

# FARM FRESH FORKS



*A Vegetable Tasting  
Experience*

COOKBOOK - VOLUME 3

**44**  
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 3rd 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](http://www.farmfreshforks.com).

Sincerely,

The Yuma Fresh Vegetable Association



[www.yumafreshveg.com](http://www.yumafreshveg.com)





# Thank You

to these Yuma vegetable growers for providing specialty crops



**L&R  
CORPORATION**



## 2019 Farm Fresh Forks Restaurants



2Fifty1 Downtown Twisted Kitchen  
251 S. Main St. • Yuma, AZ 85364  
(928) 343-0251  
[2fifty1.com](http://2fifty1.com)



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



Chretin's  
505 E 16th St. • Yuma, AZ 85365  
(928) 782-1291  
[Chretins.com](http://Chretins.com)



Ironwood Steakhouse  
525 Algodones Rd.  
Winterhaven, CA 92283  
(928) 783-2426  
[PlayQCR.com](http://PlayQCR.com)



Mostly Muffins  
2451 W 16th St. • Yuma, AZ 85364  
(928) 783-7484  
[facebook.com/MostlyMuffinsCafe](https://facebook.com/MostlyMuffinsCafe)



The Patio Restaurant  
1245 W. Desert Hills Dr. • Yuma, AZ 85364  
(928) 344-1125  
[PatioYuma.com](http://PatioYuma.com)



Takos & Beer  
2071 S. 4th Ave. • Yuma, AZ 85364  
(928) 783-0099  
[TakosAndBeer.com](http://TakosAndBeer.com)



Prison Hill Brewing Company  
278 S Main St, Yuma, AZ 85364  
(928) 783-2426  
[PrisonHillBrewing.com](http://PrisonHillBrewing.com)

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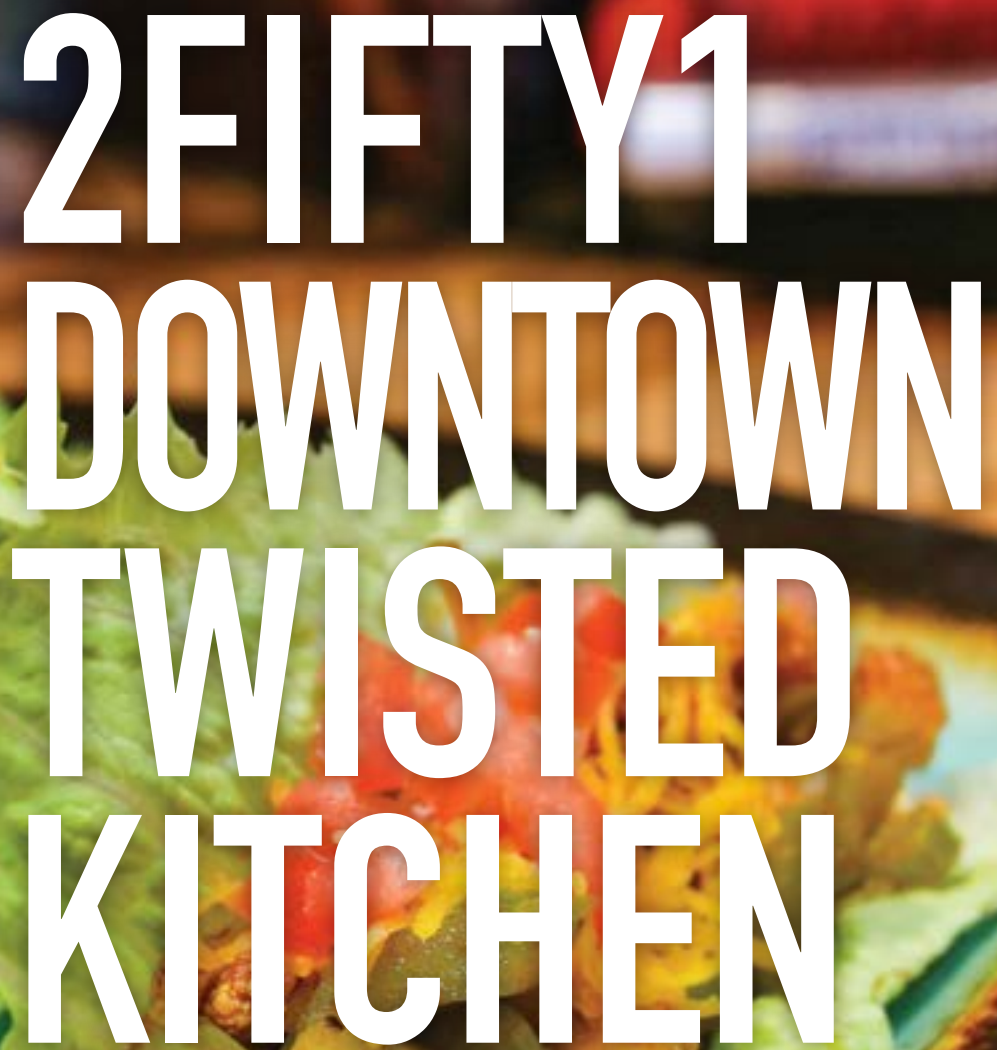
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# 2FIFTY1 DOWNTOWN TWISTED KITCHEN

# AMIGO TRIO

Yield: 6 servings

- By Robert Molina, 2fifty1 Downtown Twisted Kitchen -

## INGREDIENTS:

1 head of green cabbage  
1 head of purple cabbage  
2 broccoli stalks  
1 tomato  
1 carrot  
3 green onion  
2 jalapeños  
2 cloves of garlic  
Buttermilk Ranch dressing

## DIRECTIONS:

- Julienne both heads of cabbage and cut the broccoli into small pieces.
- Dice the jalapeños and garlic and add to the buttermilk ranch dressing.
- Dice the tomatoes and green onions and place in small bowl for garnish.
- Shred carrot and place in small bowl for garnish.
- Combine cabbage and broccoli with ranch mix and place in serving dish. Add tomatoes, garlic and carrots for garnish.

# WARM and COZY BEETS

Yield: 6 servings

- *By Robert Molina, 2fifty1 Downtown Twisted Kitchen* -

## INGREDIENTS:

- 1 bunch of kale
- 6 beets
- 10 radishes
- 2 avocados
- 1 pack of crumble goat cheese
- 12 oz. tarragon vinaigrette

## DIRECTIONS:

- Boil off the beet to soften to make it easier to peel the skin. Let cool.
- Julienne the kale and slice the radishes as thin as you can.
- Cut avocados in half and slice thin.
- After the beets are cool, slice ¼ inch thick. Place on sheet pan with salt and pepper in 350° oven for 10 mins.
- Tear kale into bite size pieces. Mix kale and dressing and place aside.
- In a bowl layer the ingredients. Place some of the dressing in the bottom with a slice of beet then radishes, then avocados, then one more slice of beet followed by some of the kale mix. Then sprinkle some of the goat cheese on top and serve.

# BROCCOLI CHEESE SOUP with CHEESE CRISPS

Yield: 6 servings

- By Robert Molina, 2fifty1 Downtown Twisted Kitchen -

## INGREDIENTS:

3 lbs. of broccoli	3 tbsp. butter
1 yellow onion	1 celery stock
3 cloves of garlic	Salt and pepper to taste
3 cup cheddar cheese	1 bundle of cilantro
1 cup olive oil	½ cup crushed peanuts
2 cans of chicken stock	2 cups heavy cream

## DIRECTIONS:

- In a big sauce pan add 3 tbsp. of butter and diced yellow onion and celery. When the mix is soft (about 3 min), add the broccoli that has been cut into small pieces.
- Sauté for about 2 mins coating the broccoli, then add the chicken stock and bring to a boil. Reduce heat to low and simmer for about a half hour. As that cooks, combine garlic, cilantro, peanuts and olive oil in a blender and blend until smooth.
- After a half hour, add 2 cup cheddar cheese and heavy cream to pot and mix with an emulsifier until smooth and creamy.
- With the other cup of cheese make 1 inch mounds on cookie sheet to make the cheese crisps. Place cookie sheet in oven at 350° until cheese is melted. Cool cheese down so you can crumble it. In a bowl place the soup, drizzle the cilantro puree over the soup and sprinkle the cheese crisps on top for garnish.



