

Recipes from October 21, 2011

Arizona Highlands Garden Conference Pre-conference Farm Tour

Courtesy of Molly Beverly, Chef

Salad Dressing

Constructed from the wonderful fig balsamic vinegar and walnut olive oil, purchased from Olive U in the Bashford Courts on the square in Prescott.

Santa Fe Chowder

Adapted from "Moosewood Restaurant Cooks for a Crowd"

Makes 10 servings

1 Tablespoon vegetable oil
1 small chile pepper, fresh or dried, finely minced
1 onion, chopped
1/2 teaspoon cumin seed
1/2 teaspoon ground coriander
1/2 teaspoon leaf oregano, crushed
1 carrot, diced
2 cups cubed and peeled sweet potato or winter squash
1 large potato, cubed
2 1/2 cups water or vegetable stock
1 cup cut corn, fresh or frozen
1 cup chopped green or red peppers
3/4 cup chopped fresh tomatoes
1/2 cup diced zucchini
3 Tablespoons cream cheese or cream
1/2 cup grated cheddar cheese
Salt and black pepper to taste
Fresh chopped cilantro

Gently saute chili pepper and onion in oil with cumin, coriander and oregano until onions are translucent. Add carrots, sweet and white potatoes and stock or water and simmer for 10 minutes. Add corn, peppers, tomatoes, and zucchini and cook until vegetables are tender. Remove 2 cups of soup and puree with cream/cream cheese and cheddar. Return to pot. Season to taste with salt, black pepper and chopped cilantro. Reheat gently, do not boil.

Cranberry Chicken Salad

2 # cooked chicken, cubed
1/3 cup red onion, finely cubed
3 stalks celery, finely cubed
1 green apple, finely cubed
1/2 green or red pepper, cubed
5 Tablespoons dried cranberries, craisins
5 Tablespoons each mayonnaise and plain yogurt
lemon juice to taste
Salt and pepper to taste

Mix together chicken, onion, celery, appl, craisins and red or green pepper. Add mayonnaise and yogurt and stir to blend. Add lemon juice, salt and pepper to taste.

Fruit Crisp

9 X 14 inch pan

4 pounds apples or other fresh fruit, peeled and cut

1/2 to 1 cup sugar, to taste

2 Tablespoons lemon juice, if needed

1/2 cup plus 2 Tablespoons butter at room temperature

1/2 cup plus 2 Tablespoons flour

1 cup rolled oats

1 cup brown or white sugar

Butter a 9X14 inch pan. Mix fruit, sugar and lemon juice. Taste and adjust sweetness. Pour into pan. Bake at 350 degrees for about 15-25 minutes, until fruit is soft.

Combine remaining ingredients. If not crumbly, add more flour. Crumble over top of cooked fruit. Return to oven until crust is golden brown, about 15 minutes.