

harvest recipe

September/October 2000

Apple Cranberry Crumble

Soothing, nutty, tart, & sweet. Who can resist crumble?

Time to prepare: 45 minutes; serves 6.

Crumble Topping:

- 1/4 lb. pecans, chopped
- 1/4 cup rolled oats
- 12 Tbsp. (1 1/2 sticks) butter, at room temperature
- 3/4 cup brown sugar
- 3/4 cup flour
- 1 tsp. cinnamon
- zest from 1 orange

1. In a medium bowl, use your fingers to mix together the butter, sugar, flour and remaining ingredients until they form a crumbly mixture. Set aside.

Crumble Base:

- zest of 1 orange
- 2 cups orange juice
- 1 1/4 cups cane sugar
- 1/4 lb. fresh cranberries* (or 2 packages)
- 4 cooking apples (golden delicious), peel, core, and cut into 1/2-inch-thick slices.

Recipe continues

- 2 Tbsp. butter
- 1/4 cup apple butter
- 4 Tbsp. maple syrup
- 2 Tbsp. lemon juice
- 2 Tbsp. cornstarch (mixed with 2 Tbsp. water)

2. Heat the orange juice, zest, and one cup of sugar over high heat in a saucepan. Bring to a boil, and simmer for 10 minutes, stirring frequently. Add the cranberries and simmer for 5 minutes more. Remove from heat and let cool.
3. In separate saucepan, melt the butter over medium heat and add the apples, syrup, apple butter, lemon juice and the remaining sugar. Cook until the apples are soft, about 5 minutes. Add the cornstarch mixture and stir until thickened.
4. Preheat the oven to 400°F. Butter a 2 1/2-quart baking dish. Stir together the apple and cranberry mixtures, and pour into the prepared baking dish.
5. Top the dish with the crumble.
6. Bake about 20 minutes, or until the fruit is bubbly and the crumble is golden brown. Serve hot or lukewarm. Don't forget the cream!

**For a different twist, substitute cranberries with one half inch piece of grated fresh ginger sauteed in one tablespoon of butter.*

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Asian Meatballs

A perfect accompaniment for a vegetable stir-fry.

Time to prepare: 30 minutes; serves 2.

- 2 cloves garlic
- ½ tsp. ginger, peeled and minced
- ½ lb. ground beef
- 2 tsp. sesame oil
- 1 egg white
- 4 scallions, chopped
- ½ tsp. sambal oelek (Asian chili paste)
- ½ small red pepper, diced
- ½ bunch cilantro, chopped
- 1½ tsp. soy sauce
- 1½ tsp. orange juice
zest from 1 orange
salt & pepper to taste

1. Sauté the garlic & ginger in 2 teaspoons sesame oil for 3-5 minutes.
2. Mix sautéed garlic, ginger and remaining ingredients in a bowl and roll into tablespoon-sized balls.
3. Place on ungreased baking sheet and bake at 375°F for 20 minutes.



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Classic Potato Gratin

Unforgettable, creamy and delicious!

Time to prepare: 1 hour; serves 8.

- 2 lbs. Yukon Gold or russet potatoes, peeled
- 3 shallots, minced
- 2 cloves garlic, minced
- 1 tsp. salt
- ⅛ tsp. cracked black pepper
- ⅛ tsp. nutmeg
- 3 cups heavy cream
- ¾ cup grated Gruyère, Emmenthal, or Sharp Cheddar cheese (or a mixture)

1. Heat oven to 400°F. Using a very sharp knife, slice potatoes into very thin slices.
2. Sauté shallots, garlic and spices in butter until translucent. Add potatoes. Pour cream into saucepan over potatoes, and cook until boiling.
3. Transfer mixture into a shallow baking dish and top with cheese(s). Bake for 40 minutes until golden brown and bubbly.



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Chicken and Chile Filo Triangles with Cilantro Lime Pesto

Light filo, and bright flavors will make you beg for more!

Time to prepare: 45 minutes; serves 4 as appetizers.

Dough:

¼ pkg. filo dough, thawed
½ cup butter, melted

Filling:

1 cup chicken or turkey, cooked and chopped (optional)
1 cup cheddar cheese, shredded
1 cup Monterey Jack cheese, shredded
½ cup green chiles, chopped
½ cup red pepper, finely diced
1 tomato, drained and finely diced
½ cup scallions, chopped
¼ cup cilantro, chopped

Cilantro Lime Pesto:

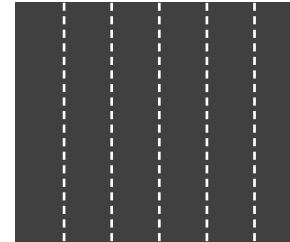
1 cup cilantro, chopped
1 Tbsp. green chiles, chopped
½ tsp. Tabasco™ Sauce
1 lime, juiced

1. Lightly mix the filling ingredients together.
2. Unroll filo dough, peel off two sheets, and cover the remaining dough with a damp towel. Separate two sheets into single sheets.

