

# Hogtown HomeGrown

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## Have you cooked for the Meal Train?

A friend recently took a tumble while serving as a volunteer usher and severely broke her ankle—talk about taking the saying “break a leg” seriously! The resulting surgery and the 21 steps into her apartment left her house-bound and, with her leg elevated and non-weight-bearing, unable to cook.

Whoo-who...here comes the Meal Train. This online website allows anyone who needs a little extra help to easily make the request through email and social media, set parameters for foods and delivery times, plus send updates to volunteers. The calendar makes it easy to sign up and the site sends reminders so you don't forget.

And it's not just about the food; the delivery visits were always a delight. Here's one of her favorite entrees from the meals I made while she rode the Meal Train.

## Grouper in Gar-leek Wine Sauce

### INGREDIENTS

2 Tablespoons olive oil  
2 cups chopped gar-leek, white and some green  
1 cup sliced shiitake mushrooms  
1 pound grouper cheeks or grouper cut into chunks  
1 cup white wine  
1 cup seafood or veggie broth  
1 pinch saffron (optional but so worth it)  
2 cups chopped or torn spinach  
2 Tablespoons cornstarch  
1/4 cup water  
Salt and pepper to taste  
2 Tablespoons unsalted cold butter

### DIRECTIONS

In a large skillet, heat oil over medium heat and stir in gar-leeks. Sauté, stirring occasionally, until wilted.

Add mushrooms and stir to coat with oil. Sauté 3-4 minutes.

Push veggies to sides of the pan and add the grouper cheeks all in one layer. Cook 3 minutes on one side, turn and cook 3 minutes more.

Stir veggies into fish. Add wine, broth and saffron and bring to a simmer. Cook covered for 5 minutes if using chunks of grouper. Stir in spinach and simmer until wilted.

Mix cornstarch with water to form a slurry. Add to pan, stir and return to strong simmer. Cook for 2-3 minutes until thickened. Remove from heat.

Taste and adjust seasoning.

Cut butter into 4 pieces and swirl or stir, one at a time, into sauce until butter is completely dissolved before adding the next.

Serve immediately.

Cover and refrigerate leftovers.

# What's Fresh Right Now?

**Beets**—red, gold, striped

**Blueberries**

**Broccoli**

**Cabbage**—green, savoy, red, cone, napa

**Carrots**—orange, yellow, white, purple, red

**Cauliflower**—white, purple, romanesco, cheddar

**Citrus**—calamondin, kumquat, meyer lemon, sour orange, white/red/pink grapefruit, chinese honey, navel, red navel, parson brown, valencia, blood, pomelo

**Fennel**

**Gar-leeks**

**Greens**—collards, curly/tuscan/red russian kale, mizuna, mustards, stir-fry mix, arugula, bok choy, spinach, radicchio, swiss/rainbow chard, sorrel, dandelion, endive, escarole

**Herbs**—garlic, chives, turmeric, parsley, cilantro, dill, mint

**Kohlrabi**—green, purple

**Lettuce**—bibb, green/red leaf and romaine, butterhead, crisphead, pannisé, salad mixes

**Moringa**

**Mushrooms**—shiitakes, dried shiitakes

**Onions**—red/green scallions, spring onions

**Papaya**—green

**Peas**—sugar snap, green/purple snow

**Peppers**—red/yellow/orange/green sweet bell, green jalapeño, poblano

**Radishes**—french breakfast, daikon, pink beauty, black, red globe, japanese red

**Rutabagas**

**Shoots and Sprouts**

**Squash**—yellow crookneck, koosa, zucchini

**Strawberries**

**Sweet Potatoes**

**Tomatoes**—cluster, heirloom cherry/beefsteak, grape

**Turnips**—tokyo, white, purple top

# Local and Fresh— Gar-leeks

Imagine a mild creamy leek infused with the scent and flavor of garlic, but without the bite—that's a gar-leek. These delicious alliums can be found at our local farmers markets now.

## Gar-leek Soufflé

### INGREDIENTS

3 Tablespoon butter, divided  
6 Tablespoons finely grated parmesan, divided  
1 Tablespoon olive oil  
4 gar-leeks, halved lengthwise and thinly sliced  
1 cup shiitake mushrooms, thinly sliced  
1/4 cup flour  
1 1/2 cups milk  
1/2 teaspoon prepared mustard  
4 ounces grated jarsberg, comte or swiss  
6 eggs, separated  
Pinch of salt

### DIRECTIONS

Preheat oven to 400 degrees. Use 1 Tablespoon butter to prepare soufflé dish and sprinkle with 2 Tablespoons parmesan.

In a saucepan over medium heat, sauté the gar-leeks and mushrooms in oil until limp.

Push veggies aside and place butter and flour into pan, stirring constantly as the butter melts into the flour. Add milk and simmer for 5 minutes, until thickened.

Remove from heat and stir in mustard and jarsberg. Set aside to cool.

In a clean bowl, beat the egg whites with a pinch of salt until stiff. Set aside.