# LICORICE SOUP

Yield: 6 servings

- *By Robert Molina, 2fifty1 Downtown Twisted Kitchen* -

## INGREDIENTS:

1 fennel stalk  
1 head of bok choy  
1 bundle of cilantro  
1 white onion  
1 carrot  
4 cans chicken stock  
Salt & pepper to taste  
1 lemon

## DIRECTIONS:

- Dice the onion and sauté with two tbsp. butter until clear, about 3 to 4 mins. Chop up fennel and bok choy leaving the fennel leaves to add to onions. After onions are clear, add about half of the fennel leaves and sauté for 2 mins. Add the chopped fennel and bok choy. sauté for 2 mins, then add chicken stock and salt and pepper.
- Bring to a boil and turn to low for about a hour or until veggies are al dente but not soft.
- Add one fresh squeeze lemon to your pot and serve. Chop cilantro and shredded carrots for garnish on top.

# SPICY CALI WRAP

Yield: 6 servings

- *By Robert Molina, 2fifty1 Downtown Twisted Kitchen* -

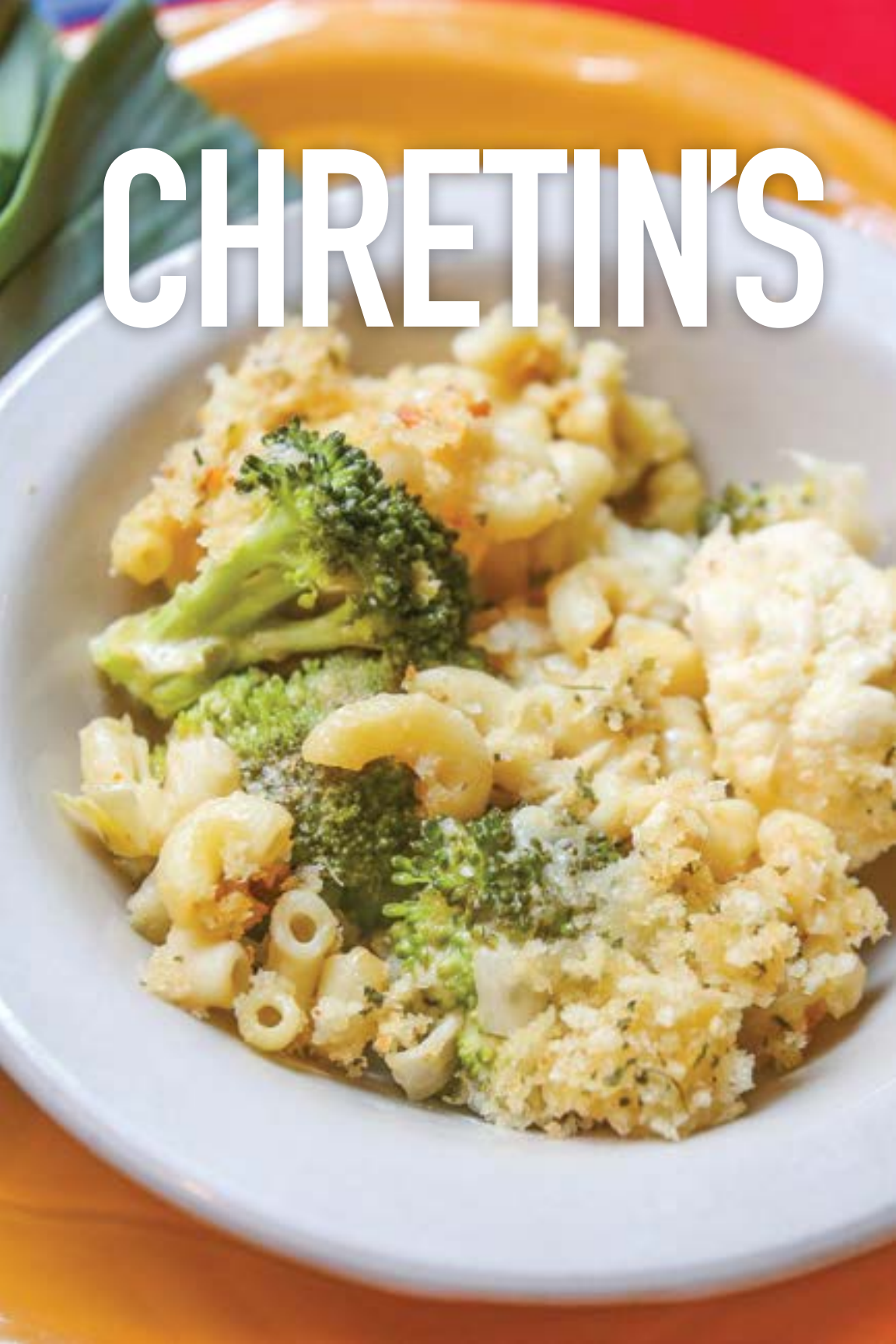
## INGREDIENTS:

- 1 head of cauliflower
- 1 stock of celery
- 6 oz. of adobo sauce
- 1 red bell peppers
- 2 heads of romaine lettuce
- 2 avocados
- 8 oz. shredded cheddar cheese

## DIRECTIONS:

- Chop the cauliflower in small pieces and cut the celery in small pieces.
- Dice the red bell and avocados and cut the lettuce into wrap size pieces.
- Mix the cauliflower and celery with the adobo sauce and roast in the oven until crispy at 400°.
- Put together the wraps using a piece of lettuce then the cauliflower mix, diced bell peppers and avocados and then cheddar cheese.

# CHRETIN'S



# BUFFALO CAULIFLOWER PASTA SALAD

Yield: 6-10 servings

- *By Eraka Ellison Chretien's* -

## INGREDIENTS:

2 heads cauliflower	2 boxes (2 lbs.) Bow tie pasta
2 - 3 heads Romaine lettuce	2 heads celery
½ cup Olive Oil	½ cup Agave
Small package dry ranch mix made with plain Greek yogurt	
1 packet Frank's Red Hot Buffalo powder mix	
1 cup Frank's Red-Hot Buffalo Sauce	

## DIRECTIONS:

- Preheat oven to 425°. Boil pasta according to package directions. Drain and rinse with cold water to avoid sticking and allow to cool.
- Break down cauliflower into bite size pieces and arrange on sheet trays in single layer. Drizzle olive oil, ranch mix and Frank's Red-Hot Buffalo powder mix onto cauliflower and massage into cauliflower. Arrange on sheet trays in a single layer and roast until tender. Once cauliflower is cooked, transfer from baking sheet to dish with pasta.
- Clean and chop the romaine lettuce and add to the cauliflower and pasta. Toss to coat. Combine 1 cup of Frank's Red-Hot sauce, ½ agave, ½ cup olive oil. Add more agave if you want a little sweeter. Toss the pasta and cauliflower with the sauce.
- Add chopped celery to the pasta dish and leave on top of the dish. Follow the ranch mix dressing package directions using plain Greek yogurt. Drizzle on top of the celery and pasta.

*Serve cold!*



# KALE CHIPS and DATE COMPOTE with WALNUTS

Yield: 4-6 servings

- By Eraka Ellison, Chretin's -

## INGREDIENTS:

1 cup Walnuts	20 Dates
Water	10 bunches of Kale
Olive Oil	Salt & Pepper
$\frac{1}{3}$ cup Honey – local, bold flavor	

## DATE COMPOTE DIRECTIONS:

- Preheat oven to 400°. Chop walnuts and place on a small sheet pan and place in the oven to toast, stirring occasionally. (10 minutes max)
- Chop dates to about  $\frac{1}{4}$  inch pieces. Add the dates to large sauce pan or dutch oven and add walnuts. Add honey to pan to taste. Add water to make the date mixture loose in the pan.
- Once the compote is at your desired thickness, remove from heat and put into a serving dish to cool slightly.

## KALE CHIPS DIRECTIONS:

- Clean and dry kale and tear into chip size pieces. Place on baking sheets in a single layer. Drizzle with olive oil, salt & pepper. Bake in the same 400° preheated oven.
- After 10 minutes check on kale. Once the tips are starting to brown, turn them over and place back into oven. Remove from the oven and let cool to room temp, then place into airtight container. To serve, arrange kale chips around a large serving platter with the date compote in the center with a small serving spoon.