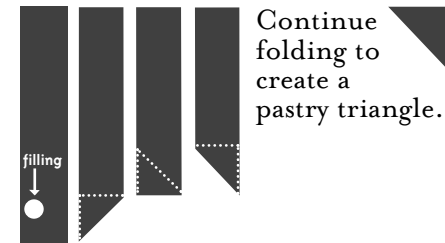
Recipe continues



3. Brush first sheet of filo with melted butter, top with the second sheet and brush second sheet with melted butter. Be sure to work quickly to ensure the filo does not dry out.
4. Cut the buttered, rectangular sheets in 6 equal strips.



5. Place two tablespoons of the filling onto the bottom of each strip. Fold each strip with filling into a small equilateral triangular pocket.



6. Repeat this process (from step 2) until the filling has been completely used.
7. Place on a cookie sheet, brush with butter, and bake at 400°F for 15-20 minutes, until golden brown.
8. While baking, prepare the Cilantro Lime Pesto. Purée the pesto ingredients in a food processor. Serve on the side.

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Crispy Potato Latkes

Crispy on the outside, and luscious on the inside

Time to prepare: 25 minutes; serves 4

- 5 medium Yukon Gold or russet potatoes
- 2 yellow onions
- 4 large eggs, lightly beaten
- 1/3 cup matzo meal
- 2 tsp. salt
- 1 tsp. cracked black pepper
- 3/4 cup canola oil

1. Grate potatoes in a food processor, or use a grater. Grate onions over the potatoes.
2. Squeeze liquid out of the mixture with hands or press through a dishtowel. Repeat this process if necessary.
3. Add eggs, matzo meal, salt and pepper and mix well.
4. Coat a skillet with canola oil and pat latke mixture into 1/2-inch patties. Fry each side for 5 minutes until golden brown and crispy.

Serving ideas

- Top with organic applesauce and crème fraiché.*
- Top with a poached egg and hollandaise sauce for delicious brunch.*
- Spread with cream cheese, smoked salmon, capers, lemon and fresh dill for unbelievable hors d'oeuvres!*



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Curried Sweet Potato Latkes

An unusual twist on the classic

Time to prepare: 25 minutes; serves 4

- 2 large sweet potatoes
- 1 large russet potato
- 3 yellow onions
- 2 large eggs, lightly beaten
- 1/3 cup matzo meal
- 2 tsp. salt
- 1 tsp. cracked black pepper
- 2 tsp. sugar
- 1 tsp. brown sugar
- 1 tsp. baking powder
- 1/2 tsp. cayenne powder
- 2 tsp. curry powder
- 1 tsp. cumin
- 3/4 cup canola oil

1. Grate potatoes in a food processor, or use a grater. Grate onions over the potatoes.
2. Squeeze liquid out of the mixture with hands or press through a dishtowel. Repeat this process if necessary.
3. Add eggs, matzo meal and spices and mix well.
4. Coat a skillet with canola oil and pat latke mixture into 1/2-inch patties. Fry for 5 minutes on each side until golden and crispy.

Top with minted raita and Patka's chutney.



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Fresh Mushroom Tart

This is a delicious quiche for a brunch or a light meal.

Time to prepare: 1½ hours; serves 8

Pastry:

2½ cups plus 2 Tbsp. flour
2 tsp. salt
½ tsp. cayenne
1 cup butter
2-3 Tbsp. ice water

Filling:

2 Tbsp. butter
½ cup minced leeks
salt & black pepper to taste
4 cups sliced mushrooms, cremini,
button, shiitakes, etc.
2 cloves garlic, chopped
2 cups heavy cream
3 large eggs
½ cup blue cheese, crumbled

Pastry:

1. In a mixing bowl, combine 2½ cups of the flour, salt and cayenne. Cut in the butter with a pastry blender until the mixture resembles coarse meal. Add the ice water and mix

Recipe continues

with a wooden spoon until the dough comes away from the sides of the bowl. Form the dough into a ball and cover with plastic wrap. Place in the refrigerator and chill for 1 hour.

2. Preheat the oven to 350°F. Remove the dough from the refrigerator and let sit for about 5 minutes. Lightly dust a work surface with the remaining flour. Roll the dough out into a 12-inch round about ¼-inch thick. Fold the dough into fourths and place it in a 10-inch tart pan. Roll a wooden rolling pin over the pan to cut off the excess dough. Prick the bottom of the crust several times with a fork.

