



Summer Grains



A Seasonal Guide

With recipes that beat the heat! Perfect for Brunches, BBQs, and Garden Parties





Greenmarket Recipe Series

Summer Grains

Though grains may be commonly associated with hearty fall and winter fare, many grain items are easy to cook, light and great tasting for summer dishes. Emmer is a great addition to any salad, beans are easily mashable for light dips and spreads, different flours make excellent grilled flatbreads, shortcakes or tart crusts and cornbread is the simplest barbeque staple!

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Greenmarket Regional Grains Project

The Greenmarket Regional Grains Project is a GrowNYC program that is working to build the marketplace for grains grown and milled in the Northeast. The Grains Project operates stands at Greenmarkets to make regional grains projects available to cooks and bakers across New York City. We are educating and connecting growers, processors, bakers and chefs -- sparking a rise in demand for local grains while helping ensure the crop supply and processing infrastructure are there to meet that demand.

The Grainstand can be found year round at Union Square on Wednesday and Saturday. Additional stands operate on a rotating basis at several markets across the city. For more information about the Grains Project, to see the market schedule or discover more resources for cooking with local grains go to: www.grownyc.org/grains



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Get to know Our Locally Grown Grains

Product Information

Corn

The Greenmarket Regional Grains Project offers a wide range of locally grown, non-gmo corn products. Corn can be ground, prepared, and sold in many forms.

- Whole, hulled
- Grits
- Polenta
- Cornmeal/Corn flour



Flour

Every flour at the grainstand is locally grown and milled for the freshest flavor. From ancient grains to heritage and modern wheats, our variety of flours found at market can fulfil all of your culinary needs. Pastry, all-purpose, bread, and gluten free flours, as well as roller and stone milled flours are always available. Pastry flours are lighter and can be used to make fluffy cakes and buttery pie crusts. Bread flours are heartier with higher gluten levels that allow breads to rise.



Berries

We carry a wide variety of whole grain wheat berries. Ancient grains are softer and lighter in texture, while modern wheat varieties are chewy and firm with an earthy flavor. They can be cooked like rice and added to soups and salads, or ground into flour.



Beans

Our heirloom beans are organically grown. They are undoubtedly the freshest beans in town! Full of protein and fiber, these nutritional powerhouses are a budget-friendly pantry staple that can be used for many seasonal recipes. Some of our creamiest beans are Marafax and Yellow Eyes, while Jacob's cattle beans are starchier and best used to thicken soups or stews.

Oats

We offer raw and minimally processed oats. Oat groats can be used in sweet or savory meals. Cracked oats are comparable to steel cut oats and are great for hearty breakfast cereals. Rolled oats are creamy and great for breakfast, granola, or topping bread



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Greenmarket Recipe Series

Grains for Brunch



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Greenmarket Recipe Series

Loaded Vegetable Quiche

Adapted from VegetarianVentures.com

Ingredients

For the crust:

- *1¼ cup all purpose flour
- ½ teaspoon salt
- *7 Tablespoons butter, chilled
- 1 Tablespoon ice water

For the filling:

- *5 large eggs
- *½ cup whole milk
- *1 bunch ramps, cleaned and sliced (reserve ¼ cup of the green parts for garnish)
- *2 cloves of garlic
- *1 lb of any mushrooms you fancy
- *½ cup peas
- *1 tablespoon butter

Ingredients available seasonally at your neighborhood Greenmarket

Instructions

Crust

1. Combine the flour, salt, and butter in a food processor and process until the mixture resembles coarse crumbs.
2. With the machine running, slowly add in the water until the dough forms into a ball.
3. Wrap in aluminum foil and stick in the fridge to set for 30 minutes.
4. Preheat oven to 375 degrees and roll out the dough to fit your desired pan.
5. Poke holes throughout the dough and cook for 12 minutes or until it starts to brown.
6. Remove from oven and set aside.

Filling

1. Heat olive oil (or butter) in a saucepan over medium heat. Add the ramps and sauté for two minutes. Next, add in the garlic, mushrooms, frozen peas, salt, and pepper. Sauté for 5 or so minutes or until everything has softened. Set aside.
2. Beat together the eggs and milk. Pour the vegetable mixture into prepared crust and then pour egg mixture over it all. Cook for 30 minutes or until the eggs have set and there are a few brown spots on top. Remove from oven and let cool slightly.
3. Season with more salt and pepper and top with ramp slices. Serve warm.

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Greenmarket Recipe Series

Mushroom and Spinach Buckwheat Crepes

Adapted from TheGreenLife.ca

Serves: 6

Ingredients

For the crêpes

- * $\frac{3}{4}$ cup all purpose flour
- * $\frac{1}{2}$ cup buckwheat flour
- *2 tbsp minced chives
- 2 tbsp extra-virgin olive oil
- $\frac{1}{2}$ tsp sea salt
- Freshly ground black pepper, to taste
- $\frac{1}{4}$ cups water
- *Sunflower oil, for cooking

For the mushroom filling

- *Sunflower oil, for cooking
- *1lb crimini mushrooms, sliced
- Sea salt and freshly ground black pepper, to taste
- *2 large handfuls baby spinach
- * $\frac{1}{2}$ cup packed chopped fresh parsley leaves

Toppings

- Crème fraîche
- Sprouts

** Ingredients available seasonally at your local Greenmarket**

Instructions

Start by making the crêpe batter

1. Place all the ingredients for the crêpes in a medium-sized bowl and whisk well to combine. Cover the bowl with a clean towel and allow the batter to sit at room temperature for about 30 minutes while you are preparing the fillings.

Cook the crêpes

1. After the batter has set for 30 minutes, whisk it one more time.
2. Heat a large skillet over medium heat and add a bit of cooking oil. When the pan is hot, pour about $\frac{1}{3}$ cup of the crêpe batter and swirl to spread evenly. Cook for about 2 minutes or until bubbles start to form on the surface. Then flip and cook on the other side for about a minute, or until golden brown.

