



Week #3 Recipes

June 12th -June 18th

By [Local Acres](#)

JUNE 12th

Brunch: Steak and Eggs

Ingredients:

Leftover flank steak

4 eggs

1 T jalapeno, small dice

1 T cilantro, chopped

1/4 c cherry tomatoes, halved

salt to taste

2 T pecan oil

To prepare:

1. Mix jalapeno, cilantro, tomato, and salt.
2. Heat a skillet with pecan oil. Crack eggs on one side and cook until whites are firm. On the other side, heat steak.
3. Serve with egg on top of steak, and top with spicy tomato salad

Dinner: Grilled Peach Whole Fish, Roasted Green Beans, Black Eyed Peas

Ingredients:

1 whole Gulf fish

2 peaches, sliced

1lbs green beans...or purple or yellow!

1 c black eyed peas

2 T parsley, chopped

2 T cilantro, chopped

2 T green onion, chopped

2 T basil, chiffonade

1 cajun pepper, finely diced

2 c stock

Salt to taste

4 T pecan oil

To prepare:

1. Put black eyed peas in a pot with stock and salt. Bring to a boil, then cover and simmer 25 minutes, or until tender. Adjust salt and add parsley and green onion.
2. Toss green beans with 2 T pecan oil and salt. Roast 350 for 15-20 minutes.
3. Brush fish with remaining pecan oil, and salt both sides. On a hot grill, cook 7 minutes each side. Allow to rest 5 minutes.
4. Mix together peaches, cajun peppers, basil, and cilantro.

JUNE 13th

Brunch: Yogurt and fruit

Ingredients:

1 peach, sliced
1 c cantaloupe, chopped
1 c blueberries
1 c strawberries, quartered
2 c local yogurt
1 T mint, chopped
Honey to drizzle

To prepare:

1. Mix all fruit with mint.
2. Serve over yogurt.
3. Drizzle with honey.

Dinner: Lettuce Wraps

Ingredients:

1 head buttercup lettuce
1 c red cabbage, chiffonade
2 ea corn ears, shucked
2 bell peppers, sliced
1 creole tomato, chopped
½ red onion, chopped
2 T parsley, chopped
2 T garlic, chopped
2 T green onion, chopped
2 T lemon balm, chopped
2 T honey
1 T Steen's cane sugar vinegar
2 T pecan oil
Salt to taste

To prepare:

1. Mix cabbage, vinegar, and salt. Let sit for at least 20 minutes.
2. Mix all other ingredients together.
3. Assemble inside of lettuce cups.

JUNE 14th

Brunch: Market Scramble

Ingredients:

Leftover lettuce wrap vegetables

Any other vegetables you need to eat in your fidge

8 eggs

1 T milk

Salt

To prepare:

1. Whisk eggs, milk, and salt.
2. Pour egg wash and vegetables into a very hot skillet.
3. Allow to begin to cook, then, using a spatula, stir until eggs are cooked and scrambled.

Dinner: Fish Cakes and Succotash

Ingredients:

Leftover Gulf fish

2 eggs

2 T green onion, chopped

2 T parsley, chopped

1 T garlic, minced

½ onion, chopped

2 ea corn cobs, shucked

1 c cherry tomatoes, halved

1 c lima beans

1 sweet pepper, chopped

2 T basil

2 c stock

3 T pecan oil

Salt to taste

To prepare:

1. In a bowl, mix fish, eggs, parsley, garlic, 2 T onion, and salt, until you can form balls that hold shape. Form medium-sized balls and refrigerate at least 20 minutes.
2. In a large pot, bring stock and lima beans to a boil, then reduce to a simmer, cover, and cook 25-30 minutes, or until tender.
3. In a large saute pan, heat pecan oil and cook remaining onion, corn, cherry tomatoes, and peppers until tomatoes begin to blister. Add cooked lima beans and basil last minute and adjust salt.
4. Heat pecan oil in a heavy-bottom skillet. Gently place in fish cakes and sear each side until golden-brown, about 4 minutes. Remove to cooling rack and season with salt.
5. Serve cakes over succotash.

JUNE 15th

Brunch: Calas with Cane Syrup

Ingredients:

½ c cooked and completely cooled rice

1 c rice flour
1 t baking powder
3 eggs
2 T sugar
½ t salt
Oil for frying*
Cane sugar for serving

*This may be one of those dishes you allow yourself to not go completely local on. While you can fry these in pecan oil, it will be very expensive. I recommend using soy or peanut oil for this recipe.

To prepare:

1. In a heavy-bottom stock pot, or dutch oven, heat oil, about 3 inches deep, to 350.
2. Sift flour and baking powder together in bowl. Set aside.
3. In a stand mixer, or with a hand mixer, beat eggs and sugar until they triple in size.
4. Add half of the flour and salt to eggs and mix until incorporated. Gradually add the remaining.
5. Fold in rice.
6. Use a small ice cream scoop to scoop batter into oil. Fry until calas are golden brown. Carefully turn calas with a spoon or tongs halfway through frying. Do not overcrowd your pot, do this in batches if needed.
7. Transfer calas to cooling rack when finished frying.
8. Serve with cane syrup.