Filling:

3. In a medium sauté pan, melt the butter over medium heat. Add the leeks. Season with salt and pepper. Sauté for 1 minute. Add the mushrooms. Season with salt and pepper. Continue to sauté for 3 to 5 minutes or until the mushrooms are wilted. Stir in the garlic and remove from heat. Cool completely.

4. In a mixing bowl, whisk the cream and eggs together. Season with ¾ of a teaspoon of salt, and pepper. Mix well. Pour the mushroom mixture into the pastry shell. Sprinkle the blue cheese over the mushrooms and walnuts. Pour in the cream mixture.

5. Bake until the center sets and the top is golden, about 55 minutes. Remove from the oven and let cool for 5 minutes before slicing to serve.

Serve with a crusty loaf of bread.

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Fresh Sage & Parmesan Meatballs

Time to prepare: 30 minutes; serves 2.

- ½ small onion, diced
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- ½ lb. ground beef
- 1 egg white
- 2 Tbsp. fresh sage, chopped
- 2 Tbsp. Parmesan cheese, freshly grated
- salt & pepper to taste

1. Sauté onion and garlic in olive oil for 5 minutes.
2. Mix the rest of the ingredients in a mixing bowl. Mix in sauteed onion and garlic.
3. Roll into tablespoon-sized balls and bake at 375°F for 15-20 minutes on an ungreased cookie sheet.



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Gingerbread

This low fat recipe is rich, chewy and moist.

Time to prepare: 1 hour; serves 6.

- ½ cup brown sugar, packed
- ¼ cup butter, softened*
- zest of 1 orange
- 2 eggs*
- 1 cup applesauce
- ½ cup molasses
- 1 inch piece of ginger root, peeled and puréed
- 1½ cup flour, sifted
- 1½ tsp. cinnamon
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt

**Substitute 3 egg whites, and canola oil to prepare a vegan recipe.*

1. Beat sugar, butter and orange zest.
2. Add eggs. Add applesauce, molasses and ginger to the sugar mixture until smooth.
3. In a separate bowl, combine flour, cinnamon, baking soda, baking powder, and salt. Gradually beat into sugar mixture, beating for 3 minutes either with a mixer or with a whisk. Bake at 350°F. for 40 minutes in an 8-inch square pan.

Top with marscapone cheese or slightly sweetened whipped cream and powdered sugar for a luscious dessert.



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Frisky Cornbread

What can we say? Nothing comforts quite like cornbread. When you add the optional ingredients, this will dance off the plate.

Time to prepare: 45 minutes; serves 4

Dry mix:

1 cup flour
¾ cup yellow cornmeal
1 Tbsp. baking powder
1 tsp. salt

Wet mix:

3 Tbsp. honey
¾ cup buttermilk
¼ cup whole milk
2 eggs, beaten
1 ear fresh corn, roasted and removed from cob
⅓ cup butter, melted

Optional:

½ cup green chile, chopped
5 Tbsp. cilantro, chopped
½ cup red pepper, finely chopped
3 Tbsp. scallions, chopped
½ tsp. chili powder

Recipe continues



1. Preheat oven to 425°F. Using about 2-3 tablespoons of butter, grease a 9-inch castiron skillet. Place the skillet in the preheated oven.
2. In a large mixing bowl, combine all the dry ingredients together. Blend well.
3. In a smaller bowl add buttermilk, milk, corn, and eggs. Add the melted butter and mix well. Add the liquid mixture to the dry ingredients and mix well.
4. Remove the hot skillet from the oven and carefully pour in the batter. Return the skillet to the oven. Bake for 25 minutes (if you're using a cake pan, bake for 30-35 minutes) or until the top is browned, and a toothpick comes out clean.
5. Remove from oven and rub top with a stick of butter.
6. Serve with honey butter (¼ cup butter, softened, blended with 3 Tbsp. honey)

TIPS

- Have all ingredients at room temperature.
- Use a seasoned castiron skillet. You may also use a castiron muffin pan without the paper cups. If you use any other type of muffin pan, use paper liners and spray the paper cups with oil spray.
- Make sure the greased skillet is in the oven long enough to get hot. This will produce a crispy crust.

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Gingered Carrot Soup

Creamy, and satisfying, this soup will bite you back!

Time to prepare 45 minutes; serves 2.

- 2 cloves garlic, minced
- 1 yellow onion, chopped
- 1 Tbsp. olive oil
- ½ inch piece of ginger, peeled and puréed
- 4 large carrots, diced
- 2 cups low salt chicken, or vegetable stock

1. Sauté onions and garlic in olive oil until opaque, about 5-7 minutes. Add diced carrots and ginger. Sauté for another 5 minutes.
2. Add stock and simmer for 30 minutes. Purée in blender, adding salt and pepper.
3. Garnish with crème fraîche, or low-fat yogurt.
4. Serve with honey butter (¼ cup butter, softened blended with 3 Tbsp. honey)

Serve with crusty rolls and honey butter.



