

# Hogtown HomeGrown

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## “The land of hot biscuits”

Okay, you got me—I admit it, reluctantly. Yes, I was a pop ‘n’ fresh girl. I loved to whack that cardboard tube on the edge of the counter or, failing that, use a spoon on the seam, pushing carefully between the two green arrows, holding my breath until the explosion of dough burst the cylinder open.

Although roll-like refrigerated biscuits in a can already existed, the introduction of Hungry Jack brand with flaky layers enticed me because they resembled Granny’s biscuits. Yes, Mom made biscuits, but I only remember her Bisquick drop biscuits with their craggy exteriors and distinctive flavor. Granny’s biscuits were soft and rich, flaking into at least three layers. There was nothing better than hot biscuits with our noontime dinner, except the leftover biscuits served buttered and toasted for breakfast the next morning.

As part of the year-long celebration of Cross Creek Cookery, we recently held a program named for a line in that book. Our “Land of Hot Biscuits” served up true-to-the-original biscuits, as well as experiments with flours, fats and milks. For the guests who could not partake of dairy or wheat, I whipped up these tasty morsels, taking advantage of the new man in my life. Yes, King Arthur has replaced Hungry Jack!

## Apple Cinnamon Biscuits

### INGREDIENTS

2 cups King Arthur Gluten Free Baking Mix  
1 teaspoon each baking powder and sugar  
6 Tablespoons semi-solid coconut oil  
1/2 cup unsweetened applesauce  
1/2 cup almond milk  
2-3 tablespoons of cinnamon sugar

### DIRECTIONS

Mix together baking mix, baking powder and sugar.  
Use a fork to mix coconut oil into flour mixture until completely distributed. The flour will resemble chunky sand.

Stir together applesauce and almond milk. Pour into flour mixture and stir gently until all flour streaks are completely gone. Dough will be soft and sticky.

Sprinkle work surface with a light coating of baking mix or gluten free flour. Tip dough out of bowl onto counter, flour hands and pat flat. Flip over, fold in half and pat flat again. Dough should be about an inch thick.

Cut biscuits with a well-floured small biscuit cutter. Place an inch apart in a metal baking pan, preferably with sides. Cover with a light towel and let sit at room temperature for 15 minutes before baking. Sprinkle with cinnamon sugar before baking.

Preheat oven to 350 degrees.

Bake 20-25 minutes, until tops are firm, bottoms golden and sides still slightly soft. Eat hot or cool completely, cover and serve warmed the next day. Freeze leftovers.

## What's Fresh Right Now?

**Beets**—golden, chiogga, red, white

**Blueberries**

**Broccoli**—green, romanesco, broccolini

**Brussels sprouts**

**Cabbage**—green, napa, cone, drumhead, savoy

**Carrots**—orange/yellow/purple, red

**Cauliflower**—white, purple

**Celery**—cutting (greens with a small stem)

**Citrus**—orange, grapefruit, lemon, tangerines, tangelos, kumquats, calamondin, limes, lime-quat

**Fennel**

**Greens**—mustards, mizuna, arugula, turnip, collard, spinach, bok choy, tat tsoi, white/rainbow chard, escarole, sorrel, dandelion, endive, lamb's quarter, tuscan/russian kale, wasabi

**Herbs**—garlic chives, turmeric, flat leaf parsley, cilantro, dill, sage, spearmint

**Kale**—dino/tuscan, red/white russian, curly

**Kohlrabi**

**Lettuce**—red/green romaine/leaf/butterhead, frisee, mix

**Malanga and Yuca**

**Moringa**

**Mushroom**—fresh/dried shiitakes, pearl/elm/blue oyster

**Onion**—yellow, green

**Peas**—snow, shoots

**Peppers**—red/green/yellow/orange sweet bell, poblano, jalapeno, shishito

**Pineapple and Papaya**

**Radish**—red, watermelon, easter egg, french breakfast, white/purple daikon, black

**Rutabaga**

**Starfruit**

**Strawberries**

**Sweet Potatoes**—orange, white, purple

**Tomatoes**—cluster, large plum, sun gold, cherry, green

**Turnips**—purple top, tokyo

## Local and Fresh— Green Onions

Shiny white bodies and hollow green shoots make green onions stand out at the markets. Stalks with bulbs are young onions, while straight stalks of white flesh are usually scallions, but both are commonly called green onions. Milder than regular onions, green onions make a great substitute whether cooked or raw.

## Simple Spelt Skillet

### INGREDIENTS

2 Tablespoon olive oil or unsalted butter, divided  
6-8 chopped green onions, divide white/green  
1 garlic clove, smashed and chopped  
2-3 carrots, shredded  
½ cup shredded daikon (optional)  
4 cups cooked spelt  
small pinch of nutmeg  
1 cup broth (no-chicken is our favorite)  
Salt and freshly ground pepper to taste

### DIRECTIONS

Heat a large skillet over medium heat.

