

# Hogtown HomeGrown

Volume 8 Issue 6

June 2013

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## The orange pan

I always bring food to a funeral—it is just what we do in Gainesville. So when Beth, a friend of Jeff's since high school, died recently, I prepared a mango crisp to take to the church for the reception afterwards. Expecting a large crowd, I cut up fifteen mangoes and baked the crisp in my largest pan—the orange pan, as it is known to our friends and family.

Now it didn't matter to me that the funeral was 3 hours away in a small town in Southwest Georgia. Nor did it matter that I wasn't sure there would be a reception. I knew that there would be a gathering of friends, many who grew up eating mangoes in South Florida—someone would eat it! So I filled the orange pan with mangoes and love.

This pan has been a part of my life for over 40 years. Mom used to make lasagna in it. As I went through high school, it was used for double batches of brownies to share with friends. Our sons did the same thing, creating variations with layers of chocolate chips or peppermint patties baked inside the brownies.

Before our wedding in October 1979, Beth, and another friend, Terry, cooked the rehearsal dinner in our kitchen and they filled the orange pan with stuffing/dressing to serve with the turkey and ham. Every Thanksgiving since, that pan has been filled with cornbread dressing—no turkey needed!

While the boys were growing up it was filled with everything from baked ziti to enchilada casserole. The pan is large, so when the boys were small there would always be leftovers, but as they grew, they would battle over the last spoonful and pan scraping rights.

Flooded with memories, I filled the orange pan for Beth. The baked crisp was ready to travel—covered in foil with the recipe on top, then wrapped in a towel and tucked into a cardboard box so it would make it safely to the church doors. As I walked through the entrance, a kind gentleman saw my foil-wrapped pan, asked if it was for the reception and whisked it away.

The service concluded with an invitation to the luncheon in the fellowship hall. As we made our way past the table of pictures, I noticed a bevy of older women with grey hair and pinafore smocks gathering at the kitchen door. The ladies of Eastside Baptist Church in Cairo, Georgia, had cooked their second funeral lunch of the day and were waiting for us to serve ourselves while it was still hot—Chicken Tetrastini, mixed vegetables, freshly baked yeast rolls, and a pear salad (half a canned pear on a lettuce leaf, garnished with mayonnaise and shredded cheese, with a candied cherry on top.) For dessert? A few dishes of a berry cobbler and 40 small bowls of mango crisp, flanked by two containers of whipped topping!

Heading into the kitchen to retrieve my pan, the ladies were delighted to talk with the owner of the orange pan. They saw the recipe, but had no idea who brought it—and to my surprise I was the only person to bring a dish! As they handed me my clean pan, we talked recipes and I assured them the crisp was also delicious when made with ripe peaches.

Maybe it is silly to reminisce about a battered baking pan, but through life and death, we are connected by food and memories. My memory of Beth and Terry filling that pan with love for our rehearsal dinner sustained me as I made the crisp. I filled the pan with love, mangoes and the hope that a little bit of sweetness would help take away the sting of the loss of our sweet Beth.

## What's Fresh Right Now?



**Union Street  
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**Alachua County  
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**Beans**—green, roma, yellow, purple, cranberry

**Beets**

**Blueberries**

**Broccoli**

**Cabbage**—green, napa, savoy, red

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

**Chard**

**Citrus**

**Corn**—silver queen, bi-colored

**Cucumbers**—mini seedless, kirby, slicers

**Eggplant**—purple Italian, thai

**Fennel**

**Garlic**—chives

**Greens**—collards, spinach, kale, sorrel

**Herbs**—cilantro, parsley, dill, rosemary, spearmint, oregano, thai lime, lemongrass, tulsi basil, basil, chives

**Honey**

**Microgreens**—assorted

**Mushrooms**—shiitake

**Okra**

**Onions**—green/red scallions, yellow

**Peppers**—red/green/yellow/orange sweet and various hot

**Potatoes**—red, sweet, fingerling

**Radicchio**

**Radish**—globe, daikon

**Shoots**—pea, sunflower, corn, mix

**Sprouts**

**Squash**—yellow, zucchini, butternut, acorn, spaghetti, delicate, pattypan

**Strawberries**

**Tomatoes**—red beefsteak, grape, green, cherokee purple, green zebra, sun gold

**Turnips**

**Watermelon**

## Local and Fresh—

### Mangoes

I know, I know, mangoes aren't local—and it's true they do not grow in North Central Florida because of our low winter temperatures. But I know the Mango Man and you should too!

Every other weekend, from May until July, the Washington family travels to Gainesville from South Florida, bringing with them some of the best tasting and economically-priced mangoes you will ever find. With varieties as small as an apricot to the size of a football, there are mangoes for every taste and recipe.

Choose unblemished firm fruit and store in a cool dark place to ripen. Provide enough space so the mangoes don't touch each other. Turn daily and check for dark spots—they indicate the mango should be used right away.

