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SATURDAY AT THE FARMERS' MARKET

Homespun Hill Farm Grilled Lamb Chops with Rosemary, Garlic and Mustard 8 grass-fed lamb chops, cut 1-inch thick

Ingredients: Rosemary, Garlic and Mustard Baste

- 2 tablespoons brown mustard
- 2 garlic cloves, minced
- 1 tablespoon fresh snipped rosemary, or 1 teaspoon dried rosemary, crushed
- 1 teaspoon fresh snipped thyme, or 1/4 teaspoon dried thyme, crushed
- 1/2 teaspoon black pepper

Trim excess fat from the lamb chops, if desired.

Rosemary, Garlic and Mustard Baste: In a small bowl, combine the brown mustard, garlic, rosemary, thyme, and pepper. Using a basting brush, brush the mixture onto one side, or both sides of each lamb chop.

Place the lamb chops on a pre-heated gas grill, or over hot charcoals. Cover and grill over medium-high to high heat for 3 to 5 minutes each side, or until desired doneness is achieved. When turning the chops, brush the tops again with the mustard baste if desired. Serves 4.

Tip: Grass-fed lamb has less fat, so for best results, cook the chops to an internal temperature of 120 to 145 degrees.

Recipe by Debbie Yarnell, Homespun Hill Farm.

Marinated Beets

Ingredients

- 4 to 5 medium-sized beets
- 1 tablespoon balsamic vinegar

- 1 tablespoon olive oil
- 1 garlic clove, minced

Remove the tops from the beets and place them in a baking dish with a small amount of water. Cover and cook in a 350 degree oven until tender, about 1 hour, depending on size. Cool the beets, slip off their skins and slice them about 1/2-inch thick. Place the sliced beets in a shallow bowl.

In a small bowl, whisk together the vinegar, oil and garlic. Pour the mixture over the beets, cover and refrigerate overnight before serving. Serve the beets as a side dish, or add them to a tossed green salad.

Recipe by Julie Waters, Wakarusa Valley Farm.

Barbecue Goat Chops with Watermelon-Arugula Salad and Green Olive-Almond Pesto

Ingredients

- 8 goat loin chops
- 2 garlic cloves, peeled
- 1/2 cup fresh mint leaves
- 1 tablespoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil
- sea salt, to taste

Watermelon-Arugula Salad

Ingredients

- 1 pound watermelon, cut into large dice, rind and seeds removed
- 6 tablespoons extra-virgin olive oil
- sea salt & freshly ground black pepper, to taste
- 2 bunches arugula, rinsed and spun dry

Prepare the Green Olive pesto as directed below and set aside while preparing the goat chops.

Rinse the goat chops and pat dry with paper towels. In a blender, combine the garlic, mint leaves, pepper and olive oil and blend until a smooth paste is formed. Rub the paste all over the chops and season them with salt. Place the chops on a gas or charcoal grill and cook over high heat, turning frequently, until pink at the bone, about 5 minutes each side. While the chops are cooking, prepare the salad.

Watermelon-Arugula Salad: Combine the watermelon, extra-virgin olive oil, salt and freshly ground pepper in a large mixing bowl. (Do not add the arugula at this time.) Allow to stand at room temperature until ready to serve with the meat.

When the goat chops are cooked, remove them from grill and allow to rest for 10 minutes. When ready to serve, toss the arugula with the watermelon salad and arrange the salad on a platter. Arrange the goat chops on top of the salad. Drizzle with Green Olive-Almond Pesto and serve. Serves 4.

Green Olive-Almond Pesto

Ingredients

- 1 cup blanched almonds
- 1/3 cup pine nuts
- 2 garlic cloves, peeled
- 1 cup green olives, pitted
- 1/4 cup fresh parsley
- 1/4 cup fresh basil
- 1/4 cup Parmesan cheese, freshly grated
- 1 tablespoon hot red pepper flakes
- 1/4 cup orange juice
- 1/4 cup extra-virgin olive oil
- salt & black pepper, to taste

In a blender or food processor, blend the almonds, pine nuts, garlic, green olives, herbs, Parmesan cheese, hot pepper flakes, orange juice and olive oil until smooth and thick. Season with salt and pepper. Pour the pesto into a container and set aside while preparing goat chops.

