

Hogtown HomeGrown

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A Locavore's Resolutions

Locavore (noun) - one who purchases food and other necessities from farmers, producers and businesses located within one hundred miles from one's home.

As advised by locavores.com's [Guidelines for Eating Well](#)—

I resolve to buy at the farmers markets and the local markets that purchase locally-grown produce from local farmers, before the supermarket.

I will buy organic if I can't get something locally produced.

I will purchase from a family farm if I can't get organic.

I will support regional foods if I cannot purchase something locally.

All of these resolutions are made easier if I learn to enjoy produce in season and not give in to cravings like strawberries in November or romaine in August.

I particularly like the resolution about regional foods, because without a cheesemaker in my hundred-mile circle, I'm lost. Brie from France or Parmesan from Italy, purchased from a local shop supports two businesses, the retailer and the cheesemakers.

It makes so much sense to consider your purchasing power as social, economic and political statements you make each time you decide where to spend your food dollars. Making conscious/conscientious decisions can literally "Save the World—One Dinner at a Time."

Anna's African Greens

INGREDIENTS

2 Tablespoons Olive Oil

1 small onion, chopped

2-3 cloves garlic, minced

1 Tablespoon fresh ginger, minced or grated

1 large (28oz) can organic tomatoes whole (crush with your hands) or crushed

1 1/2 lbs of your favorite greens, large stems removed and coarsely chopped

1 teaspoon red pepper flakes (more to taste)

salt (if desired)

DIRECTIONS

Saute onion in olive oil over medium heat until translucent—about 3-5 minutes. Add garlic and ginger and saute about 2 minutes. Stir in contents of tomato can, including all the juice! Add greens and, if you like a spicy dish, add the red pepper flakes. Stirring occasionally, simmer mixture until the greens are wilted and tender and most of the liquid has evaporated. Taste and add salt, if desired. Serve hot or at room temperature.

Granny's Toasted Pecans

Melt 1 stick unsalted butter, toss in 4 cups shelled pecans and stir to coat. Bake at 300 degrees for 15 minutes, stirring twice. Drain on paper towels and salt while hot. Cool completely, then store in an air-tight container.

Tricks and Tips

Look for some of these "one producer" items at your local farmers markets—shitake mushrooms, locally made tempeh, milk, yogurt and grass-fed beef, local honey varieties, Junselle's Turkish Gold—a mix of grains, seeds, nuts, fruits and more. Using your dollars to support these local entrepreneurs is a wonderful resolution!

Local and Fresh—Pecans

A great Southern cook, my mom's sister, Aunt Nita, made the best pecan pies, using nuts harvested locally near her Albany, Georgia home. In front of her house there is a pecan tree, so when I walked through her yard after her funeral in November, I picked up a pecan as a keepsake. There's an old saying about good luck and acorns, but for me, it will always be pecans!

Locally we have several varieties—Desirable, Moreland, Eliot, Curtis, Stuart and others—varying in shell thickness, size, oil content (determines flavor and longevity) and sweetness. One farmer's pecans that I purchased recently were small, sweet nuts from trees her father planted between Newberry and Alachua more than 50 years ago. After shelling, store nuts in freezer ziplocs, with as much air removed as possible. Use frozen or thawed in recipes.

What's Fresh Right Now?

Beans—green
Broccoli and cauliflower
Cabbage—green, bok choy, Chinese, savoy
Citrus—red navel, red grapefruit, Meyer lemons, limes, pineapple, Ham lin, tangelo, navel, mandarin, honey, white grapefruit, kumquat
Cucumbers—English, Dutch, hydroponic
Eggplant—Italian
Garlic—chives, elephant
Greens—kale, collards, mustard, turnip, rutabaga, swiss chard
Herbs—basil, sage, rosemary, cilantro, parsley, dill
Honey—Gallberry, Orange Blossom, Tupelo, Gallberry Tupelo
Lettuce—green leaf, salad and spicy mix, Arugula, asian mix, spicy mix, Hydroponic Romaine and Bibb
Onions—large yellow, green and red scallions
Pecans
Peppers—green, red sweet Bell, hot
Potatoes—sweet potatoes, large red skin
Radishes—globe, daikon
Squash—yellow, zucchini, butternut, calabasa, Seminole Pumpkin
Tomatoes—cluster, cherry, green

