A TASTE OF
THE FARM

Recipes From
THE FARM AT SOUTH MOUNTAIN
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The Farm Story

Born from an ancient riverbed that blessed the grounds with naturally rich soil, The Farm’s vision of sustainability was originally conceived by Dwight Heard (benefactor of the Heard Museum) in the early 1920’s. Heard acquired a large piece of land, subdivided the property into two-acre parcels, and sold each for the whopping sum of $1,150, with the distinct purpose of promoting self-sufficiency. He offered a cow and 50 chickens with each purchase.

In keeping with this early philosophy, the 10 acres just south of Southern Avenue and 32nd Street was planted with 100 pecan trees, and for more than 40 years the grove was nurtured by a retired cattleman by the name of Skeeter Coverdale. Ultimately, he determined it was too much work to care for the trees and harvest the 5,000 pounds of nuts each year. He wanted to move to Punkin Center where he could buy a trailer, “drink beer, swat flies, and tell lies” — so he did!

Nestled at the base of South Mountain in Phoenix, The Farm at South Mountain is a place to gather and enjoy the simple pleasures of a gentler lifestyle. Fresh air, majestic trees, organic gardens, farm-to-table food, and a sense of tranquility await you.

Morning Glory Muffins with Brown Sugar Streusel

*Makes 16 Standard Size Muffins*

**FOR THE MUFFINS:**
- 3 eggs
- 3/4 cup oil
- 1/2 Tbsp. vanilla
- 1-3/4 cups flour
- 1-1/4 cups sugar
- 2 tsp. baking soda
- 1 tsp. baking powder
- 1/2 Tbsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. cloves
- 1/2 tsp. salt
- 2 cups carrot, peeled & grated
- 1/2 cup raisins
- 1/4 cup chopped pecans
- 1/2 cup shredded coconut
- 1 tart apple, peeled & grated

For the muffins: Whisk eggs, oil, and vanilla until blended. Set aside.

Combine flour, sugar, baking soda, baking powder, cinnamon, nutmeg, cloves, and salt. Stir in carrots, raisins, pecans, coconut, and apple. Add egg mixture, stirring until combined. Do not over mix.

**FOR THE STREUSEL:**
- 2/3 cup flour
- 4 Tbsp. brown sugar
- 4 Tbsp. sugar
- 3 tsp. cinnamon
- 1-1/2 tsp. nutmeg
- 1/4 tsp. cardamom
- 1 cup chopped almonds
- 2/3 cup oats
- 1/2 cup melted butter (1 stick)

Scoop into buttered muffin tin using a 2 oz. ice cream scoop, and top with one tablespoon of streusel.

Bake at 350 degrees for 25 minutes or until toothpick comes out clean.
Blueberry Orange Muffins with Butter Streusel

Makes 21-24 Standard Size Muffins

FOR THE MUFFINS:
4 cups flour
2 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1 cup butter (2 sticks)
1 cup sugar
1 cup brown sugar
4 eggs
2 tsp. vanilla
1 cup orange juice
2 pints fresh blueberries
grated zest of one orange

For the muffins: Sift flour, baking soda, salt, cinnamon, and nutmeg. Set aside.

Cream butter and sugars on medium speed in an electric mixer. Add eggs and vanilla. Alternately add dry ingredients and orange juice. Stir blueberries and orange zest in by hand (using the mixer will crush the berries).

For the butter streusel: Melt butter. Add other ingredients. Mixture should be crumbly.

Scoop batter into buttered muffin tin with a 2 oz. ice cream scoop. Put one tablespoon of butter streusel on top of each muffin.

Bake at 350 degrees for 25 minutes or until toothpick comes out clean.

FOR THE STREUSEL:
6 Tbsp. melted butter
1/2 cup sugar
3/4 cup flour
1/4 tsp. salt

In a large bowl mix together oats, almonds, sunflower seeds, pumpkin seeds, sesame seeds, dried fruit, pecan pieces, and wheat germ. Set aside.

Put sunflower oil, honey, brown sugar, vanilla, salt and cinnamon in a saucepan with 1/2 cup water. Bring to just a boil, stirring constantly, then pour over dry ingredients and mix well.

If mixture is too wet, add more oats. Mixture should be sticky. Spread out evenly on baking tray. Bake at 325 degrees for one hour. Reduce oven temperature to 275 degrees and continue baking until granola is golden (about one hour).

