$ " slices, arrange on a plate and salt lightly.
- ◆ Drain and pat dry the mozzarella cheese you have chosen. The size and shape will depend upon your sources and the size of your tomatoes. Slice the mozzarella in such a way that the pieces are just slightly smaller than the slices of tomatoes. Cover each tomato with a slice of mozzarella.
- ◆ Wash and dry some fresh basil leaves. Cover each piece of mozzarella with a basil leaf.
- ◆ Drizzle olive oil and balsamic vinegar over the salad very lightly.
- ◆ Enjoy with hearty Italian main courses, as an appetizer, or as a light supper with a piece of crusty bread!



Submitted by:

Craig and Cindy Lingel of Birdsong Gardens LLC, Ellensburg, WA

#509-929-4573

Can be
prepared
Vegetarian

This fall harvest salad features poached & hand-pulled chicken as the star. Two beautiful very large fryers were donated by Windy N Ranch, where all their animals are Naturally Pasture Raised, 100% certified American Grass fed, Food Alliance Certified, Animal Welfare Approved. No Hormones or Antibiotic feed.

The nutty whole grain pasta paired well with the moist chicken and tons of fresh veggies. This is a fun and simple recipe that can be made ahead of time and served later in the day.

Poached Chicken and Pasta Salad

1 large (6lbs) whole free-range fryer (Windy N Ranch, Ellensburg)

Poaching Herbs (Bouquet Garni)

- ◆ 4 large bay leaves
- ◆ 7-8 sprigs fresh thyme – left whole
- ◆ ¼ bunch Italian flat leafed parsley – left whole
- ◆ 1 bunch celery – *divided* ... you're going to use them in several places
- ◆ 4 medium sweet onions - divided (Pasco)
- ◆ 6-7 large carrots - divided

Stop! If you just simmer the chicken in the above ingredients, you'll have my mom's chicken soup recipe!

- ◆ 2 red bell peppers – diced (Wapato)
- ◆ 1 green bell pepper – diced (Wapato)
- ◆ 4-5 large cloves fresh garlic (Denise Horton garden, Ellensburg)
- ◆ 5-6 medium local fresh tomatoes – at least 2 varieties (Ellensburg)
(cut in half, remove seeds and chop into large chunks)
- ◆ 3-4 medium local fresh green tomatoes (Ellensburg grown)
(cut in half, remove seeds and chop very small)
- ◆ 2 medium leeks, white & light green parts only
- ◆ 1 medium jar pickled artichoke hearts in oil
- ◆ 1 very small jar large capers – save the liquid
- ◆ 1 medium jar – green olive Tapanade (or make my/your own: finely chopped green olives in extra virgin olive oil, fresh garlic minced, a pinch of crushed red chili peppers, freshly ground black pepper – mix well)

The Dressing

- ◆ 1/2 cup extra virgin first press organic olive oil – 'Kirkland' Costco brand
- ◆ 1/2 cup white wine vinegar (or sweet rice wine vinegar)
- ◆ ¼ bunch Italian flat leafed parsley – pulled whole leaves only
- ◆ 1 tsp natural Turbino coarse granulated sugar
- ◆ 5-6 sprigs fresh thyme (from my house!) strip the leaves & hand crush
- ◆ 1 TBL fresh garlic – finely chopped (Denise Horton, Ellensburg)
- ◆ ½ of 1 sweet onion – finely chopped (Pasco)
- ◆ Freshly ground black pepper
- ◆ 2 lemons – organic, small & juicy - divided
- ◆ 1 cup finely sliced fresh turnip greens (Denise Horton, Ellensburg)
- ◆ 1 box each: 16 oz. Barilla Whole Grain Penne Rigate and Spirelli pastas



Debbi Borin and Denise Horton

Continued on next page...

Poached Chicken and Pasta Salad continued...

The Recipe

Ok, poach the chicken. Carefully rinse the chicken under slow flowing cold water, being careful not to spray chicken juice all over your sink! (clean your sink and area with hot soapy water and rinse with a *bleach sanitizer – very important when working with raw meats)

Place it a large soup pot, large enough so the chicken has lots of extra water surrounding. Add the 'bouquet garni herbs, one onion quartered, washed, skin on, 4-5 carrots, washed, skin on, half of the celery bunch, washed. Bring to a hard boil covered, then simmer for 20 minutes or until the internal temperature in the thickest parts of the chicken reaches 180 degrees. Remove from the poaching water, then cut off the legs and wings, and place everything in a large baking dish or pan in the refrigerator to cool quickly.

Keep the liquid in the pot simmering uncovered, you have now begun to create a very high quality, hand made soup stock!

