

“CHEF ON THE SQUARE”



June 30, 2011

The Highland Farmer's Market Featured Chef

Garrett Phelps

Jalapeño-Lime Chicken Kabobs

2	Limes
1/3 C	Cilantro
1/3 C	Parsley
3clvs.	Garlic
1	Jalapeno
1/3C	Extra Virgin Olive Oil
2 tbs.	Honey
1 tbs.	Dijon Mustard
6-7	Boneless-Skinless-Chicken Breast
8-9	Pre-soaked skewers (must pre-soak so the skewers will not burn on the grill)

Marinade:

Take the two limes, zest 1/2 a lime and juice the rest in to a bowl. Mince the garlic, parsley, and cilantro and place in the bowl. Fine dice the cored, de-seeded Jalapeño into 1/8"x1/8" pieces, and place in bowl. Then put in 2 tbs. honey and 1 tbs. Dijon, and incorporate well. After incorporating those ingredients, drizzle/whisk 1/3c. extra virgin olive oil into marinade.

Chicken:

Clean chicken from any fat excess and cube into 1" cubes. Place into the marinade and let set in the refrigerator for desired time. (1 hour or more) After marinating, place about 6 chicken cubes onto the skewers and take right to a hot grill.

Grill:

Grill the Jalapeño-Lime Chicken Kabobs for about 20 minutes rotating and turning within the 20minutes. Chicken will become firm and shrink up just a little, and then they are finished.

Marinated Grilled Tomato Skewers

4	Tomatoes
2 tbs.	Thyme
2 tbs.	Basil
1 tbs.	Parsley
2 tsp.	Garlic Salt
1/2 C	Red Wine Vinegar
1 tbs.	Honey
3 tbs.	Extra Virgin Olive Oil
Salt & Pepper to taste	
6-8	Pre-soaked wooden skewers (must pre-soak so the skewers will not burn on the grill)

Marinade:

Coarsely chop the thyme, parsley, and chiffonade the basil (cut into ribbons). Put that into a container with the 2 tsp. of garlic salt, 1/2 c. red wine vinegar, 1 tbs. honey, and extra virgin olive oil. You want to whisk all that together until incorporated and season to taste with salt and pepper.

Tomatoes:

Slice the tomatoes into 1/4" slices and place into marinade. They can marinate for an hour or more. Then when desired time is up, place the tomatoes onto skewers, 2 tomato slices per skewer. Then grill for about 4 min on each side or until tender.

Grilled Sweet Onion Skewers

2 Sweet Onions

2 tbs. Dijon Mustard

1 tbs. Honey

2 tsp. Worcestershire

5 tbs. Extra Virgin Olive Oil

Salt & Pepper to taste

4-6 Pre-soaked skewers(must pre-soak so the skewers will not burn on the grill)

Sauce: Mix together 2 tbs. Dijon mustard, 1 tbs. honey, 2 tsp. Worcestershire, and 5 tbs. extra virgin olive oil. (may need more olive oil depending on desired thickness) Add in salt and pepper to taste.

Onion Skewers: Take 2 sweet onions and slice into ¼” slices. Then place onto skewers, 1 or 2 slices per skewer. Then baste the onion slices with the sweet and tangy sauce and let sit for an hour. Place onto a hot grill and flip occasionally till tender.

Sweet Peach Spread

2 Peaches

1 tbs. Sugar

1 tbs. Brown Sugar

1 tbs. Honey

Procedure: First take two peaches and peel them, and core them. Place peach halves into a bowl and mash using a fork. Then mix in the 1 tbs. sugar, brown sugar and honey.

Refrigerate and serve over ice cream, cheese cake or even just serve as an appetizer or snack with crackers!
Recipe makes about 1 cup (depending on sizes of peaches)

July 14, 2011

The Highland Farmer's Market Chef on the Square

Tammy Henry-Smith

Deanne's Fresh Summer Fruity Salad

1 Bag of Mixed Greens
1 Apple, peeled and chopped
1 Pear, peeled and chopped
1/2 C Halved Cashews
1/2 C Craisins
4oz. Feta Cheese - crumbled

Dressing: Mix together 1/2 C Olive Oil, 1/3 C Red Wine Vinegar, 1/2 C Sugar, 2 tbs. chopped Onion and 2 tsp. poppy seeds. Wisk well.

