

# Hogtown HomeGrown

Volume 12 Issue 12

December 2017

Inside this issue:

The “five pounds of fruit” cake 1

What’s Fresh Right Now? 2

Local and Fresh—Calamondin 2

Roasted Calamondin 2

Calamondin Coleslaw with Roselle

Katie’s Carrots with Rosemary 3

Green Beans with Caramelized Onions 3

Pumpkin Custard 4

## The “five pounds of fruit” cake

I make my share of mistakes in our kitchen. The dish or dinner is not usually inedible, but definitely not something I would make again. Somehow through the years, I have managed to save my biggest mistakes for the holidays—the German cookies that were supposed to soften with age but never did; the rum soaked chocolate fruit cakes that were definitely burnt, no matter how much I tried to claim it was the chocolate that made them that color. This year, the “five pounds of fruit” cake.

The recipe came from the internet and it covered all the requirements I was looking for in a fruitcake—no sugar, no artificial colors and more fruit than cake. Since I belong to an Australian food group on Facebook, I wasn’t surprised the recipe was written with metric measurements. It called for a kilo of assorted dried fruit, apple juice and self-rising flour.

I made my own self-rising mixture by using whole wheat flour and adding 1 1/2 teaspoons of baking powder and 1/2 teaspoon of salt to each cup of flour. The apple juice was fresh-pressed and organic. The dried fruit was an assortment of apples, apricots, cranberries, figs, pears, prunes and three kinds of raisins. I snipped and chopped the fruit into bite-sized pieces, filling my biggest ceramic mixing bowl. As I stirred in the flour and apple juice, I remarked how much the bowl weighed, but continued mixing. The mixture filled a large tube pan, but looked good and tasted fine, so I put it in the oven and waited.

While cleaning the kitchen, I gathered all the fruit packages. The standard and metric weight numbers caught my eye and I started wondering—so I added up all the package weights. Somehow, as I was choosing the dried fruit, I switched the numbers in my head and instead of buying 2.2 pounds of fruit, I purchased 2.2 kilos, which is 4.85 pounds. Yes, just under five pounds of dried fruit, in one cake!

It baked a little faster than anticipated, but looked and smelled delicious. The cake came out of the pan with only one little stuck spot that was easily patched. I cracked the seal on a new bottle of bourbon, poured 1/2 a cup over the warm cake and let it rest a while. Once the cake cooled, I flipped it over and, in the spirit of holiday excess, poured even more bourbon over the other side. Wrapped in parchment-lined foil and placed into a large airtight container, the cake will mellow until Christmas day. I checked on it the other day. It was still attempting to soak up that last splash of bourbon.

So to answer your burning question, yes, I like fruitcake—Claxton fruitcake, both fresh and frozen—the pecan-topped wonder in a tin from Corsicana, Texas—our neighbor Anne’s loaf-shaped blonde fruitcake splashed with brandy—and every version of my best friend’s fruitcake cookies. Growing up, our family tradition was a cross between pound and fruit cake that was soaked in bourbon. Every year, just before Thanksgiving, Mom would make her famous Bourbon Cake so it could mellow for a full six weeks before we cut into it after our Christmas dinner.

While my “five pounds of fruit” cake will never be repeated, that Bourbon Cake will live on and I plan to bake one next year. Until then, Mike Manfredi, from Sweet Dreams Homemade Ice Cream, has immortalized it as an ice cream flavor for their first-ever Winter Holiday Flavor Night on December 10th. Go give Betty’s Bourbon Cake a try. The recipe for the Bourbon Cake is on our website, if you want to give it a try as well.

# What's Fresh Right Now?

**Bananas**

**Beans**—green/yellow/purple snap, green/yellow pole, green/purple long

**Broccoli**

**Broccolini**

**Cabbage**—green, napa, flat head

**Carrots**

**Citrus**—calamondin, kumquat, satsuma, tangerine, temple, meyer lemon, sour orange

**Cucumbers**—slicers, pickling

**Eggplants**—purple/white asian

**Greens**—collards, tatsoi, curly/tuscan/white/red russian kale, mizuna, mustards, stir-fry mix, arugula, bok choy, pac choi

**Herbs**—garlic chives, turmeric, parsley, cilantro, red basil, sage, dill

**Lettuce**—bibb, romaine

**Moringa**

**Mushrooms**—shiitakes, oyster, dried shiitakes/chanterelles

**Okra**—green

**Onions**—green

**Papaya**—ripe, green

**Peppers**—red/green/yellow/orange sweet bell, green/red jalapeño, caribbean, assorted hot

**Pineapple**

**Potatoes**—red

**Radishes**—french breakfast, black, purple/white daikon, pink beauty, watermelon

**Roselle**

**Squash**—green/yellow zucchini, acorn, butternut, yellow summer, green pattypan

**Strawberries**—sensation, radiance

**Sweet Potatoes**

**Tomatoes**—plum, beefsteak, cherry

**Turnips**—tokyo, purple top

**Yuca**

# Local and Fresh— Calamondin

When calamondin was featured in this column in January 2012, it was paired with a lot of sugar in a recipe for Preserved Calamondins. I have learned to enjoy the juice for its unique tartness and flavor. A little bit of calamondin juice can liven up any recipe, from drinks to dessert.