Recipe by Ken Baker, Proprietor-Chef of Pachamama's Restaurant.

Fingerling Potatoes with Leek and Tomato Topping

Ingredients

- 1 to 1 1/2 pounds fingerling potatoes

Ingredients: Leek and Tomato Topping

- 1 tablespoon olive oil
- 2 garlic cloves, pressed or minced
- 3 medium leeks, thinly sliced
- 1 tablespoon red wine or water
- 1 pint cherry tomatoes
- 1/4 cup coarsely chopped fresh basil
- 1/2 teaspoon salt
- freshly ground black pepper, to taste
- 1/4 cup grated Parmesan or Asiago cheese

Wash and slice the fingerling potatoes in half lengthwise. (There is no need to peel them.) Steam the sliced potatoes until tender, about 15 minutes.

Leek and Tomato Topping: Heat the olive oil in a skillet over medium heat. Add the garlic and leeks and sauté, stirring frequently for 5 minutes. Add the wine or water, and the cherry tomatoes. Cook for about 5 more minutes, until the leeks are tender and the tomatoes are soft. Remove the skillet from the heat, add the basil and sprinkle with salt and pepper.

Place the steamed potatoes on a serving platter and top with the Leek and Tomato Topping. Sprinkle with Parmesan or Asiago cheese and serve immediately. Serves 6

Recipe by Barb Clark, Maggie's Farm. The recipe is adapted from Rolling Prairie Cookbook by Nancy O'Connor.

Caramelized Onion Dip with Fresh Vegetables

Ingredients

- 4 medium yellow onions
- 1/4 cup butter
- 1/4 cup canola oil
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 4 ounces cream cheese
- 1/2 cup sour cream
- 1/2 cup mayonnaise

Fresh cut vegetables (such as carrots, celery, green or red bell peppers, broccoli or cauliflower florets, cherry tomatoes)

Cut the onions in half and slice each half into thin half-rounds. You should have about 3 cups of onions. Heat the butter and canola oil in a large saucepan over medium heat. Add the sliced onion, salt and pepper and sauté for 10 minutes. Reduce the heat to low and cook the onions until they are browned and caramelized. Remove the pan from the heat and cool the onions.

Place the cream cheese, sour cream and mayonnaise in a food processor and pulse until smooth. Transfer the mixture to a large mixing bowl. Add the caramelized onions and mix well. Taste and add more seasonings if desired.

Serve the onion dip at room temperature with a tray of fresh cut vegetables.

Recipe by Maxine Bryant, Jefferson Hills Farm & Winery

Wakarusa Valley Farm Roasted Beet Salad

Ingredients

- 3 oranges
- 2 pounds whole beets (small to medium), rinsed
- 2 garlic cloves, peeled
- 6 sprigs fresh thyme
- 4 bay leaves
- 1/2 cup extra-virgin olive oil
- 1 cup white wine
- kosher salt & freshly cracked black pepper, to taste

Ingredients: Red Wine Vinaigrette

- 2 ounces (1/4 cup) red wine vinegar
- 3 ounces (1/3 cup) extra-virgin olive oil

- 1 bulb fresh fennel, trimmed and thinly sliced
- 8 ounces ricotta salata cheese, shaved thin

Cut 1 orange in half and squeeze the juice. (Reserve the other 2 oranges.) Place the whole beets, garlic cloves, thyme, bay leaf, olive oil, white wine and the orange juice in a large baking pan. Season with salt and pepper and toss the beets to coat with the mixture. Roast the beets in a 325 degree oven for 45 minutes to 1 hour, or until tender. Remove the pan from the oven and allow the beets cool. Peel the beets and dice them into large chunks. Peel the remaining 2 oranges and cut them into large dice.

Red Wine Vinaigrette: Pour the red wine vinegar into a small bowl. Drizzle the olive oil slowly into the vinegar while whisking constantly.

To make the beet salad, place the diced beets, oranges and fennel in a large bowl. Add the vinaigrette and toss to coat. Season the salad with a pinch of salt and pepper to taste. Arrange the beet salad on a chilled platter, or individual salad plates, and top with shaved ricotta salata. Serves 8.

Recipe by Armando Paniagua, Proprietor-Chef of Genovese.

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