



week of june 26 2017

MEEL 1

crispy rockfish salad with
green tomato-cucumber salsa

MEEL 2

thai-ish cabbage salad
(protein add-on: ground turkey from Hippo Hollow Farms)

LOCAL FARMS & BUSINESSES SUPPORTED:

fresh and local (cucumbers & green tomatoes)
growing together/the nashville food project (arugula)
hill and hollow farm (peppers, green onion, arugula, mint, basil)
lupine and poppies farm (dill weed)
noble springs dairy (goat's milk yogurt)
pond creek gardens (cilantro)
rocky glade farm (cabbages)
village bakery + provisions (pugliese)
virgin bay seafood (rockfish)

MEEL



crispy rockfish salad with green tomato-cucumber salsa

INGREDIENTS:

1 jalapeño

¼ tsp. sea salt

Freshly ground pepper, to taste

Already in jar: *¾ cup yogurt, ½ tsp. garlic powder,*

½ tsp. onion powder, ¼ tsp. celery seed,

½ tsp. fresh lemon juice, dash of hot sauce

½ cup plus 1 Tbsp. olive oil

2 tsp. sherry vinegar

2 small cucumbers, peeled and cut into ¼" pieces (¾ cup)

1 ripe green tomato, cut into ¼" pieces (¾ cup)

1 Tbsp. packed chopped dill

¾ lb arugula

1¼ cups panko, finely ground

2 large eggs

¼ cup all-purpose flour

Four 4-ounce rockfish (or grouper) fillets

1. Roast the jalapeño: Directly over a gas flame or under the broiler, roast the jalapeño, turning, until charred all over, 2 to 3 minutes. Sweat the chile (for easy peeling) by transferring to a bowl and covering tightly with plastic wrap to let cool. Peel, stem and seed the chile, then finely chop.

2. Make the jalapeño-ranch dressing: Add the jalapeño, salt, and pepper to the yogurt and whisk or shake to combine.

3. Make the salsa: In a medium bowl, whisk 1 tablespoon of the olive oil with the vinegar. Add the cucumber, tomato and dill and toss to combine. Season with salt.

4. Cook the rockfish: Spread ground panko in a shallow bowl. In a second shallow bowl, whisk the eggs. In a third shallow bowl, spread the flour. Season the fish with salt and pepper, then dredge in the flour and shake off the excess. Dip the fish in the egg, then dredge gently in the panko. In a large skillet, heat ¼-½ cup of olive oil. Gently pan-fry the fish over medium heat, turning once, until golden brown, about 6-8 minutes, depending on thickness. Transfer to a paper towel-lined plate to drain and season with salt.

5. To serve: Place each piece of fish over a bed of arugula, drizzle with the jalapeño ranch dressing, and top with a spoonful of the green tomato-cucumber salsa.



MEEL

thai-ish cabbage salad with edamame & cashews

DRESSING:

1 Tbsp. maple syrup
Sriracha or other hot sauce, to taste
Juice of 2 limes
1 clove garlic, finely grated
½" piece of fresh ginger, peeled and finely grated
Salt and black pepper, to taste
¼ cup + 1 tablespoon olive oil

SALAD:

1 head of green or red cabbage, shredded (about 5 cups)
1 large carrot
1 red or green bell pepper
1-2 barely ripe mangos
2 cups edamame
4 green onions, thinly sliced
¼ cup fresh mint leaves
¼ cup fresh cilantro leaves
¼ cup fresh basil leaves
Salt and pepper, to taste
½ cup cashews, chopped, for garnish

1. Make the dressing: In a small jar with a tight-fitting lid, combine the maple syrup and Sriracha with the lime juice, garlic, ginger, salt, pepper, and olive oil. Tightly secure the lid, and shake the jar until the dressing has a creamy and smooth consistency. Taste and adjust seasoning, if necessary. Set aside.

2. Place the shredded cabbage in a large bowl. Using a vegetable peeler, make long strips from the carrot or cut into really thin strips. Remove the seeds and stem from the bell pepper, cut it into strips, and add these to the bowl.

3. Carefully cut around the large pit of the mango. After you have all of the usable mango you can get, cut the fruit into thin strip and add to the bowl with the cabbage.

4. Add the edamame, sliced green onions, mint, cilantro, and basil to the salad. Season with salt and pepper and toss to mix.

5. Pour the dressing over the salad and toss to evenly coat. Garnish the salad with chopped cashews and serve with crusty bread.