Lightly beat yolks in a large bowl and pour warm sauce into them a little at a time. Fold in egg whites and grated parmesan.

Spoon into prepared pan and bake 45 minutes until browned and set. Serve hot.



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UPDATED 2017/2018 season note:

We will sell at market every other weekend AND we hope  
you'll seek us out in our new location each time we're there.

**\*\*Please circle 4/14 and 4/28  
on your April calendars\*\***

We look forward to seeing you!  
[www.facebook.com/henderson.and.daughter](http://www.facebook.com/henderson.and.daughter)



Alachua County Farmers Market

**Saturdays**

**830am—1pm**

5920 NW 13th Street  
[www.441market.com](http://www.441market.com)

# Cabbage Rolls Unwrapped

## INGREDIENTS

1/2 cup spelt OR 1/2 cup brown rice  
2 Tablespoons olive oil  
1 gar-leek or leek, halved lengthwise and thinly sliced with some of the green  
1 large or 2 small shallots, sliced into thin strips  
1 sweet onion, quartered lengthwise and thinly sliced  
3-4 stalks celery, including the heart and the leaves if possible, sliced  
4 carrots, halved lengthwise and sliced  
1 jalapeno, halved, seeded and chopped  
4 cups cabbage, chopped into 1 inch pieces  
3 Tablespoons tomato paste  
2 Tablespoons goulash seasoning blend OR sweet paprika with a dash of caraway or cumin  
1 large or 2 medium tomatoes, chopped with seeds and juice  
2 cups tomato juice or veggie broth  
1/3 cup currants  
1 Tablespoon each maple syrup and red wine or apple cider vinegar  
Salt and cayenne or hot sauce to taste

## DIRECTIONS

Rinse spelt in cool water and then cover with water to soak.

Heat a large pot over medium heat. Add oil and stir in gar-leek, shallot and onion. Cook, stirring occasionally, until limp and almost translucent.

Add celery, carrots, jalapeño and cabbage. Stir well to coat with oil and sauté 10 minutes, stirring occasionally.

Push veggies aside to make a space in the bottom of the pan for the tomato paste. Cook 1-2 minutes, stirring constantly. Add goulash seasoning and sauté an additional minute.

Stir in chopped tomato and tomato juice and bring to a simmer. Add currants.

Drain spelt, add to veggies and stir well to combine thoroughly.

Cover and cook 45 minutes, until spelt is cooked. Uncover, stir in maple syrup and vinegar and simmer uncovered for 5 minutes. Add salt and cayenne or hot sauce to taste.

Serve hot or warm.

Cover and refrigerate leftovers.

# Joan's Devilish Stuffed Eggs

## INGREDIENTS

4 eggs  
1 Haas avocado  
2 Tablespoons each  
minced red pepper  
and cilantro  
Salt and pepper  
Chili powder  
1 jalapeño, sliced  
DIRECTIONS

Place eggs in a saucepan and just cover with water. Bring to a boil. Boil 1 minute. Remove from heat, cover and set aside for 20 minutes. Plunge eggs into ice bath and peel. Cut eggs in half. Place yolks in mixing bowl and set whites on serving platter. Halve avocado, scoop out flesh and mash with egg yolks. Mix in red pepper, cilantro, salt and pepper to taste. Spoon or pipe into egg whites. Garnish with chili powder and a jalapeño slice. Serve or refrigerate.



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# Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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## Knife Sharpening

Knives: \$2 per inch  
(\$10 minimum up to 5")

Scissors: Tailor, Kitchen, Pruners  
1 pair \$7 / 2 pair \$12 / 3 pair \$15

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## Tricks and Tips

Inspired by a gluten-free Fit Mitten Kitchen recipe shared with me by Renee Hoffinger, I put my own twist on this Strawberry Crisp. If you need to make it vegan or gluten-free, here's some help:

Rollled oats—check the package to make sure they are gluten free (not all are)

Flour—the original recipe used almond meal, but I didn't like the texture so I used gluten free flour

Butter—coconut oil or Earth Balance

Whipping Cream—CocoWhip! from the freezer section

## Strawberry Crisp

### INGREDIENTS

4 cups strawberries, quartered  
1 1/2 cups rolled oats  
1/2 cup flour  
1/2 cup chopped pecans  
sprinkle of ground ginger  
a pinch of salt  
1/3 cup maple syrup  
2 Tablespoons melted butter  
1 cup whipping cream

### DIRECTIONS

Preheat oven to 375 degrees.

Place strawberries in the bottom of an 8x8 pan or deep dish pie plate.

Combine oats, flour, pecans, ginger and salt in a bowl.

Mix maple syrup and melted butter together. Pour into dry ingredients and stir until well combined.

Pour crumble mixture onto strawberries and pat into place, filling in any holes, until topping is even and fairly flat.

Bake 45 minutes, until strawberries are juicy and top is browned and crisp.

Whip cream to stiff peaks, cover and refrigerate until serving.

Remove crisp from oven and cool 15-20 minutes before serving with whipped cream.

Cover leftovers and refrigerate crisp if storing more than 24 hours.