Once the chicken is cool enough to handle, gently pull the meat off the bone from all parts of the chicken, being careful to remove bone pieces, fat and tough chewy tissues. Keep piece sizes to under 2" inches. Just before refrigerating add 1 cup of the chicken stock, mix well and get it into the fridge. Add all of the bones, skin and trim back to the stock pot.

Boil & cook the pastas, slightly undercook "al dente". Drain and immediately get into the fridge to cool quickly.

Choppin' Fresh Veggies

Dice both the bell peppers. Dice 2 onions, chop the tomatoes, and finely chop then crush the garlic with your knife blade. **Leeks**, are very sandy/dirty inside, so cut off the dark green ends (tough & chewy), split the leek in half lengthwise and separate each inner piece. Clean each piece under cold running water. Place cleaned leeks in a small saucepan of water and simmer for 5 minutes until they are soft, drain and refrigerate. Add all of your veggie trimmings, cores, skins, ends etc to the simmering stock pot.

Make the Dressing

Sure you can buy a bottle of a nice zesty Italian or Caesar dressing... then add some chopped onions, garlic & herbs...but that's no fun. Here's my fave: Whisk the olive oil and vinegar, you do not have to get it creamy- thickened (an emulsion). Add all of the chopped onions, garlic and herbs, add the juice of one lemon, whisk hard and let stand for 20-30 minutes.

Big Mixing Bowl Time

Get out a large bowl and making sure the chicken and pasta are 100% cold – under 40 degrees – add them to the bowl with the freshly chopped veggies, including the turnip greens. Add all of the dressing and grate the zest of the two lemons, add the juice of one lemon and toss like a ginormous salad! Serve Immediately. The pasta will begin to absorb the tasty dressing and ingredients very quickly. If it absorbs too much or you have leftovers, then make some more dressing to freshen up the salad. Serve as it is or atop fresh micro greens, baby spinach or a spicy Mesclun mix.

*Food Safety:

A sanitizer prevents future bacterial growth on surfaces. To sanitize tools, equipment, utensils and all kitchen surfaces you need a "Sanitizing Solution". Please note that this is not cleaning product, this is to be used *after* something has been washed with hot soapy water and rinsed well. Then to apply: spray or wipe on and let air dry. You *do not* rinse this solution off.

Sanitizer Recipe – also great for bathrooms, showers and all clean surfaces

To 1 Gallon of cold water (55 degrees) add 1 capful of bleach (approx 2 tsp)

To 1 quart of cold water (55 degrees) add ½ tsp of bleach

◆Never: use hot water, use cold water only. Hot water will kill the bleach

Submitted by: Chef Frank Schuchman, Roslyn

Vegetarian

This recipe unfortunately, did not make it into the food offerings on Food Day 2011 simply due to time constraints. It is a delicious “comfort” recipe. Great with just regular russet potatoes, but a tasty version is with a combination of skin-on German butterball and red majesty organic potatoes.

Colcannon

“This is the most celebrated dish of Ireland. Made with many different variations. This is my favorite way to make Colcannon.” –Bambi Miller

Ingredients:

- ◆ 2 to 2 ½ flouy type potatoes
- ◆ 6 to 8 tbsp butter - divided
- ◆ 2 to 3 cups lightly packed kale
- ◆ 1 1/3 cups milk
- ◆ 1 medium leek
- ◆ Salt & pepper

Put potatoes in a large pot, add water to come halfway up the potatoes. Cover the pot and bring to a boil. Reduce heat to low and cook for about 30 minutes.



Melt 4 tbsp of butter in a large skillet and cook kale until just wilted, about 5 minutes.

Melt remaining butter in a medium pot, add leek (white part only) cut into small pieces, and rinsed very well. Add milk and bring to a simmer over medium heat.

Drain potatoes, add the kale and the milk/leek mixture. Mash until almost smooth. Season with salt and pepper

To serve in the traditional Irish manner, create a well in the middle of each serving, add a pat of butter. Dip each forkful into the butter.

Submitted by:

*Bambi Miller, Certified Naturally Grown (CNG) Parke Creek Farm, Kittitas
www.parkecreekfarm.com - #509-968-9630*

Vegan

You're kind of making pickles, but most "pickling" is salt based, this recipe as with most of mine, does not contain any salt. You're really just making a strong vinegar based dressing and letting the onions marinate for several hours. The acids breakdown the harsh onion flavors, textures & aromas making them sweet and tasty. Because green tomatoes are plentiful during October, they were added to this recipe. Raw green tomatoes can be sour, tough and chewy, so slice them paper thin and like the marinated onions they will melt in your mouth.

