

A Vegetable Tasting Experience!

FARM FRESH FORKS



COOKBOOK - VOLUME 4
19 Yummy "Farm to Table" recipes!



Thank You



Thank you for your interest in cooking with fruits and vegetables. As the “Winter Vegetable Capital of the World” we couldn’t be happier to share recipes with you featuring specialty crops. Our Farm Fresh Forks vegetable tasting program in Yuma, Arizona is designed to share new ways to incorporate fruits and vegetables into your dishes. This 4th annual Farm Fresh Forks cookbook highlights recipes from Yuma’s vegetable tasting season as well as a few extras for your culinary enjoyment!

For more information on the Farm Fresh Forks program, please visit www.farmfreshforks.com.

Sincerely,

The Yuma Fresh Vegetable Association



www.yumafreshveg.com



Thank You

to these Yuma vegetable growers for providing specialty crops



L&R
CORPORATION





2020 Farm Fresh Forks Restaurants



Crouse's Flat Top Grill
2855 S 4th Ave, Yuma, AZ 85364
(928) 276-9811
crousesflatopgrill.com



The Garden Café
250 S. Madison Ave. • Yuma, AZ 85364
(928) 783-1491
GardenCafeYuma.com



Ironwood Steakhouse
525 Algodones Rd.
Winterhaven, CA 92283
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Mostly Muffins
2451 W 16th St. • Yuma, AZ 85364
(928) 783-7484
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The Patio Restaurant
1245 W. Desert Hills Dr. • Yuma, AZ 85364
(928) 344-1125
PatioYuma.com



Takos & Beer
2071 S. 4th Ave. • Yuma, AZ 85364
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Z Fun Factory
4446 E County 10th St #3615 • Yuma, AZ 85365
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A close-up photograph of a fresh salad served on a clear glass plate. The salad consists of green leafy vegetables, sliced red tomatoes, and shredded white onions. A breaded chicken patty, topped with a reddish-orange spice mix, sits on top of the salad. In the background, a whole loaf of golden-brown bread is visible on a white plate, and a bunch of purple grapes is partially seen. The overall scene is brightly lit, emphasizing the freshness of the ingredients.

THE GARDEN CAFÉ

APPLE PINEAPPLE COLESLAW

Yield: 6 servings

- By Debbie Gwynn, The Garden Café -

INGREDIENTS:

- 1 - 8 oz. can of crushed pineapple in juice
- 4 cups shredded red and green cabbage
- 1½ cup chopped red delicious apple
- ½ cup chopped celery
- ½ cup mayonnaise

DIRECTIONS:

- Drain pineapple reserving 3 tbsp. of juice.
- In a large bowl add pineapple, cabbage, chopped apple and celery.
- Add the reserved pineapple juice to mayonnaise and pour over coleslaw and mix together.
- Garnish serving bowl with cabbage leaves, add Pineapple apple coleslaw and top with sliced apples.

CREAMY CAULIFLOWER AND ASPARAGUS RICE CASSEROLE

Yield: 6 servings

- *By Debbie Gwynn, The Garden Café* -

INGREDIENTS:

- 1 head cauliflower, riced
- 2 cups asparagus, chopped
- ½ tsp. kosher salt
- 2 tbsp. olive oil
- 2 cloves of garlic, minced
- ¼ cup green onion, chopped
- ½ cup chicken stock
- ½ cup heavy cream
- ½ cup Parmesan cheese, grated

DIRECTIONS:

- Boil water with a pinch of kosher salt, add asparagus to boiling water for 2 minutes, remove and set aside.
- In a large pan heat olive oil and minced garlic on medium heat until garlic appears clear.
- Add cauliflower, chicken broth, green onions and half of the heavy cream, stir on medium heat while liquids start to evaporate.
- Add remaining cream and grated Parmesan cheese.
- Stir in asparagus and simmer until done.
- Top with fresh Parmesan cheese and freshly ground pepper.