# VEGGIE MAC and CHEESE

Yield: 4-6 servings

- By Eraka Ellison Chretien's -

## INGREDIENTS:

1 leek bulb	½ head broccoli
½ head cauliflower	1 box of pasta (1 pound)
8 oz. cream cheese	3 cups milk
¼ cup flour	Butter
Olive oil	1 - 2 cups mozzarella
3 cups cheddar cheese	½ cup parmesan cheese
2 - 3 tbs. dried parsley	Frank's Red-hot powder
Garlic powder	Ranch powder
Salt	Pepper
1 container of Italian herb panko breadcrumbs	

## DIRECTIONS:

- Preheat oven to 425°. Spray large baking pan with cooking spray and set aside. Boil pasta according to package directions. Drain & rinse with cold water.
- Chop broccoli & cauliflower into bite size pieces. Clean leeks and pat dry. In a large dutch oven, melt butter into olive oil over med-high heat. Toss in leeks and cook until fragrant and glossy. Add flour and cook until golden. Slowly add milk in batches using a whisk. Dice cream cheese and add to the milk mixture. Keep stirring until cheese is melted and incorporated and the mixture is thick.
- Lower heat to low and add 1 tablespoon of each spice. Slowly add in cheddar cheese and remove from heat.
- Add pasta, cauliflower, broccoli and cheese sauce together and pour into prepared baking pan. Top with shredded mozzarella cheese.
- Take breadcrumbs and toss the 2 tablespoons of dried parsley and Parmesan cheese with a couple of splashes of olive oil and toss to mix. Sprinkle to coat the top of the dish. Place into preheated oven and cook for 25 mins until top is browned and mozzarella is melted.

*Serve warm!*

# VEGGIE SALSA

Yield: 10-12 cups

- *By Eraka Ellison Chretien's* -

## INGREDIENTS:

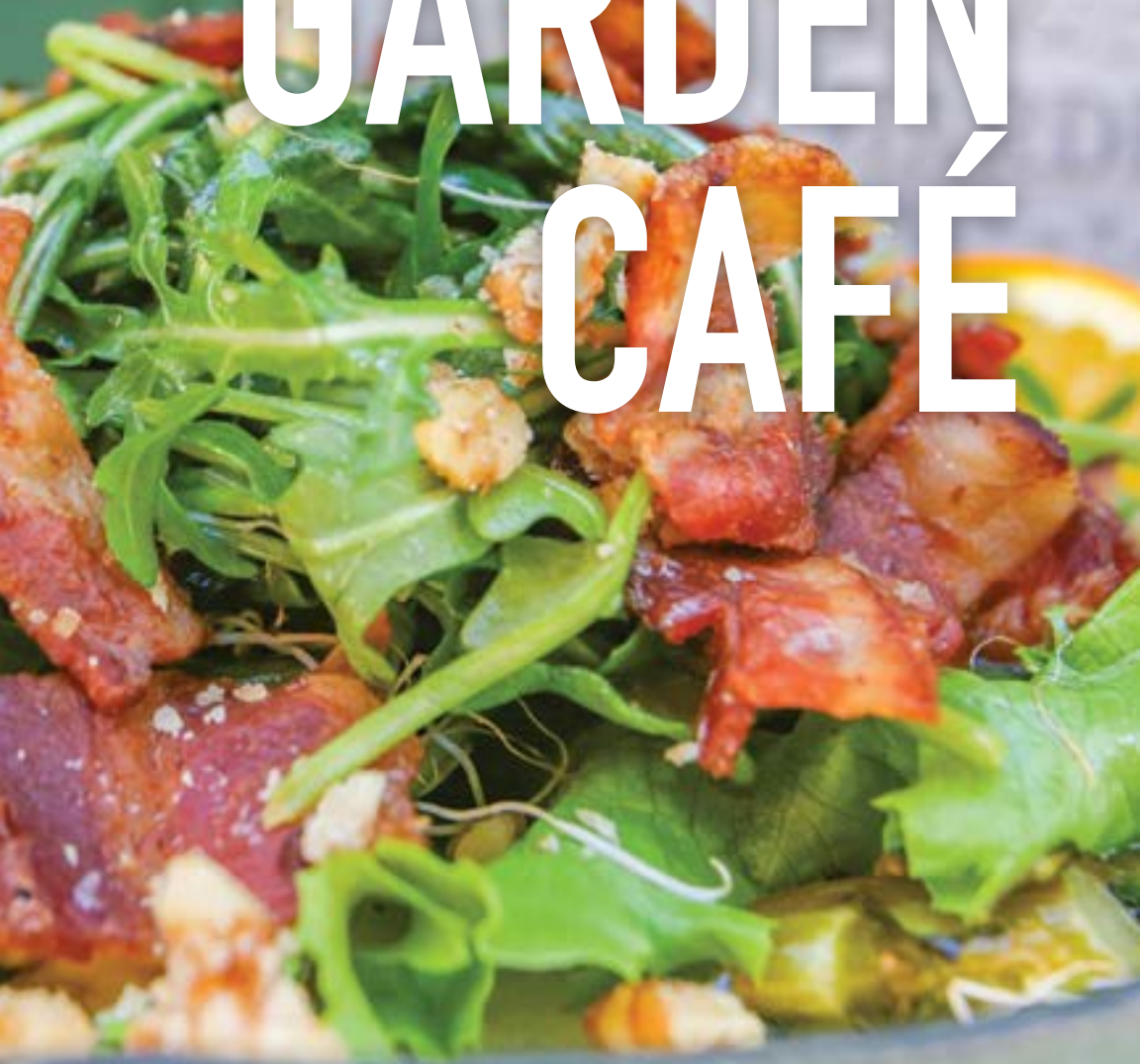
6 bundles asparagus	1 - 2 bundles green onions
3 small bundles radishes	Large bag spinach
32 oz. can tomato sauce	2 bunches cilantro
1 tbsp. whole oregano	1 tbsp. garlic powder
1 tbsp. salt	1 tbsp. pepper
2 - 4 cans jalapeños (depending on how spicy you like it)	
12 - 15 dashes of vinegar red wine vinegar	
2 - 4 small cans green chiles mild	
Add more water if needed	

## DIRECTIONS:

- Chop asparagus into small pieces, about ¼ inch thick pieces. Chop green onions, radishes, spinach and cilantro and mix together. Add green chiles, jalapenos and tomato sauce and toss to coat.
- Add water until consistency you desire. It will thicken more as it chills.
- Add 1 tablespoon of each: whole oregano, garlic powder, salt, pepper, 12 to 15 dashes of vinegar. Transfer to dish with a lid and refrigerate.

*Serve cold with your favorite corn chips!*

# THE GARDEN CAFÉ





# ASIAN CAULIFLOWER WINGS

Yield: 6-8 servings

- By Debbie Gwynn, *The Garden Café* -

## INGREDIENTS:

- 2 heads fresh cauliflower
- 2 cups bread crumbs
- 4 eggs
- 1 - 2 cups teriyaki or orange chicken sauce
- Celery sticks

## DIRECTIONS:

- Chop cauliflower into bite size florets.
- Whisk eggs in bowl and place bread crumbs in another bowl. Dip florets into egg mixture and then bread crumbs to evenly coat.
- Roast in a 350 degree oven for 10-15 minutes or until crispy.
- Serve hot tossed with your choice of teriyaki or orange sauce and celery sticks. It's a yummy and easy appetizer to make.

# ASIAN MEDLEY SOUP

Yield: 4 servings

- By Debbie Gwynn, *The Garden Café* -

## INGREDIENTS:

1 medium white onion chopped  
2 cups green onion diced  
2 tsp. minced garlic  
1 tsp. crushed red pepper spice  
2 bunches chopped bok choy  
4 bulbs fennel  
2 cups chicken broth  
1 ½ cup soy sauce  
2 tbsp. olive oil  
4 cups sliced mushrooms

## DIRECTIONS:

- Heat oil in large soup pot. Sauté onions, garlic and crushed red pepper until onions are transparent.
- Add mushrooms and chopped fennel. Cook until tender, about 6 minutes.
- Add soy sauce and broth.
- Bring to a boil, add chopped bok choy and simmer 15-20 minutes.

# BROCCOLI CHEDDAR SOUP

Yield: 6-8 servings

- By Debbie Gwynn, *The Garden Café* -

## INGREDIENTS:

2 tbsp. butter  
½ cup chopped white onion  
¾ - 1 cup white flour  
6 cups milk  
1 cup chicken broth  
2 cups broccoli florets  
2 cups shredded cheddar cheese  
½ cup chopped red cabbage  
½ cup chopped green cabbage  
olive oil

## DIRECTIONS:

- Melt butter in a large soup pot, add onions and sauté until translucent.
- Whisk in flour slowly until blended, add milk a little at a time with the chicken broth.
- Add broccoli florets and simmer 15-20 minutes.
- In a 400° degree oven roast red and green cabbage together on a sheet pan. Drizzle with olive oil. Cook 10 minutes or until crisp.
- Stir in shredded cheese to soup mixture until melted.
- Ladle into bowls and top with roasted cabbage.

