



# TASTE TRAVEL EXPLORE

RECIPE GUIDE

Check out these delicious  
recipe ideas to help make  
your July event a big success!

## JULY 2016 FARM TO FORK



## Caramel Lacquered Pork Belly With Pickled Melon

Cuisine type: Californian

Serves approximately 6 to 8 residents

Recipe: Food and Wine

### Ingredients

Pork Belly

¼ cup kosher salt

½ cup plus 1 tablespoon sugar

One 2-pound piece of meaty pork belly,  
skin removed

2 teaspoons Asian fish sauce

1 teaspoon tamarind concentrate

1 small Thai chile, minced

1 tablespoon fresh lime juice

### Quick-Pickled Honeydew

1 tablespoon fresh lime juice

1 tablespoon Asian fish sauce

½ tablespoon sugar

1 small Thai chile, minced

2½ pounds honeydew melon,  
peeled and cut into 1-inch pieces

2 tablespoons torn Thai basil leaves

2 tablespoons chopped cashews

### Method

1. In a small bowl, combine the salt with 1 tablespoon of the sugar. Sprinkle the salt-sugar all over the pork belly. Wrap the pork in plastic, transfer to a plate and refrigerate overnight.
2. Preheat the oven to 375°. Rinse the pork and pat dry. Set the pork in a small baking dish, fat side up, and add ½ cup of water. Bake for 45 minutes. Reduce the oven temperature to 325° and bake for about 45 minutes longer, until the meat is very tender. Let the pork cool, then cover and refrigerate until chilled, at least 2 hours.
3. In a saucepan, cook ¼ cup of the sugar over moderately high heat until it starts to melt, 2 minutes. Swirl the pan and cook over moderate heat until it is completely melted, 5 minutes. Using a wet pastry brush, occasionally wash down the side of the pan to release any sugar crystals. Add the remaining ¼ cup of sugar and cook, swirling, until a richly brown caramel forms, 5 minutes. Turn off the heat and pour in ¼ cup of water. Turn the heat to high and cook, stirring, until the caramel is smooth. Remove the pan from the heat and stir in the fish sauce, tamarind, chile and lime juice.
4. In a large bowl, combine the lime juice with the fish sauce, sugar, chile and 2 tablespoons of water; stir to dissolve the sugar. Add the honeydew and toss to coat. Refrigerate for 1 hour, stirring a few times.
5. Preheat the oven to 400°. Cut the cold pork belly into 1½-inch cubes. In a medium cast-iron skillet, heat the caramel over moderate heat. Add the pork and turn to coat with caramel. When the sauce starts to bubble, transfer the skillet to the oven and bake for 20 minutes, turning the pork 3 or 4 times until the cubes are evenly crisp. Using a slotted spoon, transfer the pork belly to plates. Spoon the caramel over the pork. Add the basil to the honeydew salad and spoon it next to the pork. Sprinkle with the cashews and serve.



## Chioggia Beet Salad With Goat Cheese

Cuisine type: Farm Fresh

Serves approximately 6 to 8 residents

### Ingredients

- 1 fennel bulb, halved and cored
- 1 large carrot
- 1 small golden or chioggia beet, peeled
- 3 large radishes
- 1 endive, sliced crosswise ½ inch thick
- 1 cup baby arugula
- 1 tablespoon tarragon leaves
- 1 tablespoon dill
- 1 tablespoon flat-leaf parsley leaves
- 1 tablespoon snipped chives
- 1 tablespoon balsamic vinegar

- 2 tablespoons extra-virgin olive oil
- 1 teaspoon Kosher salt
- ½ teaspoon freshly ground pepper
- 3 ounces fresh goat cheese, crumbled
- ½ cup chopped marcona almonds
- 4 Medjool dates, pitted and thinly sliced

### Method

1. Using a mandolin, very thinly slice the fennel, carrot, beet and radishes and transfer to a large bowl. Add the endive, arugula, tarragon, dill, parsley and chives.
2. In a small bowl, whisk the balsamic vinegar with the olive oil and season with salt and pepper. Add the dressing and half of the goat cheese, almonds and dates to the salad and toss gently. Transfer the salad to plates and garnish with the remaining goat cheese, almonds and dates. Serve right away.