CREAMY CELERY AND BROCCOLI SOUP

Yield: 5-6 servings

- *By Debbie Gwynn, The Garden Café* -

INGREDIENTS:

2 tbsp. olive oil
1 cup onion, chopped
2 cups celery, diced
1 large head broccoli, chopped
2 cups vegetable broth
1 cup water
2 tsp. salt
Black pepper to taste

DIRECTIONS:

- In large soup pot sauté onion in olive oil.
- Add chopped broccoli stems, celery and vegetable stock.
- Cook covered for 15 minutes on medium heat.
- Add water, salt, pepper and broccoli florets, bring to a boil and cook an additional 5 minutes.
- Turn off heat and puree soup mixture in food processor, and return to soup pot.
- Add salt and pepper to taste.
- Ladle soup into serving bowls and top with toasted croutons.

CREAMY ITALIAN DRESSING

Yield: 6 servings

- By Debbie Gwynn, The Garden Café -

INGREDIENTS:

2 tbsp. white wine vinegar
2 tsp. Dijon mustard
1 tsp. maple syrup
1 clove of garlic, grated
½ tsp. dried oregano
½ tsp. dried thyme
½ tsp. dried basil
¼ tsp. kosher salt
6 tbsp. olive oil

DIRECTIONS:

- In a medium bowl whisk together vinegar, mustard and maple syrup.
- Add grated garlic, oregano, thyme, basil and salt, mix together.
- Slowly add olive oil adding 1 tbsp. at a time and
- Whisking until an emulsion forms.
- Serve immediately.
- Pour over our Artisan Chopped Salad and enjoy!

GARDEN ARTISAN CHOPPED SALAD

Yield: 6 servings

- *By Debbie Gwynn, The Garden Café* -

INGREDIENTS:

- 2 heads artisan lettuce, cleaned and chopped
- 1½ cup broccoli florets
- 1 red bell pepper, chopped
- 1 cup celery, chopped
- ½ cup red onion, thinly sliced
- ½ cup parmesan cheese, shavings

DIRECTIONS:

- In a salad bowl add chopped artisan lettuce, broccoli, red bell pepper, celery, red onion and toss together.
- Sprinkle with Parmesan cheese shavings.
- Serve with our Creamy Italian Dressing.

GRILLED ASPARAGUS WEDGE SERVED WITH LEMON VINAIGRETTE DRESSING

Yield: 6 servings

- By Debbie Gwynn, The Garden Café -

INGREDIENTS:

- 1 lb. asparagus
- 1 large head iceberg lettuce, cut in four wedges
- 2 cups cherry tomatoes, sliced lengthwise
- ½ cup red seedless grapes, sliced in half
- 4 tbsp. lemon juice
- 4 tbsp. olive oil
- ½ tsp. salt
- ½ tsp. pepper

DIRECTIONS:

- Drizzle 2 tbsp. olive oil in pan on stove and coat well.
- Add asparagus and grill 3-4 minutes until tender.
- Dice grilled asparagus into 1-2 inch pieces.
- In small bowl add lemon juice, salt and pepper.
- Add 2 tbsp. olive oil slowly and whisk together.
- Place a lettuce wedge on each salad plate.
- Arrange tomatoes, grapes and asparagus on each wedge.
- Drizzle with lemon vinaigrette dressing.

ROASTED CAULIFLOWER PARMESAN

Yield: 6 servings

- *By Debbie Gwynn, The Garden Café* -

INGREDIENTS:

- 7 cups cauliflower florets
- 1-2 tbsp. olive oil
- ½ cup Italian breadcrumbs
- ½ tsp. garlic powder
- ½ tsp. salt
- ½ cup parmesan cheese, grated

DIRECTIONS:

- Preheat oven to 425 degrees.
- In a bowl add cauliflower and olive oil, mix well.
- Add garlic powder, salt, bread crumbs and Parmesan cheese, stir until cauliflower is coated.
- Spread the cauliflower on a greased foil lined baking sheet.
- Bake for 20 minutes, stir and bake an additional 10 minutes.

