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## Week #2 Recipes

June 5th -June 11th

By [Local Acres](#)

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### JUNE 5th

#### Brunch: Grits and Grillades

##### Ingredients:

Leftover kombucha pork tenderloin, thinly sliced  
1 c grits, cooked according to package instructions  
1/2 yellow onion, thinly sliced  
2 Carmen or bell peppers, diced  
1/2 c cherry tomatoes, halved  
1 c mushrooms, sliced  
1 1/2 c vegetable stock\*  
2 t jalapeno, finely diced  
2 T green onion, sliced  
2 T garlic or green garlic, chopped  
2 t thyme  
2 t oregano  
1/4 c rice flour  
1/2 c white cheddar, shredded  
2 T butter  
salt to taste

\*For this recipe, prep all of your vegetables first, placing all scraps and stems in a hot stock pot. Saute scraps for about 5 minutes, then cover with 4 cups of water. Bring to a boil and simmer at least 30 minutes. Drain and use this liquid as your stock, reserving the extra.

To prepare:

1. Lightly dust pork in rice flour.
2. Heat butter in cast iron pan or heavy-bottomed saute pan. When hot, add pork and briefly brown each side, about 2-3 minutes. Remove pork from pan.
3. Add onions, peppers, jalapeno, mushrooms, and salt to that pan. Saute 5 minutes, then add tomato and garlic.
4. Add stock, bring to a boil, then reduce to a simmer.
5. Return pork to pan, cover, and cook 20-25 minutes until pork is tender and sauce has thickened. Add herbs and adjust salt.
6. Mix white cheddar into grits.
7. Serve pork and sauce over grits.

## **Dinner: Whole Chicken, Roasted Potatoes and Carrots**

Ingredients:

- 1 whole chicken
- 1/2 yellow onion, sliced
- 1 lbs mixed potatoes, medium dice - sweet potatoes, purple majesty, yukon, red - you're call!
- 1 bunch carrots, medium dice, reserve tops
- 1 ea leek, chopped and submerged in water to clean
- 1 bunch cutting celery, roughly chopped
- 1/4 c parsley, chopped
- 1/4 c oregano, chopped
- 1/4 c thyme, chopped
- 1/4 c rosemary, chopped
- 4 T pecan oil
- 1 T butter
- salt to taste

To prepare:

1. Remove giblets from chicken, and reserve.
2. Mix 2 T pecan oil with half of the herbs and salt. Brush over chicken; inside and out, and under the breast skin.
3. Toss potatoes, carrots, onions, and leeks with remaining pecan oil, herbs and salt.

4. Using kitchen twine, tie the legs together and tuck the wings under the body.
5. Arrange vegetables in a large roasting pan, and place chicken on top.
6. Bake uncovered at 350 for 1 hour 20 minutes, or until juices from thigh run clear. Check occasionally to baste and rotate pan.
7. Remove from oven, cover with foil, and rest 20 minutes.
8. While chicken is resting, saute giblets in butter until browned and cooked, about 10-15 minutes.
9. When chicken is done resting, remove it along with the vegetables onto a serving tray.
10. Pour pan juices in pan with giblets and blend with a food processor or stick blender to make gravy. Adjust seasoning.

\*Save chicken carcass for stock.

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## **JUNE 6th**

### **Brunch: Root Vegetable Hash**

Ingredients:

- 2 orange sweet potatoes, medium dice
- 2 purple majesty potatoes, medium dice
- 1 large turnip, medium dice
- 1 large rutabaga, medium dice
- 1 bunch kale, roughly chopped
- 1 Carmen pepper, medium dice
- 1/2 yellow onion, sliced
- 2 T thyme, chopped
- 2 T parsley, chopped
- 4 eggs
- 2 T pecan oil
- salt to taste

To prepare:

1. Toss all root vegetables with 1 T pecan oil, herbs, and salt.
2. Roast covered at 350 for 15 minutes, then uncovered for an additional 10, or until fork tender.
3. Heat pecan oil in large pan. Saute onion and peppers until onions are translucent. Add kale and salt, saute an additional 3-5 minutes.

4. Crack eggs into a hot skillet and cook until whites are solid. Using a spatula, carefully flip eggs one by one and remove from heat.
5. Combine root vegetables with kale, onions, and peppers. Adjust seasoning. Serve egg over top.