Peel mangoes with a sharp knife by either cutting or pulling away the skin. To slice off large pieces, slide the knife from top to bottom parallel to the seed. If you want diced pieces, simply slice off the sides with the peel intact and cut the flesh into cubes before removing from the skin with a single slicing motion along the peel.

### Mango Salsa

#### INGREDIENTS

2 cups diced mango  
1 tomato, seeded and diced (try a yellow one)  
1 cup diced cucumber (peel and seed if desired)  
1 small shallot, minced  
1/2 jalapeno, roasted, peeled and diced  
1 lime, zested and juiced  
salt and pepper to taste

#### DIRECTIONS

Mix together all ingredients, adding salt and pepper to taste.

Chill at least one hour before serving to allow flavors to develop and blend.

Cover and refrigerate leftovers.

#### LEFTOVER RECIPE

Mix Mango Salsa with leftover seafood, beans or veggies. Serve immediately over greens or in a wrap.

# Marinated Cannellini Beans

## INGREDIENTS

2 cups dry cannellini beans (approximately 1 pound), rinsed  
water to cover  
1 teaspoon salt  
2 cups olive oil packed sun-dried tomatoes, chopped (use the oil and the tomatoes)  
1-2 Tablespoons dried herbs (thyme, basil, marjoram or a combination)  
2 Tablespoons red wine vinegar  
salt and pepper to taste

## DIRECTIONS

In a large lidded pot, cover rinsed beans with at least two inches of water. Over high heat, boil for five minutes, remove from heat and allow to sit 1 hour or overnight. Discard soaking water and cover with at least an inch of fresh water. Cook over medium-high heat until tender. Mix in salt and cool for 30 minutes.

Drain beans (save liquid for soup stock if desired) and mix with remaining ingredients. Taste and adjust seasoning as desired. Allow to marinate in the refrigerator overnight.

Place half the beans into an airtight refrigerator storage container for use later in the week to be served hot or cold in a salad, wrap or as an entrée. Use remaining beans in a main dish. Cover and refrigerate.

NOTE: You can use canned beans in this recipe but the texture and flavor of beans you cook yourself are far superior and they are much less expensive.

# Quick Pasta Salad with Zucchini Strips

## INGREDIENTS

1/2 pound whole wheat pasta, cooked, rinsed and drained  
1/2 recipe Marinated Cannellini Beans  
2 medium zucchini, cut into 3" julienne strips  
1/4 cup each olive oil and red wine vinegar  
1 Tablespoon dried herb (use the same herb you used in the bean marinade)  
2 cloves garlic, finely grated or pressed  
1/2 teaspoon salt and freshly ground black pepper  
1/2 cup grated or crumbled cheese (optional)

## DIRECTIONS

In a large bowl, mix together pasta, marinated beans and zucchini. Combine remaining ingredients and mix well before pouring over the salad. Stir until dressing completely coats ingredients. Taste and adjust seasoning. Top with cheese before serving, if desired.

Serve immediately or cover and refrigerate. May be served hot, warm or cold.

VARIATION: Eliminate the pasta and combine several veggies with the beans and dressing.

## Weekend Cooking

Cooking during the weekends can save so much time during the work week, but what's the simplest way to cook ahead? Pick one grain and one protein and use them as the base for a few meals, then prep two complementary veggies, plus some salad veggies to eat raw. For example, the week that cannellini beans were the protein, whole wheat penne pasta was the grain and cauliflower and zucchini were the main vegetables.

Our meals were: Leek and Cauliflower Pasta, Bean and Veggie Wraps, Golden Cauliflower Soup, and Quick Pasta Salad with Zucchini Strips. Everything except the hot pasta dish was made in advance, so eating at home was inexpensive, fast and easy.

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Local and Seasonal Recipes, Menus and More

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## Tricks and Tips

Carrots and zucchini are often used in recipes for cakes and breads, but yellow squash is nowhere to be found. Research led me to believe it had too much water, making the baked product gummy. Grating the squash and pressing out the water eliminates excessive moisture, giving the finished product a tender and light texture.

## Whole Wheat Summer Coffeecake

### INGREDIENTS

- 1 stick unsalted butter, melted
- 1/2 – 3/4 cup honey
- 2 lemons, zested and juiced
- 2 eggs
- 2 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon each salt and baking soda
- 1 medium yellow squash, grated and pressed dry in a clean dish towel or doubled paper towels
- 1 cup fresh blueberries

### DIRECTIONS

Beat together butter, honey and lemon zest until light. Add eggs and blend thoroughly. Combine dry ingredients and mix into wet ingredients, stirring until some flour streaks remain. Add lemon juice, squash and blueberries. Stir lightly until completely combined. Smooth into prepared pan and bake 25-35 minutes, until a toothpick tests clean. Allow to cool 5 minutes before applying glaze and/or topping. Cool before cutting. Store covered.

Lemon Glaze Combine 1 T melted butter, 2 c powdered sugar, 2 T each lemon juice and milk.

Lemon Glaze with Almonds Spoon on half the glaze to completely coat the cake, cover glaze with 1 c chopped toasted almond slices, decoratively drizzle remaining glaze over almond layer.