

Hogtown HomeGrown

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Wanted: Lionfish Tamers

Native to the waters of the Indo-Pacific oceans, lionfish have invaded our area, aided by humans dumping pet lionfish from home aquariums over the last 25 years. With rapid reproduction, few predators and an appetite for both the food sources and the young of human favorites like snapper and grouper, this invasion is causing problems in the Southeastern reefs of the Atlantic, Gulf of Mexico and Caribbean waters.

Although Lionfish sometimes get caught up in fishing nets, individual divers and eaters can do the most to control the invasion and become Lionfish Tamers. The Florida Fish and Wildlife Conservation Commission has no bag limits for recreational or commercial harvesters. ReefSavers.org, Inc. is creating a Lionfish Market for restaurants and consumers across the state of Florida, creating both supply and demand for this delicious species.

Restaurants in Gainesville will be the first in the state to make a concerted effort to feature Lionfish on their menus throughout October. Reefsavers.org, Inc. has listed at least two dozen local participating restaurants and their dishes, with more added daily. Check out the website, www.reefsavers.org, pick your favorite restaurant and give Lionfish a try!

Hogtown HomeGrown's Tenth Anniversary Party

HomeCooked Potluck and Recipe Auction

Sunday, November 13, 2016 5:00pm Matheson History Museum

*Join us as we celebrate Hogtown HomeGrown's Tenth Anniversary -
you bring the food and you get the swag!*

Admission \$10.00, plus a Hogtown HomeGrown recipe potluck dish for 8-10
Limited number of Reserved Seats available—\$25.00

Tickets only available online at Eventbrite—no tickets at the door
ONLY 80 TOTAL SEATS AVAILABLE—On Sale 10/13/16

Before dinner we will enjoy a mini-citrus tasting courtesy of Forage Farm.

HomeCooked Potluck

Share a dish made from your favorite Hogtown HomeGrown recipe -
there about 600 recipes to choose from on the website, www.hogtownhomegrown.com

Keynote Speakers

Anna Prizzia, Forage Farm, and Chef Bert Gill, Mildred's, New Deal and Blue Gill

Recipe Auction

Bring one of your own written recipes to be auctioned off by
Storm Roberts, WKTK 98.5

Proceeds to benefit your favorite foodie or gardening group.
Plan to bring a finished product of your recipe as a bonus for the winner!

*Portion of ticket proceeds to benefit The Matheson History Museum.
Recipe Auction to benefit the local foodie and gardening groups designated by each recipe writer.*

What's Fresh Right Now?

Bitter Melon

Chestnuts

Cucumbers—slicers, mini

Eggplant—purple italian, purple japanese, fairy tale baby

Greens—mustards, sweet potato, mizuna, red/green callaloo

Herbs—garlic chives, italian/thai/purple/tulsi basil, lemongrass, turmeric

Moringa

Muscadines—bronze, purple

Mushrooms—fresh/dried shiitakes

Okra—green, burgundy

Pears—Florida sand

Peas—white acre, creamer

Peppers—red/green/yellow/orange/mini sweet bell, poblano, cayenne, banana, jalapeño, italian roasting, variety hot

Persimmon

Potatoes—red, sweet

Radish

Roselle

Shoots, Sprouts and Microgreens

Squash—butternut, seminole pumpkin, calabaza

Tomatoes—grape, beefsteak, cherry, large plum, green

Turnips

Saturdays, Oct 15 and Nov 19 11:30AM
Tower Road Library Branch
Cooking up fresh and seasonal food for all ages
in Tower Road Library's **FOODIEspace**
Samples after the program

Celebrate all things corn ... **Sunday, November 6th**
HOECAKE HOEDOWN
at Marjorie Kinnan Rawlings State Park
Recipes made right out of Cross Creek Cookery, plus creations by
The Wood Stove Sisters, Park Staff and Volunteers.
PROGRAM 2:30pm **PARK OPEN 9am-5pm**
Samples for everyone **House Tours Available**

Local and Fresh— Lionfish

Yes, they are edible. Yes, some of their spines contain venomous tissues and can cause a painful sting. Yes, heat destroys the venom. No, the meat does not contain venom, so it is not poisonous. Yes, it is incredibly delicious, sort of a cross between grouper, flounder and sole.

Crunchy Lionfish with Sour Orange Beurre Blanc Sauce

INGREDIENTS

1 pound lionfish filets
Salt and freshly ground pepper
1 cup panko crumbs (regular or gluten-free)
4 Tablespoons butter, divided
1 shallot, finely minced
1 teaspoon freshly grated ginger
1 cup sour orange juice
1 Teaspoon sour orange zest (optional)

DIRECTIONS

Heat heavy skillet over medium heat.
Season lionfish filets and coat with panko crumbs on both sides.
Melt 2 Tablespoons butter in skillet.
Cook filets, turning once, until golden brown and cooked through. Place in warm oven.
In the same skillet, melt 1 Tablespoon butter and sauté shallot until translucent.
Add ginger, sour orange juice, zest and a dash of salt. Simmer to reduce liquid by half.
Remove from heat and swirl in remaining Tablespoon of butter.
Pour sauce over hot fish and serve.
Leftovers do not store or reheat well.