TOASTED ALMOND KALE SALAD SERVED WITH A ZESTY LEMON GARLIC DRESSING

Yield: 6 servings

- By Debbie Gwynn, *The Garden Café* -

INGREDIENTS:

1 cup slivered almonds
1 large bunch of kale, chopped with ribs removed
¼ cup parmesan cheese, grated
¼ cup olive oil
2 tbsp. lemon juice
1 garlic clove, grated
½ tsp. salt
Ground pepper to taste

DIRECTIONS:

- In a salad bowl add chopped kale.
- Toast almonds in pan on medium heat until lightly brown, add to chopped kale in bowl.
- Add Parmesan cheese.
- In a small bowl add olive oil, lemon juice, garlic, salt and pepper.
- Whisk ingredients together and pour over salad.

IRONWOOD STEAKHOUSE



ASIAN DUEL CABBAGE AND CRAB SLAW

Yield:

- *By David Dobransky, Ironwood Steakhouse* -

INGREDIENTS:

4 cups shredded napa cabbage
1 cup shredded crab meat
¼ cup diced red pepper
½ cup frozen peas, thawed
2 tbsp lemon juice
2 tbsp fish sauce
3 tbsp soy sauce
½ tsp wasabi powder
½ cup mayonnaise

DIRECTIONS:

- Blend lemon juice, fish sauce, soy sauce wasabi powder and mayonnaise together
- Combine cabbage and crab together
- Fold in dressing

BRAISED ROMAINE WITH ARTISAN LETTUCE, PRICKLY PEAR VINAIGRETTE

Yield: 6 Servings

- *By David Dobransky, Ironwood Steakhouse* -

INGREDIENTS:

3 tbsp. Olive Oil
6 cups 1'diced Romaine
½ cup Vegetable Broth
¼ cup White Wine
3 cups Spring Mix Lettuce
¼ cup Prickly Pear Juice
¼ cup Olive Oil
2 tbsp. Lemon Juice
Salt and Pepper to taste

DIRECTIONS:

- Heat Skillet to almost smoking
- Add Romaine, sauté Romaine till it takes on a little brown color, about 2 minutes
- Add Vegetable Broth and White Wine, cook another 2 minutes and drain
- For the Vinaigrette
- Blend Prickly Pear Juice, Olive Oil, Lemon Juice
- Season with Salt and pepper
- Toss Romaine, Spring Mix Lettuce with Vinaigrette

CAULIFLOWER AND PETITE ROMAINE SALAD

Yield: 4 Servings

- *By David Dobransky, Ironwood Steakhouse* -

INGREDIENTS:

1 head romaine hearts
1 head cauliflower
4 tbsp. olive oil
Dash salt and pepper
½ cup olive oil
4 tbsp. lemon juice
1 tsp. chopped shallot
½ tsp. chopped garlic
2 tbsp. capers
½ tsp. fresh thyme

DIRECTIONS:

- Pull romaine leaves apart and lace with olive oil, salt and pepper
- Trim the outside leaves off the cauliflower, then ¼ the head into 4 pieces
- Lace the cauliflower with the olive oil, salt and pepper
- Place the cauliflower on bbq and grill 4 minutes on each side, place in 325 oven covered for an additional 15 minutes or till tender
- Place romaine on bbq, 2 minutes on each side
- Blend olive oil, lemon juice, shallot, garlic, capers and thyme
- Cut romaine and cauliflower in to 1 inch pieces
- Toss with dressing

FIERY KALE WITH GARLIC AND OLIVE OIL

Yield: 4 Servings

- *By David Dobransky, Ironwood Steakhouse* -

INGREDIENTS:

- 6 cups fresh kale, trimmed, cleaned, chopped, and blanched
- 2 tbsp. extra virgin olive oil
- 3 large garlic cloves sliced thin
- 2 oz. pancetta diced*
- 1 teaspoon crushed red pepper flakes
- ½ cup chicken broth
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

DIRECTIONS:

- Heat the oil in a large, wide high-sided sauté pan over medium heat.
- Add the garlic, pancetta, and red pepper flakes and sauté for about 3 minutes. Be sure not to burn the garlic.
- Turn up the heat to medium high and add the kale and the chicken broth.
- Cook stirring often until the leaves turn from leathery stiff to shrunken soft strands of deep, dark green, about 8 to 10 minutes.
- Season with salt and pepper and serve immediately





