

# Hogtown HomeGrown

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## A grateful citrus queen

Hogtown HomeGrown readers are just so nice—and generous! Just about every week there are phone calls, emails or farmers market conversations offering me recipes, ideas and suggestions—and I welcome them all. It is wonderful to know that people are reading the thoughts I take the time to put on paper.

But this largesse extends far beyond the random recipe. All kinds of citrus is coming at me from East, South and North. And yes, last year's 40 pound bag of sour oranges was a shock to the system, but this year's citrus gifts make me feel a little like Queen for a Day—all citrus season long.

So one afternoon recently we drove east to Hawthorne, for luscious ambersweet oranges, pink grapefruit and tangerines. The generous reader is a first-time citrus tree owner with a bumper crop, picked to avoid the coming freeze. She filled my bags with wonderful fresh fruit and topped it off with a small nosegay of catnip for the feline member of our home.

It was deceptively warm when we headed south past Micanopy to the home of a longtime Hogtown HomeGrown supporter. She and her husband are the proud owners of a beautiful (and very tall) calamondin tree. They wanted to let me have all the fruit I could use from the tree, but we had to pick it before the predicted hard freeze hit. Her husband was picking fruit before we got there and in short order we had the proverbial three bags full.

But this was not a “pick and go” visit. She was eager to share a sheaf of recipes and the wisdom acquired from the creation of calamondin marmalade. I was amazed by her scientific method of using a spreadsheet to refine numerous recipes into one.

And when we got home, our infamous front porch cooler held two bags of freshly picked kumquats from another reader who has a taste for all things marmalade—with a bonus of four of my very favorite citrus fruit, Meyer Lemons!

Our quick trip north to two of my favorite market vendors yielded even more Meyer Lemons and some of the most delicious Sunburst tangerines I have ever tasted.

I grew up eating lots of citrus as a kid in South Florida—oranges stuck with a citrus sipper and sucked dry—grapefruit halved and broiled with a little sugar and a cherry on top—ambrosia salad made from thinly sliced oranges, mixed with pineapple and coconut—but this year has truly broadened my citrus taste buds.

From the sweet-tart kumquat, to the supremely sour calamondins, to the crystal clear sweetness of ambersweet oranges, to the bright red tartness of ruby red grapefruit, I have tasted them all and become a grateful citrus queen.

Hogtown HomeGrown readers are the best—thanks so much!



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**What's Fresh Right Now?**

- Beets
- Bok Choy—pak choy, toy choy
- Broccoli
- Cabbage—head, chinese
- Carrots
- Cauliflower
- Chard
- Citrus—juices, tangerines, grapefruit, lemons, oranges, calamondin, kumquats
- Cucumbers—mini seedless
- Eggplant—purple oriental
- Fennel
- Garlic—chives, elephant
- Greens—rappini, summerfest, dandelion, arugula, collards, mustards, turnips, cress, sorrel, escarole
- Herbs—oregano, rosemary, flat leaf parsley, spearmint, cilantro
- Honey—orange blossom, gallberry, tupelo, palmetto
- Kale—red/white russian, dinosaur, curly
- Kohlrabi
- Lettuce—salad mix, arugula, bibb, green/red leaf
- Microgreens—arugula, radish
- Mushrooms—shiitake, oyster
- Onions—green scallions, dry yellow
- Pecans—in-shell, shelled
- Peppers—green/red/orange/yellow sweet bell, banana, jalapeno
- Persimmons—seijo
- Potatoes—red, sweet
- Radish—globe, breakfast, daikon,
- Rutabaga
- Shoots—pea, sunflower, corn, spring mix
- Sprouts—alfalfa, clover, quinoa, wheat, sunflower, garbanzo, mung bean, french lentil, green lentil, radish
- Squash—zucchini, pumpkin, calabasa
- Tomatoes—red beefsteak, grape, green, plum
- Turnips
- Wheatgrass

**Local and Fresh—**

**Calamondin**

Since it is small and orange, it is easy to think a calamondin is a miniature orange or tangerine. They are commonly confused with kumquats as well. One bite will let you know—this is no ordinary citrus fruit. Sweet skin and sour fruit are the hallmarks of the calamondin.

Also known as golden lime or acid orange, calamondin are common in the Phillipines and Southeast Asia. Use in recipes as you would lime or lemon—in cocktails, marinades, cakes and jam and jellies, especially marmalades.

Whether picking or purchasing, look for firm fruit, with no soft spots. Fresh calamondin are best when used within one week of picking.

**Preserved  
Calamondin**

INGREDIENTS

- 4 cups calamondin
- 2 cups water
- 2 cups granulated sugar

DIRECTIONS

Wash calamondin and remove stems.