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Grilled Ginger Beef

Ginger and beef pair perfectly in this delicious duo.

Time to prepare: 45 minutes; serves 4.

- 2 steaks, New York strip
- 1 shallot, diced
- 1 clove garlic, minced
- 1 inch piece ginger, peeled and minced
- 1 Tbsp. sesame oil
- 1 Tbsp. tamari sauce
- ½ cup beef stock

1. Cut the steaks into one-inch cubes. Mix remaining ingredients. Marinate the steak for at least 30 minutes.
2. Grill or stir-fry steak on medium high heat until done (about 3 minutes or less).
3. Simmer the remaining marinade until reduced by half in a saucepan for 5 minutes until a thick syrup develops. Spoon the sauce over the grilled meat, and garnish with chopped scallions.

Serve with jasmine or long grain rice and bean sprouts.



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Grilled Citrus Ahi Tuna

Also delicious with yellowfin tuna or pork tenderloin.

Time to prepare: 25 minutes; serves 2.

2 Ahi tuna steaks*

*Substitute yellowfin tuna or pork tenderloin for the Ahi tuna if desired.

Marinade:

⁵ inch ginger, peeled and puréed
1 tsp. sambal oelek (Asian chili paste)
1 clove garlic, minced
zest from 1 orange
⁵ cup orange juice
1 Tbsp. rice vinegar
1 Tbsp. soy sauce
1 Tbsp. sesame oil

Noodles:

⁵ lb. soba noodles
4 spring onions, chopped
1 cup bean sprouts
1 tsp. sesame seeds
1 tsp. black sesame seeds

Recipe continues



1. Marinate the fish for 30 minutes. Grill for 2 minutes on each side or broil at 425°F for 4-6 minutes. (Do not over-cook.)
2. Simmer the rest of marinade in a saucepan for 5 minutes.
3. Cook soba noodles according to package instructions and then stir-fry with spring onions and bean sprouts.
3. Place the Ahi on top of the noodles.
4. Pour the reduced sauce over top along with orange zest, fresh cilantro and sesame seeds.

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Grilled Vegetable Strudel

A hit with the vegetarian crowd.

Time to prepare: 30 minutes; serves 2.

4	sheets	filo dough, thawed
¼	cup	butter, melted
1	cup	spinach, steamed and chopped
½	cup	ricotta cheese
1		egg
1		red bell pepper, roasted and seeded
½		eggplant, roasted
1	cup	mushrooms, sliced & sautéed
1	cup	artichokes, chopped
3	Tbsp.	basil, fresh

1. Unroll fillo dough, using two sheets at a time, and covering the remaining dough with a damp towel. Brush fillo with melted butter, adding the second sheet and brushing it with melted butter. Be sure to work quickly to ensure the fillo does not dry out. Add another sheet and repeat.

2. Add filling and roll into a rectangular parcel, like a burrito, folding side edges in. Repeat the steps until all of the filling is used.

3. Brush with butter and bake at 400°F for 10-20 minutes on a baking sheet until golden brown.

Serve with a light mixed green salad.



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Ratatouille

A rustic hearty stew from Provence

Time to prepare: 1 hour; serves 4.

1	Tbsp.	extra virgin olive oil
2	cloves	garlic, minced
2	medium	onions, coarsely chopped
1	small	eggplant, diced
2	medium	zucchini, sliced into 1 inch rounds
2		bay leaves
3	Tbsp.	fresh basil leaves
1	tsp.	fennel seeds, whole
4	large	tomatoes
3	large	red, or yellow peppers, seeded, and coarsely chopped
		Balsamic vinegar to taste (1-2 Tbsp.)
		salt and cracked black pepper to taste

1. Prepare the eggplant and zucchinis and place them in a bowl with 2 tsp. salt for 1 hour. Remove from bowl and press them with a cloth to draw out the moisture.

2. Sauté onions and garlic in butter or oil for 10 minutes. Add bay leaves, basil, and fennel seeds.

3. Add peppers, eggplant and zucchinis and cook on low heat for 30 minutes.

4. Add tomatoes and cook for another 30 minutes. Season with salt & pepper.

Serve with crusty bread, or flat breads.



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Harvest Apple Tart

This is an unusual twist on apple pie. Top with whipped cream and dust with cinnamon for presentation.

Time to prepare: 1 hour; serves 8.

