

Energy is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus.

Oprah Winfrey 1954-

Crème de la Crop

What do I get?

Quantity represents ½ membership, Subject to change

Epicureans: Leeks, Spaghetti Squash 2 lb., Green Tomatoes, 8 Long Narrow Cayenne Peppers, (Mixed Salad Greens, or 2 Garnet Yams)

You Choose 5 Of The Following (Leeks, 4 Sweet Peppers, Green Snap Beans, Tomatillos, Broccoli/Cauliflower, Cabbage, Mini Orange Sweet Peppers, & Radishes, Swiss Chard, 5 Apples, 6 Plums, 3 Pears)

Standard: Spaghetti Squash, 2 lb. Green Tomatoes, 8 Long Narrow Cayenne Peppers

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Braised Leeks with Sel de Mer

Recipe Adapted From Dan Smith and Steve McDonagh
How

Ingredients

4 large leeks, trimmed and washed
2 cups white wine
2 tablespoons butter, cut into bits
1 tablespoon sel de mer (Salt)

Directions

Preheat the oven to 375 degrees F. Place the leeks into a baking dish and pour the wine over them. Dot the leeks with butter and sprinkle with sel de mer. Place uncovered in the oven for 30 to 40 minutes, until they are fork tender. Remove from the braising liquid and serve immediately.

Leeks with Dijon Vinaigrette

Recipe Adapted from Food Networks Kitchens

Cook time 10 Minutes
Level Easy

Ingredients

6 medium leeks, dark green tops trimmed
2 tablespoons white wine vinegar
1 tablespoon Dijon mustard
1 tablespoon water
3/4 teaspoon kosher salt, plus additional for salting water
1/2 cup extra-virgin olive oil
Freshly ground black pepper
2 tablespoons chopped fresh flat-leaf parsley
1 to 2 teaspoons chopped fresh tarragon leaves, optional

Directions

Game Plan: Make the vinaigrette while the leeks cook.

Bring a large pot of water to a boil over high heat, then salt it generously. Trim the root end of the leeks, leaving enough to hold the leaves together, and halve lengthwise. Rinse very well under running water to flush out any grit trapped between the leaves. Add the leeks to the boiling water and cook until tender, 7 to 10 minutes. Transfer the leeks to a paper towel-lined plate to drain. Pat dry and lay them on a serving platter.

Meanwhile, whisk the vinegar, mustard, water, and the 3/4 teaspoon salt in a small bowl. Gradually whisk in the olive oil, starting with a few drops and then adding the rest in a steady stream to make a smooth, slightly thick dressing. Drizzle the vinaigrette evenly over leeks, turn them to coat, and scatter the parsley and the tarragon, if using, over the top. Serve immediately or up to 2 hours later at room temperature.

Spaghetti Squash with Tomatoes, Basil, and Parmesan

Recipe adapted from Gourmet September 1990

yield: Serves 2

Can be prepared in 45 minutes or less.

Makes use of the microwave oven.

a 3-pound spaghetti squash, halved lengthwise, reserving one half for another use, and the seeds discarded
2 tablespoons olive oil
1/4 cup shredded fresh basil leaves plus additional for garnish
1/4 teaspoon dried oregano
3 tablespoons freshly grated Parmesan
1 cup thinly sliced cherry tomatoes

In a glass baking dish arrange the squash half, cut side down, pour 1/4 cup water around it, and cover the dish tightly with microwave-safe plastic wrap. Microwave the squash at high power (100%) for 12 minutes, or until it is soft when pressed, and let it stand, covered, for 3 minutes. In a large bowl whisk together the oil, 1/4 cup of the basil, the oregano, and 2 tablespoons of the Parmesan, stir in the tomatoes, and season the mixture with salt and pepper. While the squash is still warm scrape it with a fork to form strands, add the strands to the tomato mixture, and toss the mixture until it is combined. Divide the mixture between 2 bowls, sprinkle the remaining 1 tablespoon Parmesan over it, and garnish it with the additional basil.