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3. Serve immediately or place on a baking sheet in a warm oven until ready to serve. Repeat with the remaining batter.

Cook the mushrooms

1. Heat a bit of cooking oil in a large pan over medium heat. Add the sliced mushrooms and cook for about 3 minutes, without stirring. Then stir and cook for two more minutes, or until brown. Season with salt and pepper. Add chopped parsley and spinach and cook for about 20 seconds, just enough to soften.

Assemble

1. Place the warm mushroom and spinach filling on top of each crêpe. Top with a generous portion crème fraîche and fold. Serve with a side of spring greens salad and sprouts (if desired).



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Greenmarket Recipe Series

Simple, Clean Summer Granola

Adapted from GOOP.com

Ingredients

- *3 cups rolled oats
- ½ cup raw chopped cashew (optional)
- ½ cup raw chopped walnut
- 2 tablespoons flax seed
- ½ teaspoon coarse sea salt
- 1 teaspoon cinnamon
- *1 tablespoon maple syrup, plus more to taste
- ¾ cup coconut oil
- ½ teaspoon vanilla

*** Ingredients available seasonally at your local Greenmarket***

Instructions

1. Preheat the oven to 250°F.
2. Combine oats, nuts, flax seed, sea salt and cinnamon
3. In a small saucepan, combine the maple syrup and coconut oil. Set to low heat until the coconut oil has melted
4. Add the maple and oil mixture to the bowl of dry ingredients along with the vanilla extract. Mix to combine well, and spread on a large rimmed baking sheet. Try to make an even layer with no gaps to ensure good clusters.
5. Bake for 45 minutes, then use a large spatula to turn and mix, without breaking up any large clusters, and bake for another 20 minutes.
6. Allow to cool before digging in. Use as a topping for yogurt or ice cream, or eat as a cold cereal with milk!

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Greenmarket Recipe Series

Cornbread Waffles

Recipe from SmittenKitchen.com

Serves: 4

Ingredients

- * $\frac{3}{4}$ cup yellow cornmeal
- * $\frac{3}{4}$ cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon kosher salt
- *1 tablespoon sorghum (or molasses)
- *1 cup buttermilk, well-shaken
- 4 tablespoons melted unsalted butter
- *1 large egg

** Ingredients available seasonally at your local Greenmarket**

Instructions

1. Combine cornmeal, flour, baking powder, baking soda and salt in the bottom of a medium bowl. In a smaller bowl, whisk molasses, butter, buttermilk and egg until combined. Pour into dry ingredients and stir to combine. Let batter rest for 10 minutes. Use this time to place a oven-safe cooling rack over a tray and heat oven to 200 degrees. Heat waffle iron according to manufacturer's instructions; I found a medium heat just fine here
2. Brush waffle iron with melted butter or coat with nonstick spray. Ladle in waffle batter, $\frac{1}{4}$ cup at a time. (It makes 4 or so -inch finished waffles, cute ones made for an egg on top.) Cook until lightly browned and carefully transfer to rack in oven. They'll crisp as they set. Repeat with remaining batter. You should get 8 waffles out of this, ideal for 2 per person
3. Waffles keep well for 4 days in fridge and longer in freezer. Waffles re-crisp and come back to life in a warm oven.

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Greenmarket Recipe Series

Basic Muffins

Make them how you like them!

From Joy of Cooking

With this recipe you can create myriad muffins by adding berries, chopped fresh or dried fruit, shredded vegetables, nuts or spices. You can substitute whole wheat flour for all purpose flour, as a portion or completely. You may use low-fat milk, buttermilk or cream. The flexible amount of butter depends on when they will be eaten. The longer the muffins are stored, the more butter is needed in the batter to keep them moist.

Ingredients

2 cups all-purpose flour or whole wheat pastry flour
1 tablespoon baking powder
½ teaspoon salt
¼ teaspoon nutmeg - optional
2 large eggs
1 cup milk or cream
½ cup sugar or light brown sugar (or ¼ cup sugar and ¼ cup maple syrup)
¼ - ½ cup butter, melted, or vegetable oil
1 teaspoon vanilla

- Preheat oven to 400F and place a rack in the middle
- Whisk together in a large bowl: flour, baking powder, salt and spices (if using)
- In another bowl, whisk together eggs, milk, sugar, butter and vanilla
- Add the flour mixture to the wet ingredients and mix just enough to moisten the dry ingredients. Careful not to overmix or muffins will come out tough. A few dry lumps is ok
- Add in garnishes, if using, such as: blueberries, raspberries, chopped strawberries, grated apple, grated carrot, grated zucchini (water squeezed out), walnuts, raisins etc.
- Divide the batter into greased muffin cups
- Bake until a toothpick inserted in the center comes out clean, 12-17 minutes (depending on muffin size)
- Let cool 2-3 minutes before removing from the pan

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Greenmarket Recipe Series

Garden Party



Photo from: Foodiecrush.com



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Greenmarket Recipe Series

Garden Party Bean Dip

Recipe from FoodNetwork.com

Serves: 6


Ingredients

- *1 cup cooked beans, (Jacob's Cattle beans, Yellow Eye, or Soldier beans)
- *2 cloves of garlic
- 2 tbsps lemon juice
- 1/3 cup olive oil
- *1/4 cup loosely packed Italian parsley
- Salt
- Freshly ground black pepper

*** Ingredients available seasonally at your local Greenmarket***

Instructions

1. Place the beans, garlic, lemon juice, 1/3 cup olive oil, and parsley in the work bowl of a food processor. Pulse until the mixture is coarsely chopped. Season with salt and pepper, to taste. Transfer the bean puree to a small bowl.
2. Serve with warm pita, toasted sourdough or try spreading on a sandwich!