Dinner: Grilled Cantaloupe, Popcorn Rice, Sauteed Greens

Ingredients:

1 cantaloupe, thick slices
1 c popcorn rice
3 bunches greens
1 T cane sugar vinegar
2 T garlic
½ onion
2 T basil, chiffonade
2 T mint, chiffonade
3 strips bacon, cut into lardons
Salt to taste

To prepare:

1. Bring rice and water to a boil with salt. Simmer, cover, and cook 20-25 minutes. Stir in basil and mint once rice is cooked. Adjust salt.
 2. On a very hot grill, cook cantaloupe 3-4 minutes each side.
 3. Slowly cook bacon in a large skillet so fat renders, about 5 minutes. Add onion and garlic, and cook until onions are translucent.
 4. Add greens and salt, cook 3 minutes.
 5. Add vinegar and cook an additional 2 minutes.
 6. Serve everything over rice.
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JUNE 16th

Brunch: Shrimp and Grits

1 lbs shrimp, peeled and deveined
1 c grits
2 T butter
4 c stock or water
1 c white cheddar, shredded
½ c goat cheese
½ c cherry tomatoes, halved
1 T garlic, minced
2 T parsley, chopped
2 T green onion, chopped
Salt to taste
2 T pecan oil

To prepare:

1. Bring water to a boil, add grits and cook until water is absorbed, about 25 minutes. Stir in butter and cheese.
2. In a saute pan, heat oil. Saute shrimp until pink. Then add tomatoes and garlic.
3. Stir parsley and green onion into grits. Season with salt.

Dinner: Pork Tenderloin with Green Beans and Kale

Ingredients

1 pork tenderloin
1 lbs green beans
2 bunches kale
2 T thyme
1 T rosemary, chopped
2 T basil, chiffonade
2 T garlic, minced
½ red onion, chopped
2 t cane sugar vinegar
Salt to taste
4 T pecan oil

To prepare

1. Mix 2 T pecan oil with herbs and salt. Brush over pork and marinate at least 20 minutes.
 2. Roast pork uncovered at 350 for 20-25 minutes, rotating throughout. Remove from oven, cover with foil, and rest 10 minutes.
 3. Heat remaining pecan oil in a large skillet. Saute green beans until tender and season with salt. Remove from pan.
 4. In same pan, saute kale and onion. When kale is tender, add garlic and vinegar. Adjust salt.
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JUNE 17th

Brunch: Cornbread Waffles

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 pint blueberries
1 T cane sugar
1 T water

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.
8. In a sauce pot, slowly cook blueberries, sugar, and water. Stir occasionally until sauce-like consistency, about 10 minutes.
9. Mix first set of ingredients together until smooth.
10. Heat your waffle iron and carry on with your normal waffle making process.

Dinner: Pork Fried Rice

Ingredients

Leftover pork tenderloin
1 c brown rice
1 c carrot, shredded
1 bell pepper, sliced
½ c red cabbage, chiffonade
½ red onion, chopped
1 T ginger, minced
¼ c green onion, chopped
2 eggs
2 c water
Salt to taste
2 T pecan oil

To prepare:

1. Bring water and rice to a boil with salt. Reduce to a simmer, cover, and cook 25 minutes, or until rice is tender.
2. In a large skillet, heat oil. Saute carrot, pepper, and cabbage 5 minutes. Add ginger and pork, and cook an additional 3 minutes.
3. Add cooked rice to pan and mix.
4. Create a hole in the center of the pan by pushing rice to the sides. Crack eggs in the hole and gently cover with the rice. After about 20 seconds, use a spatula to break the yolk and stir everything together. Keep stirring until egg has coated the rice and is cooked through. Fold in green onion and adjust salt.

JUNE 18th

Brunch: Chilled Cantaloupe Soup

Ingredients

2 cantaloupe, peeled, seeded, medium dice

1 c milk or whey from ricotta making

2 t salt

Thai basil for garnish, chiffonade

To prepare:

1. In batches, blend cantaloupe in food processor until smooth.
2. Place all blended cantaloupe in bowl, add salt, and gradually add milk/whey until desired consistency is reached.
3. Serve cold and garnish with Thai basil.

Dinner: Shrimp Remoulade

Ingredients

2 egg yolk

2 c pecan oil

2 T parsley, chopped

2 T jalapeno, finely chopped

2 t garlic, minced

1 T onion, minced

2 T green onion, chopped

1 lbs shrimp, peeled and deveined

1 c cherry tomatoes, halved

½ red onion, chopped

1 bell pepper, chopped

2 T garlic, minced

1 bag arugula

Any leftover lettuce from wraps

To prepare:

1. Whisk egg yolks and season with salt. In a blender, or with a whisk, gradually add oil until thick, mayo-like consistency. Fold in remaining ingredients in first set.
2. Saute shrimp, red onion, peppers, and tomatoes in skillet until shrimp is pink. Add garlic last 2 minutes of cooking. Cool and add to aioli.
3. Serve over bed of arugula and lettuce.