

CSA 2016
Week Six Recipes

Kylo Farm
The Gombojav Family
1772 Western Ridge Road
Palermo, ME 04354

all recipes developed by Daja Gombojav

Zucchini Fritters

2 zucchini, finely chopped
about 1/4 onion, finely chopped
1 cup freshly grated parmesan cheese
three eggs
two cups flour
one cup milk
salt, pepper, and garlic powder to taste

Mix together the eggs, flour, milk, salt, pepper and garlic powder. Add onion, zucchini and cheese. Combine well.

Heat about 1/4 inch oil in a pan. (Coconut oil or grapeseed oil works well.) Drop batter by rounded spoonful into hot oil. Flip as you would pancakes. Serve hot!

Fermenting in Honey

Place berries and herbs in a clean jar. Leave a couple inches space.

Pour raw local honey over the fruit and herbs. Allow it to settle and add more as necessary. Leave about 1/2 headspace.

Cap tightly. Leave on counter undisturbed for 5-7 days. (This may need to be burped. Put a plate or pan under it, as it may bubble and leak.)

Then transfer to the refrigerator for a month. Then it's ready to use! This can be used as an elixir for medicinal purposes (think elderberries and thyme for colds!) or for culinary purposes (raspberries and basil is so delicious on yogurt!).

Keep in the refrigerator up to a year.

Peaches with Vanilla Basil Sauce

(This is our favorite to eat over vanilla ice cream!)

Peaches

Simple syrup (make from one cup sugar to two cups water. Heat and stir until dissolved.)

Handful fresh basil, chopped

1 teaspoon vanilla extract

Pit and slice peaches. Place in a bowl.

In a pot gently warm the simple syrup. Add the basil and the vanilla. Heat gently for about five minutes to let the flavors come together.

Pour the sauce over the peaches and stir gently.

Set aside for at least 30 minutes (but up to a day), to let the flavors blend.

Enjoy over ice cream!

Greens and Sausage Crepes

The filling:

12 oz. andouille sausage (fully cooked), cut into chunks
1/2 pound greens (spinach, kale, mustard greens, or a mix)
1 small onion, sliced
2 cloved garlic, minced
1/4 teaspoon freshly grated nutmeg
sea salt to taste
2 Tablespoons butter (or bacon grease or coconut oil)

In a skillet, melt the butter. Over medium heat, fry onions and garlic until they begin to soften. Add the greens and sausage. Cook, stirring often, until greens are very wilted and sausage is thoroughly heated. Season with nutmeg and salt.

The crepes:

2 beaten eggs
1 1/2 cups milk
1 cup flour
1 Tablespoon olive oil
Pinch salt

Put all ingredients in a blender and process until frothy and smooth. Set aside and allow it to rest for about 15 minutes.

Heat a skillet with about 1 teaspoon of oil. Spoon about 1/8 cup batter over the hot skillet and gently spread out with a spatula or the back of a smooth. Brown only one side. When it is cooked flip it over until a clean plate with a paper towel.

Put a spoonful of filling on the crepe and gently roll up.

Sprinkle this with a little cheese if you would like!