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Sunflower Aioli

Make this fresh and nutty aioli from local Full Sun Sunflower oil. Goes very well on sandwiches, as a topping for grilled fish or chicken or as a dressing on crab cakes. Throw in some fresh herbs for an extra kick!

1 large egg yolk
1 garlic clove, finely grated or crushed
½ teaspoon salt
1 teaspoon water
½ cup sunflower oil
1 tablespoon tarragon, parsley, chervil or thyme

- Whisk egg yolk, salt, garlic and water in a large bowl
- Drizzle in slowly, while whisking, the oil so that it emulsifies
- If too thick, add a little more water, if too thin, add a little more oil
- Finish with some chopped fresh herbs



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Greenmarket Recipe Series

Grilled Flatbread

Adapted from Food52.com

Serves: 4

Ingredients

- *3 cups bread flour
- 1 teaspoon kosher salt
- 1 teaspoon instant yeast
- 1 ¼ cups warm water
- *¼ cup sunflower oil (or olive oil), plus more for brushing
- Flaky salt, for finishing
- *Leaves of 1 or 2 sprigs of rosemary, for finishing

*** Ingredients available seasonally at your local Greenmarket***

Instructions

1. In a large bowl, whisk the flour and salt to combine. Add the yeast and mix to combine.
2. Make a well in the center of the bowl, and add the water and olive oil. Use a wooden spoon to mix until the mixture forms a shaggy mass.
3. On a lightly floured work surface, knead the dough until it forms a smooth ball, 6 to 9 minutes (or 3 to 4 minutes on medium speed in a stand mixer fitted with the dough hook).
4. Transfer the dough to a medium, lightly oiled bowl. Loosely cover, and let rise until the dough is double in size, 30 minutes to 1 hour.
5. Preheat the grill or grill pan until smoking hot. Clean and oil the grates of the grill.
6. While the grill is heating up, divide the dough into four (roughly even) pieces; it will be on the sticky side, so oil your hands a little to make the dough easier to handle. Holding the dough on its outside edges, stretch it gently, letting gravity do most of the work to form it into an oblong shape. Lightly oil both sides of the dough. (I do this on a baking sheet that is greased in oil -- I stretch the dough and place it onto the baking sheet, which is covered in oil. When I get out to the grill, I flip it over quickly to oil the other side, and, while it's still in my hand, I throw it onto the grill grates)
7. Cook until golden brown, 3 to 4 minutes per side. When the breads are still hot from the grill, brush with more olive oil, and top with flaky salt and rosemary leaves. They are best warm, but will keep for a couple days too – they make for a good picnic lunch with chicken salad, a vessel for hummus or other dips, or slathered with pesto and ricotta cheese

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Greenmarket Recipe Series

Rye Trumpets with Spring Alliums and Asparagus

Adapted from Sfoglini.com

Serves: 2

Ingredients

- *6 oz. Sfoglini Rye Trumpets (Emmer Reginetti also works well here)
- *2 oz. asparagus, spears cut in half and stalks cut in 1/2 inch rounds
- *1 1/2 oz. Spring onion, scallion, or green garlic
- 2 tbsp. olive oil
- 1/4 tsp. chili flakes
- *2 tsp. chopped parsley
- 2 tbsp. grated Parmesan cheese
- Salt and fresh cracked pepper

Ingredients found seasonally at your local Greenmarket

Instructions

1. Heat 3 quarts of salted water in a large pot and bring to a boil. Add pasta and cook for 5-8 minutes.
2. While the pasta is cooking, sauté the spring onions and chili flakes in 1 tablespoon of olive oil over high heat. After about 30 seconds add the asparagus, salt (to taste) and 5 ounces of pasta water so the spring onions do not caramelize. Simmer for 1 more minute, making sure the asparagus remains firm.
3. Add the Sfoglini Trumpets, 1 tablespoon of olive oil, 2 tablespoons of cheese, parsley and turn off heat. Mix ingredients and serve with grated Parmesan cheese and salt and pepper to taste.

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Greenmarket Recipe Series

Pea Prosciutto Pizza

Recipe from WhatsGabyCooking.com

Serves: 4-6

Ingredients

For Pizza Dough

- *1 cup plus 1 tablespoon 00 flour (153 grams)
- *1 cup plus 1 tablespoon and 2 teaspoons all-purpose flour (153 grams)
- 1 teaspoon fine sea salt
- $\frac{3}{4}$ teaspoon active dry yeast
- 1 teaspoon extra-virgin olive oil

For Vinaigrette

- *1 shallot, roughly chopped
- *2 cups tightly packed fresh basil leaves, stems removed (about 4 ounces)
- *1 clove garlic
- $\frac{1}{2}$ teaspoons red pepper flakes
- $\frac{1}{2}$ cup olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon salt

Toppings

- *1 cup fresh mozzarella, sliced
- * $\frac{1}{2}$ cup fresh peas, blanched
- *1 bunch asparagus, tips only, blanched
- *2 eggs
- *4 ounces prosciutto
- Kosher salt and freshly cracked black pepper to taste
- *Fresh Basil, torn into pieces

*** Ingredients available seasonally at your local Greenmarket***

Instructions

For Pizza Dough

1. In a large bowl, combine flours and salt.
2. In a small mixing bowl, stir together about 1 cup (200 grams) lukewarm tap water, the yeast and the olive oil. Pour it into flour mixture. Knead with your hands until just combined, approximately 2-3 minutes, then let the mixture rest for 15 minutes.
3. Knead the rested dough for 3 minutes until smooth. Cut the dough into 2 equal pieces and shape each into a ball. Place on a heavily floured surface, cover with dampened clean kitchen towel, and let rest and rise for 3 to 4 hours at room temperature. Alternatively, if you're making the dough a day before use, you can let it rest and rise for 8 to 24 hours in the refrigerator.