Add 1 Tablespoon olive oil and the white parts of the green onions. Cook until translucent.

Stir in garlic, carrot and daikon. Sauté, stirring occasionally, until carrots are tender.

Add cooked spelt, nutmeg, broth and remaining green onions to skillet. Bring to a simmer, reduce heat and cook until hot, about 15 minutes.

Add salt and freshly ground pepper to taste. Stir well and drizzle with olive oil.

Serve hot or at room temperature.

Cover and refrigerate leftovers.

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# Winter Salad with Farro

## INGREDIENTS

2 cups cooked farro  
2 cups cubed roasted beets  
1 cup coarsely chopped walnuts  
1/2 cup minced fennel bulb  
1/2 cup finely chopped green onions  
1 cup chopped parsley  
8 ounces feta cheese, crumbled  
1 teaspoon dried peppermint  
1/2 teaspoon dried basil or thyme  
1 Tablespoon Meyer lemon zest  
1/3 cup each Meyer lemon juice and olive oil  
2 Tablespoons sherry vinegar  
Salt and freshly ground pepper to taste

## DIRECTIONS

In a large bowl, mix together farro, beets, walnuts, fennel, green onions, parsley, feta, dried peppermint, dried basil and lemon zest. Combine gently.

Pour lemon juice, olive oil and sherry vinegar over salad. Stir until salad is evenly coated with dressing. Taste for seasoning and add salt and freshly ground pepper as desired.

Serve at room temperature or chill before serving. Serve plain or on salad greens.

Cover and refrigerate leftovers.

# Beets Roasted in a Covered Dish

## INGREDIENTS

2 bunches of small to medium beets with greens

## DIRECTIONS

Preheat oven to 400 degrees.

Wash beets and greens. Remove greens and set aside. Scrub beets with hands or a brush. Cut off the stem end and the tip of the root.

Place beets cut side down into the casserole. Add 1 cup water or stock to the bottom of the pan. Cover and cook until beets are tender.

Peel and eat immediately or allow to cool before peeling.

Cover and refrigerate leftovers.

SERVING SUGGESTION Sauté greens. Serve topped with roasted beets and lemon juice.

# Wasabi Greens

*I bought this tasty delicacy last Saturday morning at the Alachua County/441 Farmers Market.*

The leaves are small and light green. The taste is bright and fiery warm, but the heat does not linger on your tongue and all the spiciness disappears when cooked.

Toss a handful into a scramble or soup.

Serve instead of lettuce in a salad or on a sandwich.

Use to enhance the herbs in a batch of pesto or chimichurri.

## Tricks and Tips

I used to roast beets the way Martha said to — *roast each beet wrapped in foil and once they are cooked, use the foil to rub the skins off.* Way too much foil and trouble! Roasting in a covered dish is just as easy, with less waste and simple cleanup!

## Keep roasted beets in your refrigerator to:

Toss into salads.  
Blend with juices.  
Warm with a sauce.  
Shred into muffins.  
Add to a stir fry.  
Puree into soup.  
Make a quick pickle.



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Local and Seasonal Recipes, Menus and More

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### Tricks and Tips

Emmer flour is ground from an ancient grain that existed long before modern hybrid wheat varieties.

The oldest, and biologically the simplest, is einkorn, Latin name *Triticum monococcum*.

Emmer, known to Italians as farro medio, is the more complex grain *Triticum dicoccum*.

This flour is very low gluten and may often be eaten by those who have very light gluten sensitivities, but probably not by anyone with serious gluten allergies or celiac disease.

All purpose or whole wheat flour may be substituted for emmer flour, but you will lose the nutty flavor.

## Triple Gingerbread with Emmer Flour

### INGREDIENTS

- 1/2 cup oil
- 3/4 cup maple syrup
- 1/4 cup molasses or cane syrup
- 1 egg
- 1 Tablespoon grated fresh ginger
- 2 Tablespoons finely minced crystallized ginger
- 1 1/4 cup emmer flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon dried ginger
- 1/4 cup very hot water

### DIRECTIONS

Preheat oven to 350 degrees. Oil an 8x8 pan.

Mix oil, maple syrup and molasses. Add egg and beat until mixture lightens.

Stir in grated fresh ginger and the minced crystallized ginger. Set aside.

In a separate bowl, combine flour, baking soda, salt and dried ginger.

Add dry ingredients to wet ingredients, stirring until almost completely combined.

Add hot water and stir until batter is smooth.

Pour into prepared pan. Bake 20-30 minutes until the center is firm and edges begin to brown.

Cool before cutting. Cover leftovers.