Day Pickled Dill Sweet Onions

"Day Onions" are a bright and fresh topping for rice, pasta, salads, sandwiches, potatoes, pizza, burgers & dogs, chili, stews & soups.

Ingredients: (Makes about 24 "fork sized" servings)

- ◆ 2 large sweet onions, about 2 pounds – sliced paper thin. (Pasco, WA)
- ◆ 10 assorted small green tomatoes – sliced paper thin. (organic Heirloom, Italian plum and other varieties, all grown in Ellensburg gardens)
- ◆ 4 large cloves fresh garlic, diced fine. (Denise Horton, Ellensburg)
- ◆ 6 sprigs Italian flat leafed parsley – whole pulled leaves (Ellensburg)
- ◆ 4 heads fresh mammoth dill – hand crush. (Roslyn)
- ◆ ¼ tsp dried organic dill
- ◆ 1 cup white wine vinegar
- ◆ 4 TBL extra virgin organic olive oil – ("Kirkland" Costco brand, has a nice rich color, very distinctive aromas and a lively peppery flavor)
- ◆ ¼ cup raw Turbino unprocessed sugar
- ◆ 1 organic lemon - zested and juice of one half
- ◆ ½ TBL whole celery seed
- ◆ Ground white pepper – to taste
- ◆ (1 TBL capers – a tasty optional addition)



In a large bowl...**slice** the onions a thin as you possibly can, you can't slice them *too thin*...**soak** in ice water for ½ hour, **stir, drain and soak** again for ½ hour. This removes 90% of the harsh onion aroma, no more tears! **Drain** the onions and add the super thinly sliced green tomatoes. Finely **chop** the garlic, you want about 3 full tablespoons, then take the side of your knife and press the garlic into the cutting board until translucent (you're releasing the oils and 'creaming' the garlic). **Add** all other ingredients and let marinate for at least 2 hours, 4 hours is best. **Stir** frequently, store in a glass bowl or container. Unlike pickles, the shelf life is very short, the acids just mush everything out and it gets kinda funky-bland after 8-24 hours or so. No worries, this is so tasty it won't be around long.

Delicious Options:

Simply use a lime instead of a lemon in the above recipe.

Since the onions are pretty much all water, you'll get a lot of purge moisture, save this juice! ...and any of the leftover onions and tomatoes, this makes a killer marinade for poultry or pork. Marinate 1 to 3 hours and head out to the grill. Incredible.

To the above written recipe cancel both types of dill and add 1 TBL each, freshly sliced thyme and oregano leaves. Sliced fresh basil leaves are nice too.

To the above thyme & oregano recipe... add freshly sliced fennel bulb!

Both of the above fresh thyme recipes are great drizzled over fresh, thick cut heirloom tomato slices.

Again without the dill in the above recipe, add the zest of half an orange and juice of one half. Hand crush about 1 TBL of fresh rosemary leaves. (Rosemary and oranges compliment (pair) very well with onions. Great with grilled lamb. For a nice paring with poultry, delete the dill and add fresh tarragon and sage leaves.

In the spring, add fresh sweet sugar snap pea pods.

Submitted by: Chef Frank Schuchman, Roslyn

From www.grassfed.us: Grass fed animals are more nutritious, thus healthier for you. They have less fat, saturated fat, cholesterol, and calories. They have more vitamin E, beta-carotene, vitamin C, and a number of health-promoting fats, including omega-3 fatty acids and “conjugated linoleic acid,” or *CLA*.

Grass Fed Beef Meal in a Pan

Ingredients: (Cooking time is about 30 minutes)

- ◆ 1 pound Grass Fed Ground Beef
- ◆ raw garlic
- ◆ raw onion
- ◆ raw ginger root
- ◆ Variety of vegetables such as potatoes, turnips, beets, carrots, peas, cabbage, spinach, kale or bok choy (or others to your liking)



Go to the freezer, get out a pound of Grass Fed Ground Beef. You can thaw in refrigerator for not more than 6 hours: or put it into a frying pan on **Low temperature** - never over 250° F - with butter, or olive oil, in the bottom of the big pan; with a **lid on it**.

Add raw chopped: garlic, onions, fresh ginger root; and spices (suggested to go light on the spices).

Turn the grass fed ground beef every **two minutes** until done (recommended 160° F).

Add in same big pan, at the beginning, to one side of ground beef -cut up potatoes (red, sweet), turnips, beets, carrots or other vegetables of your choice, putting the lid back on, in-between every 2 minutes stirrings.