## Heirloom Stuffed Tomatoes With Succotash

Cuisine type: Classic southern fresh

Serves approximately 6 residents

### Ingredients

¾ cup shelled lima beans (4 ounces)

1 large ear of corn, kernels cut off the cob (about ¾ cup)

8 firm, ripe heirloom tomatoes (about 5 ounces each)

1 tablespoon extra-virgin olive oil, plus more for brushing

1 tablespoon Kosher salt

1 teaspoon fresh cracked pepper

1 tablespoon unsalted butter

1 medium red or yellow bell pepper, finely diced

1½ tablespoons snipped chives

### Method

1. Preheat the oven to 425°. Bring a large saucepan of salted water to a boil. Add the lima beans and corn and boil until tender, about 3 minutes. Drain the beans and corn, transfer to a bowl and let cool.
2. Slice off the bottom of each tomato so it sits flat. Using a knife, cut around the center of each tomato to form a cone that can easily be removed once the tomato is baked. Brush the tomatoes with olive oil and set them in a large pie plate, stem side up. Season the tomatoes with salt and pepper and roast just until tender, about 5 minutes. Let cool slightly, then spoon out and discard the centers to make room for the succotash.
3. Meanwhile, in a large skillet, melt 1½ teaspoons of the butter in the 1 tablespoon of olive oil. Add the bell pepper and cook over moderately high heat, stirring occasionally, until crisp-tender, about 3 minutes. Add the limas and corn and cook, stirring, for 2 minutes. Remove from the heat. Stir in the remaining 1½ teaspoons of butter and the chives and season with salt and pepper. Spoon the succotash into the tomatoes and serve warm or at room temperature.



## Chilled Summer Peach Soup, Goat Milk Chevre

Cuisine type: California Artisan  
Serves approximately 4 residents

### Ingredients

3 cups sliced peeled peaches (about 4 peaches)  
¼ cup finely diced peeled seedless cucumber, plus thin slices for garnish  
¼ cup finely diced yellow bell pepper, plus thin slices for garnish  
¼ cup diced dried apricots  
2 tablespoons honey  
3 tablespoons crumbled fresh goat cheese  
¼ cup white balsamic vinegar, plus more for seasoning  
¼ cup plus 2 tablespoons extra-virgin olive oil, plus more for drizzling  
2 teaspoons Kosher salt  
½ teaspoon fresh cracked pepper  
1 large garlic clove  
2 cups diced baguette (½ inch)  
Basil leaves, for garnish  
Freshly ground black pepper

### Method

1. In a bowl, toss the peaches, diced cucumber, yellow pepper and apricots. Add the honey, 3 tablespoons of goat cheese, ¼ cup of balsamic vinegar and 2 tablespoons of the olive oil. Stir in 1½ teaspoons of salt. Add the garlic. Cover and refrigerate overnight.
2. Discard the garlic. Transfer the contents of the bowl to a blender and puree. Add ¼ cup of water and puree until very smooth and creamy; add more water if the soup seems too thick. Season with salt and vinegar. Refrigerate the soup until very cold, about 1 hour.
3. Meanwhile, in a medium skillet, heat the remaining ¼ cup of olive oil. Add the diced bread and cook over moderate heat, stirring, until golden and crisp, about 2 minutes. Using a slotted spoon, transfer the croutons to paper towels and season with salt.
4. Pour the peach soup into shallow bowls and garnish with the sliced cucumber, sliced bell pepper, goat cheese, croutons and basil. Drizzle lightly with olive oil, season with black pepper and serve.