Look for firm fruit and store at room temperature. Try using it in place of lemon or lime in your favorite recipes. For a deeper flavor, try roasting it with your main dish and squeezing it over the top after cooking.

## Roasted Calamondin

### INGREDIENTS

1-2 calamondin per person

### DIRECTIONS

Preheat oven to 350-400 degrees.

Cut fruit in half across the equator. Place cut-side up on cookie sheet or roasting pan.

Roast for 30 minutes. Cool 5 minutes.

Squeeze juice as desired.

## Calamondin Coleslaw with Roselle

### INGREDIENTS

6 cups shredded cabbage and carrots

1 cup roselle calyxes, thinly sliced

1/4 cup Marzetti's Coleslaw dressing

2 Tablespoons calamondin juice

### DIRECTIONS

Mix all ingredients.

Cover and refrigerate.

Serve chilled.

Eat leftovers within 4 days.



**HAILE  
FARMERS  
MARKET**

Saturdays  
830am - 12pm

Haile Village Center  
[www.hailefarmersmarket.com](http://www.hailefarmersmarket.com)

**Glades Ridge  
Goat Dairy**  
Raw Milk and Cheese  
Hormone/Antibiotic Free  
Available Fresh or Frozen

**ACFM/441 Farmers Market—GNV**  
Saturdays 8:30am - 1:00pm  
**Union Street Farmers Market—GNV**  
Wednesdays 4:00pm - 7:00pm  
**Riverside Arts Market—JAX**  
Saturdays 10:00am - 3:00pm

Wholesome Food—Animal Consumption Only  
386 266 7041 [gladesridge.com](http://gladesridge.com)

**Henderson & Daughter  
Plants and Produce**

We are pleased to return to booth #4 at the  
Alachua County Farmers' Market.  
2017-18 season note: We will be at market  
every other weekend starting 12/9.

**\*\*Please circle 12/9 and 12/23  
on your December 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)

---

---

# Katie's Carrots with Rosemary

## INGREDIENTS

2 cups carrots, sliced  
1 Tablespoon Earth Balance  
1 teaspoon dried rosemary  
Salt, as desired

## DIRECTIONS

Boil or steam carrots until centers are still firm, but can be pierced by a fork.

Remove from heat and set aside to cool if not using immediately. Carrots may be cooked to this point the day before serving.

In a large skillet, melt the Earth Balance and stir in carrots and rosemary. Add a little salt, taste and add more salt if desired. Cook, stirring occasionally, until hot.

Serve hot or warm.

Cover and refrigerate leftovers.

# Green Beans with Caramelized Onions

## INGREDIENTS

2 onions, caramelized  
2 cups vegetable broth  
10 ounces green beans  
Salt and pepper to taste

## DIRECTIONS

To caramelize onions: In a large heavy skillet, cook thinly sliced onions in 2 Tablespoons olive oil. It takes about 45 minutes, stirring often, until onions are browned, limp and sweet. If making in advance, cool to room temperature, then cover and refrigerate.

If caramelized onions are fresh, continue to keep them warm. If made in advance, remove from refrigerator to take the chill off the onions while the beans cook.

Wash beans and remove ends. Beans can be left whole or snapped into small pieces.

In a large covered skillet, bring the vegetable broth to a boil over medium-high heat. Stir in beans and a pinch of salt and pepper.

Cover and return to a boil. Let boil for one minute.

Remove cover, stir and let cook to desired doneness.

Drain beans and save the broth—1/4 cup to continue the recipe, put the rest by for soup stock. Beans may be cooked to this point the day before serving.

Add caramelized onions and 1/4 cup of broth to the cooked beans. Turn heat to low, cover and heat together for five minutes, stirring once or twice.

Serve hot or warm.

Cover and refrigerate leftovers.

## Tricks and Tips

Holiday dinners are a balancing act between special diets and restricted time.

We choose make-ahead dishes that our guests with common dietary restrictions can eat. When looking for side-dishes, carrots always make the cut since everyone likes them, including our grandchildren. Since we had a full dessert menu, sweet carrots seemed like more of the same, so Katie suggested carrots with rosemary. Cook the carrots the day before serving if you want to save time.