In 15 minutes, add any of the following on top of all the other vegetables that you have already started and stirred, peas, cabbage, spinach, bok choy, kale, beet leaves or other vegetables of your choice. Add about 1/4 cup of water, when the last vegetables are added, to steam everything. Cover with lid. You can stir ground beef and vegetables all together before serving.

“I like to cook all the food in the same container to save on energy and to get the mix of flavors. I never like to thaw out my grass fed meat as it loses too many of the nutrients and moisture, making it less desirable.” –J. Hutton

Submitted by:

J. Hutton, Grass-Fed Beef

www.grassfed.us - #509-968-4610



**Can be
prepared
Vegetarian**

No Beef Recipe?

You bet, this is so tasty without the meat! Just coat the chopped onions with some flour and brown in the oil, add the garlic. Then follow the rest of the recipe.

Chef's Note: never be afraid to try a recipe that has multiple ingredients and a couple of cooking steps. This is a very "old school" recipe that builds on the many flavors and textures of the vegetables. You're cleaning and chopping, stirring and simmering (and tasting!), it's really kind of fun and relaxing. You're also making a large batch that can be easily frozen and brought out on a cold winter's day.

*Squash Note: I used a fairly rare Potimarron heirloom from Park Creek Farm. But an easily found substitute is a Red Kuri, which looks like a tiny bright red pumpkin and is actually an heirloom descendant of the Potimarron. They both have a thin skin that can be left on when cooking. The flavor is a nice earthy sweetness, not pumpkin-like at all.

What Else Can I Add?

Fresh tomatoes, at least 3-4 varieties, all types of waxy potatoes, parsnips, other greens like: chard, mustards, beet and collard, curly cabbage, red onions, pearl onions, broccoli, cauliflower, zucchini, yellow crookneck and of course another winter squash variety!

Use your favorite meatball recipe instead of the roast beef. Ground turkey works really well too. Try it with a locally made sausage – grilled & sliced.

Bambi Miller of the Certified Naturally Grown (CNG) Parke Creek Farm in Kittitas submitted a killer Harvest Stew recipe to me for the event and Chef Frank just took it to another level by adding a ton of local fall veggies then changing a few ingredients and procedures. Her fantastic original recipe is available in the Food Day 2011 Recipes.

At the event Chef Frank was fortunate to use a local grass fed beef chuck shoulder pot roast. The pot roast came from another local producer, Windy N Ranch located just outside of Ellensburg. Windy N Ranch raises beef cattle, chickens, and pigs, which are all 100% certified grass fed, naturally pasture raised, food alliance certified, animal welfare approved, USDA processed.

Fall Harvest Beef... or no beef Stew

Ingredients: (Serves 10)

- ◆ 4 pounds of lean grass fed chuck roast – sliced thin (Windy N Ranch)
- ◆ 4-5 TBL vegetable oil
- ◆ 1/2 cup flour
- ◆ 4 bay leaves
- ◆ 2 large sweet onions – chopped (Pasco)
- ◆ 4 large cloves garlic – chopped (Denise Horton garden, Ellensburg)
- ◆ 4 cups beef broth (option: substitute chicken or veggie stock)
- ◆ ½ pound butter
- ◆ 3 cups flour
- ◆ 2 cups milk or heavy cream
- ◆ 3 medium turnips – skin-on, large cut (Denise Horton, Ellensburg)
- ◆ 3 (6) medium potatoes each – at least 2 waxy varieties – quartered
- ◆ (Cloudview Ecofarm – German Butterball; and locally grown fingerlings)
- ◆ 4 large carrots – thick sliced (Parke Creek Farm, Kittitas)
- ◆ 5 ribs celery – diced
- ◆ 4-5 cups winter squash* – skinned and diced (3-4 pound squash)
- ◆ 4-5 cups 'greens' – kale, turnip greens, or...even cabbage will work
- ◆ (Both squash and Kale from Parke Creek Farm, Kittitas)
- ◆ 2 cups fresh chopped Turnip greens (Denise Horton garden, Ellensburg)
- ◆ 2 cups cooked dark red kidney beans
- ◆ 2 cups cooked white beans
- ◆ 1 TBL each - fresh thyme, oregano, parsley

In a large heavy soup pot heat the oil, flour coat the beef slices and lightly brown with the bay leaves, onions and garlic. Add 3 cups water and simmer until the meat is tender. Add in all the veggies and beans, cover with water and simmer about an hour.

Make a Roux: melt the butter, add the flour, cook 5 min, add the beef broth simmer & stir in the milk. Stir until thickened, about 10 minutes, then stir the roux into the stew, add the fresh herbs (go heavy on the fresh thyme) and greens (kale & turnip), simmer 15 minutes and... serve!