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4. Preheat oven to 475 degrees Fahrenheit

Basil Vinaigrette

1. Combine all the ingredients for the basil vinaigrette in a high powered blender and blend for 60 seconds until very smooth.
2. Taste and adjust salt and pepper as needed. Serve immediately. Or you can refrigerate the vinaigrette for up to 3 days.

Assembling the Pizza

1. To make pizza, make sure the dough is at room temperature and place each dough ball on a heavily floured surface and use your fingers to stretch it, then your hands to shape it into rounds or squares.
2. Shape the dough into 2 medium-ish pizzas while on a clean floured surface. Let the dough sit for 5 minutes and then re-form to make sure it's as big as you'd like. Place the pizza dough on a lightly floured rimless baking sheet, or pizza peel.
3. Spread the basil vinaigrette over the top of each pizza. Top with the mozzarella, scatter the peas and asparagus on top of the cheese. Transfer to an oven and cook for about 5 minutes. Remove the pizza and add the egg on top of each pizza and transfer them back into the oven to continue to cook until the egg white is set and the yolk still runny
4. Remove from the oven, add the prosciutto on top and garnish with basil.



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Greenmarket Recipe Series

Barbeque



Photo from: blog.williams-sonoma.com

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Hush Puppies

From Joy of Cooking

These little fried corn balls are great with any number of add-ins like bacon, onions, herbs and spices, topped or dipped in honey butter, hot sauce or cheese sauce, or served alongside fish, grilled or fried chicken or barbeque ribs or pork shoulder.

1 cup stone ground cornmeal
1 teaspoon baking powder
½ teaspoon salt
1 large egg
½ cup milk

- Whisk dry ingredients together in a bowl
- In another bowl, beat together milk and eggs
- Add the milk and egg mixture to the dry ingredients and blend well
- Scoop into balls, or form into pudgy fingers about 2 x 4 ½ inches.
- Pan or deep fry in oil heated to 370F until golden brown. Drain on paper towels and serve immediately.



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Southern Cornbread

From Joy of Cooking

Southern cornbread is traditionally made with cornmeal, buttermilk, eggs, leavening and salt – and little, if any, flour or sugar. Some cooks stir in a tablespoon of bacon fat. The bread is moist and crusty. Rush this bread from oven to table. Batter can be made into corn muffins, as well.

1 tablespoon bacon fat, vegetable oil or shortening
1 $\frac{3}{4}$ cup stone ground cornmeal
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
2 large eggs
2 cups buttermilk

- Preheat oven to 450F. Grease a heavy 9-inch heavy skillet, preferably cast iron, or glass baking dish with bacon fat, oil or shortening, whichever you are using. Heat pan in oven until ready to bake.
- Whisk together cornmeal, baking powder, baking soda and salt until combined.
- In another bowl, whisk eggs until foamy. Whisk in buttermilk.
- Add buttermilk and egg mixture to the dry ingredients and mix until well blended. Pull the baking dish or pan out of the oven, make sure it is well coated with fat and pour the batter in all at once.
- Bake until the top is browned and the center feels firm to the touch. 25-30 minutes. Serve immediately from the pan, cut into wedges or squares, on its own, with some butter, honey butter or jam. Leftover, if there are any, are great toasted.



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Greenmarket Recipe Series

Baked Beans

Adapted from CookingChannelTV.com

Serves: 6

Ingredients

Beans

- * 1 pound Marafax Beans (Yellow Eye Beans work well here too!)
- 1 gallon of water
- *1 smoked ham hock
- *2 teaspoons sunflower or canola oil
- *½ pound of bacon, diced large
- *2 medium onions, diced small
- *3 cloves of garlic, diced
- Pinch of salt

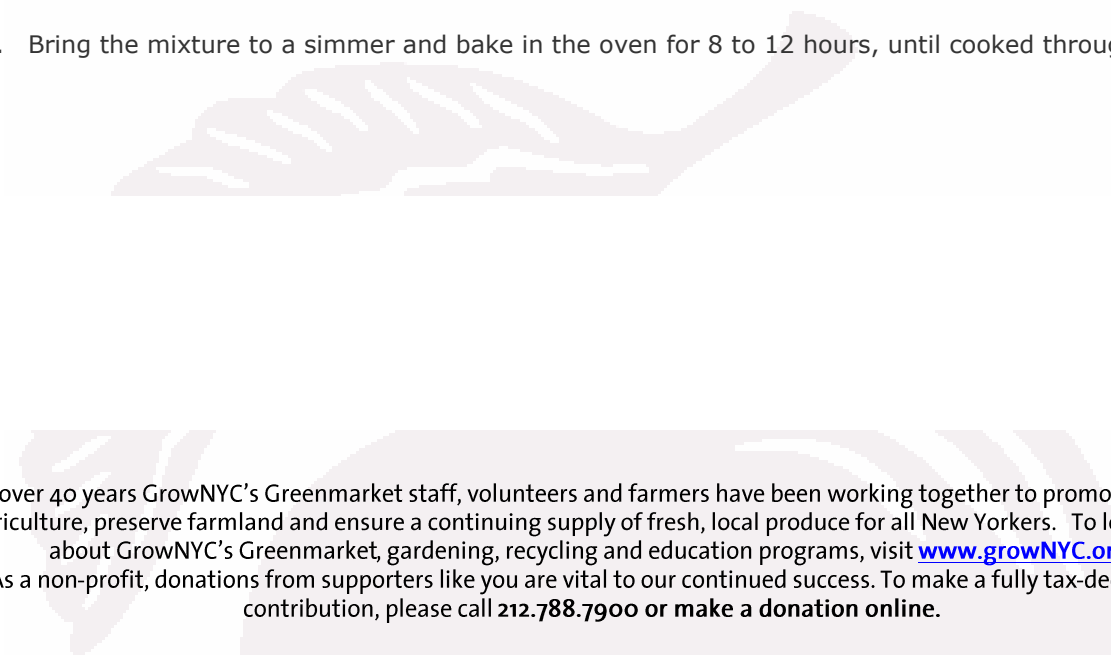
Seasoning Mixture

- ½ cup brown sugar, or maple syrup to taste
- 2 teaspoons salt
- *1 ¼ cups ketchup
- ½ cup Dijon mustard
- *¼ cup cider vinegar
- *¼ cup sorghum syrup or molasses

