



COLUMBUS COUNTY COMMUNITY FARMER'S MARKET

SUMMER 2019 COOKING SERIES

WEEK 6 RECIPES

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BBQ BAKED TEMPEH

Adapted from Yummy Mummy Kitchen, <https://www.yummymummykitchen.com/2017/04/easy-baked-bbq-tempeh.html>
Prep time: 5 minutes Cook time: 20 minutes Serves 2

Ingredients

- 1 (8 oz.) package organic tempeh
- 1 cup favorite BBQ sauce

Directions

1. Preheat the oven to 375 degrees F. Remove the tempeh from packaging and cut crosswise into 1/4" slices.
2. Coat the bottom of a baking dish with a thin layer of BBQ sauce. Place tempeh in a single layer over the sauce. Coat with more sauce. Cover and bake 20-30 minutes.

SALTBOX SLAW

From Chef Ricky Moore of *Saltbox Seafood Joint* in Durham NC
<https://www.saveur.com/article/recipes/deviled-bluefish-with-fried-potatoes-coleslaw/>
Prep time: 5 minutes Cook time: 30 minutes Serves 2

Ingredients

- ¼ cup olive oil
- ¼ cup unsweetened shredded coconut
- 2 tbsp. fresh lemon juice
- 2 tbsp. honey
- 2 tbsp. rice vinegar
- Kosher salt and freshly ground black pepper, to taste
- 3 tbsp. thinly sliced preserved lemon rind
- 2 tbsp. minced chervil
- 2 tbsp. minced chives
- 2 tbsp. minced dill
- 2 tbsp. minced parsley
- 2 tbsp. minced tarragon
- 2 medium carrots, shredded
- 1 small head green cabbage, cored and thinly sliced

Directions

1. Whisk oil, coconut, lemon juice, honey, vinegar, salt, and pepper in a bowl. Add lemon rind, chervil, chives, dill, parsley, tarragon, carrots, and cabbage; toss to combine.

HOMEMADE GINGER ALE

From Emma Christensen/The Kitchn, <https://www.thekitchn.com/soda-recipe-homemade-ginger-ale-cookbook-recipe-from-true-brews-189873>

Prep time: 10 minutes Cook time: 12-48 hours Makes about 8 cups (2 liters)

Ingredients

- 2-inch piece fresh gingerroot
- 1 cup water, plus more to fill the bottles
- 9 tablespoons/4 ounces white granulated sugar, plus more if needed
- 1/8 teaspoon salt
- 5 tablespoons freshly squeezed lemon juice (from 2 to 3 lemons), plus more if needed
- 1/8 teaspoon dry champagne yeast
- 1/2 cup water

Directions

1. Peel and finely grate the ginger). You should have about 2 tablespoons of grated gingerroot.
2. Bring the water to a boil in a small saucepan on the stove top or in the microwave. Remove from the heat. Add the sugar and salt and stir to dissolve. Add the ginger and let stand until cool. Stir in the lemon juice.
3. Pour the ginger water into a clean 2-liter bottle using a funnel. Do not strain out the ginger. Top off the bottle with water, leaving at least 1 inch of headspace. Give it a taste and add more lemon juice or sugar if desired. The extra sugar will dissolve on its own.
4. Add the yeast. Screw on the cap and shake the bottle to dissolve and distribute the yeast. Let the bottle sit at room temperature out of direct sunlight until carbonated, typically 12 to 48 hours, depending on the temperature of the room. Check the bottle periodically; when it feels rock solid with very little give, it's ready.
5. Refrigerate overnight or for up to 2 weeks. Open very slowly over a sink to release the pressure gradually and avoid bubble-ups. Pour the soda through a small fine-mesh strainer to catch the ginger as you pour.

RECIPE NOTES

Bottling in Glass Bottles: Sodas can also be bottled in glass or swing-top bottles, but it's more difficult to tell when the sodas have fully carbonated. Therefore, with every batch you bottle, also fill one small plastic soda bottle to use as an indicator for when the sodas have finished carbonating. Refrigerate all of the bottles as soon as the plastic bottle is carbonated; never leave the glass bottles at room temperature once carbonated.

Sugar-Free Soda: Use 1 tablespoon of white granulated sugar per 8 cups of soda to carbonate, but beyond that, you can sweeten to taste with another sweetener of your choosing. The sugar will be almost entirely consumed during fermentation.

Alcohol in Homebrewed Sodas: As long as yeast is being used to carbonate beverages, alcohol will be made as a by-product. However, the short fermentation time limits the amount of alcohol produced in sodas, and it typically comes out to less than 1 percent.

How to Avoid Gushing, Exploding, Overcarbonated Sodas: Sodas can overcarbonate very easily. This can cause geysers when you first open them or bursting bottles if left unrefrigerated for too long. Refrigeration suspends fermentation (and therefore carbonation), but it will start again when the bottles are removed from refrigeration.