Submitted by:

Chef Frank Schuchman, Roslyn

Can be
prepared
Vegan

This was the original recipe submission that provided the inspiration for the “Fall Harvest Beef Stew” that was prepared and served by Food Day 2011 chef Frank Schuchman.

This is a wonderful classic stew recipe that you must try! And by omitting and substituting a couple of ingredients this can be made 100% Vegan.

Harvest Stew

Ingredients: (Serves 8)

- ◆ 4 Tbl Vegetable Oil
- ◆ 3 lbs Stew Meat – beef or beef & lamb combination *omit for Vegan
- ◆ 2 medium Onions, sliced
- ◆ 2 cloves Garlic, minced
- ◆ ½ small can Tomato Paste
- ◆ ½ cup Flour
- ◆ 3 cups Beef Broth *substitute veggie broth for Vegan
- ◆ 2 cups good red wine, Pinot Noir
- ◆ 3 Turnips with skin on, cut into chunks
- ◆ 3 medium Potatoes, cut into 1 inch chunks
- ◆ 3 Carrots sliced
- ◆ 2 ribs Celery, sliced
- ◆ 3 cups Potimarron winter squash**, cut into 1 inch chunks
- ◆ Bouquet Garni (2 bay leaves, 6 sprigs parsley, 3 sprigs fresh thyme)
- ◆ Salt & Pepper



Chef Frank Schuchman

Heat oil in a large soup pot. Coat meat with flour. Add onions and garlic to oil, cook until just soft, add meat, cook until nicely browned. Add tomato paste, mix well. Add beef broth and wine, stir well, add in vegetables and bouquet garni.

Cover and simmer for 1 ½ to 2 hours. Taste and season with salt & pepper.

**Potimarron winter squash is certified naturally grown (CNG) at Parke Creek Farm and is available during late September and through October. If it is not available or you just can't find it anywhere...Eric & Bambi recommend using a Red Kuri squash which is widely available and is a descendant of the original heirloom Potimarron squash.

Submitted by:

Bambi Miller, Certified Naturally Grown (CNG) Parke Creek Farm, Kittitas

www.parkecreekfarm.com - #509-968-9630

Vegan

Three types of certified organically grown potatoes from Cloudview Ecofarm, Royal City, WA were quick roasted in a light herbed infused extra virgin first press olive oil. Food Day 2011 potato varieties donated:
Purple Majesty, German Butterball and French Fingerlings

Also donated from Cloudview Ecofarm on Food Day 2011, were 2 types of organic apples: Golden Delicious and Empire. Both were empirically delicious.
www.cloudviewecofarm.com - #509-760-4777

Herb Oil Rubbed Roasted Organic Potatoes

Ingredients:

- ◆ 3 pounds of waxy potatoes – long cut, end to end
- ◆ 1 cup organic extra virgin olive oil – “Kirkland” a Costco brand
- ◆ Dry Organic Herb Blend – pretty much equal amounts of each: ½ TBL
- ◆ Oregano, Basil, Thyme, Granulated Garlic, Parsley, (Marjoram, optional)
- ◆ White pepper & whole celery seed (black peppercorns – optional)
- ◆ 1 TBL crushed fresh organic garlic – (optional)



Briskly scrub each of the potatoes under cold running water. Always wash your fruits & veggies, yes all melons & squash too. Do not use hot soapy water or dip into a bleach sanitizing solution. Reason: the produce can absorb these chemicals, which are not for human consumption.

Infuse the Oil: I use dried herbs when roasting potatoes, too often delicate fresh herbs just get burned up in the hot oven. Slightly warm the oil and hand rub the herbs in your palms, then add to the oil and let stand for 4-6 hours. If you have fresh herbs you can easily make an infused olive oil, simply warm some oil in a pan, 110-120 degrees max, add in all your fresh herbs (and/or cracked black peppercorns) let stand at room temperature for 4 or 6 hours. Strain out the fresh herbs to your stock pot, or freeze for later use. You now have wonderful herb flavored (infused) oil. **Fresh garlic option:** – like me, if you like the fresh garlic flavor, then add it to either oil blend above. Simply peel & crush, then remove before you oil the potatoes to go into the oven. (fresh garlic burns very easily)

Pre-Heat 350 degree oven: Cut the potatoes long, from end to end, do not peel. Approximately 6 ‘wedges’ per potato. Soak for 15 minutes, then rinse under cold running water to remove the starchy sugar which can sometimes cause a deep brown color to the cut sides of the potato. Drain and pat dry with a new clean cloth towel or paper towels. If the spuds are wet, the oil will not stick.