Switch oven off and leave granola to dry out for another hour or overnight.

Farm Granola

Makes Two Quarts

INGREDIENTS:
5-1/3 cups oats
1-1/4 cup sliced almonds
2/3 cup sunflower seeds
3/4 cup pumpkin seeds
1/3 cup sesame seeds
1-1/2 cup dried fruit
1 cup pecan pieces
1 Tbsp. wheat germ (optional)
1/2 cup sunflower oil
1 cup honey
1/4 cup brown sugar
1 tsp. vanilla
1/2 tsp. salt
pinch of cinnamon
1/2 cup water

In a large bowl mix together oats, almonds, sunflower seeds, pumpkin seeds, sesame seeds, dried fruit, pecan pieces, and wheat germ. Set aside.

Put sunflower oil, honey, brown sugar, vanilla, salt and cinnamon in a saucepan with 1/2 cup water. Bring to just a boil, stirring constantly, then pour over dry ingredients and mix well.

If mixture is too wet, add more oats. Mixture should be sticky. Spread out evenly on baking tray. Bake at 325 degrees for one hour. Reduce oven temperature to 275 degrees and continue baking until granola is golden (about one hour).

Switch oven off and leave granola to dry out for another hour or overnight.
FOR THE COFFEE CAKE:
1/2 cup butter (1 stick)
1-1/2 cups sugar
3 eggs
1/2 tsp. vanilla
1-1/2 cups flour
1/8 tsp. baking soda
1/8 tsp. salt
1/2 cup sour cream

FOR THE STREUSEL:
1 cup chopped pecans
4 Tbsp. dark brown sugar
2 tsp. cinnamon

Sour Cream Coffee Cake
with Butter Streusel

Serves 4 to 6

For the coffee cake: Cream butter and sugar. Add eggs one at a time, beating well after each addition. Add vanilla.

In a separate bowl, sift flour, baking soda, and salt together. Alternately add sour cream and flour mix to butter mixture, ending with flour mix. Grease an 8 x 8 inch pan. Put half the batter in the pan and sprinkle with half of the streusel. Add the rest of the batter and sprinkle the rest of the streusel on top.

For the streusel: Mix pecans, brown sugar and cinnamon together. Set aside.

Bake at 350 degrees for 40 minutes.

FOR THE SCONES:
4 cups flour
4 tsp. baking powder
1 tsp. salt
1-1/2 cups sugar
1-1/2 cups butter (3 sticks)
zest of 1 lemon
1/2 tsp. lemon extract
3/4 cup whipping cream
1 egg white (to brush tops of scones)
granulated sugar (to sprinkle on top of scones)

Bev’s Lemon Scones
with Tripleberry Preserves

Makes 18 Scones

When The Farm opened its doors in 1993, Beverly Breen was our baker. A baking purist, Beverly would arrive each day at 3 a.m. to start making scones, pecan pies, cookies, and apricot bars. We honor her memory every day with “Bev’s Lemon Scones.”

Mix flour, baking powder, salt, and sugar. Cut the butter into small cubes. Using a pastry blender, cut the butter into the dry ingredients. Add the lemon zest and extract, and then add the cream. Do not over mix.

Roll dough out on a lightly floured surface to about 1-1/4 inch thick. Cut out 2-1/2 inch scones using a round cookie cutter until all the dough is used. Brush the top of the scones with egg white and sprinkle with granulated sugar.

Bake at 350 degrees for 30 minutes.

Tripleberry Preserves:
Put all ingredients in a saucepan over medium heat. Allow the mixture to cook until it begins to thicken and the cranberries have popped. Cool. Serve with Bev’s Lemon Scones or make an excellent peanut butter and jelly sandwich. Makes about 2-1/2 cups.
**Cocoa Cinnamon Scones**

*Makes 18 Scones*

**INGREDIENTS:**
- 3-3/4 cups flour
- 4 tsp. baking powder
- 1 tsp. salt
- 1/2 cup sugar
- 1/4 cup cocoa powder
- 2 tsp. cinnamon
- 1-1/2 cups butter (3 sticks)
- 1-1/2 cups whipping cream
- 2/3 cup chocolate chips
- 1 egg white (to brush tops of scones)
- granulated sugar (to sprinkle on top of scones)

Mix flour, baking powder, salt, sugar, cocoa powder, and cinnamon.