## **Dinner: Tofu Lasagna and Spinach**

### Ingredients:

- 1 pack Veggi Co-Op firm tofu, cut into 1/2 inch sheets
- 1/2 gallon whole milk
- 1 c heavy cream
- 1/2 c + 3 T mozzarella, shredded
- 1/2 c + 3 T white cheddar, shredded
- 1 c fresh ricotta cheese
- 3 T fresh citrus juice
- 2 bunches spinach
- 1 c cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 3 T + 1 T parsley, chopped
- 3 T + 1 T oregano, chopped
- 3 T + 1 T basil, chiffonade
- 2 T pecan oil
- 1 egg
- salt to taste

### To prepare:

1. In a large, heavy bottomed pot, combine milk, cream, and salt. Bring to a boil, stirring occasionally to prevent scorching.
2. Add citrus juice and reduce to a simmer, stirring constantly. Curds will begin to form. Continue stirring for about 2 minutes.
3. Drain whey into a bowl lined with cheese cloth. The cloth will catch the curds. Reserve the whey and set the curds aside. This is your ricotta cheese.
4. Season tofu with salt on both sides. Sear in hot pan with pecan oil until both sides brown, about 3 minutes each side, carefully turning. Reserve on paper towel-lined plate.
5. Mix ricotta, mozzarella, white cheddar, egg and herbs.
6. On a parchment paper-lined baking sheet, build individual lasagnas by layering tofu, cheese mix, tofu, cheese mix, tofu. Top with remaining shredded cheeses and herbs.
7. Bake 350 for 20-25 minutes, until cheese is bubbly.

8. Saute onion and tomato in pecan oil about 4 minutes, add spinach and cook until wilted. Adjust seasoning.

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## JUNE 7th

### Brunch: Wilted Spinach and Soft Egg

Ingredients:

2 bunches of spinach, plus any leftover from last night's dinner

1/4 c radish, thinly sliced

4 eggs

2 T pecan oil

salt to taste

To prepare:

1. Cook eggs, in their shells, in boiling water for 6 minutes. Remove and place in a bowl of ice water.
2. Saute spinach in pecan oil for 2-3 minutes. Add salt to taste and add radishes.
3. Once cooled, peel eggs. Toss in pan for a minute to warm. Whites should be firm, while yolk runny.

### Dinner: Chicken Salad

Ingredients:

Leftover chicken from whole chicken

1 head summer crisp lettuce, roughly chopped

1 head butterhead, roughly chopped

1/2 c cucumber, thinly sliced

2 ears corn, off the stalk

1/2 red onion

2 Carmen or bell peppers, sliced

1 T jalapeno, finely diced

3 T pecan oil

1 T dill, chopped

1 T parsley, chopped

1 T green onion, chopped

1 T mint, chopped  
1 T basil, chopped  
salt to taste

To prepare:

1. Briefly saute peppers, jalapeno, onion, and corn. Season with salt.
2. Mix pecan oil and all herbs. Toss with lettuces, cucumber, and chicken. You can also add some pan gravy from the whole roasted chicken for deeper flavor.
3. Toss everything together.

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## JUNE 8th

### **Brunch: Morning Stir Fry**

This is one of those clean out your fridge and prevent spoilage recipes. By now, you most likely have a little of this and that lying around that has a day or two left before it dies. This is a great opportunity to put it to good use!

Ingredients:

2 eggs  
1 c cooked rice  
2 T pecan oil  
Any vegetables/meat you have leftover that need to be eaten

To prepare:

1. Saute leftovers in large pan with pecan oil.
2. Add rice and combine.
3. Make a hole in the center of your pan by spreading everything towards the edges.
4. Crack eggs in center, and gently cover with stir fry. Allow to steam about 30 seconds, then, using a spatula, break the yolks and coat all ingredients. This needs to be done on high heat.

### **Dinner: Bangers and Mash**

Ingredients:

4 mixed local sausage links, cut on bias in medium-sized pieces - we suggest alligator, duck, and pork  
Leftover root vegetable hash  
Leftover chicken pan gravy, if available

2 c chicken stock\*  
1/2 yellow onion, sliced  
1 c mushrooms, sliced  
1/4 c green onion, sliced  
1/4 c fennel, thinly sliced  
2 T thyme  
2 T oregano  
1/4 c whey from homemade ricotta; can substitute milk or heavy cream  
1 T + 1 t butter

\*If you did not yet make chicken stock with your carcass from Sunday, now's the time to do so. Saute any vegetable scraps with a few sprigs of herbs, for about 5 minutes. Add chicken bones and cover with 4 quarts of water. Bring to a boil, and simmer at least 45 minutes. Strain and reserve remaining stock.

To prepare:

1. Bring leftover hash to room temperature or briefly heat up in the oven. This makes them easier to mash.
2. Heat saute pan with butter and cook sausage until brown on all sides, about 5 minutes. Remove and reserve.
3. Saute onions and mushrooms until onions are translucent. Add stock and pan gravy if available. Cook until reduced by half. Finish with 1 t butter. Adjust seasoning and add herbs.
4. Mash hash and whey/cream/milk with hand mixer, potato masher, fork, Kitchen Aid, or whatever tool of your choice.
5. Serve sausage over potatoes with gravy.

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**JUNE 9th**

### **Brunch: Egg Ribbons**

Ingredients:

8 eggs  
2 T milk  
1/2 c cherry tomatoes, halved  
2 T parsley, chopped  
2 T basil, chiffonade  
1/2 c carrot top, chopped.

1 T pecan oil  
salt to taste

To prepare:

1. Whisk eggs, milk, and salt. Heat non-stick saute pan with pecan oil.
2. Saute tomatoes with herbs and carrot tops, smashing tomatoes as they begin to blister. Set aside.
3. Pour eggs into pan, just enough to coat the bottom.
4. Once eggs begin to firm, use a spatula to lift edges. Move the pan around to maneuver wet eggs to pan surface. Once cooked, remove from pan onto cutting board. Repeat process with the remaining eggs.
5. Slice eggs into ribbons. Serve with tomato sauce over top.

