



Towne's Harvest Newsletter

July 31, 2007 Week 6

This week's share includes...

Beams

Carrots

Thai Basil

Parsely

Cucumbers

Fennel

Sweet Onions

Broccoli

Squash

Kale

Healthy Tidbits...

Kale is one of the best known cancer fighting vegetables on the planet. It also contains a high amount of calcium that is easily absorbed into a person's system.



Notes from the Field

The thai basil is best used in a thai stir fry.

If kale is not used within four days, it is best stored by being wrapped in paper towels and kept in the fridge.

The fennel bulb is good barbequed.

COLD CUCUMBER MINT SOUP

3 cucumbers, peeled, seeded, and chopped, plus 1 cup peeled, seeded, and finely diced cucumber

1 cup plain yogurt

2/3 cup sour cream

1/2 teaspoon English-style dry mustard, or to taste

1/4 cup chopped fresh mint leaves

cucumber slices and mint sprigs for garnish

In a blender puree chopped cucumbers, yogurt, sour cream, mustard, and salt and pepper to taste and transfer to a bowl. Chill soup at least 6 hours or overnight.

Stir in finely diced cucumber and chopped mint and garnish soup with cucumber slices and mint sprigs.

Gourmet

August 1994

CHICKEN AND BROCCOLI STIR-FRY RECIPE COURTESY FOOD NETWORK KITCHENS

Game Plan: Marinate the chicken while you prepare the rest of the ingredients.

*1 pound chicken breast (about 2 breasts), cubed
3 scallions, whites only, thinly sliced on an angle
2 cloves garlic, minced
1-inch piece peeled fresh ginger, minced
1 tablespoon soy sauce
2 tablespoons sugar
1 tablespoon, plus 1 teaspoon cornstarch
1 1/4 teaspoons salt
1 tablespoon dry sherry
1 tablespoon dark sesame oil
About 1/3 cup water
3 tablespoons vegetable oil
5 to 6 cups broccoli, trimmed sliced stalks and medium florets (keep the 2 cuts separate)
3/4 to 1 teaspoon red chili flakes, optional
1 tablespoon hoisin sauce
Garnish: toasted sesame seeds, optional
Serving suggestion: Jasmine rice*

In a medium bowl, toss the chicken with the scallion whites, about half the garlic and ginger, the soy sauce, sugar, 1 teaspoon of the cornstarch, 1 teaspoon of the salt, the sherry, and the sesame oil. Marinate at room temperature for 15 minutes. Mix the remaining cornstarch with 1/3 cup water.

Heat a large nonstick skillet over high heat. Add 1 tablespoon of the oil and heat. Add the broccoli stems, and stir-fry for 30 seconds. Add the florets and the remaining garlic, ginger, 2 tablespoons of water, and season with 1/4 teaspoon salt, and pepper. Stir-fry until the broccoli is bright green but still crisp, about 2 minutes. Transfer to a plate.

Get the skillet good and hot again, and then heat 2 more tablespoons oil. Add the chicken and chili flakes if using. Stir-fry until the chicken loses its raw color and gets a little brown, about 3 minutes. Add the hoisin sauce, return the broccoli to the pan and toss to heat through. Stir in the reserved cornstarch mixture and bring to a boil to thicken. Add more water if need to thin the sauce, if necessary. Taste and season with salt and pepper, if you like. Mound the stir-fry on a serving platter or divide among 4 plates and garnish with sesame seeds; serve with rice.

Notes: The garlic and ginger can be chopped together in a minichopper to save time.

Scallion greens can also be used to garnish, if you like that extra onion-y flavor and you want to use up the scallions. The broccoli stems are used (love all that fiber) to add textural contrast and also to help bulk up the dish, and why waste them?

Episode #: BW2C12 Copyright © 2006 Television Food Network, G.P., All Rights Reserved

Contact information

Email: msu.flf@gmail.com

Mailing Address: Towne's Harvest Garden, MSU, Sub Mail Box 71, Bozeman, MT 59717