Ingredients found seasonally at your local Greenmarket

Instructions

1. Soak the beans in the water with the hock for at least 8 hours, or alternatively you can bring the water, beans and hock to a simmer, simmer 5 minutes, then let sit for 1 hour.
2. Cook the bacon in grape seed oil, then add the onion and garlic and cook slowly. Add the seasoning mixture: brown sugar/maple syrup, salt, ketchup, Dijon mustard, cider vinegar, and sorghum syrup/molasses, and mix through. Drain the beans, reserving the bean soaking water, and add the beans to the pan with the bacon. Add the bean soaking water to cover the beans in the pot by 2 inches, and then add the smoked pork.
3. Bring the mixture to a simmer and bake in the oven for 8 to 12 hours, until cooked through.



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Greenmarket Recipe Series

Black Bean Burgers

Recipe by Ruxandra Micu of *Gourmandelle.com*

This is a vegetarian, healthy recipe for adzuki beans veggie burger patties. This adzuki veggie burger is amazing and resembles very much the texture and taste of ground beef. Good for vegetarians and meat eaters alike!

Serves: 15+ adzuki burger patties

Ingredients

- *1 cup black beans (*soaked for at least 5 hours, though it is best to let them soak overnight*)
- *1 medium onion, chopped
- *1 small carrot, grated
- *6-7 young salad leaves, chopped
- *One large egg
- *2 Tbsps fresh chopped parsley
- *2 Tbsps all-purpose flour, or bread crumbs (*you'll need it if the composition is too moist*)
- sea salt and ground pepper, to taste
- *1 tsp thyme + ½ tsp ground coriander + ½ allspice or burger spices mix (*optional – if you want it to taste even more like beef burgers you can add a spices mix, but be sure it's natural and additive-free – if you add spices mix you won't need to add salt and pepper as it most likely already contains them*)

*** Ingredients available seasonally at your local Greenmarket***

Instructions

1. Put the previously soaked beans in a pot and cover them with water. Let them boil for 40 minutes (or until tender) and don't forget to add 1 tsp baking soda in the water. This way the beans won't cause bloating and will get soft faster.
2. When ready, drain very well the beans. Put them in a large bowl and using a vertical mixer, mash them a little. Not too much. Whole beans give the burgers a very nice texture.
3. Add chopped onion, parsley, grated carrot, salt, pepper, spices (or spices mix), egg and chopped salad leaves. Blend them well together using a fork.
4. Now, the composition has to be sticky and easy to shape the patties. If it is too moist you can add some yellow pea flour, wheat flour, or breadcrumbs. Start with 2 tbsps and add more if needed.
5. Heat some oil in a non-stick frying pan. 1tbsp of oil is enough. Make the burger patties and put them on the pan to cook. Let them cook about 2 minutes on each side.
6. Serve with anything you like (*tip: they're great with mustard! yum!*)

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Greenmarket Recipe Series

Biscuits

From Joy of Cooking

These biscuits are buttery and light. They go well with jams, honey, bacon and sausage, gravy or as a side to classic barbeque dishes like pulled pork, fried chicken, macaroni and cheese and baked beans

1 $\frac{3}{4}$ cup all-purpose flour
1 tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
4-6 tablespoons chilled butter, cut into cubes, or shortening or a combination
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ cup melted butter or milk, for brushing

- Preheat oven to 450F
- Stir dry ingredients together in a large bowl
- Cut in, using a pastry blender or hands, butter and shortening until it is the size of small peas.
 - This can also be done in a food processor: add the dry ingredients to the food processor bowl, add the butter and shortening and pulse a couple of times until the butter is pea-sized. Transfer to a large mixing bowl and continue on
- Make a well in the center of the flour-butter mixture. Add in the milk and stir just until the dough comes away from the sides of the bowl
- Turn the dough out onto a floured counter top and knead gently and quickly, folding the dough over on itself 8-10 times
- Roll out with a rolling pin to $\frac{1}{2}$ -inch thick. Cut into circles with a lightly floured 1-2 inch biscuit cutter, or into squares with a bench knife
- Place on a baking sheet, brush with butter or milk, and bake until lightly browned, 12-15 minutes