Cut the butter into small cubes. Using a pastry blender, cut the butter into the dry ingredients. Then add the cream and the chocolate chips. Do not over mix.

Roll dough out on a lightly floured surface to about 1-1/4 inch thick. Cut out 2-1/2 inch scones using a round cookie cutter until all the dough is used. Brush the top of the scones with egg white and sprinkle with granulated sugar.

Bake at 350 degrees for 30 minutes.

**French Toast**

*Serves 4*

**FOR FRENCH TOAST:**
- 8 slices, sourdough bread, about one inch thick
- 4 eggs
- 1/2 cup milk
- 1 Tbsp. vanilla
- 1 tsp. cinnamon
- 1 Tbsp. butter

**FOR PECAN GLAZE:**
- 1/2 cup brown sugar
- 1/2 cup butter (1 stick)
- 2 cups chopped pecans
- 3 Tbsp. honey
- 2 tsp. vanilla
- 1/2 cup maple syrup
- optional: sliced bananas

For the french toast: Whisk eggs, milk, vanilla and cinnamon together.

Melt butter in a frying pan over medium heat. Dip bread in egg batter and fry until golden brown on both sides.

For the pecan glaze: Mix all ingredients in a pan over medium heat until butter is melted and sugar is dissolved. Add sliced bananas if desired.

Arrange two slices of french toast on each plate, spoon warm pecan glaze over the top, and serve. Yum.
Farm Omelette
with Spinach, Mushrooms & Peppers
_Serves One_

FOR ONE OMELETTE:
3 eggs
1 Tbsp. butter
2 Tbsp. sautéed spinach
2 Tbsp. sautéed mushrooms
2 Tbsp. roasted peppers
2 oz. mozzarella cheese, grated

Break eggs into a bowl and beat lightly with a fork. Heat butter in an omelette pan over medium heat. After the butter stops foaming, pour in the eggs and cook, gently lifting up around the edges occasionally to let raw egg run underneath.

When the eggs have set to the degree that you like, add the filling (spinach, mushrooms, roasted peppers, and cheese) and start rolling the omelette onto itself with a fork or spatula. Tip the pan and roll the omelette onto a plate. Serve immediately.

Farm Frittatta
with Zucchini, Feta & Onion
_Serves 4 to 6_

INGREDIENTS:
3 Tbsp. olive oil
3/4 lb. green and yellow zucchini, diced
1/4 tsp. salt
1/4 tsp. pepper
1/2 cup sliced green onion
3/4 cup feta, crumbled
8 eggs, slightly beaten

Heat 1 Tbsp. olive oil in large skillet over medium heat and sauté zucchini with salt and pepper for about 5 minutes or until tender. Set aside.

Whisk green onion, zucchini, and 1/2 cup feta into eggs.

Heat 2 Tbsp. olive oil in large oven-proof skillet over medium heat. Pour in egg mixture and cook, lifting up around the edges occasionally to let raw egg run underneath.

Cook until eggs start to set and the sides begin to brown, about 5 minutes. Sprinkle remaining 1/4 cup feta over the top and place skillet under the broiler for about 2 minutes, or until eggs start to puff and brown.

Loosen edges and bottom of frittata with a spatula and slide onto a plate. Slice into wedges and serve warm or at room temperature.
Eggs in Herbed Tortilla with Tomatillo Salsa

Serves One

FOR ONE BURRITO:
3 eggs
1/2 cup sautéed farm fresh vegetables (any combination of tomatoes, zucchini, mushrooms, bell peppers, basil, spinach, or onions)
1 Tbsp. butter
1 oz. each cheddar & jack cheese, grated
1 herbed flour tortilla

For the burrito: Whisk together three eggs and 1/2 cup sautéed farm fresh vegetables. Melt 1 Tbsp. butter in a frying pan over medium heat, add scrambled egg mixture and cook about 3-5 minutes.

Put scrambled eggs in center of herbed flour tortilla. Sprinkle with grated cheeses. Wrap as a burrito. Top with 3 Tbsp. warm tomatillo salsa and serve.

FOR THE TOMATILLO SALSA:
2 Tbsp. olive oil
1 lb. tomatillos, quartered
1-1/2 cups onion, chopped
2 jalapenos, seeded and chopped
4 cloves garlic, chopped
1/4 cup tequila
2 Tbsp. fresh cilantro, chopped
juice and zest of one lime
salt and pepper to taste

For the tomatillo salsa: Heat olive oil in large skillet. Sauté the tomatillos, onion, jalapenos, and garlic. Deglaze pan with 1/4 cup tequila. Purée cooked vegetables with cilantro, lime juice and lime zest in blender or food processor. Add salt and pepper to taste. Makes about 2-1/2 cups.

