



Homestead Kitchen Recipes

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Bean Salad

2 cups kidney beans or bean of choice (either canned or dried beans that have been soaked and cooked)

1 cup corn

4 leaves of kale, chopped into thin slivers

1 cucumber, chopped

½ cup crumbled feta cheese

½ red pepper, chopped

1 cup chopped herbs (options include cilantro, dill, chives, parsley, oregano)

2 gloves of garlic, pressed

¼ cup olive oil

1 lemon, juiced

salt and pepper

Mix all ingredients in a bowl and leave in the refrigerator, covered for several hours or overnight.

Braised Turnips and Apples

4-5 slices bacon

10 small turnips, peeled and cut into 1" cubes

5 small apples, peeled and cut into 1" cubes

2 tbsp butter

¼ cup apple cider vinegar

1 ½ cup water

⅛ cup sorghum (you may substitute maple syrup, molasses, or honey)

1 tsp sage

¼ tsp salt

pepper to taste

To Make:

Cook bacon over medium heat until brown and crisp. Set bacon to side to cool, and then crumble into small pieces.

In a heavy saucepan, melt butter and lightly stir turnips until coated. Add cider vinegar, water, and sorghum, stir to combine, and then cover and bring to a boil. Lower heat to simmer turnips for 8-10 minutes, or until they are soft enough that you can insert a knife.

Add apples, sage, and salt and stir to combine. Let dish simmer for another 5 minutes, until the apples are soft.

Stir in bacon crumbles and adjust seasonings as necessary. Serve warm.

Makes 6-8 servings

Creamy Butternut Squash Soup

1 Butternut squash, peeled and diced

1 Onion, diced

2-3 cloves garlic, minced

Spices to flavor: turmeric, cumin, cardamom, black pepper, cinnamon, or nutmeg

Salt

1 Cup cream or milk

Peel and dice the butternut squash, and boil it in water until tender. Meanwhile, sauté the onion and garlic until translucent. Add to the squash. Use an immersion blender or a food processor to carefully puree the squash/onion mix. Add 1-2 tablespoons total of your spices of choice – for a more savory soup, go with the cumin, turmeric, black pepper, and for a sweeter soup, try the cinnamon, nutmeg and cardamom. Add salt to taste, and the cream or milk, and gently reheat until flavors have combined.

Dehydrated Kale Chips

- 1/8 cup olive oil (or any oil that is locally available)
- 1 Tbs miso paste
- 1 tsp ginger powder (or 1 Tbs grated fresh ginger)
- 1 tsp garlic powder (or 1 clove of garlic, crushed)
- 1 Tbs tamari (or other soy sauce)
- 1 tsp honey
- 1/8 cup sesame seeds
- 1 bunch of kale (I prefer curly leaf for this recipe)

Whisk oil, miso, ginger, garlic, tamari, and honey in a large bowl.

Rip kale into small pieces and add to bowl, tossing gently (clean hands work well for this).

Sprinkle on sesame seeds.

Lay kale out in dehydrator, spacing the pieces out as best as possible.

Dehydrate at 115 for 12-14 hours.

Store in a canning jar or other airtight container.

Dried Herb Potato Salad

Ingredients

- 2 lb potatoes
- 2 hard boiled eggs
- 2 tsp dried basil
- 1 Tbs dried parsley
- 2 tsp dried dill
- ¼ c kalamata olives
- ½ c grated parmesan cheese
- ½ c sour cream
- ½ c mayonnaise or veganaise
- ¼ c yogurt
- 3 Tbs Dijon mustard
- 1 Tbs Herbamare or salt



Chop and boil potatoes until firm, but cooked through. Drain and let sit to cool.

Meanwhile, chop eggs, basil, parsley, and olives.

Whisk sour cream, mayonnaise, yogurt, mustard, and seasoning.

Combine all ingredients in bowl and toss to coat evenly. Refrigerate for a few hours to let flavors combine.

Dried Herb Ranch Dip

1 cup buttermilk

¼ cup sour cream

1 clove garlic, pressed

½ tsp salt

pepper

1 tsp dried dill

1 Tbs dried chives

1 Tbs dried parsley

Whisk all ingredients together in a bowl and pour into a container with a lid. Let sit in the fridge for an hour or two to meld flavors and serve.