Dough:

3 cups all purpose flour
1 tsp. salt
1 cup cold butter, cut into small pieces
8-10 Tbsp. cold water

Filling:

2-2½ lbs. Granny Smith, Pippin, or other firm apples
2 Tbsp. butter cut into small pieces
1 sweet potato, cooked and diced.
⅓ cup apple butter
2 Tbsp. lemon juice
¾ cup cane sugar
6 Tbsp. flour
½ tsp. cinnamon
½ tsp. ground cloves

Egg Wash:

1 egg, beaten
2 Tbsp. milk

Recipe continues



Dough:

1. Mix flour and salt. Add the cold butter to the flour mixture, cutting in with two knives, working very fast. Sprinkle the dough with water and bring together with a fork. Knead the dough about 7 times just to form a ball. Rest in the refrigerator covered with plastic wrap for 20 minutes.
2. Roll out dough into two portions, ⅔ for the bottom crust and ⅓ for the top crust.

Filling:

3. Preheat oven to 400°F. Peel and slice apples into ¼-inch slices. Place in a bowl with lemon juice immediately, and add apple butter.
4. Combine the remaining filling ingredients together and sprinkle over the apple mixture. Add the sweet potato and toss together.
5. Spoon the filling into the pie shell and dot with butter over the top of the filling. Add the top crust and brush with egg wash. Bake at 400°F for 30 minutes, then reduce the heat to 350°F and bake for an additional 30 minutes.

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Honey Cake

Time to prepare: 1 hour 45 minutes; serves 10.

Coffee-Honey mixture:

1 cup strong, black coffee
1 cup honey
1 cup brown sugar
1 cup granulated sugar
1 cup chopped nuts (optional)

Cake Base:

3 eggs
½ cup butter
1 lemon (juice and grated zest)
1 orange (juice and grated zest)
5 cups flour
1 tsp. soda
3 tsp. baking powder
½ tsp. cinnamon
½ tsp. ginger
½ tsp. cloves
½ tsp. nutmeg

Recipe continues



1. Mix the coffee-honey mixture. Bring to a boil and cool.
2. Beat eggs well.
3. Add softened butter, fruit rind and juices. Add pre-sifted dry ingredients alternately with coffee-honey mixture.
4. Bake in a 9x12 inch loaf pan for 350°F an hour and 15 minutes until golden brown and a toothpick comes out clean.

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Kielbasa and Sauerkraut

Serve with pumpernickel bread and Boiled Potatoes with Parsley
(recipe below)

Time to prepare: 50 minutes; serves 4.

1½ lbs. smoked kielbasa
1½ lbs. sauerkraut or cabbage
1 large onion, thinly sliced
1 cup chicken broth
2 Tbsp. grainy dijon mustard
¼ tsp. allspice
1 tsp. caraway seeds

1. Slice kielbasa into half-inch rounds.
2. Rinse and drain the sauerkraut thoroughly.
3. Place the kielbasa in a heavy pan over medium heat. Stir until the sausage has rendered its fat and is browned, about 10 minutes. Remove with slotted spoon and drain on paper towels.
4. Discard all but one tablespoon of the fat. Add onion and sauté for 5 minutes. Stir in sauerkraut (if you are using cabbage, cook in pan until soft, about 10 minutes).
5. Add broth, mustard and spices, and bring to a boil. Transfer to a casserole dish, cover, and bake at 350°F for 20 minutes until bubbling.
6. Remove and let stand for 5 minutes.

Recipe continues



Boiled Potatoes with Parsley

1½ lbs. potatoes
3 Tbsp. parsley, chopped
salt & pepper to taste

Peel potatoes, and coarsely chop into chunks. Boil until soft, about 8 minutes. Drain. Add parsley, and salt and pepper to taste.



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Mushroom Barley Soup

Rich and hearty.

Time to prepare: 1 hour; serves 6.

- 2 Tbsp. dried porcini mushrooms
- 2 Tbsp. butter
- 1 large onion, thinly sliced
- 2 ribs celery with leaves, diced
- ¼ cup parsley
- 1 carrot, peeled and sliced
- 3 cloves garlic, chopped
- 1 lb. fresh porcini or other mushrooms
- 1 Tbsp. flour
- 2 quarts beef or vegetable stock
- 1 cup whole barley
- 2 tsp. salt

1. Soak the mushrooms in enough hot water to cover for a half-hour. Strain and reserve the liquid.
2. Coarsely chop the reconstituted porcini mushrooms. Melt the butter in a stockpot and sauté the onion, celery, two tablespoons of parsley, carrot, garlic, spices and fresh mushrooms until soft, about 5 minutes.
3. Lower the heat and add the flour, stirring every 30 seconds for about 5 minutes or until thick. In a saucepan, heat

Recipe continues



the broth or water. Add a cup of the mushroom mixture at a time to the pot, stirring.

4. Turn the heat to high, and add the reserved mushroom water and barley. Stir well and add salt to taste. Cover and simmer, stirring often, for an hour or until the barley is tender and the soup is thickened.