*It's the best!*

# BROCCOLI SALAD

Yield: 8 servings

- By Debbie Gwynn, *The Garden Café* -

## INGREDIENTS:

2 heads fresh broccoli  
1 red onion chopped  
½ pound bacon  
¾ cup raisins  
¾ cup walnuts  
1 cup mayonnaise  
½ cup white sugar  
2 tbsp. white wine vinegar

## DIRECTIONS:

- Place bacon in skillet and cook over medium heat until evenly cooked. Cool and crumble.
- Cut the broccoli into bite size pieces and add red onion. Add the bacon, raisins and walnuts and mix together.
- Whisk together the mayonnaise, sugar and vinegar until smooth. Pour over the broccoli mixture and mix well.
- Chill for at least two hours in refrigerator.



# DATE VINAIGRETTE DRESSING

Yield: 6-8 servings

- By Debbie Gwynn, *The Garden Café* -

## INGREDIENTS:

2 dates pitted  
½ cup hot water  
½ cup red wine vinegar  
1 tbsp. fresh parsley chopped  
¾ cup olive oil  
Salt and pepper to taste

## DIRECTIONS:

- Soak dates in hot water for 15 minutes then blend in blender.
- Whisk with remaining ingredients.
- Serve on a spring mix salad topped with feta.

# LEMON PEPPER ROASTED ASPARAGUS

Yield: 6-8 servings

- *By Debbie Gwynn, The Garden Café* -

## INGREDIENTS:

6 oz. of asparagus  
16 oz. of baby spinach  
3 medium radishes  
Olive oil  
Lemon pepper seasoning

## DIRECTIONS:

- Chop asparagus, toss with olive oil and sprinkle with lemon pepper.
- Roast in a 350° oven until tender.
- Finely chop radishes and set aside.
- Place roasted asparagus on serving platter and top with spinach and radishes.
- It's a wonderful complement to grilled chicken.

# ROASTED BEETS and RADISHES served with a BROWN SUGAR VINAIGRETTE

Yield: 6-8 servings

- By Debbie Gwynn, *The Garden Café* -

## BEET INGREDIENTS:

- 2 large beets
- 5 medium radishes
- Olive oil

## BEET DIRECTIONS:

- Chop beets and radishes into similar size cubes and toss with olive oil.
- Roast in a 350° oven for 20 minutes or until tender
- Cool at room temperature.

## VINAIGRETTE INGREDIENTS:

- 1 cup of brown sugar
- 1 cup olive oil
- ¼ cup apple cider vinegar
- 1 tbsp. honey
- Salt and pepper to taste

## VINAIGRETTE DIRECTIONS:

- Whisk together vinaigrette ingredients and mix with roasted beets and radishes.
- Add chopped romaine lettuce and mix all ingredients together.

# ROASTED BROCCOLETTE SALAD

Yield: 8 servings

- By Debbie Gwynn, *The Garden Café* -

## INGREDIENTS:

2 cups chopped broccolette  
1 cup diced green onions  
1 cup chopped cooked bacon  
½ tsp. dry mustard seasoning  
Olive oil  
Salt and pepper to taste

## DIRECTIONS:

- Mix broccolette and green onion together and drizzle with olive oil, mustard seasoning, salt and pepper.
- Roast in a 350° oven until crisp about 10-15 minutes.
- Add bacon to roasted broccolette and serve on a bed of blended lettuce.

# ROASTED VEGGIE NOODLES and HONEY MUSTARD VINAIGRETTE

Yield: 6 servings

- *By Debbie Gwynn, The Garden Café* -

## VEGGIE NOODLE INGREDIENTS:

- 1 - 16 oz. package of veggie noodles
- Olive oil
- Garlic salt
- Black pepper

## VEGGIE NOODLE DIRECTIONS:

- Preheat oven to 400°.
- Drizzle noodles with olive oil, sprinkle with garlic salt and black pepper and bake for 10-15 minutes until tender.

## HONEY MUSTARD VINAIGRETTE INGREDIENTS:

- 1 tbsp. Dijon mustard
- 1 tbsp. honey
- 2 tbsp. apple cider vinegar
- 1 tsp. kosher salt
- 1 cup olive oil

## HONEY MUSTARD VINAIGRETTE DIRECTIONS:

- Whisk above ingredients together.
- Serve warm roasted noodles on a bed of spring mix and drizzle with honey mustard vinaigrette. It's amazing!



# WEDGE served with CREAMY BUTTERMILK PARMESAN DRESSING

Yield: 6-8 servings

*- By Debbie Gwynn, The Garden Café -*

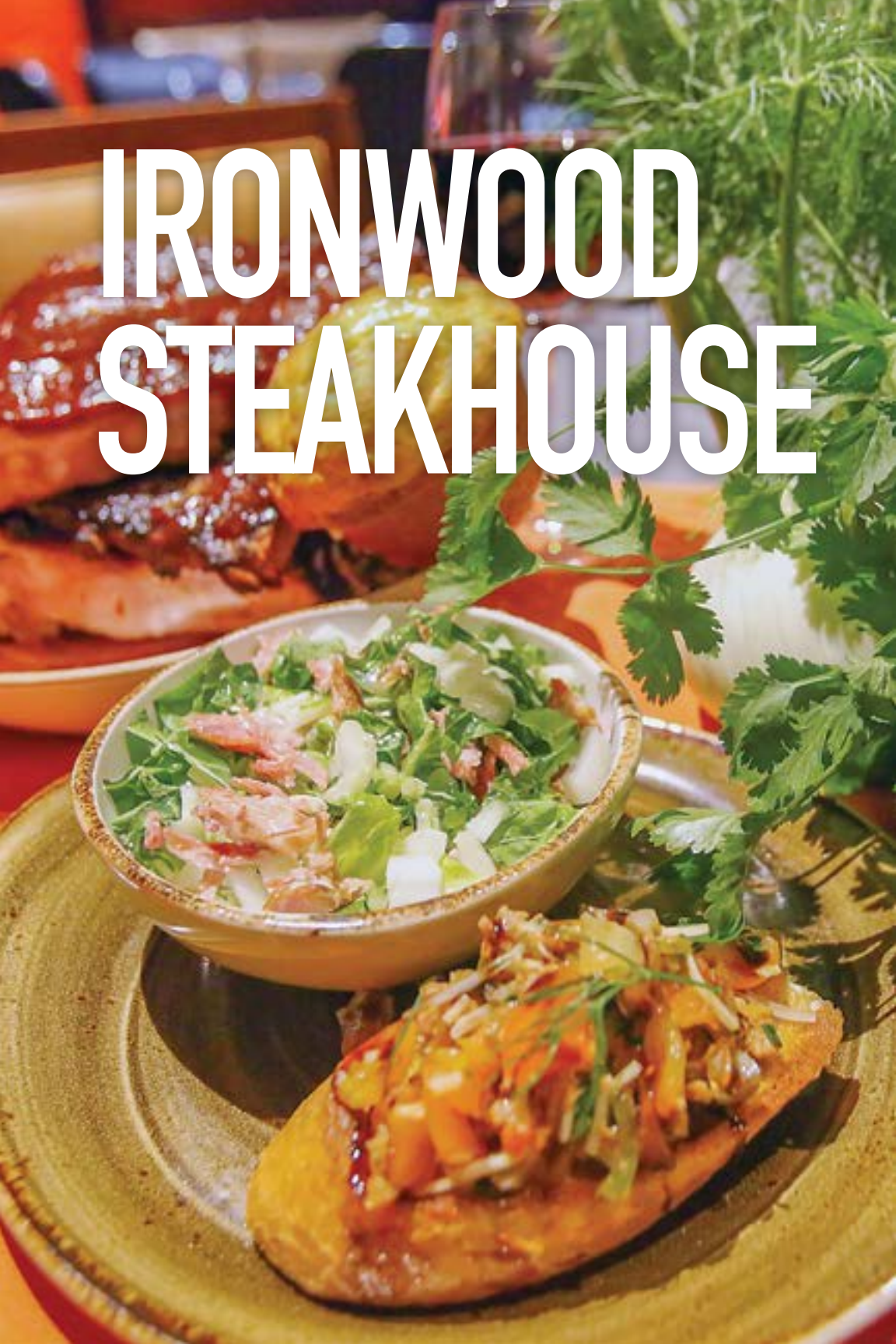
## INGREDIENTS:

- 1 ½ cup mayonnaise
- 1 cup buttermilk
- 1 cup fresh grated parmesan cheese
- ½ tsp. garlic powder
- 1 tsp. dried parsley flakes
- 1 tbsp. lemon juice
- 1 tsp. black pepper

## DIRECTIONS:

- Whisk together above ingredients and chill two hours before serving.
- Serve on a wedge of chilled iceberg lettuce, topped with sliced grape tomatoes, diced green onions, chopped bacon and crumbled feta. It's refreshing and so delicious.