Eggs in Herbed Tortilla with Tomatillo Salsa

INGREDIENTS:
2 tablespoons olive oil
1 medium red onion, diced
5 cloves roasted garlic
1 teaspoon dried oregano leaves
1 teaspoon dried thyme leaves
1/2 tsp. black pepper
1/2 tsp. salt
1/3 cup toasted sesame seeds
1 tsp. crushed red pepper
1/4 cup water
3 tsp. chicken or vegetable bouillon
2 cups cooked tepary beans
optional garnish: fresh chopped cilantro

Heat olive oil in skillet and sauté onions and garlic over medium heat for 4-5 minutes.

Reduce heat and add oregano, thyme, pepper, salt, roasted sesame seeds, crushed red pepper, water, and bouillon. Cook for 4-5 minutes, then add the cooked tepary beans.

When the mixture is cool, pour into a blender or food processor. Add salt and pepper to taste. If mixture is too thick, add a little water or olive oil to adjust.

Garnish with fresh chopped cilantro if desired. Serve with fresh vegetables and / or tortilla chips.

ABOUT TEPARY BEANS: The tepary bean is native to the Sonoran Desert where they were domesticated approximately 8,000 years ago. They are perhaps the most heat and drought-resistant legume species in the world. Tepary beans are capable of producing a mature crop after only one rainfall or irrigation, having adapted to grow quickly when water is available. A rich source of nutrition, the tepary bean provides more protein, calcium, iron, zinc, magnesium, phosphorous, and potassium than other common beans. Tepary beans can be used in place of any standard dried bean.
Butternut Squash Soup

INGREDIENTS:
2 Tbsp. extra virgin olive oil
1 cup onion, diced
1 celery stalk, sliced
1 carrot, sliced
1 cinnamon stick
Salt and pepper to taste
4 cups vegetable stock
1-1/2 cups roasted butternut squash
optional garnish: Drizzle with crème fraîche and a sprinkle of scallions.

Heat olive oil in large saucepan over medium heat. Add onion, celery, carrot and cinnamon stick and sauté until soft, about 10 minutes. Season with salt and pepper. Add the vegetable stock and bring to a boil. Simmer for several minutes. Stir in the squash and simmer for another 15-20 minutes to let the flavors meld. Allow the soup to cool and discard the cinnamon stick. Purée soup in a blender until smooth. Return soup to the pan and reheat. Add additional salt and pepper if necessary.

To serve, garnish with a drizzle of crème fraîche and a sprinkle of scallions if desired.

Hearty Vegetable Soup

INGREDIENTS:
2 Tbsp. butter
3 cloves garlic, chopped
1 cup onion, chopped
1 cup fresh corn kernels
1 cup celery, sliced
1 cup carrots, sliced
2 Tbsp. fresh herbs (rosemary, basil & oregano)
1 cup fresh tomato, peeled, seeded and chopped
1 cup fresh spinach, chopped
4 cups chicken or vegetable stock
salt and pepper to taste

Heat butter over medium heat in large pan and sauté garlic, onions, corn, celery and carrots for about 5 minutes. Add fresh herbs, tomatoes, and spinach and cook another 5 minutes.

Add stock and bring to a boil. Reduce heat and simmer for 45 minutes until vegetables are soft.

Serve with crusty french bread and butter.
White Bean & Sausage Soup

Serves 4 to 6

INGREDIENTS:
3/4 lb. Italian sausage, crumbled
1/4 lb. bacon, diced
2 tablespoons olive oil
1 large onion, diced
2 carrots, diced
2 garlic cloves, minced
2 quarts chicken stock
1 teaspoons dried oregano
1 teaspoons dried thyme
1 teaspoons Sriracha
1/4 cup cilantro, chopped
4 cups cooked cannellini beans
Salt & pepper to taste
2 cups julienne Tuscan kale
grated parmesan or asiago cheese for garnish

Sauté the crumbled sausage and set aside. In a large stock pot, sauté the bacon, onion, carrot, and garlic in olive oil until translucent. Add the chicken stock, oregano and thyme and bring to a boil, then simmer for 15 minutes. Add the cooked sausage, Sriracha, cilantro and the beans and simmer another 15 minutes.