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Thank you for your support!
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Take good care of yourselves, and continue to be kind to one another. Love is Love.
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Alachua County Farmers Market

Saturdays

830am—1pm

5920 NW 13th Street

www.441market.com

Pan-fried Lionfish

INGREDIENTS

1 cup corn flour or very finely ground corn meal
1 teaspoon salt
Freshly ground pepper or cayenne pepper, as desired
1/2 cup olive oil
1 pound lionfish filets
Fresh lime juice

DIRECTIONS

In a shallow bowl, mix together corn flour and salt. Season with pepper as desired.
Pat fish dry. Lightly season filets with salt and pepper. Dredge both sides of seasoned filets in seasoned corn flour. Set aside on a dry plate.
Place heavy skillet over medium-high heat and add oil. Swirl to coat pan. Heat oil until it just begins to smoke. Be sure to use your exhaust fan.
Using tongs, add filets to hot oil. Depending on the size of pieces, cook 3-5 minutes per side or until crust is golden brown and fish is cooked through.
Place cooked fish on paper towels to drain. Sprinkle with lime juice before serving.
Serve hot.
Cover and refrigerate leftovers.

Spicy Carrot Cabbage Slaw

INGREDIENTS

2 cups shredded carrot
2 cups finely shredded cabbage
1 shallot, finely grated
1/3 cup mayonnaise
1/4 cup sweet pickle juice*
1 Tablespoon sweet relish*
1 Tablespoon apple cider vinegar
1 small jalapeno, seeded and finely minced (use more if desired)
1/2 teaspoon salt

DIRECTIONS

Mix together carrot, cabbage and shallot. Set aside.
Stir together remaining ingredients to create dressing and pour over carrot-cabbage mixture. Stir to combine thoroughly. Cover and refrigerate at least one hour to blend flavors.
Stir again before serving.
Cover and refrigerate leftovers.

* Read ingredient labels to find pickles/relish without high fructose corn syrup.

Tricks and Tips

Can't find lionfish?
You can always substitute grouper.

MEAL IDEAS

Try the Pan-fried Lionfish on a toasted whole wheat bun with lettuce, tomato and maybe a little mayonnaise or tartar sauce to create a delicious sandwich.

Use a crunchy or soft taco shell and top your lionfish with a bit of guacamole, more lime juice and some shredded cabbage for an incredible fresh fish taco.

Tricks and Tips

This slaw has the creamy sweetness to make it perfect in so many dishes.

Serve it as a side with Pan-Fried Lionfish.

Use it to provide both the crunch and sauce in a fish taco.

Like Reubens? Try a Rachel with Spicy Carrot Cabbage Slaw replacing sauerkraut and Russian dressing.



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Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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Stefanie Samara Hamblen

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Tricks and Tips

Fall is here and so are the persimmons. Whether you like the firm non-astringent type or the liquid sweetness of a ripe astringent type, North Central Florida has a persimmon for you. I love the firm fruit in salads—both savory and sweet—or just eaten out of hand like an apple. When they are fully ripe, both the non-astringent and astringent types get very soft and juicy. It is simple to squeeze the juicy pulp out using only your hand. The pulp freezes well and can be used as part of the sweetener and fat in a quick bread, bar cookie or cake recipe. For best results, puree the pulp before using or freezing.

Persimmon Mango Sherbet*

INGREDIENTS

2 cups persimmon pulp and juice
1 1/2 cups mango
1/2 cup milk
2 Tablespoons maple syrup
1 Tablespoon lemon juice
1 Tablespoon brandy (optional)

DIRECTIONS

In a blender, puree persimmon pulp and juice with mango until completely smooth. Mix in milk, maple syrup and lemon juice.

Refrigerate until completely chilled.

Mix in brandy.

Freeze in ice cream maker according to manufacturer's instructions.

Scrape into freezer safe container and cure in freezer for 2 hours.

Serve cold. Wrap container of leftovers in a paper bag and place in freezer. The paper bag raises the temperature and will help to keep the sherbet from becoming as hard as a rock.

SERVING SUGGESTIONS

Place a scoop on top of a bowl of fruit salad.

Use a small scoop of sherbet to make a sherbet sandwich with two sugar cookies.

Top with mango juice and seltzer for a fruity float.

* Sherbet recipes use dairy or non-dairy milk to make a creamy dessert; sorbets do not.