# IRONWOOD STEAKHOUSE



# BUFFALO CHICKEN CELERY STICKS

Yield: 4 servings

- *By David Dobransky, Ironwood Steakhouse* -

## INGREDIENTS:

2 cups cooked boneless and skinless chicken breast,  
shredded  
1 tsp. garlic powder  
1 tsp. onion powder  
½ tsp. black pepper  
¼ cup softened cream cheese, Greek yogurt or mayonnaise  
¼ cup buffalo sauce  
8 stalks celery  
Ranch or blue cheese dressing

## DIRECTIONS:

- Mix together the chicken, garlic powder, onion powder, black pepper, and either Greek yogurt, mayonnaise, or cream cheese, and buffalo sauce. You can also use a combination of Greek yogurt and either mayo or cream cheese for a richer flavor that's still light.
- Cut the celery ribs into thirds. Stuff with buffalo chicken. Top with blue cheese or ranch dressing.

# QUICK SOUTHERN GREENS made with BOK CHOY

Yield: 4 servings

- *By David Dobransky, Ironwood Steakhouse* -

## INGREDIENTS:

- 2 ½ lbs. bok choy
- 2 garlic cloves
- 1 tbsp. unsalted butter
- 1 tbsp. olive oil
- 1 tsp. fresh lemon juice, or to taste
- 1 cup of Smoked ham hock

## SPICY VINEGAR INGREDIENTS:

- 1 cup of white vinegar
- 1 diced jalapeño
- Stir these ingredients together and reserve until later

## HONEY MUSTARD VINAIGRETTE DIRECTIONS:

- Cut bok choy leaves into 1-inch pieces.
- In a pot of simmering water cook ham hock 20 minutes then remove and cool.
- Bring the water that the ham hock was in to a boil, then cook bok choy 15 minutes and drain in a colander, pressing out excess liquid with the back of a wooden spoon.
- Once the ham hock is cooled, shred the meat off using a fork and making a dragging motion.
- Mince garlic in a 12-inch heavy skillet
- Heat butter and oil over moderately high heat until foam subsides and stir in garlic, bok choy, shredded ham hock, and salt and pepper to taste. Sauté mixture, stirring, until heated through, about 5 minutes.
- Drizzle collards with Spicy vinegar mix.

# CABBAGE ROLL SOUP

Yield: 6 servings

- *By David Dobransky, Ironwood Steakhouse* -

## INGREDIENTS:

1 tbsp. olive oil	2 (14.5 oz.) cans petite diced tomatoes
1 ½ lbs. lean ground beef	1 tbsp Worcestershire sauce
Salt and freshly ground black pepper	1 ½ tsp. dried paprika
1 large yellow onion, chopped (1 ¾ cups)	1 tsp. dried oregano or 1 tbsp. chopped fresh
2 large carrots, chopped (1 ¼ cups)	¾ tsp. dried thyme or 2 ½ tsp. chopped fresh
5 cups packed chopped cabbage (16 - 19 oz.)	2 bay leaves
3 cloves garlic, minced	¾ cup dry long-grain white rice
2 (14.5 oz.) cans low-sodium beef broth	⅓ cup chopped fresh parsley
3 (8 oz.) cans tomato sauce	

## DIRECTIONS:

- Heat 1 tbsp. olive oil in large cast iron pot over medium-high heat.
- Add beef, season with salt and pepper and cook, stirring and breaking up beef occasionally, until browned. Transfer beef to a plate lined with paper towels while reserving 2 tbsp. of the rendered fat in pan. Set beef aside.
- Add onion and carrots to pan and sauté 1 minute, then add cabbage and sauté 2 minutes, then add garlic and sauté 1 minute longer.
- Pour in beef broth, tomato sauce, tomatoes, Worcestershire, paprika, oregano, thyme and bay leaves. Return beef to soup mixture.
- Season soup with salt and pepper to taste and bring to a light boil. Add rice, cover pot and reduce heat and simmer until rice is cooked through, stirring occasionally, about 25 minutes.
- Stir in up to 1 cup beef broth to thin as desired (it will thicken as it rests and become almost like a stew), and parsley.



# BEER CHEDDAR BROCCOLI SOUP

Yield: 4 servings

- *By David Dobransky, Ironwood Steakhouse* -

## INGREDIENTS:

2 tbsp. butter	2 tbsp. olive oil
1 onion diced	3 cloves garlic minced
16 oz. beer (Pale ale or IPA)	16 oz. fresh broccoli florets
2 cups chicken stock	2 cups heavy cream
¼ cup flour	Bread bowls
2 cups extra sharp cheddar shredded	

## DIRECTIONS:

- In a medium sized pot, heat oil and butter together, add onions and cook until fragrant and softened, 3 - 5 minutes. Add garlic and cook another 2 minutes or until fragrant and softened. Turn off heat and add beer. Turn fire back on, bring just to a boil, and scrape up all the bits from the bottom of the pot. Add broccoli and chicken stock. Bring to a boil, cover and reduce heat and simmer for 10 minutes or until broccoli is softened. Add carrots. Whisk together milk and flour in a measuring cup - no lumps! Slowly add milk mixture to broccoli, stirring constantly making sure no lumps. Keep stirring until thickened
- Add cheese one handful at a time, stirring to melt cheese until adding the next. Transfer 1/3 to 1/2 soup to a food processor or blender and process until chunky smooth and add back into the soup pot. Reheat until hot enough to serve. Serve in hollowed out bread bowls.

# CREAMY FIVE ONION SOUP

Yield: 6 servings

- *By David Dobransky, Ironwood Steakhouse* -

## INGREDIENTS:

- |  |   |
|--|---|
| ¼ cup unsalted butter  | 6 cups chicken broth, (preferably homemade, or low-sodium)  |
| 1 large leek, white and pale part only, chopped (about 1 ½ cups) | or if you want to make this vegetarian, use veggie stock  |
| 1 yellow onion, chopped (about 1 ½ cups)                         | Chopped chives (optional)   |
| 1 red onion, chopped (about 1 ½ cups)                            | 1 ½ cups cubed bread (whatever you want to use, but I find a French or Italian sliced bread to be better than Wonder bread) |
| 3 green onions, chopped  | 1 - 2 tbsp. unsalted butter   |
| 2 shallots, chopped (about ½ cup)                                | 1 clove garlic, minced  |
| 2 stalks celery, chopped   | Salt and freshly ground pepper, to taste  |
| 1 clove garlic, minced   |   |
| ½ cup dry sherry (you may omit or use a dry white wine)          |   |
| 1 (12 oz.) russet potato, peeled and diced                       |   |

## DIRECTIONS:

- Melt butter in heavy large Dutch oven over medium-low heat. Add the leek, onion, red onion, green onion, shallot, celery and garlic. Sauté until translucent; about 8 minutes.
- Add sherry and simmer until the liquid evaporates.
- Add potato and broth and simmer until potato is very tender, about 20 minutes.
- Puree the soup in a blender (be very careful when pureeing hot liquids, hold the top on with a folded towel and do not overfill the containers; puree in batches).
- Season with salt and pepper.
- Heat the oven to 350°. Melt butter in large sauté pan; add garlic and bread cubes, sauté for a few minutes. Transfer the pan to the oven and bake until crispy, about 10 minutes.
- Bring soup to a simmer, thinning with additional stock, if desired. Ladle into deep bowls; lay the croutons on top and sprinkle with chives, if desired.

# GARLIC and FRESH FENNEL SAUSAGE RECIPE

Yield: 6 servings

- *By David Dobransky, Ironwood Steakhouse* -

## INGREDIENTS:

- 3 lbs. ground pork
- 3 tbsp. fresh minced garlic
- 1 Cup of cooked fennel
- 2 tbsp. kosher salt
- 1 tbsp. black pepper
- ½ cup red wine (some sort of liquid is important)

## HONEY MUSTARD VINAIGRETTE DIRECTIONS:

- Combine meat, fennel and garlic with seasonings using the paddle attachment and bowl of the Kitchen Aid mixer. Mix on medium for about 2 minutes and chill.
- Cook sausage in a medium sized pot with 2 tablespoons of olive oil on a low heat. \*Use in Tomato Bruschetta recipe.

# TOMATO BRUSCHETTA

Yield: 6-10 servings

- *By David Dobransky, Ironwood Steakhouse* -

## INGREDIENTS:

6 or 7 ripe tomatoes (about 1 1/2 lbs)  
2 cloves garlic, minced (about 2 teaspoons)  
1 tbsp. extra virgin olive oil  
1/2 pound of garlic fennel sausage  
6-8 fresh basil leaves, thinly sliced\* or chopped  
3/4 teaspoon sea salt, more or less to taste  
1/2 tsp. freshly ground black pepper, more or less to taste  
1 baguette French bread or similar Italian bread  
1/4 cup (60 ml) olive oil  
Balsamic reduction for garnish

## DIRECTIONS:

- Cut tomatoes into a small dice. Combine the tomatoes, garlic, olive oil, sausage, basil, salt and pepper together. Let marinate in refrigerator until ready to serve. Cut bread on a diagonal roughly a half inch thick. Brush with olive oil and cook in a 450 degree oven for 4-5 minutes.
- For service, take spoonfull of the tomato and sausage mixture and place on top of a piece of bread. Drizzle with balsamic reduction and serve.