Grab any flat pan, a baking sheet, pizza pan or cookie sheet. Take a couple of tablespoons of the seasoned oil and spread liberally around the pan. Dip your (washed) hands into the herbed oil and rub into each potato slice and place on the pan. Lay them out in a single layer, do not overload, you want the extra space so you can turn them over while cooking. Toss them in the oven. **After 10 minutes,** grab a spatula and flip the potatoes around so one side is not more done than another. 10 more minutes and do it again. If the potatoes start to stick, drizzle a little more herb oil on them. Depending on how many you are cooking they should only take about 30 minutes in a 350 oven.

Submitted by:
Chef Frank Schuchman, Roslyn

At Food Day 2011, the “Day Pickled Dilled Sweet Onions” were served alongside.

Windy N Ranch donated a really nice bone-in pork shoulder roast (also called a pork butt) that became the core of this recipe. It was sliced, slow simmered then topped with locally grown sautéed veggies and herbs. Served alongside chicken stock flavored brown rice, this savory dish is super healthy for you.

Paprika Pork and Roasted Brown Rice

Recipe

1 pork small shoulder roast – about 5-6 pounds boneless

The Rub

- ◆ 4 TBL organic smoked (sweet) paprika
- ◆ 1 TBL granulated onion
- ◆ 1 TBL granulated garlic
- ◆ 2 tsp black pepper
- ◆ 1 tsp dried hot chili pepper flakes
- ◆ 1 tsp dried thyme
- ◆ ¼ tsp rubbed sage
- ◆ ¼ tsp Coleman's dry mustard
- ◆ Water



The Veggies – all briskly scrubbed under cold running water

- ◆ 4 zucchini – cut into 2" inch chunks (locally grown, Ellensburg)
- ◆ 4 yellow summer squash – cut into 2" inch chunks (locally grown, Ellensburg)
- ◆ 4 large tomatoes – de-seeded and diced (Ellensburg)
- ◆ 3 small sweet onions – coarsely chopped (Pasco)
- ◆ 1 medium white onion – large chop
- ◆ 1 red bell pepper – large chop (Wapato)
- ◆ 1 green bell pepper – large chop (Wapato)
- ◆ 2 small cans, sliced water chestnuts
- ◆ 1 pound petite green beans – cut into 1" inch pieces
- ◆ 2 cups kale - large cut (Parke Creek Farm, Kittitas)
- ◆ 2 cups turnip greens – large cut (Denise Horton, Ellensburg)
- ◆ 10 sprigs fresh parsley – coarsely chopped (Ellensburg)
- ◆ 3 TBL fresh garlic – chopped fine (Denise Horton, Ellensburg)
- ◆ 4 TBL (any) vegetable salad oil – soybean, canola, etc – divided

- ◆ 3 cups brown rice
- ◆ 6 cups simmering killer *chicken stock – w/strong herb flavors – homemade
- ◆ 4TBL salad oil

Continued on next page...



Paprika Pork and Roasted Brown Rice continued...

Recipe

In a large bowl mix all the dry rub ingredients. Slice the pork as thin as you can (1/8th of an inch is too thick) with pieces no longer than 3" inches. Add the dry rub to the pork slices and toss around to coat evenly. Add 1 TBL salad oil to a large thick bottomed frying pan, crank up to high. When fiery hot add the seasoned spiced pork including all of the spice rub into the pan. Quickly stir, get some good brown color and turn the heat to med-low. Add 3 cups of water and slow-simmer until fork tender – about 30 minutes. Reserve (refrigerate) the pork and all juices.

In a large heavy soup pot: add 2 TBL salad oil, medium high heat, add both types of onions, cook to lightly browned (barely caramelized). Turn the heat down, add the garlic and cook for 5 minutes.

Over medium heat, add the bell peppers, water chestnuts, and green beans. Stir until warmed through, still firm & crunchy.

Crank the heat back up to high; add the zucchini, yellow squash, tomatoes, kale, turnip greens and parsley. Stir quickly and frequently. Add the cooked seasoned pork and get the meat temp to 165 degrees – serve immediately. Do not let the zucchini & squash get soft.

Roasted Brown Rice

Pre-heat oven to 350 degrees. In a dry heavy roasting pan or deep casserole dish add 3 cups of brown rice. You are going to deeply brown (dry roast) the rice uncovered in the oven. Set your timer! First, for 20 minutes then check the rice color. Then every 10 minutes afterwards until you see a deep brown color and smell a nice nutty aroma. (Keep a close eye on the rice, it can burn very quickly once it begins to get a deep brown color.)

