

Recipe Book for Farmer's Market Box Brunch

with Suncoast Market & The Culinary Gardener

Baba Ganoush Crostini

Ingredients

- 1-2 eggplants
- Olive oil - for roasting
- 1 large clove garlic - grated or finely minced
- 1 lemon - juiced
- 1-2 Tbsp tahini
- 2 Tbsp fresh parsley - chopped
- Salt & Pepper to taste
- French Baguette - cut into rounds

Directions

1. Preheat oven to high broil and position a rack at the top of the oven.
2. Slice your eggplant into 1/4 inch rounds and sprinkle with sea salt and place in a colander in the sink to drain any excess liquid. After 5-10 minutes, rinse slightly and then pat dry with a clean dish towel or paper towels.
3. Arrange on a baking sheet and drizzle with olive oil and a pinch of sea salt and pepper. Roast for 5-10 minutes, turning once or twice, until the eggplant is softened and golden brown. Remove from pan, place in bowl with lid - let sweat for 5 min.
4. While eggplant sweats, place rounds on same baking pan. Drizzle with olive oil and place in oven. Toast for about 2-4 minutes - watching so they do not burn. Take out when golden.
4. Peel away most of the skin of the eggplant and place flesh to a bowl. Eggplant should be very soft and tender - mix and mash with a fork.
5. Add lemon juice, garlic, tahini, a pinch of salt and mix until creamy. Add minced parsley last and mix it.
6. Taste and adjust seasonings as needed, top baguette crostini rounds with baba ganoush and serve. Garnish with more parsley if desired.

Warm Kale Salad w/ Bacon & Roasted Squash - Topped with Sunnyside Egg & Orange Vinaigrette

Ingredients for Kale Salad

1 bunch kale, thinly sliced and massaged
4 pieces bacon diced
2 cups diced summer squash, roasted
½ purple onion, diced small
2 oranges – segmented
½ cup sunflower seeds
½ cup dried cranberries (or use fresh strawberries)
¼ cup cilantro leaves, chopped (optional)
Olive oil

Directions

1. Preheat to 350°
2. Cut summer squash into bite size pieces. Toss in olive oil with salt and pepper. Place on baking sheet and roast in oven at 350° for 10 to 15 minutes.
3. Chop Kale into thin ribbons – massage with a pinch of salt.
4. Cook diced bacon until just crisp.
5. To assemble salad, place all the ingredients in a bowl. Top with bacon, drizzle a spoonful of bacon fat on salad to wilt and flavor. Toss with orange vinaigrette just until coated. (You may have extra vinaigrette. Keep in the refrigerator for up to one month. Mix well before serving.)
Enjoy!

Sunny Side Egg(s)

Heat a small pan over medium heat - add oil of choice. Let oil heat up, crack egg(s) into pan, season with salt and pepper - cover with lid and shut off heat. Slide sunny side egg on top of plated salad or Potato Cakes.

Ingredients for Orange Vinaigrette

½ -1 cup olive oil
¼ cup orange juice (or more)
Juice from half a lemon
½ cup white wine or champagne vinegar
Zest from orange
1-2 TBSP red onion
1 clove garlic
1 TBSP dijon
1 TBSP honey
Salt and pepper

Directions

For vinaigrette, place all ingredients in a blender and blend until smooth

Sautéed Greens with garlic

Ingredients

- Bok Choy
- Swiss Chard
- 2 cloves garlic - minced
- 1 TBSP avocado oil
- ½ TBSP toasted sesame oil
- 1-2 TBSP tamari or soy sauce
- 1-2 TBSP water
- Red pepper flakes to taste

Directions

1. Chop bok choy into quarters or eighths depending on the size.
2. Strip the swiss chard greens from the stems. Chop the stems into ½ inch pieces, set aside. Chop the greens roughly.
3. Put a large saute pan over medium heat. Add avocado and sesame oil. When oil is hot add swiss chard stems and bok choy. Saute for 1-2 minutes.

4. Add greens, garlic, soy sauce, water and red pepper flakes to pan. Mix to combine and saute for 1-2 minutes. Add more water and soy sauce if necessary and cover with lid to steam for 1-2 minutes. When greens are wilted remove from heat.
5. Enjoy!

Potato Cakes

Recipe adapted from Bianca Zapatka's vegan potato cakes

Ingredients

- 1 lb potatoes
- 1 carrot
- 1/3 cup flour * (gluten-free, if needed)
- 1 tbsp parsley chopped
- 2 tbsp chopped chives or green onions
- 3/4 tsp salt
- 1/4 tsp black pepper
- 2 tbsp plant based oil (for frying)
- bread crumbs (for coating)

Instructions

1. Cook potatoes along with the carrot until tender, then drain. Mash using a potato masher and let cool completely. (Optionally, use leftover mashed potatoes).
2. In a large mixing bowl, stir together mashed potatoes, herbs and seasonings. Add flour and stir until all flour is incorporated.
3. Form 6-8 balls of dough (or make smaller cakes if you prefer). Roll each one in additional flour (or bread crumbs), then gently flattening into patties.
4. In a large skillet, heat up 2 tablespoons of oil on medium heat until hot.
5. Fry each potato cake on one side for about 3-5 minutes, until golden brown. Then flip and fry on the other side.

Notes

- This recipe works best with cooked potatoes, but you could also use leftover mashed potatoes. If they are very moist, you may need more flour to hold in shape. Please do not use instant mashed potatoes, they do not work well with this recipe.
- Leftovers can be reheated in the oven. Simply bake for approx. 10-12 minutes at 350°F until warm and crispy.

Contact: For questions or to book a private event contact Ellyse Briand

Email: theculinarygardenerSD@gmail.com

Facebook: The Culinary Gardener SD

Instagram: @the_culinary_gardener