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Pomodoro with Steamed Spaghetti Squash

Wonderful as a side, or as a vegetarian meal

Time to prepare: 30 minutes; serves 3.

3 lbs. spaghetti squash
3 balls fresh mozzarella (optional)

Pomodoro Sauce:

5 Roma tomatoes
5 cloves garlic
½ medium onion
2 Tbsp. extra virgin olive oil
¼ cup fresh oregano
½ cup fresh basil
salt and freshly cracked black pepper to taste

1. Cut the squash in half and scoop out the seeds. Steam the squash in a steamer, or face down in a large pot of water for 15 minutes until fork-tender. Remove from pot.
2. Dice the onion and sauté with crushed garlic until opaque.
3. Add the diced tomatoes and cook only for a couple of minutes at medium heat.

Recipe continues



4. Add the fresh herbs and season to taste, cooking for a few minutes more.
5. Scrape the squash with a fork to achieve the strands resembling spaghetti.
6. Place in baking dish and toss with additional olive oil. Top with sauce and fresh mozzarella. Broil just until cheese melts.

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Roasted Vegetables with Garlic Aioli

A taste of the Tuscan countryside

Time to prepare: 30 minutes; serves 4.

- 2 red peppers
- 1 yellow pepper
- 1 red onion
- 1 zucchini
- 1 eggplant
- ½ lb. mushrooms
- 1 head garlic
- ½ cup extra virgin olive oil
- ½ cup mayonnaise
- 1-2 Tbsp. premium quality balsamic vinegar

1. To roast garlic, wrap in foil and bake for 1 hour at 400°F.
2. Slice peppers into long strips. Quarter the onion. Cut the mushrooms in half. Dice the zucchini. Slice the eggplant into half moons. Brush vegetables with olive oil and cook on hot grill or in oven at 450°F for 20 minutes, or until slightly browned.
3. Arrange the vegetables attractively together on a platter. Blend the roasted garlic into ½ cup mayonnaise and add salt and pepper to taste. Splash the vegetables with balsamic vinegar and arrange on platter.



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Root Vegetable purée

Smooth and rich, this one's a keeper.

Time to prepare: 25 minutes; serves 2.

- 3 sweet potatoes, diced
- 3 parsnips, diced
- 3 carrots, diced
- 2 turnips, diced
- 2 Tbsp. butter
- 1 tsp. cinnamon
- salt and pepper to taste

Boil together until very soft, about 15 minutes. Purée together in processor adding butter, cinnamon, salt and pepper.

Serve as an accompaniment to roasted poultry.



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Russian Borscht

A vegetarian version of the classic!
(For a meat version, use beef stock.)

Time to prepare: 1 hour; serves 6.

1½	cups	onion, chopped
2	stalks	celery, chopped
2	Tbsp.	butter or olive oil
1	tsp.	caraway seeds
2		bay leaves
2	tsp.	salt
¼	tsp.	dill weed
1½	Tbsp.	cider vinegar
1½	cups	potato, finely diced
1	large	carrot, sliced
1	cups	beets, thinly sliced
6	cups	water, (or beef stock)
1½	Tbsp.	honey
4	Tbsp.	tomato paste
		salt pepper to taste
3	cups	red cabbage chopped

Recipe continues

1. Sauté onions and celery in butter or oil for 10 minutes. Add spices.
2. Add vinegar, potato, carrot, and bay leaves. Add water or stock. Add the beets and simmer with tomato purée, vinegar, sugar and butter, in a large covered saucepan for 15 minutes. Stir frequently.
3. Add the red cabbage, and cook for one half hour.

Serve with fresh rye bread and butter.



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Spiced Indian Squash

Here is an exotic twist to squash.

Time to prepare: 30 minutes; serves 2.

- 1 lb. butternut squash
- 3 Tbsp. butter (or canola oil)
- 5 shiitaki mushrooms
- 1 tsp. mild curry powder
- 1 tsp. cane sugar
- ½ tsp. mustard seeds
- 1 tsp. sambal oelek (Asian chili paste)
- 2 cups spinach, fresh
- 1 small eggplant, sliced into 2" strips
- ½ small red pepper, sliced very thin

1. Cut the squash in half. Steam or boil for approximately 6 minutes until flesh is tender but still slightly firm. Scoop out squash and set aside.
2. Stir-fry mushrooms in one-tablespoon butter in a wok. set aside
3. Stir-fry spinach with one-tablespoon butter and a splash of water just until wilted.
3. Stir-fry the eggplant and red peppers for 3 minutes. Remove from wok.
5. On low heat add one-tablespoon butter and stir spices together. Add the squash and spinach and stir-fry until flavors are blended.

Serve with rice and garnish with cilantro.



