

Broderick Urban Farm Stand recipes

Sweet and Sour Zucchini Salad

1 (1 ounce) package dry onion soup mix
 1/2 cup white wine vinegar
 3/4 cup white sugar
 1 teaspoon salt
 1 teaspoon ground black pepper
 1/3 cup vegetable oil
 2/3 cup cider vinegar
 1/2 cup chopped green bell pepper
 1/2 cup chopped celery
 7 small zucchinis, thinly sliced

In a mixing bowl, soak onion soup mix in wine vinegar. Let stand 5 minutes.

Combine the onion soup mixture with the sugar, salt, pepper, oil, cider vinegar, bell pepper, celery and zucchini. Chill 4 to 6 hours, stirring occasionally. Drain off any extra liquid before serving.

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Blackberry Cobbler Delight

1/2 c Butter or margarine
 3/4 c Sugar (can use less)
 3/4 c Milk
 2 ts Baking powder
 1 c Flour
 4 c Blackberries with juice

Preheat oven to 350 degrees. Melt butter in a 9 x 13 cake pan. Mix next 4 ingredients into a smooth batter. Pour melted butter into flour mixture without scraping pan. Stir until blended. Pour blackberries with juice over batter. Bake 1 hour. Serve hot, warm, or cold. Serves 8 to 10.

Pear-aise Smoothie

2 cups firm Pears, peeled, cored, and chopped
 1 banana, peeled
 2 cups orange juice
 1 cup vanilla yogurt
 several ice cubes

Place pears, banana, and orange juice in a blender. Blend until smooth. Add yogurt and ice cubes and blend until thick and creamy. Serve in tall glasses with an extra wide straw or a spoon.

Lingine with Eggplant

1 pound lingine or thin noodles
 2/3 cup olive oil, divided
 2 small eggplant, cut into 1/2-inch chunks
 3/4 teaspoon garlic powder
 1/2 teaspoon dried oregano
 3/4 teaspoon salt
 1/2 teaspoon pepper
 4 plum tomatoes, chopped
 2 tablespoons fresh parsley, chopped

In a large pot, cook the lingine as package directs; drain well. Place lingine in a large bowl and toss with 2 table-
 spoons olive oil; set aside.

In the same pot, heat the remaining oil over medium-high heat. Sauté the eggplant for 10-12 minutes, until lightly browned. Add the garlic powder, oregano, salt, and pepper and sauté for about 5 minutes more. Add the tomatoes, parsley, and lingine and toss gently until heated thru. Serve immediately.

Bok Choy Stir Fry Recipe

1 1/2 pounds bok choy or baby bok choy
 1 1/2 tablespoons canola, vegetable or peanut oil
 1-2 cloves garlic, finely minced
 1 teaspoon grated fresh ginger
 3 tablespoons broth or water (or 2 tablespoons broth/
 water + 1 tablespoon wine)
 salt to taste
 1/2 teaspoon sesame oil

Trim the stem off bok choy - just the end. Separate out the leaves, keep the tender center intact and clean under running water. Drain. Finely mince garlic and grate fresh ginger. Grating the ginger helps break up the tough fibers.

Place wok or frying pan on your stove and pour in the cooking oil. Add the garlic and ginger. Turn the heat to medium-high. Let the ginger and garlic gently sizzle in the oil. When the aromatics become fragrant and light golden brown, add the bok choy leaves. Toss very well to coat each leaf with the garlicky, gingery oil for 15 seconds.

Pour in broth, water or wine. Immediately cover and let cook for 1 minute. Season with salt and drizzle a bit of sesame oil on top.