Green beans are in season, and although we do love the crunchy, creamy goodness of a good green bean casserole, trying to make it both gluten and dairy free was an issue. Adding caramelized onions gave the beans lots of rich flavor without unnecessary extras.

Finally, always make sure there is a dessert or two for those with dietary restrictions. This year, we easily eliminated gluten and dairy from our desserts by not making pie crusts, plus we served both regular and dairy-free whipped cream.



**Blue Highway**  
a pizzeria  
*Eat well. live well...*  
Tioga - Micanopy - Ocala  
[www.BlueHighwayPizza.com](http://www.BlueHighwayPizza.com)



**daily green**  
Fresh — Local — Organic  
Vegan and Gluten-free Options  
Juice Bar      Sunday Brunch  
[www.dailygreendowntown.org](http://www.dailygreendowntown.org)  
436 SE 2nd St    226.8288

**Hand-crafted artisan sausages  
and cured pork products.**



Available each Saturday at  
Haile Farmers Market, 830am to Noon.

www.hogtownhomegrown.com

352 374-8561

# Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

Copyright © 2017 Stefanie Samara Hamblen

## PERSONALIZED COOKING CLASSES

TAUGHT IN YOUR HOME OR MINE

BY

Hogtown HomeGrown's  
STEFANIE SAMARA HAMBLÉN

352 374 8561

hogtownhomegrown@gmail.com



## East End Eatery

OPEN SUNDAY—FRIDAY  
Breakfast at 8:30am Lunch at 11am  
Sunday Brunch 9:30am-3pm

Vegetarian, Vegan and Gluten-Free Friendly

1202 NE 8th Avenue 378-9870

## Ward's Supermarket

*We Make it Easy to Eat Local*



Monday - Saturday 8am-8pm  
Sunday 9am-7pm

515 NW 23rd Avenue 352 372-1741

## SUNFLOWER HEALTH · FOODS

3424 W University Ave, Gainesville  
352 372 7482

225 NW Commons Loop, Lake City  
386 758 5511

Monday - Saturday 9am to 8pm  
Sunday 11am to 5pm

sunflowerhealthfoods.com



## WORKING FOOD

KITCHEN · COMMERCE · CULTURE

219 NW 10th Ave  
352 260 4458  
workingfood.org

The ONLY ROCK SHOP in North Central Florida  
Crystals, minerals and gifts



Mon-Sat 11-6 Sun 12-5 386-454-8657  
19765 NW US HWY 441 High Springs, FL  
www.highspringsemporium.net



## Willow Gardens

CUSTOM EVENT FLORAL DESIGN

*Beautiful succulents and arrangements  
for everyday, holidays,  
special events and weddings*

Oaks Mall  
December 10th—24th  
www.willowgardens.co



## GAINESVILLE, FLORIDA

*Fanatics Of Freshness*

Open Mon-Sat 10:00am-6:30pm  
Millhopper (352) 371-4155  
Tioga Town Center (352) 333-3298  
www.northwestseafood.com

### Trick and Tips

It seemed quite radical not to have a pumpkin pie at this year's Thanksgiving feast, but it turned out to be a great idea and incredibly practical. Using no crust meant the custard could be made in individual containers, so I used half-cup canning jars. The small jars cooked quickly in the hot water bath. Once they cooked and had cooled to room temperature, I popped on the lids and stored them in the refrigerator. We forgot all about them when we had dessert, but they made a great breakfast the next morning for a few of us. The custards can also be made in larger, one cup, jars but they take a little more time to cook.

## Pumpkin Custard

### INGREDIENTS

4 cups pumpkin, roasted and pureed  
1/2 cup brown sugar  
4 eggs  
2 cups almond milk  
1/2 teaspoon vanilla  
1 teaspoon cinnamon  
1/2 teaspoon each ginger and nutmeg  
1/4 teaspoon each mace, allspice and cloves  
a pinch of salt

### DIRECTIONS

Preheat oven to 400 degrees. Place 15 half-cup canning jars in a large roasting pan. Beat brown sugar into pumpkin until dissolved. Beat in eggs one at a time to add volume. Stir in almond milk, vanilla, all spice and salt. Beat until completely combined. Pour mixture into canning jars, dividing evenly. Place pan of filled jars on oven rack. Pour water into roasting pan to cover 1/2 - 1 inch up the side of the canning jars. Be careful not to splash water into the custard. Bake 30-45 minutes, until custard has puffed and no longer jiggles when shaken. Remove pan from oven and remove jars from roasting pan to a cooling rack. When jars have cooled to room temperature, top with lids and rings. Place sealed jars in refrigerator. May be stored for one week.

### VARIATION

Melt 1/2 cup sugar to form a light caramel syrup. Pour a small amount of syrup into the bottom of each jar and allow to cool before pouring in custard. Continue with recipe as directed.