

# Farmer's Market Food Class

Chef Kate Bradley

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## **Peach Melba Rum Punch**

*Yield: 8 drinks*

2 cups raspberries, pureed  
32 oz. peach juice  
8 oz. white rum  
Sparkling mineral water, to top off

- 1.) Fill a pitcher or punch bowl with the raspberry puree, the peach juice and the rum. Stir well. Place in fridge until ready to serve.
- 2.) Just before serving, pour the punch into glasses filled with ice. Top off the drink with the sparkling mineral water for some fizz.

## **Italian Bruschetta**

*Yield: 8 servings*

5 large garlic cloves, minced  
6 plum tomatoes, diced  
1 medium white onion, diced  
4 leaves of basil  
2 Tble Olive Oil  
Salt and pepper to taste  
4 oz. blue cheese

- 1.) Combine everything in a bowl. Mix well. Set aside for a few hours to let the flavors meld together.
- 2.) If you choose, put in blue cheese. Toss and serve with bread slices.
- 3.) Refrigerate leftovers.

## **Onion and cucumber salad**

*Yield: 14 servings*

7 medium cucumbers, sliced  
1 small onion, sliced  
1 small green pepper, cut into rings  
2 Tble.salt  
1 Tble. celery seed  
2 cups sugar  
1 cup white vinegar

- 1.) In a large serving bowl, combine the cucumbers, onion, and green pepper. Sprinkle with salt and celery seed.
- 2.) Combine the sugar and vinegar; pour over the cucumber mixture. Cover and refrigerate for at least 8 hours.

## **Summer Squash Slaw**

*Yield: 10 servings*

2 small yellow summer squash, julienned  
2 small zucchini, julienned  
1 small sweet red pepper, julienned  
½ sliced onion  
3 Tble vegetable oil  
2 Tble cider or white wine vinegar  
1 Tble mayonnaise  
1 tsp. sugar  
½ tsp. dill weed  
½ tsp. garlic salt  
¼ tsp. celery salt  
¼ tsp. pepper

- 1.) In a large bowl, combine squash, zucchini, red pepper and onion. In a small bowl, combine remaining ingredients; mix well. Pour over the squash ingredients and toss to coat.
- 2.) Cover and refrigerate. Let sit for a couple of hours. Toss again and serve.

## **Couscous stuffed zucchini**

*Yield: 6 servings*

1 cup raw couscous  
3 medium zucchini  
3 Tble olive oil  
3 cloves garlic, minced  
1 bunch of scallions, chopped  
3 medium ripe tomatoes, chopped  
2 Tble lemon juice  
¼ cup minced fresh parsley or basil  
1 tsp. ground cumin  
1 tsp chili powder  
Salt and pepper to taste

- 1.) Prepare the couscous as directed. Preheat oven to 375°F.
- 2.) Cut the stem ends of the zucchini and cut each in half the long way. With a sharp knife, cut away the pulp, leave about ½ inch shell all the way around. Chop the pulp and place it in a small bowl.
- 3.) In a large skillet, warm the olive oil over medium high heat; add in the zucchini pulp and garlic. Cover and let cook for about 5 minutes. Add in the scallions and let cook another 2 minutes. Add in the remaining ingredients, including the couscous. Stir together and remove from heat.
- 4.) Arrange the zucchini shells onto a lightly oiled dish. Stuff with the couscous mixture and bake for 35-40 minutes. You want the zucchini shell to be soft. But not to collapse.

## **Vegetable Strudel**

*Yield: 6 servings*

### Crust:

1 cup margarine  
2 cups flour  
Pinch of salt  
3 egg yolks  
2 Tble vinegar  
¼ cup cold water

### Filling:

1 sweet pepper, sliced  
8 oz. sliced mushrooms  
½ onion, sliced thin  
2 Tble olive oil  
1 tsp. dried Italian seasoning  
½ cup bread crumbs

- 1.) To make the crust: Combine the margarine, flour, and salt. Slowly mix together until you get a soft crumbly mixture. Add in the egg yolks, vinegar and water. Mix until it just comes together. Set aside in fridge until you are ready with the filling.
- 2.) To make the filling: In a large skillet, heat the olive oil over medium heat. Sauté the pepper, mushrooms and the onion. Add in the herbs.
- 3.) Roll out the dough so it is really thin. Transfer dough to a cookie sheet. Spread out the bread crumbs onto the dough in the middle. Next spread out the veggie mixture over the bread crumbs. Take the sides of the dough and fold inwards. Next, take the long sides and fold over, making a pocket.
- 4.) Cut slits into the top crust of the dough. Bake in a preheated oven, at 350\* for 45 minutes or until golden on top. Let sit for 5 minutes, then cut and serve.

## **Summer Berry Crisp**

*Yield: 8 servings*

1 lb. strawberries, washed, hulled and quartered  
8 oz. mixed berries, such as blackberries, raspberries, etc.  
4 large plums, pitted and quartered  
4 Tble corn starch  
¼ cup sugar

### Topping for crisp:

¼ cup brown sugar  
1 cup rolled oats  
½ cup flour  
1 tsp cinnamon  
½ butter, softened

- 1.) In a large bowl, combine the fruit, sugar and corn starch. Mix well and set aside.
- 2.) In a smaller bowl, combine the ingredients for the topping. Rub the butter into the rest of the ingredients until you get a crumbly mixture.
- 3.) In a greased baking dish, place the fruit and then sprinkle the topping over the fruit. Bake in a preheated oven at 350\* for 35 -45 minutes. The crisp is done when it bubbles.