Immediately add the salad oil, strain & stir the hot chicken stock into the rice. Be very careful of the hot steam! Cover with a tight fitting lid or heavy foil. After 20 minutes check the rice for moisture, you may need to add more chicken stock. Cook another 15 minutes until slightly undercooked. Fluff with a fork and serve alongside the Paprika Pork & veggies.

***Chicken Stock Note:** as you trim your veggies & herbs, add all of the end pieces, skins, trim and stems to your simmering stock pot. Add extra herbs as you simmer; the flavors will deepen and enrich the final stock.

Optional Garnish: Fresh lime wedges

Submitted by:

Chef Frank Schuchman, Roslyn

Can be
prepared
Vegan

The salad was made from donated local, CNG and organically grown potatoes. Local farms included Cloudview Ecofarm (German Butterball), Parke Creek Farm (Red Majesty), Cloudview Ecofarm (German Butterball) and local other varieties (red Pontiac, Yukon, fingerlings, and more) all grown in Ellensburg. However, any waxy potato variety will do.

Debbi Borin of Spring Creek Lavender assisted in the making of this salad. Upon her suggestion of “using very little mayo is how I like mine...” we went with spotlighting the potatoes rather than the dressing.

Fresh Potato Salad

Ingredients:

- ◆ 10-12 waxy potatoes – 5 varieties were used on Food Day 2011. Scrubbed squeaky clean under cold running water, then quartered. Do not peel.
- ◆ 1 medium white onion – diced (white onions have a milder ‘onion’ flavor)
- ◆ 6 hard boiled farm fresh, free-range eggs (from Parke Creek Farm)
* you may delete the eggs to go Vegan
- ◆ 5 large Claussen’s icebox dill pickles – diced (I like a lot of pickles!)
- ◆ 1 cup mayo *you may easily substitute “Veganise” for the mayo
- ◆ 2 TBL white wine vinegar
- ◆ 2 TBL Italian flat leaf parsley – pulled whole leaves, no stems
- ◆ 1TBL dried dill leaves
- ◆ 2 tsp granulated garlic – *optional*
- ◆ White pepper and celery seed



Boil the potatoes until fork tender, actually undercook just a bit. Drain and refrigerate until cold to the touch. (Lay the potatoes flat on a cookie sheet to cool super fast in the fridge.) Hard boil the eggs, peel and refrigerate until cold.

In a large mixing bowl add the potatoes and chop the eggs in. Add all other ingredients and lightly coat the potatoes with the mayo. Lightly season with the pepper and celery seed.

Chef’s Tip: I blend the mayo, onions, dill, pickles, pepper and celery seed into a ‘dressing’ and refrigerate for at least 1 hour. Just before serving, gently coat the potatoes and eggs with the dressing. “I don’t care for potato salad that sits around for a long time. The potatoes and eggs get all funky and mushy from the acids in the mayonnaise and vinegar.” - Chef Frank Schuchman

Food Safety: Potato (and bean, rice and pasta) salads are high risk foods, meaning they can generate high levels of harmful bacteria in a short amount of time. The public health department states that after 2 hours at room temperature, these salads need to be thrown out – do not refrigerate again – toss it. While very picnic-friendly these salad need to be prepared when all ingredients are totally cold (below 40 degrees), mixed cold and served cold (below 40 degrees) at all times.

Food Safety Myth: Cooking foods (such as boiling potatoes and eggs) does not completely get rid of all harmful bacteria, it only kills certain ones. Also foods can get contaminated just by handling them or coming in contact with other bacteria, germs, chemicals, etc. When foods are held in the “Danger Zone” 41-140 degrees, bacterial growth skyrockets to unhealthy levels in a very short amount of time. For example, unrefrigerated potato salad served on a hot 90 degree day will become harmful after 1 hour. It’s the bacteria in the cooked potatoes and eggs that cause the problem. Most people think that it’s the mayo – nope, it actually acts as a preservative with its high acid levels, usually citric acid and/or vinegar.

Submitted by: Chef Frank Schuchman, Roslyn & Debbi Borin of Spring Creek Lavender, Kittitas

Vegan

If you're searching for a delicious, low-calorie, low-fat food, don't overlook pumpkin and autumn squash. Rich in potassium, a nutrient that helps maintain blood pressure and kidney function, these gourds have a high fiber content, which has been linked to a lower risk of heart disease. Nutritionally speaking, they're hard to beat, topping the list of superfoods with plenty of protein, fiber, vitamin C, potassium, and beta-carotene. Plus, they're low in calories (just 49 per cup).