# CAULIFLOWER and POTATO VICHYSSEOISE SERVED with SHAVED CELERY

Yield: 4-6 servings

- *By David Dobransky, Ironwood Steakhouse* -

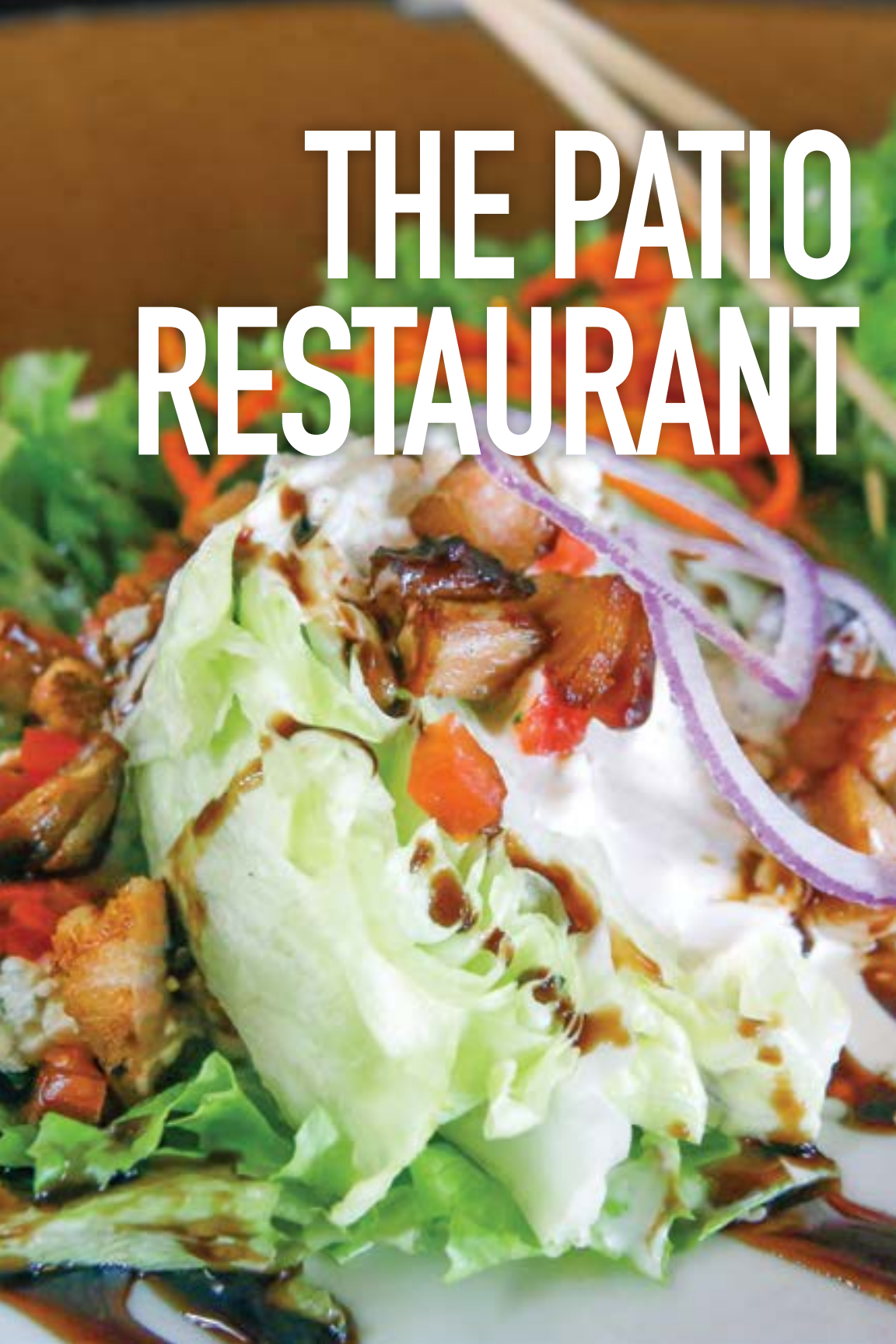
## INGREDIENTS:

- 3 cups peeled, sliced potatoes
- 3 cups sliced white part of fresh leek
- 1 head of cauliflower
- 1-½ quart chicken stock
- 1 cup whipping cream
- Salt and white pepper to taste
- 3 tbsp. minced fresh chives
- 1 stalk of celery
- 1 cup of julienne romaine lettuce leaves
- 2 tbsp. of parmesan cheese

## DIRECTIONS:

- Simmer the vegetables in the broth until very tender, about 40-50 minutes.
- Puree the soup with a hand held blender.
- Stir in the cream and season to taste, over salting very slightly as salt loses flavor in a cold dish.
- Chill. Serve in chilled soup cups and decorate with chives, celery, romaine lettuce and parmesan.

# THE PATIO RESTAURANT





# LEEK GRATIN

Yield: -

*- By Alex Trujillo, The Patio Restaurant --*

## INGREDIENTS:

5 medium leeks, discard green end  
3 tbsp. unsalted butter  
Parmesan cheese grated  
2 lbs. russet (baking) potatoes  
1 1/2 cups heavy cream  
3/4 cup whole milk  
2 tsp. thyme leaves

## DIRECTIONS:

- Preheat your oven to 400°F. Spray a 3-qt shallow baking dish. Line dish with parchment paper. Dice and wash leeks.
- Cook leeks in butter with salt and pepper, until tender. Peel potatoes and slice thin like a potato chip. Use a slicer if possible.
- Build gratin as you would a lasagna. First drizzle some heavy cream, then a layer of potatoes, sprinkle of salt, pepper and parmesan. Repeat until gratin is about 2 inch high.
- Bake, uncovered, until potatoes are tender, 45 minutes to 1 hour. Let stand 10 minutes before serving.

# ARUGULA CHIMICHURRI

Yield: -

*- By Alex Trujillo, The Patio Restaurant -*

## INGREDIENTS:

- 2 bunches Arugula
- 3 Poblano peppers roasted and seeded
- 10 cloves garlic, minced
- 1 cup olive oil or as needed

## DIRECTIONS:

- Place Arugula, peppers, garlic in blender or food processor and slowly add oil.
- Add kosher salt as needed and oil to desired consistency.
- Use as a sauce or marinade for steak or fish.

# CILANTRO HUMMUS

Yield: -

- *By Alex Trujillo, The Patio Restaurant* -

## INGREDIENTS:

2 bunch cilantro, destemmed  
4 cloves garlic  
1 - 12 oz. can chickpeas  
1 tbsp. Tahini (ground sesame seeds)  
juice of 1 lemon  
3-4 tablespoons olive oil  
1 tsp. salt

## DIRECTIONS:

- Place chickpeas, garlic, cilantro, tahini, lemon juice, garlic, salt into food processor.
- Start and slowly add oil until it comes together.
- Add more oil or water for desired consistency.
- Add salt to taste