Goes great with carrot sticks and cucumber slices

Kale Caesar Salad

1 bunch of fresh kale
½ lemon, juiced
½ tsp salt
½ avocado
¼ cup grated parmesan
4-6 anchovies (optional)
Polenta Croutons (recipe below)
Polenta Croutons
1 cup coarse ground cornmeal (polenta)
2 cups water
¼ tsp salt
2 Tbs butter (optional)
pepper

To make polenta croutons:

Boil water and salt. Add polenta and stir. Bring down to a simmer and continue stirring about 20 minutes until polenta is thick. Add butter and pepper and stir.

Butter a 9x12 casserole dish, pour polenta in and smooth surface. Refrigerate 1 hour. Cut polenta into 1 inch cubes, space out on well-oiled cookie sheet. Bake 350 for 40 minutes, until hard and crispy.

To make salad:

Remove stems from kale and rip into bit sized pieces. Add lemon juice and salt. Massage kale (as though you were kneading bread) for about 5 minutes. Squeeze kale in your hands and push into the sides of the bowl with the heel of your hand. Kale will wilt and reduce to about ¼ of size. Taste as you go and stop when kale soft.

Mash avocado into kale, add parmesan, anchovies, and croutons.

Mozzarella Cheese

(recipe courtesy of Lindsay Harris, Mountain Home Farm, VT)

1 gallon of milk makes about 1 ¼ lb of cheese

Ingredients & Equipment:

Milk (raw or pasteurized, but NOT ultra-pasteurized)

Citric acid crystals (1 ¼ tsp per gallon milk)

Rennet (1/4 tsp liquid or ¼ tablet or 1/8 tsp vegetarian rennet per gallon milk)

Salt (2-3 Tbs per gallon milk)

Thermometer

Rubber gloves

Bowl with ice water

1. Pour cold milk into pot
2. Dissolve citric acid crystals in ½ cup cool water, then stir this solution gently and thoroughly into cold milk
3. Slowly heat the milk to 90°F while stirring frequently, but not too vigorously
4. Dissolve rennet in ½ cup cool water
5. Take the milk off the heat and very gently but thoroughly stir in rennet
6. Let milk sit undisturbed for 10 minutes or until you get a mass of curds that breaks cleanly. You may have to put a little heat to it if the curds aren't setting up well.
7. Mix salt into bowl of ice water to make an icy brine (we will use this to cool the finished cheese)
8. Use a long knife to cut the curds into 1 inch by 1 inch columns
9. Very gently stir the curds as you heat up the pot. The curds will become gooey and stretchy and stick together when the whey reaches 120° or 130°
10. Use rubber gloves to pull the mass of curds out of the whey. Stretch and work them for 5-10 seconds- not too much, or they will get rubbery. Whey will pour off as you work them. Work the curds more if you are planning to melt (like for pizza) and less for fresh cheese.*
11. Submerge cheese in icy brine to cool for 15 minutes or so. Add a tablespoon of whey to the brine.
12. Enjoy cheese immediately or store moist (but not submerged) in the fridge in an airtight container. Also freezes well.
13. You can easily turn hot whey into ricotta! See ricotta recipe.

Peach Basil Salsa

This easy salsa recipe captures the essence of summer perfectly! Serve with your favorite tortilla chips, on top of a bed of rice and beans, or on fish. It is a fabulous potluck dish and always gets rave reviews!



Ingredients:

4 ripe Peaches, pitted and diced

3 tbsp fresh Basil, minced

1/4 Red Onion, minced

A splash of Balsamic Vinegar (around 1 tsp)

Salt to taste

1 Jalapeno pepper, chopped very fine (optional)

To Make:

Combine ingredients and enjoy!