Pumpkin Curry

Ingredients: (Serves 4 in 50 Minutes)

- ◆ 1 ½ qts. Peeled, 1 1/2 in. chunks pumpkin or other orange-fleshed squash (from a 3 lb squash)
- ◆ About 1 tsp kosher salt, divided
- ◆ 3tbsp vegetable oil, divided
- ◆ 1 onion, halved and cut into half moons
- ◆ 1or 2 red or green Serrano chiles, minced
- ◆ 2 tsp curry powder or to taste
- ◆ 2 bay leaves
- ◆ 1 can (14.5oz) coconut milk
- ◆ 1 cup roasted pumpkin seeds
- ◆ 1tbsp. lemon juice
- ◆ Steamed brown rice



Sprinkle pumpkin with ½ tsp. salt. Heat 1 tbsp. oil in a large nonstick frying pan over medium high heat. Brown half the pumpkin in oil, turning once, 6 to 8 minute; reduce heat if pumpkin begins getting dark. Transfer to a bowl and repeat with 1 tbsp. oil and remaining pumpkin

Heat remaining 1 tbsp oil meanwhile in another frying pan over medium heat. Cook onion stirring occasionally, until deep golden, 12to 15 minutes. Transfer half to the nonstick frying pan and reserve the other half in a bowl.

Add chiles, bay leaves, and curry powder to onion in pan. Cook, stirring often, until leaves are fragrant, about 2 minutes. Add ½ tsp salt and cook, stirring, about 1 minute.

Return pumpkin to nonstick frying pan (with onion) and add coconut milk. Bring to a boil over high heat, then cover, reduce heat and simmer until pumpkin is tender, 5 to 10 minutes. Stir in pumpkin seeds and lemon juice; add more salt to taste if needed. Top curry with reserved onion and serve with rice.

This curry is served over brown rice, which is heartier and more flavorful than the conventional white variety.

Submitted by:

*Darcy Graham, Nutrition Coordinator, Kittitas County Head Start/ECEAP
www.kitcohs.org - #509-968-4050*

Vegetarian

There are several types of white beans including: Cannellini beans, white navy beans, and Great Northern. All are a great source of fiber, protein, iron and calcium they are also low in total fat and saturated fat. They are also an inexpensive form of nutrition!

Try them in pasta dishes, mashed like in the recipe below, sautéed or stir-fried with veggies or added to soups. Try them with garlic!

White Bean Ranch Dip

Ingredients:

- ◆ 6 cups – white beans they could be canned, fresh, or dried just make sure they are presoaked
- ◆ 1 quart- plain low fat yogurt you could also use a Greek yogurt if desired
- ◆ 2 pints- low fat milk
- ◆ 2 cups- dried ranch mix (or try other spices)
- ◆ 2 ½ cups- herbs (sweet basil, cilantro, and/or parsley)

In a food processor or a blender liquefy the white beans and low fat yogurt add and mix in your low fat milk and dry ranch mix. Then add fresh or dried sweet basil, cilantro and/or parsley you can add combo or just one if you like. You could also use other herbs depending on your taste.

Use dip on any vegetable you would like such as baby carrots, broccoli, and cauliflower.



Submitted by:

Ellensburg School District, Food Service Department

www.ellensburg.schoolfusion.us

Vegan

Winter squash come in a variety of shapes and sizes and are widely available in our region every fall. But no matter what the shape is they are all a healthy alternative to potatoes, rice and pasta.

They can be a hearty veggie addition or a sweet tasty treat! They are a great for a gluten free diet and are high in vitamin C. They are low-cost and you can store raw squash in a cool dark place for several months throughout the winter.

Spaghetti Squash

Select: an even bright yellow colored firm one with no bruises or soft spots.

Wash well under cold water, then cut in half from tip to the stem end and scoop out the seeds.

Rub the cut side with a little oil and bake face-down on a cookie sheet in a 350 degree oven for 25 minutes (or longer for larger ones) until they feel soft to the touch.
(Like a baked potato)

Let cool enough to handle then grab a fork and “pull” the pulp inside, it will shred out just like little spaghetti noodles!

Enjoy as a side dish with just a little garlic/herb butter or low-fat yogurt. But also try topping it with spaghetti sauce!

Add fresh veggies and stir fry, or add to a soup as noodles.



Acorn & Butternut Squash – are the classic winter squash, with rich full flavors and are most commonly served with butter, cinnamon and nutmeg. They are also delicious cubed and steamed or roasted, then added to soups and stews.

Squash Seeds – can be washed and dry roasted for a high protein treat

Shells – their ‘boat-like’ shells make excellent serving vessels for recipes!



*Submitted by:
Chef Frank Schuchman, Roslyn*