## Sticky Sweet Peach Crostata

Cuisine type: American French Classic

Serves approximately 8 to 12 residents

Recipe courtesy of Matt Perez

### Ingredients

1½ cups plus 2 tablespoons all-purpose flour

2 tablespoons granulated sugar

Salt

6 tablespoons cold unsalted butter, cut into ½-inch pieces

¼ cup ice water

5 peaches (2 pounds) - halved, pitted and sliced ½ inch thick

¼ cup plus 2 tablespoons dark brown sugar

½ teaspoon pure vanilla extract

1 tablespoon Kosher salt

½ teaspoon cinnamon

2 tablespoons heavy cream

2 tablespoons turbinado or other coarse sugar

### Method

1. In a food processor, pulse 1½ cups of the flour with the granulated sugar and ½ teaspoon of salt until blended. Add the butter and pulse until it is the size of peas. Add the water and pulse until the dough is evenly moistened. Transfer the dough to a lightly floured work surface and pat it into a disk. Cover the disk with plastic wrap and refrigerate until chilled, about 30 minutes.
2. Preheat the oven to 425°. In a medium bowl, toss the peaches with the brown sugar, vanilla, cinnamon, a pinch of salt and the remaining 2 tablespoons of flour.
3. On a lightly floured work surface, roll out the dough to a 12-inch round. Transfer the dough to a parchment-lined rimmed baking sheet. Mound the peaches with their juices in the center of the dough, leaving a 2-inch border all around. Fold the edge of the dough up and over the peaches. Refrigerate the tart until chilled, about 30 minutes.
4. Brush the dough with the cream and sprinkle with the turbinado sugar. Bake for about 50 minutes, until the crust is golden and the peaches are bubbling. Let cool for 15 minutes before serving.



## Smoky Grilled Watermelon, Greek Yogurt

Cuisine type: Southern Classic  
Serves approximately 6 to 8 residents  
Recipe courtesy of Food & Wine

### Ingredients

1 cup plain whole-milk Greek yogurt  
or homemade Greek yogurt  
2 tablespoons freshly squeezed lemon juice  
1 tablespoon white wine vinegar  
1 teaspoon coarsely chopped thyme  
1 tablespoon extra-virgin olive oil, plus more for drizzling  
1 teaspoon Kosher salt  
½ teaspoon fresh cracked pepper  
Twelve 3-inch-long triangles of seedless red watermelon,  
about 1 inch thick  
¼ cup small mint leaves

### Method

1. Light a grill. In a bowl, combine the yogurt with the lemon juice, vinegar, thyme and the 1 tablespoon of olive oil. Season with salt and pepper.
2. Drizzle the watermelon triangles with olive oil and season with salt and pepper. Grill over high heat until nicely charred, about 1 minute per side; transfer to plates. Top the watermelon with the yogurt sauce and season with black pepper. Drizzle with olive oil, garnish with the mint and serve.



## Ancient Farro with Chorizo, Feta and Dill

Cuisine type: California Avant Garde

Serves approximately 4 to 6 residents

Recipe courtesy of Hugh Atchinson

### Ingredients

- 2 cups farro (12 ounces)
- 2 teaspoons Kosher salt
- 2 teaspoons extra-virgin olive oil
- 8 ounces dry Spanish chorizo, very thinly sliced
- 2 medium shallots, minced
- ½ cup minced celery
- 1 cup chicken stock
- 2 tablespoons unsalted butter
- ½ cup chopped parsley
- 4 ounces feta cheese, crumbled (½ cup)
- ¼ cup chopped dill

### Method

1. In a medium saucepan, cover the farro with water and bring to a boil. Add a generous pinch of salt and simmer over moderate heat, stirring occasionally, until al dente, about 25 minutes; drain well.
2. In a large, deep skillet, heat the olive oil. Add the chorizo and cook over moderate heat, stirring occasionally, until just starting to brown, about 5 minutes. Add the shallots and celery and cook, stirring, until softened, about 4 minutes. Stir in the drained farro and the chicken stock and cook, stirring, until most of the stock is absorbed, about 3 minutes. Stir in the butter and parsley and season lightly with salt. Transfer the farro to shallow bowls, scatter the feta and dill on top and serve.