Pizza Crust

(makes 2 crusts)

3 ½ cups flour

1Tbs sugar

1Tbs yeast

1tsp salt

1 cup water

1 ½ Tbs olive oil (or other oil)

1. Combine 2 cups of flour with yeast, sugar, salt, then add oil
2. Heat water to 100°F
3. Slowly stir in water
4. Add remaining flour
5. Knead until smooth & elastic (8-10 minutes)
6. Rest dough 10 min, shape into crust, and rest another 10 min
7. Add toppings and bake at 450°F until bottom of crust is hard (about 10 minutes)

Red Cabbage and Gorgonzola Salad

1 small red cabbage, chopped

2 carrots, thinly sliced

3 Tbs olive oil

¼ cup crumbled Gorgonzola cheese (or a local blue cheese)

salt and pepper

Toss all ingredients. Serve immediately (this salad is equally good after several days in the fridge)

Ricotta Cheese

(recipe courtesy of Lindsay Harris, Mountain Home Farm, VT)

Ingredients & Equipment

Whey

Butter muslin (fine mesh cheese cloth)

Colander

Salt

1. Stir the whey continuously as you heat it up to 195° (don't let it boil). You may see very small curds floating in the whey.

2. Take it off the heat and let cool for a few minutes to a few hours (you can strain the cheese soon after you take it off the heat, but it is much easier to work with after it cools off).
3. Line colander with butter muslin
4. Slowly and carefully pour whey and curds through muslin (be extra careful if it is hot!)
5. Form a bag with the butter muslin by tying the ends together and hang it over a sink or bowl to drain
6. Drain until it is the consistency you like (more time=thicker) 3-5 hours
7. Salt to taste
8. Store in an airtight container in the fridge
9. Mix with garlic, herbs, salt and olive oil or try using it for something sweet like cannoli filling

Root Vegetable Hash

1. Chop 1 medium sized onion and 3-5 different root veggies into 1/2 inch chunks.
2. (Carrots, Beets, Potatoes, Parsnips, Sweet Potatoes, Celery Root, Turnips)
3. Toss with olive oil, salt, and rosemary (or whichever spice combo you prefer). If using butter or lard, melt the fat first before tossing with veggies.
4. Spread out in a single layer on a cookie sheet or jelly roll pan.
5. Bake at 425 degrees F for 30-40 minutes, until golden brown.
6. Stir them around once or twice as they are cooking.
7. Enjoy with over easy eggs and sautéed greens for a meal that works great any time of the day!

Summer Squash Pesto Noodles

4 medium zucchini or summer squash

2 Tbs Butter

1 pint sun gold or cherry tomatoes

¼ cup grated parmesan

Pesto:

4 cups packed basil leaves

¼ cup olive oil

¼ cup parmesan, grated

¼ cup pecans, walnuts, or pine nuts

salt and pepper

Use a spiralizer to cut summer squash or zucchini into noodles. Melt butter in a large pan and sauté noodles for 2-4 minutes, until cooked, but not too soft. Toss with pesto and top with tomatoes and parmesan. Serve immediately.

Veggie Quiche

4 eggs
1 ¼ cups milk
2 cups chopped assortment of vegetables: summer squash, broccoli, chard, basil (use whatever you have handy)
1 ½ cups grated cheddar cheese
1/8 tsp nutmeg
salt and pepper
Whole wheat crust
1 cup whole wheat flour
¼ cup white flour
¼ tsp salt
1 stick butter (replace a few tablespoons of butter with lard for a flakier crust)
5 Tbs ice water



To make crust: stir flour and salt together. Cut in butter with pastry cutter or use stand mixer with paddle attachment. When mixture is the size of peas, slowly add water until crust comes together into dough when you squeeze it. Roll out on a well floured board and transfer to pie plate. I like to fold the crust into 1/4s and then unfold in pie plate. Optional: cover the top edge of your crust with foil to keep it from getting too brown in the oven.

Next spread cheese on the bottom of the crust. This will help seal the quiche from leaks. Next pile on the veggies. Beat eggs, milk, nutmeg, salt and pepper. Pour this over the veggies.

Bake 350 degrees for 40-45 minutes. If you put foil on the rim of the crust, remove for the last 10 minutes of baking.

Wild Greens Pesto

Wild greens are some of the most satisfying foraged foods. They are often available before your standard garden fare, and they are packed with nutrients and minerals. This wild greens pesto can be made with most any foraged green - try wood nettles, stinging nettles, lambs quarters, or maybe dandelion!

