



## Timken Farm 2006 Summer Recipes

### **Summer Solstice Red Rice Salad**

1 cup basmati rice  
6 radishes, halved and sliced 1/4 in thick  
1/2 cup diced red onion  
2 beets, cooked, peeled, and diced  
1/4 cup snipped chives  
2 tablespoons chopped fresh dill  
1-2 cups diced snow & snap peas

#### Dressing:

1/4 cup rice wine vinegar  
2 tablespoons prepared horseradish  
1 table spoon whole-grain mustard  
1 tablespoon honey  
1 teaspoon salt  
Freshly ground black pepper, to taste  
1/2 cup extra virgin olive oil

1. Cook rice according to directions. You should have about 3 cups. Allow to cool to room temperature.
2. Combine the rice, radishes, peas, red onion, beets, chives, and dill in a large bowl. Toss well.
3. Make the dressing: Wisk the vinegar, horseradish, mustard, sugar, salt, and pepper together in a small bowl. Gradually add the oil, whisking until smooth.
4. Poor the dressing over the rice mixture and toss until blended. Serve immediately or cover and chill for several hours to blend the flavors. Add chick peas to rice salad or serve with wild salmon for your protein...

### **Vashon Summer Slaw**

1 head cabbage, shredded  
1-2 Beets, shredded  
2-3 carrots, shredded  
1-2 Radishes, shredded

#### Sauce/ Dressing:

1/2 cup mayonnaise  
1 Tablespoon Vinegar  
1 Tablespoon Honey  
1/2 cup chopped parsley  
2 Cloves Garlic- Pressed or finely chopped, salt & pepper To taste.

1. In a mixing bowl, combine cabbage, beets, carrots, radishes, and parsley. Save some parsley on the side to add as a fresh garnish before serving.
2. For the dressing stir together mayo, vinegar, honey, garlic, salt & pepper. Pour over coleslaw and toss to coat. Can be served immediately.

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### Beets, Plain & Simple

Cut off greens and roast beets (350 degrees) in the oven with skins on in about 1/4 inches of water for about 1/2 hour depending on size. Let beets cool, peel off the skin. One way to tell if the beet is done is by how easily the skin comes off. You should be able to peel with your thumb. Slice beets very thinly in rounds and sauté in olive oil and garlic– serve warm and drizzle with balsamic vinegar and rock salt.

### Summer Tomato Bruchetta

Chop tomatoes, basil, purplette onions, parsley, garlic. Add olive oil, balsamic vinegar, salt and pepper to taste. Let sit at room temperature for an hour or so to blend flavors.

Serve on bread-brush bread with olive oil, toast in oven, serve bruchetta on top or in a side bowl.

### Everything Summer Salad

Boil some potatoes in salted water until you can stick a fork in it. It takes a shorter amount of time for fresh new potatoes to soften. Don't let them get too soft! Set them aside to cool. As they cool, sauté thinly sliced carrots and beets with olive oil or butter and garlic until veggies get tender. Set them aside to cool. Dice potatoes and place in a large mixing bowl. Add the cooked carrots and beets. Add chopped tomatoes, basil, parsley, and a little onion. Texture with two handfuls of toasted nuts- pine nuts or almonds are yummy. Mix together with salt, pepper, oil, balsamic vinegar, and crushed raspberries. You have just used almost everything in your box!

### Basil Pesto

1/2 lb of basil, 3/4 cup olive oil, 1/2 cup pine nuts, 1 TBS salt, 4 cloves garlic, 1/2 cup parmesan cheese. Combine Basil, nuts, salt, garlic, and cheese in a food processor and then slowly add olive oil. Adjust for taste. Use fresh or freeze (leave out oil and cheese). You can alter the recipe by using walnuts or other nuts. Add balsamic for taste.

### Apple Brown Betty with Hard Sauce

Brown Betty: (can be all organic)

Toast cubed, approx. 9 slices 5-6 apples, peeled, cored & sliced with star in Middle

1 1/2 c. sugar, mixed with cinnamon (save half cup for hard sauce)

1/2 c. melted butter

1 c. orange juice plus more to make it juicy

Hard Sauce:

1/4 c butter softened

Granulated sugar (1/2 cup saved)

Confectioners' sugar

1 tsp. vanilla

Brown Betty: Grease baking dish. Place layer of toast cubes. Drizzle butter over toast. Layer of apple slices. Drizzle with orange juice and 1/2 sugar and cinnamon. Repeat until deep dish is filled, ending with toast layer. Bake at 350 degrees for 20–

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30 minutes until apples are done. Serve warm topped with Hard Sauce and drizzle with cream.

Hard Sauce: Mix Granulated sugar and butter until grainy. Add vanilla and confectioners' sugar until smooth. Refrigerate until used.

### **Gazpacho Soup**

3-4 ripe tomatoes  
1 cucumber, peeled  
1 onion  
1 pepper  
2 cloves garlic  
Olive oil  
Lemon Juice  
Vinegar  
Salt/ pepper

Combine ingredients in a cuisinart or blender and crush until you have a nice soup consistency. You can serve this soup at room temperature or chilled. The key is to have lots of toppings like: Chopped cucumber, hard boiled egg- finely chopped, croutons, chopped onions. The combination of smooth, crunchy and cold is irresistible.

### **Chard Wraps**

Bring large stockpot of water to a boil. Place six to eight chard leaves (with stems) into the water and cook until tender, 3 to 4 minutes. Remove the leaves from the water and pat them dry. Cut off the stems at the base of the leaves. Using each leaf as a wrap, stuff it with your favorite filling, rolling it up as you would a burrito.

### **Pickled Dilled Beans**

Pack lengthwise in hot sterile jars, leaving 1/4-inch headroom:  
2 lbs beans (your bag is 3 lbs)

To each pint jar add:

1/4 teaspoon cayenne pepper  
1 clove garlic  
1 head dill or 1 1/2 tablespoons dill seed

Bring to boil:

2 1/2 cups water  
2 1/2 cups vinegar  
1/4 cup salt

Pour the mixture over the beans, leaving 1/4- inch headroom. Seal the jars and process 15 minutes in a boiling - water bath.