



Week #1 Recipes

June 1st -June 4th

JUNE 1st

Brunch: Caprese Frittata

Ingredients:

- 1 large creole tomato, thinly sliced
- 1/2 c shredded mozzarella
- 1/4c basil, chiffonade
- 8 eggs
- 2 T milk
- salt to taste

To prepare:

1. Whisk eggs, milk, and salt until combined. Pour into a deep saute pan.
2. Arrange tomatoes, mozzarella, and basil in eggs.
3. Bake 350 for 10-15 minutes.

Dinner: Wild Boar Hoppin' John

- 1 lbs wild LA boar
- 1 sweet pepper
- 1/2 pint cherry tomatoes, halved
- 1 T jalapeno, finely chopped
- 1 T green onion, chopped
- 1 T parsley, chopped

1 T cilantro, chopped
1 T thyme, chopped
1 T green garlic, chopped
1/2 c black eyed peas
1/2 c popcorn rice
2 bunches mustard greens
salt to taste

To prepare:

1. Bring black eyed peas to a boil with salt in a generous amount of water; enough to cover at least three fingers above peas. Then, reduce to a simmer, cover, and cook 20-25 minutes, or until tender. Add water as necessary throughout the cooking process.
 2. Bring rice to a boil with salt and 1 1/2 c water. Reduce to a simmer, cover, and cook 20 minutes. Do not open lid during the cooking process.
 3. In a large skillet, cook wild boar.
 4. Add sweet peppers, tomatoes, jalapenos, and green garlic. Season with salt and cook until tender.
 5. Saute mustard greens in a separate skillet. Season with salt.
 6. Mix everything together.
-

JUNE 2nd

Brunch: Collard Greens Wraps

Ingredients:

1 bunch collard greens
1 bunch carrots, sliced, reserve tops
1 zucchini, semi circles
1 squash, semi circles
1 creole tomato, diced
1 red onion, thinly sliced
1 c brown rice, cooked
1 T green onion, chopped
1 T parsley, chopped
1 T oregano, chopped
4 eggs
2 T pecan oil
Salt to taste

*For a variety, use leftover Wild Boar Hoppin' John as filling, or serve alongside your wraps.

To prepare:

1. Remove the large end of the collards stem, but do not cut the leaf in half.
2. Briefly steam or blanch collard greens. To blanch, place in boiling water until color becomes vibrant, about a minute. Then pat dry.
3. Heat pecan oil in large saute pan. Saute zucchini, squash, onion, tomato, and carrots until onions are translucent and squash and zucchini begin to develop color.
4. Whisk eggs with salt and add to pan. Allow eggs to begin to cook, then use a spatula to scramble and mix with vegetables. Adjust seasoning and add herbs.
5. Arrange vegetables and rice on collards, then roll like a burrito.

Optional: add your favorite local hot sauce. We love Miss Green Jean's Carrot Blaze.

Dinner: Kombucha Pork Chops Peach Salsa, Creamed Greens, Honey-Roasted Carrots

Ingredients:

4 pork chops

1 bottle Big Easy Bucha Cajun Kick

2 t salt

2 t cane sugar

2 T pecan oil

2 peaches, small dice

1/2 jalapeno, small dice

1 sweet pepper, small dice

1 T cilantro, chopped

1 t cane sugar

1 t salt

3 bunches of greens - collards, kale, Swiss chard, spinach - you're call - roughly chopped

1/2 yellow onion, chopped

1/2 c Creole Cream Cheese

1/4 c heavy cream

1 T pecan oil

2 t salt

1 bunch carrots, halved

- 2 T honey
- 1 T thyme, chopped
- 2 T pecan oil
- 2 t salt

To prepare:

1. Mix Big Easy Bucha, salt and cane sugar. Pour over pork chops and marinate at least 30 minutes. Reserve liquid.
2. Mix peaches, jalapeno, sweet pepper, cilantro, cane sugar, and salt. Set aside.
3. Toss carrots with honey, thyme, pecan oil and salt. Bake 350, covered for 15 minutes. Then, 5 minutes uncovered.
4. Heat 1 T pecan oil in large pot and saute onion until translucent.
5. Gradually add greens and season with salt.
6. Once greens are wilted, add heavy cream. Cook until cream is reduced by half, stirring occasionally.
- 7, Fold in Creole Cream Cheese.
8. Heat large skillet with 2 T pecan oil. Sear pork chops until each side is golden brown and crispy, about 4 minutes. Finish in the oven, 350 for about 7 minutes, depending on thickness.
9. Cook Big Easy Bucha marinade on high until reduced by half and thickened. Serve as a sauce over chops.