## **Dinner: Lamb and Pork Meatballs with Zucchini Ribbons and Carrot Top Gremolata**

Ingredients:

1 lbs ground lamb  
1 lbs ground pork  
1 egg  
2 T rosemary, chopped  
2 T mint, chopped  
2 T parsley, chopped  
2 T oregano, chopped  
2 T green onion, chopped  
1/4 c red onion, chopped  
salt

3 mixed zucchini/squash, but they must be long in shape

remaining carrot tops + any leftover tomato sauce from brunch

1/4 c parsley  
1/4 c mint  
2 T dill  
2 T green garlic/ garlic  
2-3 T pecan oil  
salt

To prepare:



1. Mix first set of ingredients until combined and can hold shape.
2. Form medium-sized meatballs. Place on a parchment paper lined baking tray and bake 350 for 20 minutes, rotating half way through.
3. Mix second set of herbs, either in a food processor, or by finely chopping each one. Season with salt and slowly add pecan oil until pesto-like consistency is achieved.
4. Using a mandolin, shave zucchini and squash on the thinnest setting. This can also be done with a vegetable peeler.
5. In a large saute pan, lightly saute noodles until limp. Toss with carrot top gremolata. Serve meatballs on top.

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## **JUNE 10th**

### **Brunch: Cornbread Muffins with Sausage Gravy**

If you still have butter from last week, you can skip that part here!

#### 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

Leftover sausage from bangers and mash, diced

- 3 c whole milk
- 2 t rice flour
- 2 T green onion, sliced
- salt to taste

#### 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. Line a cupcake tin with liners, or grease with butter. Fill 1/4 full. Bake 350 for 15-20 minutes.
9. Toss sausage with flour, and saute in pecan oil about 3 minutes.
10. Add milk, bring to a boil, then reduce to a simmer and cook until thick. Whisk occasionally. Stir in green onion. Serve over biscuits.

\*This may be one of the recipes you choose to be more lenient on and use black pepper. However, if available, ground papaya seeds are very similar in taste.

## **Dinner: Grilled Flank Steak and Vegetables**

Ingredients:

- 2-4 lbs flank steak, depending on your desires
- 1 eggplant, sliced into medallions
- 1 zucchini, sliced into medallions, or convenient grilling shape based on zucchini chosen
- 1 squash, sliced into medallions, or convenient grilling shape based on squash chosen
- 4 corn cobs, husk on
- 1 Kohlrabi, sliced
- 2 T tarragon, chopped
- 2 T thyme, chopped
- 2 T oregano, chopped
- 2 T rosemary, chopped
- 2 T pecan oil
- Any leftover carrot top gremolata
- 3 T pecan oil
- salt

To prepare:

1. Heat grill to 350-400 degrees.
2. Mix 1 T pecan oil and all herbs. Season both sides of steak with salt, and massage with herb mix. Reserve any marinade not used. Let marinate at least 25 minutes.
3. Toss vegetables, except corn, with salt and 1 T pecan oil.

4. Grill steak to desired temperature. We suggest medium rare, about 6-7 minutes each side. To retain quality and flavor, we do not suggest anything beyond medium, especially with high-quality, local meat.
5. Grill vegetables until tender.
6. Serve with any remaining marinade as a dipping sauce.

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## JUNE 11th

### **Brunch: Grilled Vegetable Omelet and Goat Cheese**

Ingredients:

All leftover veggies from last night's dinner

8 eggs

2 T milk

3 T goat cheese

2 t butter

salt

To prepare:

1. Whisk eggs, milk, and salt.
2. Melt butter in a hot, non-stick skillet. Pour in eggs.
3. When eggs begin to firm, add grilled vegetables and goat cheese.
4. Using a spatula, carefully fold one side over the other. Seal edges by pressing down.
5. Flip and cook the other side until eggs are cooked through.

### **Dinner: Stuffed Peppers**

This is another great recipe to clean your fridge out with. Mix everything you need to get rid of together, and stuff it inside a pepper! We've listed some options in the ingredients below should you not have any, or enough, leftovers. However, save any leftover flank steak for tomorrow.

Ingredients:

4-8 bell peppers, or Carmen peppers if you find some large enough

Leftover pork and lamb meatballs, chopped

1 c cooked brown rice

1/2 c cherry tomatoes, halved

1 c corn, shucked

1/2 red onion, chopped

2 c spinach, chopped  
1/4 c parsley, chopped  
1/4 c green onion, chopped  
1 c goat cheese.  
3 T pecan oil  
salt

To prepare:

1. Remove top of peppers, as little as possible with creating an opening. Remove seeds. Brush outside of peppers with pecan oil and salt.
2. Mix together remaining ingredients.
3. Stuff peppers.
4. Bake 350 for 20-25 minutes, uncovered.