Wild Rice Pilaf with Pecans

INGREDIENTS

1 Tablespoon olive oil
1 Tablespoon unsalted butter
4 green onions, chopped
2 ounces uncooked spaghetti, broken up
1/2 cup pecans, chopped
1 cup wild rice
2 1/3 cups water or no-chicken chicken broth
1/4 cup toasted pecans, chopped
1/3 cup dried cranberries (optional)
1 Tablespoon orange zest (optional)

DIRECTIONS

Heat covered pan over medium heat. Add olive oil and butter, then stir in green onions, spaghetti pieces and pecans. Saute until spaghetti is golden brown, then stir in rice. Add liquid and turn heat to high. Stir and bring to boil. Turn heat to low, cover pan and set timer for 45 minutes. Do not open until time is up! Test rice for doneness—it may need another ten minutes to absorb liquid and become tender. Fluff pilaf with fork and lightly mix in toasted pecans (add optional cranberries and zest now). This pilaf can be served hot or at room temperature—it travels well!

Shrimp with Cuban Sour Orange Sauce

INGREDIENTS

1 pound raw shrimp, peeled	1 tablespoon olive oil
4 large green onions, sliced	2 cloves garlic, chopped
1/2 teaspoon ground cumin	1/2 teaspoon dried oregano
1/4 teaspoon dried thyme	1/2 cup sour orange juice
1/4 cup key lime juice	1/4 cup lemon juice
1/2 cup dry sherry	1 tablespoon cornstarch
1/2 teaspoon smoked sweet paprika	1/2 cup flat leaf parsley, chopped

DIRECTIONS

Place shrimp in a non-reactive container (glass or plastic). Sprinkle with cumin, thyme, oregano and green onions. Combine orange, lemon and lime juice and pour over seasoned shrimp. Cover and marinate at least one hour. Fifteen minutes before dinner, heat olive oil in pan and sauté garlic until lightly colored. Pour off and reserve marinade. Saute shrimp until opaque. Add sherry to reserved marinade and whisk in cornstarch. Add to shrimp, stirring constantly as it bubbles for one minute. Turn off heat, stir in paprika and taste for salt. Stir in parsley and serve.

Tricks and Tips

A couple of sauce variations—

No sour orange?

Use regular orange juice with a splash more lime juice.

No parsley?

Substitute chopped cilantro.

No dry sherry?

Try vegetable broth instead.

Baked Winter Risotto

INGREDIENTS

2 tablespoons olive oil	1/2 sweet onion, chopped finely
2 cloves garlic, smashed and chopped	6-8 shitake mushrooms, chopped
2 cups kale leaves, torn into small pieces	2 cups roasted winter squash, cubed
1 cup Arborio rice	2 1/2 cups no-chicken chicken broth
1/4 teaspoon saffron threads	1 bunch flat leaf parsley
2 cloves garlic	2 tablespoons olive oil

DIRECTIONS

Preheat oven to 400 degrees.

Heat broth with saffron threads to a simmer and leave on low heat.

In a food processor, combine parsley, garlic cloves and olive oil and process to a chunky paste.

In an oven-proof pan, heat olive oil, sauté chopped onion and garlic until soft. Add mushrooms and kale, stirring over medium heat until kale wilts. Add 1/4 cup broth and cook until liquid has evaporated. Add cubed squash, and stir in rice.

Turn heat to high and add remaining broth all at once. Stirring constantly, bring to a boil and stir in chunky herb mixture. Add salt and pepper to taste, if desired.

Remove from burner and place in preheated oven for 20 minutes.

Remove from oven, cover with foil and let rest for 5-10 minutes. Serve immediately.

Tricks and Tips

If you don't want to fire up the oven, just add the broth 1/2 cup at a time and stir

constantly at a simmer until broth is absorbed. After the last addition of

broth, the rice should be al dente—a little firm in the center. Stir in the herb mixture and

continue to stir until broth is absorbed and rice is creamy.

Serve immediately.