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Greenmarket Recipe Series

Just Desserts



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Greenmarket Recipe Series

Berry Cake

Recipe from CallMeCupcake.se

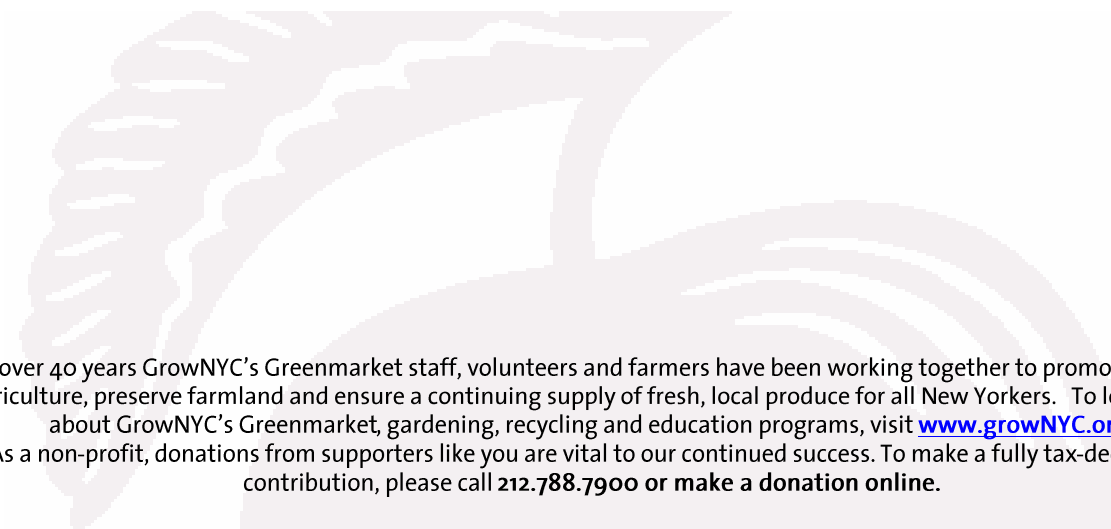
Ingredients

- *1 ¼ cups all-purpose flour
- 1 ½ tsp baking powder
- 1 tsp cardamom seeds, freshly ground
- pinch of salt
- *½ cup softened butter
- 1 scant cup granulated sugar
- *1 large egg, at room temperature
- ¼ tsp vanilla powder or 1 tsp vanilla sugar
- * ½ cup milk, at room temperature
- *½ lb berries, washed and hulled
- ½ tbs granulated sugar

* **Ingredients available seasonally at your local Greenmarket***

Instructions

1. Heat oven to 350°F. Grease a pie pan or spring form pan (8-10 inches)
2. Mix flour, baking powder, cardamom and salt in a bowl. Set aside.
3. In a large bowl, beat butter and sugar until light and creamy, about 4 minutes. Add the egg and vanilla and beat until smooth.
4. Fold in the flour mixture and the milk in additions, and stir with a spatula until combined. Pour the batter in the prepared pan.
5. Place the berries in a pattern on the cake. Sprinkle granulated sugar on top.
6. Bake the cake for 10 minutes, then lower the heat to 300°F and bake for an additional 40-50 minutes or until cake is golden brown and a cake tester comes out clean.
7. Enjoy with a dollop of whipped cream!



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Greenmarket Recipe Series

Summer Peach Tart

A light, crisp tart for the summer. For dessert, follow the recipe as follows. Add a layer of pastry cream between tart shell and fruit if desired. Makes a great breakfast tart, as well. Cut the sugar down from 1 tablespoon to 1 teaspoon and top with yogurt instead of whipped cream.

Yield: *one 9-inch tart*

Ingredients

Julia Child's Short-Paste:

- *2 cups All-Purpose Flour (or whole-wheat pastry)
- 1 tsp Salt
- 1 Tbsp. Sugar
- *6 oz. Butter, cut into cubes and chilled
- 4 Tbsp. shortening, chilled
- ½ Water, ice cold

- *3-4 peaches, semi-ripe or 2 pounds of any berry such as Strawberries or blueberries
- 1 lemon
- *1 cup Heavy Cream
- Vanilla Extract
- *1 Tbsp. Honey, plus more for garnish
- *¼ cup Basil leaves, torn

** Ingredients available seasonally at your local Greenmarket**

Instructions

For the Crust:

1. In a food processor blend the flour, salt and sugar.
2. Add in butter and shortening. Pulse until dime to nickel-sized pieces. Careful not to over blend.
3. Add in cold water and mix until a loose dough forms. If too dry, add more water 1 tablespoon at a time. It is okay if the dough is a little shaggy
4. Turn dough out onto counter. In tennis-ball sized pieces, smear dough on counter away from you with the heel of your hand. This helps incorporate the butter, shortening and flour yielding a flaky crust. Careful not to handle dough or allow to warm up too much. If you feel butter is starting to melt transfer to the fridge and allow to cool.
5. Form dough into a disk, wrap in plastic and chill in the refrigerator for 2 hours or overnight. (This can be sped up by putting in the freezer for 45 minutes to 1-hour, just make sure you can still roll it out afterwards).
6. Preheat oven to 400F
7. On a floured counter roll out the dough to 1/8th inch thick. Place into a greased tart or pie dish. Trim and crimp edges.

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8. To pre-bake shell, line with foil or parchment paper and fill with dried beans. Bake for 10-12 minutes, until edges are set. Remove foil/parchment, prick the bottom of the shell with a fork to prevent bubbles and bake for an additional 10-minutes until bottom is firm and edges are golden brown. The tart will not be baked after assembly.

For the Peaches:

1. Bring a pot of water to a boil and prepare an ice bath. Lightly score the bottom of the peaches with a paring knife.
2. Drop peaches into boiling water for 30-seconds to a minute. Transfer to ice bath
3. Slip skins off peaches
4. Cut in half, remove pit, and then slice in half-moons 1/8 to 1/4 inch thick. Toss lightly in lemon juice to prevent discoloring.

For the Whipped Cream:

1. Beat cream until lightly whipped. Add a couple of drops of vanilla, honey and a pinch of salt

Assembly:

1. Arrange peach half-moons around tart shell in two layers, alternating inner and outer rings.
2. Top each serving with a dollop of whipped cream, a drizzle of honey or your favorite butterscotch/caramel sauce and a couple pieces of basil.
3. Serve chilled

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Greenmarket Recipe Series

Rye and Buckwheat Loaf Cake with Strawberry Glaze

Adapted from ACozyKitchen.com

Serves: 6

Ingredients

Loaf:

- *1 cup rye flour
- *1 cup buckwheat flour
- 1 teaspoon salt
- ¼ teaspoon baking powder
- 1 cup white granulated sugar
- ½ vanilla bean, scraped or 1 teaspoon vanilla extract
- *1 cup unsalted butter, at room temperature
- *3 large eggs
- *⅓ cup milk

Glaze and Topping:

- *½ cup strawberries
- 2 teaspoons white granulated sugar
- Pinch of salt
- *1 ¼ cup powdered sugar, sifted