ITALIAN STUFFED CELERY HEARTS WITH BROCCOLI AND BACON

Yield: 4 Servings

- *By David Dobransky, Ironwood Steakhouse* -

INGREDIENTS:

- 8 pc. celery hearts with leaves
- 3 tbsp. blanched broccoli buds
- 3 tbsp. finely chopped bacon
- 4 oz. shipped cream cheese
- 1 tsp. leaf oregano
- ½ tsp. chopped garlic
- ¼ tsp. sea salt
- ¼ tsp. freshly ground black pepper

DIRECTIONS:

- Blend the cream cheese with the broccoli, bacon, garlic, oregano and garlic
- Season with salt and pepper
- Using a table knife, fill the cavity on the celery stalk
- Arrange on a platter and serve

ROASTED BEET AND FENNEL SOUP, CRÈME FRESH GARNI

Yield: 6 Servings

- *By David Dobransky, Ironwood Steakhouse* -

INGREDIENTS:

- 4 medium beets (about 1 pound)
- ¼ cup water
- 1 large onion (about 1 pound)
- 4 cups organic vegetable broth (such as Swanson Certified Organic)
- 1¾ cups chopped fennel bulb (about 1 large)
- 1 cup chopped peeled Granny Smith apple
- 2 tsp. white wine vinegar
- 2 tsp. lemon juice
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- 8 tsp. Crème Fresh (Available at Sprouts)

ROASTED BEET & FENNEL SOUP, CRÈME FRESH GARNI CONTINUED

DIRECTIONS:

- Preheat oven to 375°.
- Leave root and 1 inch of stem on beets, (Reserve ½ cup fennel fronds for garnish); scrub with a brush. Place beets on a large sheet of aluminum foil; sprinkle beets with water. Wrap beets in foil; arrange packet of beets and onion on a baking sheet. Bake at 375° for 1 hour or until tender. Cool.
- Combine broth, chopped fennel, and apple in a medium saucepan. Bring to a boil; reduce heat, and simmer 15 minutes or until fennel is tender. Cool.
- Trim off beet roots; rub off skins, and coarsely chop. Peel and quarter onion. Add beets and onion to broth mixture in pan, stirring to combine. Place half of beet mixture in a blender; process until smooth. Pour pureed beet mixture into a large bowl. Repeat procedure with remaining beet mixture. Stir in vinegar, juice, salt, and pepper. Return pureed beet mixture to pan.
- Place the pureed beet mixture over medium heat, and cook 2 minutes or until thoroughly heated. Ladle soup into bowls, and top with sour cream. Sprinkle evenly with chopped fennel fronds if you like.

ROAST BRUSSEL SPROUTS WITH LEEKS AND BACON

Yield: 6 Servings

- *By David Dobransky, Ironwood Steakhouse* -

INGREDIENTS:

1½ lbs. brussel sprouts Cleaned, ends removed and cut in half lengthwise
1 cup chopped leeks washed well
6-8 slices bacon chopped
¾ cup beef or chicken broth
Salt and pepper to taste

DIRECTIONS:

- Cut ends of Brussel sprouts and discard outer layer of sprout and then cut in half lengthwise
- Wash leeks thoroughly and chop, width wise, into 1/2" strips.
- Add chopped bacon to a pan on med-high heat and cook until starting to get crispy. Add in leeks and continue cooking until bacon is crispy and the leeks have softened.
- Add Brussel sprouts to pan along with the chicken or beef broth and mix. Cover and let simmer for about 5-7 minutes until Brussel sprouts begin to soften to fork tender.
- Uncover and continue cooking until beef broth is absorbed and Brussel sprouts are starting to get a nice char on some of them and the bacon begins to crisp up again.
- Add salt and pepper to taste and serve.