Layer in all the ingredients; toss around with dressing when ready to serve. Pouring the dressing on will weigh down the greens mixture and may become soggy. If you want to keep for a few days, DO NOT pour the dressing on the greens mixture – pour it on individual servings.

Shirley's Grape Salad

2 lbs. Grapes (1/2 Red and 1/2 Green)
1/3 C Sugar
8 oz. Cream Cheese, softened
2/3 C Sour Cream

Topping: 2/3 C Brown Sugar and 4 Crushed Butterfinger Candy Bars

Wash and dry grapes. Mix sugar, cream cheese and sour cream until creamy. Spread the cream mixture in a shallow pan and layer grapes on top. Mix the brown sugar and crushed Butterfinger bars. Sprinkle over the top. Keep refrigerated until ready to serve.

NOTE: You may use a processor to crush the candy bars and will gain a finer crumble than doing it by hand. It is all about personal preference.

Orange Creamsicle Smoothie

The smoothie gives the feeling of a creamsicle, but contained in a glass. Great for a snack or a breakfast drink.

1 C Low Fat Milk
1 C Yogurt (you can use any flavor)
1/3 C Fresh Orange Juice
1/4 tsp. Vanilla Extract
1/2 C Ice Cubes

Procedure: First add the milk, yogurt, OJ and vanilla extract in blender and blend for 15 seconds. Add the ice cubes and blend an additional 20 minutes and serve.

July 28, 2011

The Highland Farmer's Market Featured Chef

Garrett Phelps

Awesome Salsa

3	Med. Tomatoes
¾	Vidalia Onion
½	Green Bell Pepper
1	Yellow Bell Pepper
½	Jalapeno Pepper
1	Garlic Clove
2T	Red Wine Vinegar
1T	Extra Virgin Olive Oil
1/2t	Cumin
TT	Salt

Procedure:

Take 3 medium size tomatoes and concasse' them. Meaning take the tomato, and quarter it and take out the seed section of the quarters so you only have the meaty part of the tomato left. Then medium dice that and place into bowl. Medium dice the ¾ Vidalia onion and place into bowl. Next take the ½ green bell pepper, 1 whole yellow pepper and core and de-seed and perform a medium dice and place into bowl. After that, take the jalapeno pepper and core and de-seed and small dice ½ of the jalapeno and place into bowl along with 1 minced garlic clove.

Mix in 2T red wine vinegar, 1T extra virgin olive oil, 1/2t cumin and salt to taste. Combine all ingredients completely and chill to serve. The longer all the salsa sets in the refrigerator, the better the flavor will be.

This can be served with tortilla chips, crackers, garnish on a protein, or even placed on top of thick cut French bread and topped with melted mozzarella/parmesan for a great appetizer.

Makes about 4-5 cups depending on size of tomatoes.

T= Tablespoon

t= Teaspoon

TT= To Taste

Peach Salsa

3	med. Size peaches
2.5T	Vidalia Onion
4T	Red Bell Pepper
3T	Jalapeno
1/2T	Cilantro
1	Small Clove Garlic
1/2T	White Wine Vinegar
1/2t	Cumin
2T	Granulated Sugar

Procedure:

Peel, core and dice the 3 peaches. You want the dice to be small to medium dice. Place the diced peaches into the bowl. Then take a Vidalia onion and small dice 2.5T out of that and place into bowl. Next, core and de-seed the red bell pepper and Jalapeno and small dice that to receive 4T of the bell pepper and 3T of the Jalapeno. Take fresh cilantro and take the leafs of the stems and finely chop 1/2T and place into bowl. Finely mince the small clove of garlic and add that into bowl along with the 1/2T of white wine vinegar and 1/2t Cumin, and 2T granulated sugar.

Mix all ingredients together and chill. Enjoy with crackers, tortilla chips and or place on a protein as a garnish.