****Ingredients available seasonally at your local Greenmarket****

Instructions

To make the loaf:

1. Preheat oven to 325 degrees F. Butter and flour a 9x5-inch or 8x4-inch loaf pan. Set aside.
2. In a medium bowl, mix together the rye, buckwheat, salt and baking powder. In another medium bowl, add the sugar and vanilla bean. Mix with your hands until the vanilla bean is evenly distributed throughout the flour. Add the softened butter and using a hand mixer mix until pale in color, about 3 minutes. Add one egg at a time, being sure each egg is incorporated before adding another.
3. Add the flour mixture in a few batches, alternating with the milk, beginning and ending with the flour, until you no longer see any speckles of flour. Pour the pound cake batter into the prepared loaf pan and transfer it to the oven to bake for 50 to 60 minutes, until a skewer inserted into the center comes out clean. Allow the cake to cool for 5 minutes in the pan and then invert onto a cooling rack.

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To make the glaze:

1. While the rye loaf is cooling, add the strawberries, sugar and pinch of salt to a small saucepan, set over medium low heat. Cook until the strawberries are completely softened and juicy, about 7 to 10 minutes. You may need to add a splash of water if your strawberries aren't super juicy. Run the strawberry puree through a sieve. You should end up with about 2-4 tablespoons of strawberry juice.
2. To a bowl, add the powdered sugar and 2 tablespoons strawberry juice; whisk until smooth. If you need it to be thinner, add more strawberry juice, a teaspoon at a time. If you run out of strawberry juice, you can also add a little bit of milk or water—but no matter how juicy your strawberries are, you should have enough!
3. Pour the glaze over the rye loaf. Slice up and serve!



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Greenmarket Recipe Series

Blueberry Polenta Upside-Down Cake

Recipe from Cooking.NYTimes.com


Serves: 6-8

Ingredients

- Vegetable oil for greasing pan
- 1 ⅓ cup sugar, divided
- *3 cups blueberries
- *2 large eggs
- Finely grated zest of 1 large orange
- ⅔ cup orange juice
- *⅔ cup sunflower oil or olive oil
- *½ cup polenta
- *1 ¼ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt

Instructions

1. Heat oven to 350 degrees. Grease and line base and sides of a 9-inch-square cake pan with baking parchment, and grease the parchment. Sprinkle 1/3 cup sugar over base of pan, and cover evenly with blueberries.
2. In a large mixing bowl, combine eggs, 1 cup sugar and orange zest. Whisk until pale and thick. Add orange juice and oil, and whisk until blended. In a separate bowl, whisk together polenta, flour, baking powder and salt. Add flour mixture to egg mixture, whisking until smooth. Pour into prepared pan.
3. Bake for about 45 to 55 minutes, until golden brown and springy to the touch, and a toothpick inserted near the center comes out clean. Cool cake on a rack for about 5 minutes. Carefully invert cake onto a serving plate, and slowly peel off parchment paper. Serve warm or at room temperature.



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Greenmarket Recipe Series

Warm Sweet Grits with Strawberry Compote

Adapted from FoodandWine.com

Serves: 4

Ingredients

- *2 cups milk
- 6 cardamom pods, lightly crushed
- 1 vanilla bean, split, seeds scraped, or 2 teaspoons vanilla extract
- 1/2 cinnamon stick
- 1/2 cup plus 2 tablespoons sugar
- *2 pints strawberries, hulled, quartered if large
- 1 tablespoon framboise liqueur
- Zest of 1 lime, removed with a vegetable peeler
- *3 tablespoons unsalted butter
- *1 cup stone-ground grits
- 4 cups warm water
- 1/4 cup light brown sugar
- Vanilla ice cream, for serving (optional)

Instructions

1. In a small saucepan, combine the milk with 4 of the cardamom pods, the vanilla bean and seeds, the cinnamon stick and 1/4 cup plus 2 tablespoons of sugar. Bring to a simmer, stirring until the sugar dissolves. Remove from the heat and let stand for 45 minutes. Strain the infused milk into a bowl and discard the solids.
2. Meanwhile, in a medium saucepan, combine the strawberries, framboise, lime zest and the remaining 1/4 cup of sugar and 2 cardamom pods and let stand for 10 minutes. Cook over high heat, stirring occasionally, until the berries are softened, 4 to 5 minutes. Let cool slightly. Discard the lime zest and cardamom pods.
3. In a large saucepan, melt the butter. Add the grits and cook over high heat, stirring until heated through, about 5 minutes. Gradually whisk in the warm water. Reduce the heat to moderately low and cook, stirring with a wooden spoon every 2 to 3 minutes, until the water has been absorbed and the grits are thickened, about 20 minutes. Whisk in the infused milk until smooth. Cook, stirring frequently with a wooden spoon until the grits are thickened, about 30 minutes longer. Pour the grits into a shallow 5- to 6-cup baking dish and let cool for 10 minutes.

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Greenmarket Recipe Series

No Cook Grains



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Greenmarket Recipe Series

Freekeh Tabbouleh Salad

Yield: 10 Servings

Ingredients:


- *1 lb Freekeh
- *1 bunch Parsley, chopped
- *5 tomatoes, diced
- *5 green onions, sliced finely
- *Handful of mint, chopped

Dressing:

- 1 cup Olive Oil
- ½ cup lemon juice
- Salt and pepper, to taste

Instructions:

1. Place Freekeh in a bowl and cover with warm water. Soak for 30 minutes.
2. In large mixing bowl, combine Freekeh, parsley, tomatoes, green onion, and mint.
3. Whisk together dressing ingredients, pour over salad, and toss to coat. Serve immediately or cover and refrigerate.



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Greenmarket Recipe Series

Overnight Oats

Recipe from BonAppetit.com

Serves: 4

This easy recipe can be used as a base for sweet and savor style breakfasts.