THAI ASPARAGUS LARB WITH CRISP ICEBERG

Yield: 4 Servings

- *By David Dobransky, Ironwood Steakhouse* -

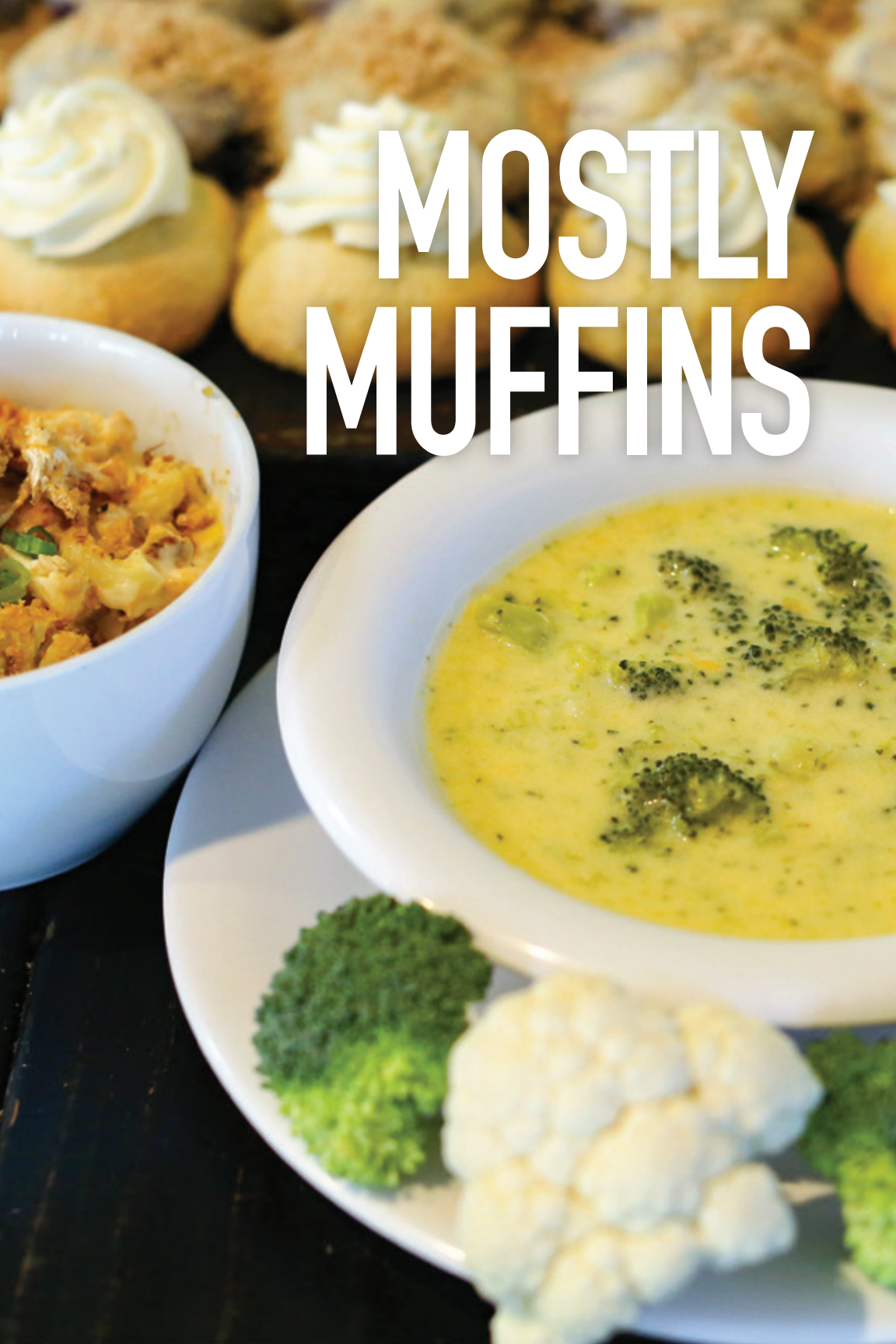
INGREDIENTS:

- 1½ tbsp. grated lime rind
- ½ cup lime juice
- 2 tbsp. lemon juice
- 2 tbsp. fish sauce
- 1½ tbsp. brown sugar
- 1 tsp. finely chopped Serrano chili
- ¼ tsp. crushed red chili
- 1 tbsp. salad oil
- 3 cups blanched asparagus cut into ¼" pieces
- 2 tbsp. minced shallots
- 2 tbsp. chopped mint
- ½ head iceberg lettuce cut into wedges