JUNE 3rd

Brunch: Bacon, Eggs, Mustard Greens

Ingredients:

- 8 eggs
- 2 T milk
- 8 strips of local bacon
- 1 bunch mustard greens
- Salt to taste

To prepare:

1. Whisk eggs, milk and salt.
2. Cook bacon in a large skillet. Remove bacon and place on paper towels.
3. Saute mustard greens in bacon fat.
4. Once greens become crispy, about 3 minutes, add eggs and scramble.

Dinner: Gulf Fish En Papillote

Ingredients:

Parchment paper

4 Gulf fish filet

1/2 pint cherry tomatoes, halved

1 squash, semi circle

1 zucchini, semi circle

1 T ginger, grated or finely chopped

1/4 c radish, thinly sliced; we suggest bravo or watermelon radish

2 T homemade butter; see cornbread waffle recipe

1 bunch spinach

2 lbs fingerling or baby potatoes, quartered; check out the purple majesty potatoes!

2 T parsley, chopped

4 sprigs thyme

1 T pecan oil

salt to taste

To prepare:

1. Bring potatoes to a boil in salted water. Cook until fork tender, drain.
 2. Cut four large squares of parchment paper. Fold in half.
 3. In each, divide filet, tomatoes, squash, zucchini, ginger, radish, thyme, and butter. Season with salt.
 4. Fold all edges to seal, and place on a baking tray folds down.
 5. Bake 450 10-12 minutes.
 6. Saute spinach in pecan oil. Toss with potatoes, parsley, and salt.
 7. Serve everything - juices and all - over potatoes and spinach.
-

JUNE 4th

Brunch: Cornbread Waffles with Homemade Butter

Ingredients:

1 1/2 c cornmeal

1/2 c rice flour

1/2 c Three Brothers sugar

2 eggs

1/2 c homemade butter, recipe below

1 c buttermilk (byproduct of the butter making process)

1/2 t baking soda

1 T salt

1 qt heavy cream

Cane syrup

To prepare:

Make butter!

1. Bring 1 qt of cream to room temperature.
2. Place in food processor.
3. Mix passed the whipped cream stage, until the cream breaks and you have very lumpy pieces.
4. Strain the liquid, and reserve - you just made buttermilk!
5. Place your butter in a bowl, add cold water, and rinse your butter by pressing solids together with a wooden spoon.
6. Repeat rinsing process until you have a uniform lump of butter, about four times.
7. Mix first set of ingredients together until smooth.
8. Heat your waffle iron and carry on with your normal waffle making process.
9. Top with homemade butter and generous drizzles of cane syrup.

Dinner: Boar Burgers

Ingredients:

1 lbs wild LA boar

1 T oregano, chopped

1 T parsley, chopped

1 T green onion, chopped

1 lbs shiitake mushroom, finely chopped

1 T green garlic, chopped

1 egg

1 t salt

1 bunch carrot tops, roughly chopped

1 bag salad mix

1/2 creole tomato, sliced

1/2 cucumber, thinly sliced

1/2 red onion, thinly sliced

1 T pecan oil

1/2 c mozzarella cheese, sliced or shredded

1 egg yolk
1 c pecan oil
1 t salt
1 T basil, finely chopped

Optional:

Serve true hamburger style on a bun, or between locally made bread.

*Not ultra-strict challenge

To prepare:

1. Mix first set of ingredients together, kneading with your hands until all are combined and hold the shape of a patty.
2. Form patties. Bake at 350 for 20-25 minutes. Top with cheese last five minutes of baking.
3. Toss carrot tops, salad mix, cucumber, red onion, 1 T pecan oil, and salt together.
4. Mix egg yolk and salt. Gradually, in a food processor, blender, or using a whisk, add one cup of pecan oil to form an aioli. Fold in basil.
5. Arrange burger patty and tomato on top of salad, or on your bun, and top with basil aioli.