# SPINACH FENNEL BISQUE

Yield: -

*- By Alex Trujillo, The Patio Restaurant -*

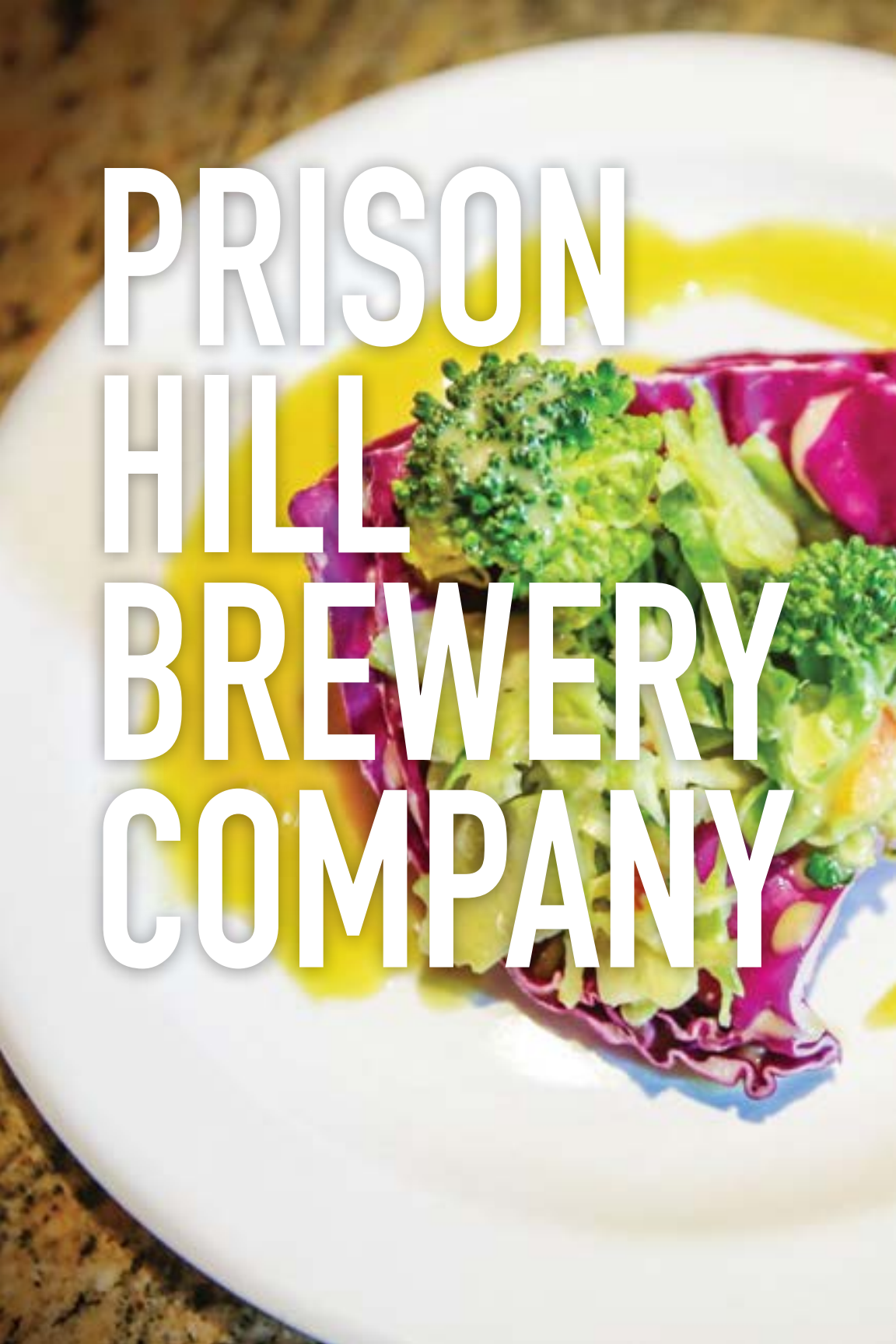
## INGREDIENTS:

3 bulbs fennel, grilled and diced  
½ yellow onion, small diced  
2 stalks celery, small diced  
1 carrot carrots, peeled small diced  
2 qts. vegetable stock  
1 lbs. baby spinach  
Optional: ½ cup cream and 2 tbsp. butter

## DIRECTIONS:

- Place onion, celery and carrots in sauté pan and sweat.
- Add spinach and fennel, sauté slightly.
- Add stock, allow to simmer about 20 minutes.
- Carefully puree soup with hand blender, adding salt and pepper to taste.
- Add in cream and butter if desired

# PRISON HILL BREWERY COMPANY

A close-up photograph of a white plate featuring a vibrant salad. The salad includes green broccoli florets, purple radicchio leaves, and a yellow dressing. The text "PRISON HILL BREWERY COMPANY" is overlaid in large, bold, white capital letters.

# CHARD CILANTRO OIL

Yield: 1 Gallon

- *By Karl De La Ossa, Prison Hill Brewery Company* -

## INGREDIENTS:

- 5 lbs. cilantro
- 1 gal. olive oil
- 3 tbsp. kosher salt
- 1 small plate

## DIRECTIONS:

- Grill the 5 lbs of cilantro, lightly sprayed with pan spray. Wait until leaves start turning black, NOT BURNT.
- Pull off the grill and place them in a container.
- Empty the olive oil in the container and then add the salt and stir.
- Lastly, grab the small plate and put it in the oil. The cilantro will want to float on top. The plate will make sure the cilantro stays submerged.
- Let it sit overnight or for 12 hours before use.



# SWEET ASIAN DRESSING

Yield: 1 Gallon

*- By Karl De La Ossa, Prison Hill Brewery Company -*

## INGREDIENTS:

2 cups soy sauce  
3 qt. mayonnaise  
1 cup minced garlic  
½ cup ground ginger  
4 tbsp. sesame seed oil  
2 tbsp. ground cayenne  
2 cups rice vinegar  
Salt and pepper - to taste

## DIRECTIONS:

- Puree all the ingredients except the mayonnaise in the blender.
- After pureed, add mixture to the mayonnaise.
- With a whisk, mix until incorporated.
- Salt and pepper at the end as you like it.

# SPICY POMODORO

*Pomodoro sauce is a chunkier marinara sauce made with red wine, fresh vegetables and herbs*

Yield: 1 Gallon

*- By Karl De La Ossa, Prison Hill Brewery Company -*

## INGREDIENTS:

2 cups celery  
2 cup carrots  
2 cups onions  
½ cup garlic  
5 lbs. Roma tomatoes  
3 cups red wine  
½ cup fresh oregano  
½ cup fresh basil  
4 tbsp. olive oil  
2 qt. chicken stock  
Salt and pepper - to taste

## DIRECTIONS:

- Gather all your vegetables and give them a rough chop, setting the tomatoes aside.
- In a stock pot, add the olive oil and heat.
- Add the vegetables, except for the tomatoes, and cook until soft.
- Gather your herbs and mince. (Chopped small)
- Add the herbs, tomatoes and red wine and bring to a boil.
- Add chicken stock and continue to boil for 15 to 20 minutes, stirring occasionally.
- Add mixture in blender or use a mixer, and puree to your liking.

# PICKLED RADISHES

*Sweet pickling liquid makes these radishes soft and savory*

Yield: 5 lbs.

*- By Karl De La Ossa, Prison Hill Brewery Company -*

## INGREDIENTS:

- 1 qt. orange juice
- 1 qt. water
- ¼ cup salt
- ¼ cup brown sugar
- ¼ cup pickling seasoning
- 2 cups rice wine vinegar
- 5 lbs. radishes

## DIRECTIONS:

- Gather all your ingredients. In a medium stock pot, add all your ingredients and bring to a boil.
- While your mixture is boiling, cut your radishes however you want and set aside in a container.
- Using a mesh strainer, pour hot pickling liquid onto the radishes and cover.
- Let them sit in the liquid overnight in refrigerator.
- Strain before using.

# CANDIED DATES

*Sweet and crunchy topping for salads or soups*

Yield: 10 lbs

*- By Karl De La Ossa, Prison Hill Brewery Company -*

## INGREDIENTS:

- 10 lbs. medjool dates (pitted)
- 2 qt. water
- 3 cups brown sugar
- 1 qt. white sugar

## DIRECTIONS:

- Gather your ingredients and in a small sauce pot, you will be making Simple Syrup.
- Preheat your oven to 350°.
- Add water and sugars and bring to a boil.
- After boiling, you want to turn the heat down so your syrup simmers. You want it thickened to the point where it coats the back of the spoon.
- Chop your dates however you need them and then place them on a sheet pan and pour the simple syrup right on top, enough to coat the dates but DON'T DROWN THEM.
- Pour 2 cups of brown sugar on top and place in the oven at 350°.
- Check and rotate every 15 minutes. The syrup will crystallize so you need to watch it closely.
- Once ready, let it sit before serving.

# BALSAMIC REDUCTION

Yield: 1 Qt.

*- By Karl De La Ossa, Prison Hill Brewery Company -*

## INGREDIENTS:

1 gal. balsamic vinegar  
stock pot

## DIRECTIONS:

- Pour the whole gallon of balsamic vinegar into a medium sauce pan and bring to a boil.
- After boiling, reduce heat to medium and let vinegar simmer. It will take a couple of hours to get it to the consistency you want but you want the vinegar to coat the back of a spoon. That's when it'll be ready.

# CHIPOTLE AIOLI

Yield: 1 Gallon

*- By Karl De La Ossa, Prison Hill Brewery Company -*

## INGREDIENTS:

- 1 gal. mayonnaise
- 2 cans chipotle peppers in adobo sauce
- 2 cups honey
- Salt and pepper - to taste

## DIRECTIONS:

- Gather all ingredients and place in the proper sized blender.
- Puree until smooth and all ingredients are incorporated.
- Add salt and pepper at the end to your liking.