DIRECTIONS:

- Heat oil in a large skillet over medium-high heat.
- Add asparagus, shallots, and sauté 5 minutes
- Blend lime rind, lime and lemon juice, fish sauce, sugar, chiles
- Drizzle with juice mixture over the asparagus, stirring to coat.
- Mix with mint.
- Serve with lettuce or cabbage leaves

MOSTLY MUFFINS



ROASTED CAULIFLOWER SOUP

Yield: -

- *By Mostly Muffins* -

INGREDIENTS:

1 large head cauliflower (about 2 lbs.), cut into bite-size florets
3 tbsp. extra-virgin olive oil, divided
Fine sea salt
1 medium red onion, chopped
2 cloves garlic, pressed or minced
4 cups (32 ounces) vegetable broth
2 tbsp. unsalted butter
1 tbsp. fresh lemon juice, or more if needed
¼ tsp. ground nutmeg
For garnish: 2 tbsp. finely chopped fresh flat-leaf parsley,
chives and/or green onions

DIRECTIONS:

- Preheat the oven to 425 degrees. Line a large, rimmed baking sheet with parchment paper for easy cleanup.
- On the baking sheet, toss the cauliflower with 2 tablespoons of the olive oil until lightly and evenly coated in oil. Arrange the cauliflower in a single layer and sprinkle lightly with salt. Bake until the cauliflower is tender, 25 to 35 minutes, tossing halfway.
- Once the cauliflower is almost done, in a Dutch oven or soup pot, warm the remaining 1 tablespoon olive oil over medium heat until simmering. Add the onion and ¼ teaspoon salt. Cook, stirring occasionally, until the onion is softened and turning translucent, 5 to 7 minutes.

ROASTED CAULIFLOWER SOUP CONTINUED

- Add the garlic and cook, stirring constantly, about 30 seconds, then add the broth.
- Reserve 4 of the roasted cauliflower florets for garnish. Then transfer the remaining cauliflower to the pot. Increase the heat to medium-high and bring the mixture to a simmer, then reduce the heat as necessary to maintain a gentle simmer. Cook, stirring occasionally, for 20 minutes.
- Once the soup is done cooking, remove the pot from the heat and let it cool for a few minutes. Then, carefully transfer the hot soup to a blender, working in batches if necessary. (Do not fill past the maximum fill line or the soup could overflow!)
- Add the butter and blend until smooth. Add the lemon juice and nutmeg and blend again. Add additional salt, to taste (I usually add another $\frac{1}{4}$ to $\frac{3}{4}$ teaspoon, depending on the broth). This soup tastes amazing once it's properly salted! You can also add a little more lemon juice, if it needs more zing. Blend again.
- Top individual bowls of soup with 1 roasted cauliflower floret and a sprinkle of chopped parsley, green onion and/or chives. This soup keeps well in the refrigerator, covered, for about four days, or for several months in the freezer.

SPINACH QUICHE

Yield: -

- *By Mostly Muffins* -

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 (10 oz.) package frozen chopped spinach, thawed and drained
- 5 eggs, beaten
- 3 cups shredded Muenster cheese
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

DIRECTIONS:

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan.
- Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.
- In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.
- Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

THE PATIO RESTAURANT

A close-up photograph of a vibrant green salad. The salad features a mix of green leafy vegetables, including lettuce and broccoli, which are coated in a light-colored dressing. Scattered throughout the salad are numerous thin, elongated, orange-colored strips that appear to be fried or roasted, possibly made from sweet potatoes or carrots. The salad is presented on a light-colored wooden cutting board, with the wood grain visible at the bottom and sides. The overall lighting is bright, highlighting the textures and colors of the ingredients.

BROCCOLI PARMESAN DIP WITH CRISP CELERY

Yield: -

- By Alex Trujillo, The Patio Restaurant -

INGREDIENTS:

- 2 cups broccoli florets, blanched
- 1 clove garlic roasted
- 8 oz. cream cheese, softened
- 6 oz. shredded cheddar cheese
- 4 oz. bread crumbs
- 1 tsp. kosher salt

DIRECTIONS:

- Place all ingredients in food processor.
- Spoon mix into small oven safe souffle dishes.
- Sprinkle with shredded cheese and bread crumbs.
- Place in 350 degree oven for 10-12 mins.
- Serve with tortilla chips.

