

# Hogtown HomeGrown

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## Where did that recipe come from?

People often ask me who creates the recipes printed in Hogtown HomeGrown. The answer seems simple—I do. While I cook with seasonal ingredients and usually from what I find in my kitchen, the inspiration may come from a cookbook read long ago or the taste on my lips from something yummy I just ate. Either way, I create “new” recipes from an idea of what I want the finished product to taste like.

The following recipe for black bean soup—Florida Frijoles—was created for St. Francis High School’s annual fundraiser, Souper Fun Sunday. I wanted something that combined classic Florida flavors—a little sweet, a little spicy, with a splash of fresh orange juice. The original recipe made five gallons, but I’ve scaled it down for a family dinner—just two quarts! With toppings and cornbread you’ve got a meal!

## Florida Frijoles

### INGREDIENTS

2 cups dried black beans	8 cups water
2 cloves garlic, smashed and chopped	1 small dried ancho chile pepper
1 Tablespoon salt	2 cups sweet potatoes, peeled and diced
2 Tablespoons olive oil	1/2 medium onion, finely diced
2 Tablespoons ground cumin	1 1/2 teaspoons sweet smoked paprika
1 1/2 teaspoons ground cinnamon	1 1/2 teaspoons ground coriander
1/2 teaspoon cayenne pepper	1/4 teaspoon ground chipotle pepper
2 Tablespoons ground oregano	1/2 cup fresh squeezed orange juice
2 Tablespoons sherry vinegar	

### DIRECTIONS

In a large pot, mix black beans with water, garlic and dried chile. Bring to a boil and cook over medium-low heat until beans are tender—about 2 hours. Stir in salt and set aside.

Boil sweet potatoes until just done—they should be firm, but cooked through. Add drained potatoes to black beans and stir carefully to avoid breaking up potatoes.

In a heavy-bottomed skillet over medium heat, heat olive oil and stir in onions. Sauté onions until translucent. Stir in all herbs and spices and cook 3-4 minutes until aromatic. Add 2 cups of black bean cooking water to pan and cook until reduced to half its volume. Cool.

Remove ancho chile from beans (be sure to discard stem). Place chile and the cooked spice mixture in food processor and puree until smooth. Scrape into pot of beans.

Simmer beans with spices for at least one hour to blend flavors.

Before serving, stir in orange juice and sherry vinegar. Simmer for 10 minutes. Serve hot with a choice of toppings—orange, lemon, or lime juice, chopped onion, cilantro, sliced avocado, sherry vinegar. Cover and refrigerate leftovers.

NOTE: To make 5 gallons of soup (enough to serve 75 people) just multiply the ingredients by ten—and make sure you have a very big pot!



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## What's Fresh Right Now?

Arugula  
Beets  
Bok Choy—baby, full size  
Broccoli—green, romanesco  
Brussel Sprouts  
Cabbage  
Carrots—small red, yellow/orange  
Cauliflower  
Citrus—juices, oranges, grapefruit,  
tangelos, tangerines, calamondin,  
kumquat  
Cucumbers—mini seedless  
Fennel  
Garlic—elephant  
Greens—collards, mustards, kale,  
summerfest, dandelion, mizuna,  
turnip, endive, cress  
Herbs—rosemary, chives, mint, thyme,  
cilantro, parsley, oregano  
Honey  
Kale—russian, tuscan  
Kohlrabi  
Lettuce—leafy green/red, spring mix,  
romaine  
Microgreens—basil, arugula, radish, cress  
Mushrooms—shitake, oyster  
Onions—red/green scallions, dry yellow  
Peppers—green/red/yellow sweet bell  
Potatoes—white, red, sweet  
Pumpkins—calabasa, seminole  
Radicchio  
Radish—microgreens, red globe,  
white (daikon)  
Rutabaga  
Shoots—pea, corn, sunflower  
Spinach—Malabar, green, red  
Sprouts—alfalfa, clover, quinoa, wheat,  
adzuki, garbanzo, mung bean,  
french lentil, green lentil, radish  
Starfruit  
Sweet Potatoes  
Tomatoes—red beefsteak, grape, green  
Turnips

## Local and Fresh— Oyster Mushrooms

Ranging from white to pearly grey, these mushrooms have flared flat caps which grow from bunched stems. Tender and mild, oyster mushrooms have a subtle flavor that is enhanced by herbs. Cook gently to retain the natural juices. Look for these treasures at local farmers markets or buy a kit to grow your own.

## Oyster Mushroom and Leek Risotto

### INGREDIENTS

1 Tablespoon olive oil  
1 leek, sliced (white part only)  
1 cup chopped oyster mushrooms  
1 cup arborio rice  
1/2 cup white wine or vegetable stock  
3 cups vegetable stock  
salt and freshly ground pepper to taste

### DIRECTIONS

Heat a deep saucepan over medium heat. Add olive oil and leeks, stirring well. Cover and cook 3-5 minutes, until softened. Stir in mushrooms and cook until tender.

Stir rice into leek mushroom mixture and immediately add 1/2 cup wine. Stir until absorbed. Add 1 cup stock and continue to stir as mixture cooks—it should lightly simmer. As the broth is absorbed, add additional broth, 1/2 cup at a time, and continue to stir.