It's best to bottle sodas in used (cleaned!) plastic soda bottles since it's easy to gauge carbonation just by pressing the side. Always open sodas over a sink or outside, and unscrew the cap extremely slowly to allow pressure to release gradually.

SWEET CORN AND GINGER SOUP

From Afro-Vegan by Bryant Terry

Prep time: 10 minutes Cook time: 30 minutes Serves 4-6

Ingredients

- 1 tablespoon coconut oil
- 1 cup finely diced yellow onion
- ½ cup diced carrot
- ¼ cup finely diced celery (strings removed before dicing)
- 1 tablespoon minced fresh ginger
- 1 clove garlic, minced
- ½ teaspoon paprika
- ½ teaspoon coarse sea salt
- 4½ cups Corn Broth
- 1 cup coconut milk
- Kernels from 6 ears of sweet corn
- Freshly ground white pepper
- 3 tablespoons chopped cilantro
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Directions

1. Warm the oil in a medium saucepan over medium heat. Add the onion, carrot, celery, and ginger and sauté until the vegetables are soft, 5 to 7 minutes. Add the garlic, paprika, and ½ teaspoon of salt and sauté, until fragrant, 2 to 3 minutes. “Stir in the broth and coconut milk. Decrease the heat to low, cover, and simmer for 20 minutes.
2. Working in batches if need be, transfer to a blender and process until creamy. Strain through a fine-mesh sieve back into the saucepan, pressing down on the solids to extract as much liquid as possible. (Compost the solids.) Add the corn and cook, over medium-low heat stirring occasionally, for 5 minutes. Season with salt and pepper to taste. Garnish with the cilantro before serving.
- 3.

CORN BROTH

From Afro-Vegan by Bryant Terry

Prep time: 5 minutes Cook time: 45 minutes Yields 7 cups

Ingredients

- 4 to 6 cobs from fresh sweet corn, broken in half
- 9 cups water
- Coarse sea salt

Directions

1. Put the corncobs and water in a large pot and bring to a boil over high heat. Decrease the heat to medium-low, partially cover, and simmer for 45 minutes. Strain through a colander. (Compost the cobs.) Season with salt to taste. Use immediately or let cool and store in the refrigerator for up to 3 days or the freezer for up to 6 months

SAUTÉED CARROTS AND ZUCCHINI

Inspired by a dish served at *Crossroads* in Chapel Hill
Prep time: 3 minutes Cook time: 5-7 minutes Serves 4

Ingredients

- 5-7 medium-sized carrots (1-lb)
- 2-3 medium-sized zucchini, quartered
- 1 ½ tsp salt
- 1 tbsp oil of choice

Directions

3. Trim both ends off of the carrots and discard, then slice carrots 1/2 inch thick at a 45-degree angle. Rotate the carrot 1/4 turn and cut again at a 45-degree angle. Continue this until all carrots are cut.
4. Cut the seeded portion off of the zucchini and discard, then cut zucchini quarters at a 45-degree angle, into 1-8 inch-thick slices. Set aside.
5. Fill a large pot 1/2-3/4 with water, add some salt, then bring to a boil. Fill another pot (or a large bowl) with cold water, add ice, and set aside.
6. Add carrots to boiling water and let cook for 1-2 minutes. Remove them from boiling water and immediately immerse them into the ice water to halt the cooking process. This method of par-cooking is called blanching, and is a great way to cook tougher vegetables and have them retain their shape.
7. After 1-2 minutes, remove carrots from ice water and dry with a towel/paper towel.
8. Heat oil in a skillet at medium-high heat. Once pan is hot, add carrots and cook for 2 minutes.
9. Add zucchini to the pan, followed by 1.5 tsp salt. Toss and cook for an additional 1-2 minutes
10. Serve immediately.

DARK CHOCOLATE BANANA NICE CREAM

From Beaming Baker, <https://beamingbaker.com/dark-chocolate-nice-cream-vegan-gluten-free-dairy-free/>
Prep time: 5 minutes Yields 3 cups

Ingredients

- 4 medium ripened bananas, sliced and frozen
- 1-2 tablespoons pure maple syrup
- 1 teaspoon pure vanilla extract
- ¼ cup unsweetened cocoa powder*

Directions

1. Add bananas to a blender or food processor. Blend until bananas turn into a crumbly mixture.
2. Add maple syrup and vanilla. Blend until smooth and creamy, scraping down the sides of the blender as necessary. This will take a few minutes.
3. When you get a smooth, creamy mixture, it's time to add the cocoa powder. Add the cocoa powder and blend until well incorporated. Scrape down the sides of the blender as necessary.
4. If you like soft ice cream, enjoy immediately. If you want your ice cream firm and scoopable: pour into a freezer-friendly, airtight container. Freeze for 4-6 hours, or until completely frozen. Allow to thaw for 5-15 minutes before scooping. Enjoy!