Ingredients

- *1 cup rolled or cracked oats
- ½ cup plain whole-milk Greek yogurt
- *1¼ cups milk, or milk alternative
- Pinch of kosher salt
- *1–2 tablespoons honey or maple syrup (optional)

*** Ingredients available seasonally at your local Greenmarket***

Instructions

1. Combine oats, salt, and 1¼ cups milk in a medium bowl, re-sealable plastic quart container, or large measuring cup. If serving with a sweet topping add honey or maple syrup and stir to combine. Cover and chill overnight.
2. If desired, loosen mixture by stirring in a few more tablespoons of milk and let come to room temperature. Top as desired.
3. Oats can be assembled 4 days ahead. Keep chilled.



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Greenmarket Recipe Series

Savory Overnight Oats with Egg and Kale

Adapted from BonAppetit.com

Serves: 4

Ingredients

*Overnight Oats from previous recipe

Toppings:

- *4 large eggs, room temperature
- *1 tablespoon sunflower oil (or olive oil)
- *1 bunch kale, or other leafy green, leaves coarsely chopped
- 1 tablespoon mirin
- 1 tablespoon soy sauce
- 1 tablespoon white miso
- *1 cup plain whole-milk Greek yogurt
- Kosher salt
- *2 scallions, thinly sliced
- Furikake seasoning and chili oil or Sriracha (for serving)

Instructions

1. Cook eggs in a medium saucepan of boiling water for 6 minutes. Immediately transfer to a bowl of ice water and let sit until cool, about 5 minutes. Carefully peel eggs under running water (yolks will be partially set); set aside.
2. Heat oil in a medium saucepan over medium heat. Add kale and cook, tossing, until wilted, about 2 minutes. Add mirin, soy sauce, miso, and $\frac{1}{4}$ cup water and stir until miso is dissolved. Bring to a simmer over low heat, partially cover, and cook until kale is tender, 5–10 minutes.
3. Divide oats and yogurt among bowls, spooning yogurt into centers. Spoon kale mixture along with juices over yogurt, then place an egg on top. Season eggs with salt, then top with scallions and furikake. Drizzle chili oil and/or Sriracha.

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Greenmarket Recipe Series

Overnight Oats with Maple and Tahini

Adapted from BonAppetit.com

Serves: 4

Ingredients

*Overnight Oats from previous recipe

Toppings:

- ¼ cup tahini
- *2 tablespoons (or more) pure maple syrup
- *2 tablespoons milk, or milk alternative
- ½ teaspoon ground cinnamon
- Pinch of kosher salt
- *1 cup plain whole-milk Greek yogurt
- *1 pound of strawberries or another fruit of your choice
- *2 teaspoons toasted sesame seeds (optional)

Instructions

1. Stir tahini, maple syrup, nut milk, cinnamon, and salt in a small bowl or small measuring cup until smooth. Divide oats and yogurt among bowls, spooning yogurt into centers. Divide fruit among bowls and drizzle tahini mixture over. Top with sesame seeds. Drizzle with more maple syrup, if desired.

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Greenmarket Recipe Series

Homemade Oat Milk

Recipe from OhSheGlows.com

Oat milk is easy to make at home and a great, locally available alternative to almond milk.

Ingredients

- *1 cup cracked oats or oat groats
- 3 cups filtered water
- *1 ½ -2 tbsp pure maple syrup (or other liquid sweetener or pitted dates), to taste
- 1 tsp pure vanilla extract
- scant 1/4 tsp fine grain sea salt (enhances flavor)
- 1/4 tsp ground cinnamon (optional, but nice)

*** Ingredients available seasonally at your local Greenmarket***

Instructions

1. Rinse and drain 1 cup oats. Place into a bowl and cover with water. Soak for around 20 minutes. You can soak longer (even overnight) if desired. Not only does soaking help soften the oats, but it also makes them easier to digest.
2. After soaking, rinse and drain the oats very well.
3. Scoop oats into your blender and add 3 cups water. I prefer using 3 cups of water as opposed to 4 cups because it yields a creamier/thicker milk. Feel free to add more water for a thinner consistency
4. Cover with lid and turn the blender on a low speed, increasing the speed gradually, and blend at the highest speed for about 8-10 seconds only.
5. Place a fine sieve over a large bowl and pour the oat milk very slowly into the sieve. You might have to do this in a couple batches depending on the size of your sieve.
6. With a spoon, gently push down on the oat pulp so the milk flows through. This helps push the milk into the bowl, leaving the oat pulp behind in the sieve.
7. Scoop the oat pulp into a small bowl and set aside. Clean out your blender and sieve with a good rinse of water until no pulp residue remains.
8. Place sieve over top of your blender and pour the milk in once again and strain.
9. Rinse out the bowl and sieve once again. Strain the milk through the sieve into the bowl (optional). If you don't want to strain again, simply add in your mix-ins and blend on low.
10. Whisk in 1 ½ tbsp maple syrup, 1 tsp vanilla, 1/4 tsp fine grain sea salt (enhances sweetness), and 1/4 tsp cinnamon.
11. Pour the milk from the blender into a clean mason jar for storage in the fridge. Oat Milk will keep for 5 days refrigerated in a sealed container.

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Greenmarket Recipe Series

Strawberry Oat Smoothie

Adapted from CenterCutCook.com

Serves: 2


Ingredients

- *1 cup milk (can be substituted with any plant based milk) or water
- * $\frac{1}{2}$ cup yogurt
- *1 $\frac{1}{2}$ cups strawberries (frozen)
- * $\frac{1}{4}$ cup rolled or cracked oats
- *1 tablespoon honey or maple Syrup
- $\frac{1}{4}$ teaspoon vanilla

** Ingredients available seasonally at your local Greenmarket**

Instructions

1. Add all the ingredients into a blender and blend until smooth.
2. Pour into glasses and serve immediately.



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