# FRIED BEET CHIPS

Yield: 10 lbs

*- By Karl De La Ossa, Prison Hill Brewery Company -*

## INGREDIENTS:

- 10 lbs. red beets
- 2 gal. olive oil or your choice of oil
- 1 mandolin or slicer

## DIRECTIONS:

- Using a vegetable peeler, peel the outer layer of skin of the beets.
- Using the mandolin or slicer, slice the beets paper thin and set aside until finished. MAKE SURE THAT THEY ARE AS THIN AS POSSIBLE OR THEY WONT FRY INTO CHIPS, THEY WILL REMAIN CHEWY.
- Empty the oil in the proper sized pot and heat and hold the temperature at 350°.
- Fry the beets until the bubbles completely stop.
- Store in a pan with paper towels to catch most of the oil.



# FIRE ROASTED SALSA

Yield: 1 Gallon

- *By Karl De La Ossa, Prison Hill Brewery Company* -

## INGREDIENTS:

5 lbs. tomatoes  
3 large yellow onions  
8 jalapenos  
½ cup garlic  
3 lemons  
1 bunch cilantro  
Salt and pepper - to taste  
2 qt. water

## DIRECTIONS:

- Gather all your ingredients and cut the onions into rings to cook faster.
- Place all the vegetables on the grill except for the cilantro. YES, EVEN THE LEMONS!
- Once all the veggies have a good char all the way around, pull them off the grill and store in a container with a lid so they sweat.
- Juice the lemons and add the water and cilantro and puree to your liking.
- Salt and pepper at the end to taste.

# BEER BATTER

Yield: 1 Gallon

- *By Karl De La Ossa, Prison Hill Brewery Company* -

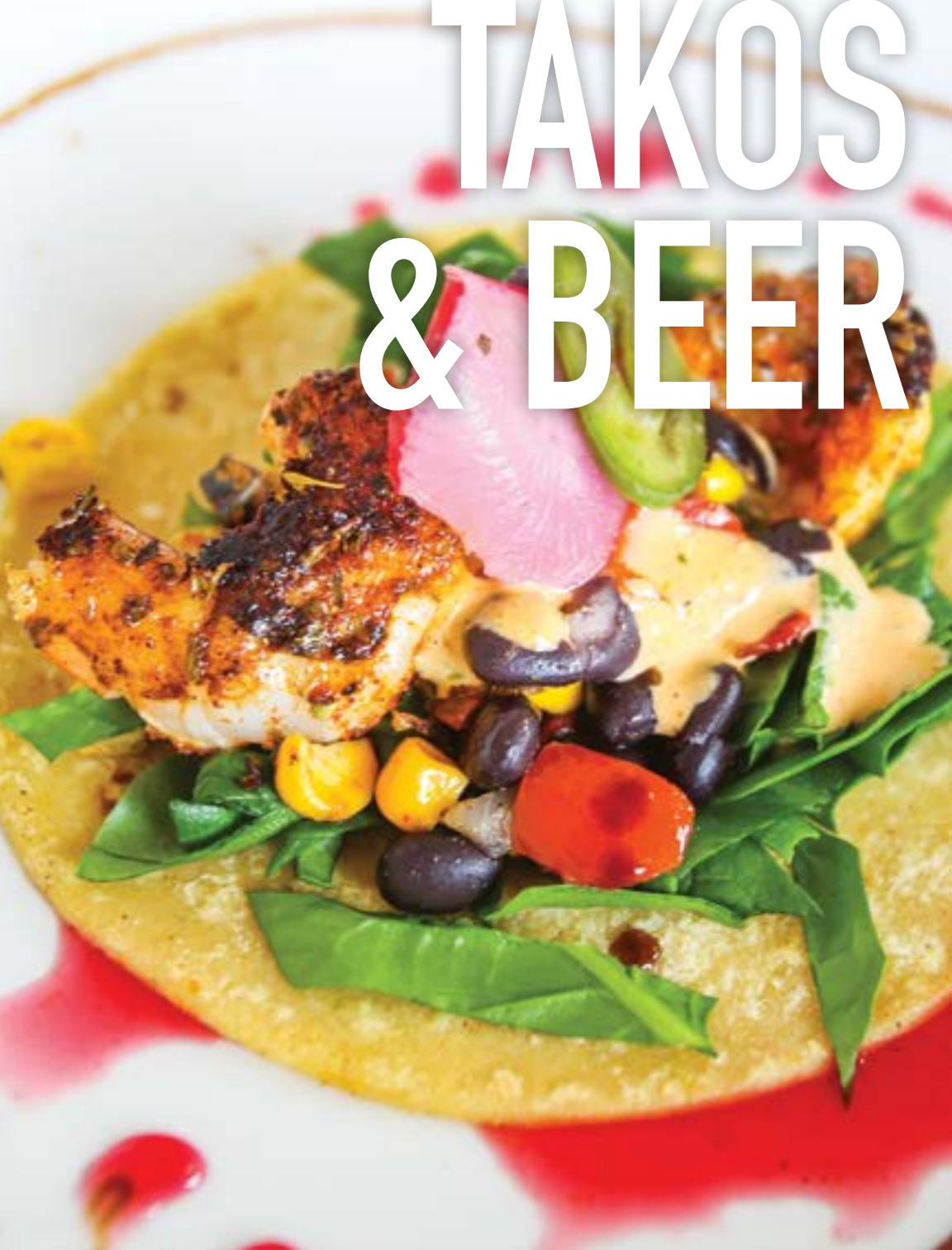
## INGREDIENTS:

6 pack beer (light or dark) depends on what's being fried  
2 eggs  
2 qt. flour  
1 tbsp. cayenne  
2 tbsp. paprika  
3 tbsp. granulated garlic  
3 tbsp. onion powder  
4 tbsp. salt  
3 tbsp. pepper

## DIRECTIONS:

- Gather all your dry ingredients and mix thoroughly. Set aside.
- Gather all your wet ingredients and mix thoroughly.
- Add the dry mixture slowly, one CUP at a time. It will foam up. Continue to add the dry mixture one cup at a time to the consistency you want.
- Use the leftover flour mixture as your pre- breadng.

# TAKOS & BEER



# BLACKENED COD TAKO with BEET JALAPEÑO GLAZED RADISH SLAW

Yield: 4 servings

- By Eddie Guzman, Takos and Beer -

## INGREDIENTS:

8 oz. fresh cod

## SLAW INGREDIENTS:

1/2 cup radish

1 cup Napa cabbage

1/2 cup arugula

1 lime

salt and pepper to taste

## SAUCE INGREDIENTS:

4 Medjool Dates

2 oz. red pepper

2 oz. yellow pepper

2 oz. green pepper

1 oz. jalapeño

1 tbsp. agave syrup

2 tbsp. rice vinegar

salt and pepper to taste

## DIRECTIONS:

- Season the cod with creole seasoning and sear in a non-stick skillet with olive oil.
- For the sauce, dice all the peppers and sauté in preheated skillet until soft. Add dates, vinegar, agave and salt and pepper to taste.
- Choice of corn or flour tortilla

# CREAM of SPINACH and ASPARAGUS SOUP

Yield: 4 servings

- *By Eddie Guzman, Takos and Beer* -

## INGREDIENTS:

- 1 cup white diced onion
- 1 cup diced celery
- 1 cup chopped asparagus
- 2 cups fresh spinach
- 1 tbsp. fresh garlic
- 1 cup diced golden potato
- 1 tsp. fresh thyme
- 4 cups of chicken or vegetable stock
- 4 cups of heavy cream
- Salt and pepper to taste

## DIRECTIONS:

- Sauté onions, celery and asparagus in a soup pot until tender.
- Add garlic, potato and stock. Add cream, thyme, spinach and salt and pepper to taste.
- Cook for about an hour on low heat.

# SHRIMP TAKO with BOK CHOY, FENNEL and CILANTRO AIOLI

Yield: 4 servings

*- By Eddie Guzman, Takos and Beer -*

## INGREDIENTS:

8 Tiger shrimps  
1 chop cup bok choy  
1/2 cup shaved fennel  
1/2 cup orange segments  
Fresh lemon and orange  
Garlic to taste

## CILANTRO AIOLI INGREDIENTS:

1 cup mayo  
4 oz. white vinegar  
1 cup cilantro  
1 tsp. cumin  
2 garlic cloves  
1 tbsp. honey  
Salt to taste  
Garnish fresh cilantro

## DIRECTIONS:

- Lightly pan sear the shrimp.
- Sauté the bok choy with garlic, fennel and orange segments with fresh orange and lemon juice.
- Serve with cilantro aioli.

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Photography by  
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