The rice will cook in 18-20 minutes and should be tender, but firm enough to hold its shape. The liquid will be creamy from the starch released by the rice. The risotto should absorb all the broth, but don't be concerned if there is a little left over.

A pat of butter can be added at the end for additional richness, but it is not necessary. Risotto should be served immediately, but if there is a delay, simply stir in a little more broth. Taste and adjust seasoning. Serve hot.

# Shrimp and Fennel with Ouzo and Feta

## INGREDIENTS

3 Tablespoons olive oil  
3 ripe fresh tomatoes, chopped  
1 teaspoon fennel seeds, crushed or chopped  
2 Tablespoons ouzo  
freshly ground black pepper  
1/2 sweet onion, chopped  
1 small head fennel, cut into thin strips  
1 pound shrimp, peeled  
4 ounces feta cheese, rinsed  
2 Tablespoons green fennel fronds

## DIRECTIONS

Heat a large heavy skillet over medium heat. Add oil, stir in onion, and cook until translucent. Add tomatoes and cook until soft and juicy.

Stir in fennel strips and seeds. Cook 5 minutes—fennel should retain a little crunch.

Stir in shrimp and ouzo, top with crumbled feta cheese. Cover and cook until shrimp are pink and opaque.

Served immediately garnished with black pepper and fennel fronds.

Cover and refrigerate leftovers.

## **Tricks and Tips**

This recipe was inspired by a baked shrimp dish my dad's sister, Aunt Lil, made for her son David's birthday. She lit the ouzo and the blue flame across the sea of tomato and shrimp was beautiful. The ouzo heightens the fennel flavor, but if you don't have any, just substitute water.

# Oyster Mushroom "Soufflé" Pie

## INGREDIENTS

3 Tablespoons unsalted butter, divided  
1 teaspoon scallion, chopped  
3 Tablespoons flour  
1 ounce chevre or other mild creamy cheese  
3 eggs, separated  
2 cups oyster mushrooms, chopped  
2-3 stems fresh thyme  
1 1/2 cups milk  
salt and freshly ground pepper to taste  
butter to prepare pie plate

## DIRECTIONS

Preheat oven to 375 degrees. Lightly butter pie plate and set aside.

Melt butter in a heavy-bottomed saucepan over medium heat. Sauté mushrooms with scallion and thyme, stirring occasionally until softened.

Add remaining butter and flour. Stirring constantly, cook 3 minutes, until bubbly. Add milk and whisk constantly until a smooth, thick sauce is formed. Remove thyme stems.

Remove from heat, add chevre and stir until melted. Add salt and pepper to taste.

Beat egg whites to soft peaks. Set aside.

Lightly beat egg yolks. Add a small amount of mushroom sauce to temper the yolks, then thoroughly mix yolks into sauce. Fold in egg whites until streaks disappear.

Spoon into pie plate and smooth top. Bake 30 minutes until puffed and golden brown.

Serve immediately. Refrigerate leftovers.

## **Tricks and Tips**

Tempering is the process of adding hot liquid to eggs in order to raise the beaten eggs' temperature without scrambling the egg. It is easy to do, but can seem intimidating. In this recipe the mushroom sauce is added to the egg yolks. Beating lightly, but continuously, add a tablespoon or two of mushroom sauce at a time, until a total of about 1/3 of a cup has been incorporated into the egg yolks. Then, beating constantly, add the tempered yolks to the sauce. This method can also be used when tempering whole eggs in other recipes.



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### Tricks and Tips

I made this recently for a Blue Oven Kitchens workday—feed volunteers and they will work! It was almost all local—the bread was from Flour Pot, the shiitakes from Abundant Edible Landscapes, the spinach, green onions and thyme from Possum Hollow, the zucchini from Dogwood Lane, and the havarti from Cypress Point Creamery.

## Savory Spinach Bread Pudding

### INGREDIENTS

- 1 loaf pumpernickel, cut into cubes
- 3 cups milk
- 1 cup sautéed shiitake mushrooms
- 1 Tablespoon fresh thyme leaves
- 1 cup vegetarian “sausage”, cooked and chopped
- 1 large bag spinach, washed well
- 3 eggs
- 1 cup grated raw zucchini
- 3 green onions, sliced
- 1 cup shredded havarti, divided

### DIRECTIONS

The night before, place cubes of bread in a bowl, cover the bowl with a towel and leave it out on the counter (or in the microwave for safekeeping) at least 8 hours to dry out the bread.

When ready to cook, preheat the oven to 350 degrees and butter a large flat baking dish. Heat a large deep pot over medium-high heat. Add 1/4 cup of water and all the spinach. Cover and cook for 3 minutes, until spinach is wilted. Remove from heat and let cool.

Place cooled spinach and its cooking water in blender with milk and eggs. Puree until smooth. Pour over bread cubs and mix well.

Into the soaked bread cubes, stir mushrooms, zucchini, thyme, green onions, “sausage” and 1/2 cup havarti until completely combined. Pour into prepared baking dish. Top with remaining cheese.

Cover and bake 30 minutes. Uncover and bake an additional 5 minutes. Let rest 5 minutes before serving. Cover and refrigerate leftovers.