MIKE'S ICEBERG WEDGE WITH PORK BELLY AND GRILLED ASPARAGUS

Yield: -

- By Alex Trujillo, The Patio Restaurant -

INGREDIENTS:

- 1 head iceberg lettuce
- 3 stalks asparagus, grilled and diced
- 6 oz. grilled and diced pork belly
- 2 oz. diced tomato
- 2 oz. candied pecans
- 2 oz. blue cheese crumbles
- 4 oz. blue cheese dressing
- Red onion rings
- 1 oz. balsamic glaze

DIRECTIONS:

- Season pork belly lightly with salt and sugar.
- Grill until fully cooked.
- Rinse iceberg. Remove core. Cut into 4 wedge pieces.
- Garnish salad with all ingredients including pork belly.
- Drizzle with balsamic glaze.

ROASTED RED BEET SALSA

Yield: -

- By Alex Trujillo, The Patio Restaurant --

INGREDIENTS:

- 2 large red beets, roasted & peeled
- 2 large roasted tomatoes
- 2 cloves garlic roasted
- 2 serrano peppers roasted
- ¼ yellow onion roasted
- ½ bunch cilantro, chopped
- 2 tsp. kosher salt

DIRECTIONS:

- Roast beets for 1 hour at 350 degrees.
- Let cool, peel and rough chop.
- Roast tomatoes, onion, garlic and serrano peppers.
- Combine all ingredients in blender and puree slightly until desired consistency.
- Add salt and water as needed.

TAKOS & BEER



CAULIFLOWER MAC-CHEESE

Yield:

- By Eddie Guzman, Takos and Beer -

INGREDIENTS:

½ pound elbow pasta
3 tbsp. unsalted butter
3 tbsp. all-purpose flour
1 tsp. paprika
½ tsp. onion powder
1 qt. heavy cream
12 oz. shredded extra-sharp cheddar cheese
¼ cup freshly grated Parmesan
¼ cup jack cheese
¼ cup queso fresco
salt and freshly ground black pepper, to taste

DIRECTIONS:

- In a large pot of boiling salted water, cook pasta
- Melt butter in a large skillet over medium high heat, whisk in flour, paprika and onion powder until lightly browned
- Whisk in heavy cream until slightly thickened, remove from heat.
- Stir in all the cheddar, Jack and Parmesan cheese.
- Stir in pasta; season with salt and pepper, to taste.
- Place onto a baking sheet; sprinkle with remaining 1 cup queso fresco cheese
- Place into oven and bake until golden brown.

POTATO LEEK SOUP

Yield:

- By Eddie Guzman, Takos and Beer -

INGREDIENTS:

1 cup Diced Onion
1 cup Diced Celery
2 cups Fresh Leeks (Green part only) +
2 cups Diced potatoes
1 tbsp. Fresh Garlic
1 tsp. fresh thyme
4 cups of Chicken or Vegetable Stock
4 cups heavy cream
Salt and pepper to taste

DIRECTIONS:

- Sautee onions, Celery, and Leeks until tender.
- Add garlic potato and stock until potatoes are soft.
- Then add remaining ingredients.

SHRIMP TAKO WITH BEET JALAPENO GLAZE AND FENNEL ORANGE SLAW

Yield:

- By Eddie Guzman, Takos and Beer -

INGREDIENTS:

8 tiger shrimp
½ cup Shaved Fennel
½ cup orange segments
2 oz. Fresh lemon and Orange juice
1 clove Garlic
8 corn tortilla (Your Preference)
2 oz. fresh cilantro

BEET GLAZE INGREDIENTS:

1 fresh beet
4 oz. white Balsamic Vinegar
1 tbsp. Honey
1 jalapeno
Salt to taste

DIRECTIONS:

- Lightly pan seared the shrimp and salt to taste.
- Shave fennel and add orange segments, salt, peppers, cilantro on other pan add olive oil diced beet, jalapeno honey and deglazed with vinegar.

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