

Judy's Recipes

Seasonal, Healthy, and Tasty for Chimacum Corner Farmstand
DECEMBER 2013: Roots and Rib Roast!

Carrots with Tahini Dressing

This is almost a warm carrot salad. You can use any color carrots you desire, or a mix of carrots and parsnips.

- 3 pounds carrots, peeled and sliced 1/2-inch thick on the bias
- 1/4 cup fresh lemon juice
- 1/4 cup tahini
- 1/4 cup extra-virgin olive oil
- 2 Tablespoons water
- 2 small garlic cloves, minced
- Kosher or coarse sea salt
- 2 Tablespoons chopped flat-leaf parsley

Spread the carrots in a large steamer basket and steam until just tender, about 6 minutes. Transfer to a bowl and let cool slightly.

In a medium bowl, whisk the lemon juice with the tahini, olive oil and water until smooth. Whisk in the garlic and season with the salt. Pour the dressing over the carrots, add the parsley and toss to coat. Serve.

Makes 8 to 10 servings

Maple Horseradish Glazed Sweet Potatoes

- 3 sweet potatoes, red or white
- Salt and pepper to taste
- Olive oil, sunflower oil, or vegetable oil to coat potatoes
- 1-1/2 cups pure maple syrup, grade B preferred
- 1/4 cup prepared horseradish, drained
- 2 Tablespoons Ancho Chile Powder

Preheat oven to 400°. Peel the sweet potatoes and cut each into 6 to 8 long wedges, depending on the size of the potatoes. Toss the potato wedges with the oil and sprinkle with salt and pepper. Place in a nonstick baking pan, or a baking pan lined with foil and oiled to prevent sticking. Bake about 20 to 30 minutes, turning the wedges once halfway through cooking, until starting to soften and the outside is browning.

While the potatoes are cooking, prepare the glaze.

Combine the syrup and horseradish in a small saucepan. Bring to a boil over medium heat. Reduce heat to low and simmer 10 minutes, stirring often. If desired, strain through a fine sieve and return to the saucepan. Add the ancho chile powder. Cook over low heat until slightly thickened.

When the potatoes are just about done, brush them well with the glaze. Continue to cook about 3 minutes then glaze again. Glaze 3 or 4 times, watching, turning and glazing every 3 to 4 minutes, being careful not to let the sugar in the maple syrup burn or darken too much.

Note: The glaze can be made up to 5 days ahead and refrigerated. Reheat slowly before using. This glaze is also great on pork chops as both a glaze and a dipping sauce.

Makes about 4 servings



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Rib Roast, High Heat Method

This cooking method is good for any size rib roast and makes a really juicy, perfectly cooked roast. All that's needed is the meat, a probe thermometer and salt and pepper.

Remove the roast from the refrigerator and let sit at room temperature 1 hour. Note the weight of the roast.

Preheat oven to 500°. Salt and pepper the roast. Insert a probe thermometer in the center of the roast away from the bone. Place the roast, bone side down, in a roasting pan and roast for 45 minutes.

With the roast still in the oven, lower heat to 325°. Continue to roast for 3 minutes per pound.

With roast still in the oven, raise heat to 450° degrees and roast about 15 minutes more, until the thermometer reads 125° for rare, or a few minutes longer, until thermometer reads 135° for medium or 145° for more well done.

Very Important: After removing roast from the oven, let it stand, loosely covered with foil, for at least 15 minutes, up to 30 minutes before carving. The roast will increase a few degrees while standing.

Example: A 10 pound roast will take a total of approximately 90 minutes to cook.

Root Ribbons with Sage

This is a fun way to serve root vegetables. You can use almost any root, carrots, sweet potatoes or yams, parsnips, rutabaga, turnips or salsify. Avoid red beets or the entire dish will be a strange shade of pink.

2 pounds assorted root vegetables

3 Tablespoons unsalted butter or non-dairy butter substitute

1/4 cup coarsely chopped sage

1-1/4 teaspoons kosher salt

Freshly ground black pepper, to taste

2 teaspoons fresh lemon juice

1 Tablespoon maple syrup

3/4 cup water

Wash and peel the roots. Discard the outer peelings. Continue to peel the vegetables from their tops to the root tips to produce ribbons, rotating the roots a quarter turn after each strip is peeled, until you're left with cores that are too small to work with. (Don't waste them, snack on them or save for stock).

Melt the butter with the sage in a large skillet over medium heat. Stir for a minute to partially cook the sage. Add the root ribbons and toss them with tongs until they begin to wilt. Add the salt, pepper, maple syrup, lemon juice and water.

Continue to cook over medium heat, turning with tongs every minute or so, until the liquid has boiled away and the ribbons are glazed and tender, about 10 minutes total.

Serve right away or cool and reheat in the skillet just before serving.

Makes 6 Servings