Whole-Wheat Spaghetti with Leeks and Hazelnuts

Recipe adapted from Food Network Kitchens



Recipe from Antonis Achilleos

Ingredients

Kosher salt
12 ounces whole-wheat spaghetti
4 tablespoons extra-virgin olive oil
3 large leeks, white and light-green parts only, thinly sliced
2 teaspoons sugar
2 teaspoons balsamic vinegar (preferably aged)
1 small head radicchio, halved, cored and thinly sliced
6 ounces creamy Italian cheese, such as fontina or taleggio, cubed
1/4 to 1/3 cup hazelnuts, toasted and chopped (walnuts or almonds are a great substitute)

Directions

Bring a large pot of salted water to a boil. Add the spaghetti and cook as the label directs.

Meanwhile, heat a large skillet over medium-low heat and add 2 tablespoons olive oil. Scatter the leeks in the skillet and season with 1 teaspoon each salt and sugar. Cook, stirring occasionally, until tender, about 10 minutes.

Drain the pasta, reserving about 1 cup of the cooking liquid. Add the pasta and the reserved cooking liquid to the skillet with the leeks. Add the remaining 2 tablespoons oil, 1 teaspoon sugar and the balsamic vinegar. Increase the heat to medium-high and add the radicchio and cheese. Toss until the cheese melts, 3 to 5 minutes. Season with salt and top with the hazelnuts.

Swiss Chard would be a great substitute for the radicchio in the above recipe.

SWEET POTATO PIE

Recipe adapted from Emeril Lagasse, 2007

Ingredients

1 recipe Sweet Pie Crust, recipe follows
1 egg white, lightly beaten
1 1/2 pounds sweet potatoes
1 tablespoon vegetable oil
1/2 cup light brown sugar
1/2 cup maple syrup
2 teaspoons ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon grated nutmeg
1/4 teaspoon ground cloves
1/2 teaspoon salt
1 cup heavy cream
4 large eggs

Directions

Preheat oven to 375 degrees F. Roll the dough out on a lightly floured surface to a 12-inch circle. Carefully transfer the dough to a 9-inch deep pie pan and ease the pastry into the bottom and sides of the pan. Press the dough into the shell and crimp the edges in a decorative pattern. Using the tines of a fork, lightly dock the base of the shell. Place the shell into the oven and bake until lightly browned, 12 to 15 minutes. Remove from the oven and brush the bottom with the egg white. Set aside until ready to use.

Rub the sweet potatoes with the vegetable oil and roast in the oven for 45 to 60 minutes, until very tender. Remove and set aside to cool. Peel the potatoes and pass the flesh through a fine mesh sieve using a rubber spatula. You should have about 1 1/2 cups of smooth sweet potato puree.

In a medium mixing bowl, combine the sweet potato puree with the sugar, maple syrup, ginger, cinnamon, nutmeg, cloves and salt. Whisk to combine. In a separate bowl, combine the heavy cream with the eggs and whisk to combine. Add the cream and egg mixture to the sweet potato mixture and stir to blend. Pour the batter into the prepared pie shell and place the pie on a sheet pan. Bake until the center is set and the tart is golden brown, 35 to 45 minutes. Remove the tart from the oven and allow to cool for at least 20 minutes before serving.

Basic Sweet Pie Crust:

1 1/2 cups plus 2 tablespoons bleached all-purpose flour
1 tablespoons sugar
1/2 teaspoon salt
8 tablespoons (1 stick) unsalted butter, cut into 1/4-inch pieces and chilled
2 tablespoons vegetable shortening
3 tablespoons ice water, or as needed

Sift the flour, sugar and salt into a large bowl. Add the butter and shortening. Rub the fats between your fingertips and thumbs, or use a pastry blender, until the mixture resembles coarse crumbs. 1 tablespoon at a time, work in enough ice water just until the dough comes together, being careful not to over mix.

Shape into a smooth ball of dough, flatten into a disk, and wrap in plastic wrap. Refrigerate for at least 30 minutes, and up to 2 days.

Yield: 1 pie shell