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Stuffed Butternut Squash

Time to prepare: 45 minutes; serves 4-6.

- 3 large butternut squashes, cut in half
- 1 shallot
- 1½ cup long grain rice (dry)
- 3 cups chicken or vegetable stock (for cooking rice)
- 1 cup wild rice
- 5 cup pine nuts, toasted
- ⅓ cup mushrooms, finely diced
- 3 Tbsp. fresh rosemary, chopped
- 1 Tbsp. fresh parsley, chopped
- 1 small red pepper, finely diced
- salt & pepper to taste

1. Slice squashes in half lengthwise and remove seeds. In a saucepan, simmer squash face down in boiling water or steam for 6 minutes.
2. Delicately cut out the squash center leaving a ¼-inch border around the outside for presentation. Scoop out the remaining flesh and chop for later use. Reserve squash shells.
3. Cook the rice in stock. Sauté the shallots for a few minutes and then add the pine nuts. Set aside. Sauté mushrooms in butter with rosemary and parsley.
4. Add remaining ingredients together in mixing bowl.
5. Stuff the squashes and pour melted butter or olive oil over top and bake at 375° F for 15-20 minutes to heat throughout.



harvest recipe

September/October 2000

Sweet Potato Cornmeal Scones

These unusual scones are a wonderful accompaniment to a hearty stew or a salad. Or just slather them with butter, honey or apple butter for afternoon tea.

Time to prepare: 30 minutes; serves 9.

1	medium	sweet potato, diced
1 1/3	cups	buttermilk
1		egg, beaten
2	cups	all-purpose flour
2/3	cup	yellow cornmeal
1	tsp.	cinnamon
1 1/2	Tbsp.	sugar
2	tsp.	baking powder
1	tsp.	baking soda
1/2	tsp.	salt
1/2	tsp.	pepper
7	Tbsp.	butter, chilled

1. Boil diced sweet potato until fully cooked, about 10-15 minutes.
2. Heat oven to 425°F. Mash sweet potato. Add buttermilk and beaten egg.
3. In a separate bowl, mix dry ingredients. Cut in butter with two knives until mixture resembles course crumbs.

Recipe continues



4. Add sweet potato mixture and handle lightly until soft dough forms. Do not overwork. Gently knead dough about 9 times, dusting with additional flour as needed. Divide into 9 pieces, cutting these pieces again in half creating 18 triangles. Place on a baking sheet. In a small bowl mix egg and water. Brush scones with egg wash. Sprinkle with cornmeal.
5. Bake 15-18 minutes at 425°F or until golden brown.

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September/October 2000

White Bean Soup

Creamy and comforting

Time to prepare: 30 minutes; serves 4.

3	19-oz cans	white beans, rinsed well
1/4	tsp.	dried tarragon
2	cups	chicken stock
2	cups	leeks, washed and thinly sliced
3	cloves	garlic, minced
1/4	tsp.	dried red pepper flakes
3	Tbsp.	olive oil
3/4	cup	half-and-half
1	Tbsp.	fresh lemon juice
		salt and pepper to taste

1. In a blender purée the beans in batches with the tarragon and the stock. Strain the purée through a fine sieve into a bowl, pressing hard on the solids.
2. In a large saucepan, cook the leek, garlic and red pepper flakes in olive oil over moderately low heat. Stir occasionally, until the leeks are softened and begin to turn golden.
3. Add the purée, half-and-half, lemon juice, and salt to taste. Simmer the soup for 5 minutes, stirring occasionally.



harvest recipe

September/October 2000

Wild Rice Pilaf

Warm delicate, and satisfying

Time to prepare: 25 minutes; serves 4.

1/2	cup	wild rice
1/2	cup	orzo pasta
1/2	cup	onion, chopped
2		bay leaves
2	Tbsp.	olive oil
1	cup	long grain rice
1 3/4	cups	vegetable or chicken stock (or water)
1/4	cup	pine nuts, toasted
1/4	cup	parsley, finely chopped
		salt and pepper to taste

1. Cook orzo and wild rice separately and set aside.
2. Sauté onion and bay leaves together in olive oil until soft. Add dry long grain rice and sauté for a few minutes.
3. Add hot stock (or water) to the long grain rice mixture, bring to boil and simmer covered for 20 minutes.
4. Add the orzo and wild rice and pine nuts. Toss together with parsley. Season with salt and pepper.



harvest recipe

September/October 2000

Wild Rice Salad

Bright with a bite! Wonderful as a salad side.

Time to prepare: 25 minutes; serves 4.

- 2 cups wild rice
- ½ cup fresh or frozen cranberries, chopped
- ½ cup toasted walnuts
- 3 Tbsp. chives, chopped
- ½ cup fresh orange juice
- 2 Tbsp. balsamic vinegar
- salt and pepper to taste

1. Cook wild rice for 20 minutes in simmering water. Rinse in cool water and drain thoroughly.
2. Toss ingredients together in mixing bowl and serve.