I do not use a hard and fast recipe when making pesto because I like to sample it along the way and adjust the salt, oil, etc. as needed, but here is the technique:

Supplies:

Food processor

Large bowl

Spatula

Ingredients:

Wild greens

Olive oil

Garlic

Salt

Lemon juice (optional)

Sunflower seeds (optional)

Parmesan cheese (optional)

To Make:

Fill your food processor with greens and add 1/4 cup of olive oil, 2 cloves of garlic (peeled), and 1/2 tsp salt. If you are using lemon juice or any of the other optional ingredients, add them now as well. Start your food processor and let it run for a minute. You will likely notice that your greens look "dry." Now it's time to add some more olive oil - start with an 1/8 cup.

Process some more until the consistency looks like this:

Taste the pesto and adjust the amount of salt, lemon juice or other ingredients. When it tastes delicious to YOU, it's ready!



Pesto freezes very well. Simply fill an 8 oz. mason jar to 1/2" below the rim and add a lid. Label the pesto with the date and use within 6 months.

Wild Mushroom Cream Sauce

This sauce is excellent with regular pasta, though it works especially well with gnocchi or ravioli. My favorite way to serve it is with pumpkin gnocchi.

Ingredients

- 2 Tbs butter
- 1 qt wild mushrooms (such as oyster, honey mushrooms, boletes, etc.)
- 1 cup heavy cream
- 3 Tbs fresh sage, chopped
- Salt and pepper
- Pecorino Romano cheese (optional)

Sauté wild mushrooms in butter until reduced in size and starting to caramelize. Whisk in heavy cream, sage, salt and pepper. Cook on medium for a few minutes to let the sauce thicken. Pour hot sauce over pasta and serve immediately. Garnish with grated Pecorino Romano cheese.



Wild Mushroom Toasts

Ingredients:

- Baguette
- Olive oil
- Butter
- Wild mushrooms (about 1 quart of mixed such as oyster, lions mane, hen of the wood, etc.)
- Salt and pepper
- Fresh thyme or rosemary (optional)

Carefully clean mushrooms to remove all dirt and debris. Avoid washing them unless absolutely necessary, but if you do, leave them on a tea towel to dry off for an hour or so.

Melt butter in a pan on medium heat.

Add mushrooms, salt, and pepper, and sauté until they reduce in size start to caramelize. Meanwhile, thinly slice baguette and brush with olive oil. Toast under the broiler for a minute or two, until golden.

Put a teaspoon of mushrooms on each piece of toast and garnish with chopped fresh thyme or rosemary. Serve immediately.

Winter Squash Cheesecake

If you have an extra special gathering to host or attend, consider making this winter squash cheesecake.



This is an incredibly local recipe, and I don't necessarily expect everyone to have soft cow's cheese, or Sweet Meat squash, or sorghum sitting around (if you do, great!), so feel free to substitute as needed. Equal parts ricotta and cream cheese substitute nicely for the homemade cow's cheese, you can use any type of pumpkin or squash you like, and the sweetener is also switchable. I like to mix everything except the eggs in

the food processor, taste it until I get the seasonings and sweetness right, and then add in the eggs.

The key to a delicious cheesecake is to let it cool thoroughly. The scent of this pumpkin-spicy cheesecake will make you want to cut into it immediate. *But don't do it.* Wait at least 4 hours, and preferably longer before eating. It will be so worth the wait!

CRUST

2 1/2 cups gingersnap cookies or graham crackers

2-3 TBSP butter or coconut oil, melted

FILLING

2 cups winter squash puree

2 cups soft cow cheese (like a fromage blanc, or sub in chevre, or half ricotta and half cream cheese)

3/4 cup sorghum (or your sweetener of choice. If using honey, start with 2/3 cups and taste for sweetness)

1 tsp cinnamon

1/4 tsp clove

1/4 tsp ground ginger

1/4 tsp freshly grated nutmeg

3 eggs

DIRECTIONS:

1) Preheat your oven to 300 degrees F.

2) Place gingersnap cookies in a food processor to crush.

3) Combine cookies with butter, and press firmly into the bottom of a 9" springform pan.

4) Place all filling ingredients (except the eggs) in a food processor, and blend until a smooth and creamy consistency. Taste the filling and adjust the sweet and spiciness.

5) Add the eggs and continue to food process until the entire mixture is blended and creamy.

6) Pour filling mixture into the springform pan

7) Bake in the oven for about 1 hour and 10 minutes, or until set

8) Remove from oven, place on a cooling rack and let cool completely for at least 4 hours.

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