T= Tablespoon

t= Teaspoon

August 25, 2011

The Highland Farmer's Market Featured Chef

Garrett Phelps

AWESOME Gazpacho

- 3 Large Tomatoes- medium dice
- 1 Cucumber- peeled, seeded, medium dice
- 1/2C Red Onion- small dice
- 1 Red Bell Pepper- seeded, medium dice
- 1 Green Bell Pepper- seeded, medium dice
- 1 Orange Bell Pepper- seeded, medium dice
- 1C Cilantro- minced
- 3 Garlic Cloves- minced
- 4T Olive Oil
- 2T Red Wine Vinegar
- 2T Srirachia Hot Chili Sauce
- TT Salt- to taste
- TT Pepper - to taste

Gazpacho

Blend the tomatoes together in a blender until broken down, but not smooth. Pour about $\frac{3}{4}$ of the tomatoes in a separate bowl.

Place all the other vegetables, garlic, and cilantro into the blender, along with red wine vinegar, olive oil, srirachia hot sauce, salt and pepper and blend till just combine.

Then add in the rest of the tomatoes and blend. Adjust seasoning with salt and pepper and srirachia hot sauce.

Chill for 4 hours, or overnight. This will help develop flavor.

Garnish with a small dice of cucumber and a side of toasted bread.

September 8, 2011

The Highland Farmer's Market Chef on the Square

George and Karen Whaley

Prosciutto Hamburgers

2lb Ground Chuck

1lb Italian Sausage

Garlic Salt

Pepper

Prosciutto

Sharp Cheddar Cheese

- Combine Meat & spices
- Sear burgers on one side, turn and place Prosciutto on top of burger

Once burgers are cooked to desired temperature, place cheese on top, and then remove when melted.

Couple of hints: Let burgers rest before eating, and do not flatten burgers on grill while cooking. Both of these will help keep burgers moist.

TOASTED BUNS: Mix soft butter with minced garlic or garlic salt, spread on buns/dollar rolls and grill/toast. Serve burgers on the toasted buns – enjoy!

Grilled stone fruit & honey balsamic glaze

1/2 c. honey

3 T balsamic vinegar

1 t. vanilla extract

1/4 c water

6 firm but ripe peaches or nectarines (halved, pitted)

Optional: lemon/lime zest

Directions:

1. Whisk honey, vinegar, water and vanilla in small bowl. (Glaze mixture can be made 1 day ahead. Cover. Re-whisk before using.)

2. Prepare barbecue (medium-high heat). Brush fruit generously with half of glaze. Grill until heated through, turning occasionally, about 4 minutes on each side.

3. Arrange 2 grilled fruit halves, cut side up, on each plate. Drizzle with remaining glaze.

4. Optional: Grate lemon/lime zest for a bright, aromatic citrus punch!

September 23, 2011

The Highland Farmer's Market Chef on the Square

Susie Dewaele

Apple Pumpkin Bisque with Nutmeg-Thyme Croutons

4 Cups Pumpkin peeled and cut into 1-inch cubes. (could use canned pumpkin pie filling)

4 medium sized apples, peeled, cored and sliced. (could use applesauce)

6 Cups chicken stock

4 Tablespoons unsalted butter

1 small to medium sized onion, finely chopped

1 1/2 teaspoons salt

1 teaspoon dried thyme

1 teaspoon ground ginger

2-4 Tablespoons brown sugar

2 Tablespoons honey

1 teaspoons apple-cider vinegar

1 can (14 1/2 ounces) unsweetened applesauce

1 cinnamon stick

1 Cup heavy cream

If you use a pumpkin; cut out the flesh, cube and place on a cookie sheet as well as, the sliced apples. Roast in oven at 350 degrees for 20-30 minutes until fork-tender. Take out of oven and set aside to cool.

In a large size skillet, heat butter over medium heat. Add chopped onion and sauté until clear. Add ground ginger, salt and brown sugar. Mix together and heat for another 2-4 minutes.

Once roasted pumpkin and apples are cooled; place in food processor or blender and puree. Pour chicken stock and pumpkin-apple puree into stock pot and simmer on a low flame. Wisk in honey and apple-cider vinegar.

Toss in a cinnamon stick. Pour the sauté onion mixture into stock pot and stir.

Heat thoroughly.

Nutmeg-Thyme Croutons

Heat four Tablespoons butter and two Tablespoons light olive oil. Cut bread in to 1/4 cubes and add to skillet, toss quickly to coat and fry until golden brown. Remove from heat and toss with thyme, nutmeg and salt. Use as a garnish for the Apple-Pumpkin Bisque.