Mix water and sugar in deep saucepan and bring to a boil over high heat. Stir in calamondin when sugar is completely dissolved. Return mixture to boil, reduce heat slightly to maintain a soft boil and cook until fruit is translucent and tender. Syrup should be thickened.

Place preserved calamondin and syrup in clean jars and refrigerate or, for longer storage, fill sterilized jars with calamondin and process for 10 minutes in a boiling water bath.

VARIATION: For a milder marmalade-type taste, place clean, raw calamondin in a deep saucepan, cover with water, boil 5 minutes, drain and continue with recipe.

# Broccoli, Shrimp, Tomatoes and Feta

## INGREDIENTS

2 pints grape tomatoes, halved  
2 Tablespoons olive oil  
a pinch each sugar, salt and freshly-ground black pepper  
2 Tablespoons olive oil  
1 bunch broccoli, stems chopped, florets divided into bite-sized pieces and set aside  
2 stalks celery, chopped  
1/2 red onion, chopped  
2 cloves garlic, smashed and finely chopped  
1 Tablespoon dried thyme  
1 teaspoon each dried oregano and mint  
2 teaspoons fennel seeds  
1 pound shrimp, peeled  
1 Tablespoon tomato paste  
1 teaspoon anchovy paste  
1/2 cup pinot grigio (or other dry white wine) or water  
1/4 cup ouzo or water  
1/2 cup crumbled sheep's milk feta  
freshly-ground black pepper and/or red pepper flakes to taste

## DIRECTIONS

Preheat oven to 350 degrees. Place tomato halves skin side down on parchment covered baking sheet. Drizzle with oil and sprinkle with just a pinch of sugar, salt and pepper. Bake 45 minutes or until caramelized. Set aside. Can be cooked two days in advance and refrigerated.

Heat a large deep pot over medium-high heat. Add oil and stir in chopped broccoli stems. Sauté for 3 minutes, then add celery and onion. Cook until onion is translucent, stirring occasionally.

Add garlic, thyme, oregano, mint and fennel seeds, stirring thoroughly to evenly distribute. Cook until fragrant. Add shrimp and cook until pink on one side. Add broccoli florets and cooked tomatoes; stir gently. Cook about 3 minutes, until broccoli turns bright green.

Combine tomato paste and anchovy paste with wine and pour over shrimp and veggie mixture. Continue to cook, stirring lightly, until mixture almost completely evaporates.

Lightly stir while drizzling ouzo evenly over mixture. Top with crumbled feta cheese. Reduce heat, cover pot and cook 5 minutes.

Season as desired with pepper and pepper flakes. Serve hot with crusty bread or over brown rice. Cover and refrigerate leftovers.

## Tricks and Tips

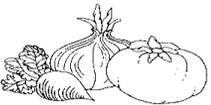
I use a lot of oven-roasted tomatoes. When I have time, I make a few trays all at once. When they are as dried or caramelized as I want, I pack them in sterilized jars, fill the jars with olive oil, put on the lids and store in the refrigerator for up to 6 months.

## Tricks and Tips

Feta cheese, a product of Greece, is the name given to a white cheese made from either sheep's or goat's milk and aged in brine.

There are "feta" cheeses made from cow's milk, but they are not authentic feta cheese, nor do they have the same creaminess and tangy flavor. To reduce the saltiness of feta, especially those in brine-filled containers, drain the liquid and replace it with plain cold water.

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# Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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## Tricks and Tips

Super Fun Sunday,

St. Francis High

School's fundraiser, is

January 29th. We

will participate for the

third year with an-

other vegan soup!

Since I don't have res-

taurant-sized equip-

ment, heating 5 gal-

lons of soup was a

challenge, so this year

I created a cold fruit

soup. It combines the

season's first straw-

berries and some of

my "gift" citrus.

# Strawberry Sunshine Soup

## INGREDIENTS

4 cups fresh, ripe strawberries, stemmed and trimmed to completely remove white caps

2 tangerines or sweet oranges, juiced

1 lemon, zested and juiced (preferably a Meyer Lemon)

1 Tablespoon crystallized ginger, finely chopped

1/4 cup sugar

1 dash salt

1 Tablespoon balsamic vinegar

## DIRECTIONS

Place strawberries, tangerine and lemon juice in blender and puree until smooth. Add zest, ginger and sugar; blend until incorporated. Stir in salt and vinegar.

Cover and refrigerate for at least 2 hours in blender container. Remove from refrigerator and blend again. Taste and add more sugar or vinegar as desired.

Pour into small glasses or bowls. Serve chilled with garnishes. Cover and refrigerate leftovers.

**GARNISH SUGGESTIONS:** Slivers of crystallized ginger—Julienned candied orange peel—Sliced strawberries—Drizzled balsamic vinegar, honey or orange syrup—Spoonfuls of whipped cream, sour cream or drained yogurt—Mini-scoops of ice cream or sorbet—A crunchy cookie