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September/October 2000

Wild Rice with Kale, Tomatoes and Spinach

Time to prepare: 30 minutes; serves 4.

- 1 cup vegetable stock, or water
- ½ cup long-grain brown rice
- 1 cup wild rice
- 1 clove garlic
- 1 tsp. olive oil
- 3 tsp. white wine (or white wine vinegar)
- 6 roma tomatoes, chopped and drained
- ½ red pepper, diced
- 2 cups kale leaves, rinsed and finely chopped
- 1 cup fresh spinach, rinsed and finely chopped

1. In a small saucepan, bring water to a boil. Add long-grain brown rice, cover and cook until tender and all liquid is absorbed.
2. Cook wild rice separately, in a saucepan covered with water. Cook for 20 minutes, drain, and set aside.
3. In a heavy skillet, combine garlic, oil and sherry. Cook over low heat, stirring until golden brown. Add the tomatoes and kale and cook the mixture until the kale is tender, stirring occasionally. Add chopped spinach.
4. Fluff the rice with a fork and combine with the kale mixture. Season with salt and pepper to taste.



harvest recipe

September/October 2000

Wild Mushroom Bread Pudding with Cheese

More comforting than grandma!

Time to prepare: 1 hour 20 minutes; serves 8.

- 3 Tbsp. butter
- 2 large onions, chopped
- 1½ cups sliced mushrooms
(cremini, shiitake, button, or portabella)
- ½ tsp. salt
- ¾ tsp. cracked pepper
- 1 tsp. dried marjoram
- ½ cup Madeira wine
- 1 10½ oz. can beef broth
- 1 cup cream
- 2 eggs
- 2 egg yolks
- 1 Tbsp. fresh thyme
- 9 oz stale whole wheat bread; cut into ¾ inch
cubes (about 6 cups)
- 8 oz cambozola, brie or mild goat's cheese cut
into ½ inch pieces

1. Sauté onions seasoned with salt and pepper in one tablespoon of butter until translucent, 5-7 minutes. Remove onions.

Recipe continues



2. Add one tablespoon of butter and cook half of the mushrooms. Add the marjoram, ½ teaspoon salt and ½ teaspoon pepper. Cook until browned and the liquid has evaporated.
3. Repeat with the remaining mushrooms using one tablespoon of butter. Add cooked onions and remaining mushrooms, and cook until all liquid has evaporated. Set aside to cool.
4. Heat oven to 350°F. Whisk together broth, cream, eggs, egg yolks. Add the bread and mushroom mix to the egg mixture. Toss and let stand for 30 minutes. Gently stir in the cheese.
5. Brush a 9x13 baking dish with the remaining two teaspoons of butter. Pour in the bread mixture. Bake at 350°F for 40 minutes until firm.

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September/October 2000

Tart Tatin

This is a classic french apple pie. Top with whipped cream and dust with cinnamon for presentation.

Time to prepare: 1 hour; serves 8.

Pastry:

1 cup all purpose flour
1/8 tsp. salt
1/4 cups cold butter, cut into small pieces
1/4 cup cold water
(to save time, feel free to use frozen puff pastry, thawed, instead of the preceding dough recipe, and rolled out to fit the pan.)

Filling:

2 1/2 lbs. Granny Smith, Pippin, or other firm apples
1/2 cup butter cut into small pieces
1 1/4 cup sugar
1 tsp. vanilla extract
1 tsp. lemon zest, chopped

Pastry:

1. Mix flour and salt. Working quickly, cut the cold butter into the flour mixture (using two knives or a pastry blender), until the mixture resembles coarse crumbs. Sprinkle the dough with water and bring together with a fork. Knead the

Recipe continues



pastry about 7 times just to form a ball. Rest in the refrigerator covered with plastic wrap for 20 minutes. (You can prepare this recipe making the pastry and chilling it once, which will save time, or for a flakier pastry, roll out, fold, and chill in between for 10 minutes. Repeat process at least 3 times.)

Filling:

2. Preheat oven to 400°F. Place a pie pan directly over the stove. Melt the butter. Add the sliced apples very close together, and then add the sugar. Cook slowly over medium heat until the sugar begins to caramelize (turns light brown). This will take approximately 20 minutes.
3. Place the apples in the pie pan for 5 minutes, bake at 400°F for 5 minutes. Remove from oven.
4. Roll pastry thin enough to fit the top of the pan. Cover the apples with the rolled out dough. Raise the heat to 450°F and bake for an additional 20 minutes. Remove from oven and invert the dish onto a serving plate. Serve warm.

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