To serve, place a handful of kale in a soup bowl and pour the hot soup over it. Garnish with parmesan or asiago cheese and serve immediately. Serve with warm crusty bread and butter.

Carrot Ginger Soup

Serves 4 to 6

INGREDIENTS:
2 lbs. carrots, unpeeled, sliced, tossed with olive oil, salt & pepper
3 Tablespoons olive oil
1 Tablespoon sesame oil
1 medium red onion, diced
3 garlic cloves, minced
1-1/2 Tablespoons chopped ginger
1 teaspoon ground coriander
1 teaspoon curry powder
1 teaspoon red pepper flakes
1 Tablespoon fresh cilantro, chopped
4 cups chicken stock
1 cup coconut milk
Salt & pepper to taste
optional garnish: toasted coconut and chopped fresh cilantro

Roast carrots in oven at 350 degrees for 20 to 30 minutes, or until tender. Set aside.

Heat olive oil & sesame oil in a large pot. Sauté onion, garlic, ginger, and add the spices (coriander, curry powder, red pepper flakes and fresh cilantro). Then add the chicken stock, coconut milk, roasted carrots, and salt and pepper to taste. Cook over medium heat for about 15 minutes. Remove from heat and allow soup to cool.

When soup is cool, process in batches in a blender until smooth.

To serve: reheat soup and garnish with toasted coconut and chopped fresh cilantro, if desired.

Note: if you want to sweeten the soup, add honey to taste.
Roasted Cauliflower Soup

INGREDIENTS:
2 heads cauliflower, separated into florets
4 cloves garlic, chopped
1 red onion, chopped
1/4 to 1/2 cup olive oil
5 cups chicken or vegetable broth
2 carrots, peeled and sliced
1 bay leaf
2 teaspoons freshly chopped thyme, plus a little extra for garnish
2 sprigs fresh rosemary
1 cup heavy cream
1 cup half & half
salt & pepper to taste

Preheat oven to 400 degrees. In a large bowl, toss the cauliflower florets, garlic, and red onion in the olive oil. Line a cookie sheet with aluminum foil or parchment paper (for easy clean-up) and spread the vegetables on the pan. Roast in the oven until toasted and tender, 35 to 45 minutes. Reserve a little bit of the roasted cauliflower to garnish the soup.

Transfer the rest of the roasted vegetables to a stockpot and add the broth, carrots, bay leaf, thyme, and rosemary, and bring to a boil. Cook over medium heat for about 30 minutes. Remove and discard the bay leaf and the rosemary stems. Allow the soup to cool, then purée in batches in a blender, then return to stockpot. Stir in the cream and half & half and season to taste with salt and pepper. Heat through before serving but do not boil.

To serve: Ladle soup into bowls and garnish with reserved roasted cauliflower and a sprinkle of chopped thyme. Serve with warm crusty bread. Enjoy!

Cream of Asparagus Soup

INGREDIENTS:
2 pounds green asparagus
2 tablespoons unsalted butter
1 large onion, chopped
2 carrots, peeled and sliced
1 potato, peeled and diced
5 to 6 cups vegetable broth
6 sprigs each of fresh thyme and fresh rosemary, tied together with string
Salt & pepper
1/2 cup crème fraîche or heavy cream (if desired)
Additional salt and pepper to taste
optional garnish: Sliced chives, sliced green onion, or additional asparagus tips

Prepare the asparagus by rinsing them thoroughly, and break off any tough, white stems and discard. Cut remaining asparagus into 2 or 3-inch pieces. Set aside.

Heat butter in a stock pot over medium heat and sauté onion, stirring, until softened. Add carrots, potato, asparagus pieces and salt and pepper, then sauté for about 5 minutes. Add 5 to 6 cups vegetable broth and the bundle of fresh herbs and simmer, covered, until all vegetables are tender, about 30 to 45 minutes. Remove from heat and allow it to cool (it’s easier to blend if it’s cool – blending hot liquids can be difficult). Discard herb bundle.

Purée soup in batches in a blender until smooth, then return to stock pot. If desired, stir in crème fraîche or heavy cream, or just add more broth to thin soup to desired consistency. Add additional salt and pepper to taste.

Garnish with fresh sliced chives or green onion, or with additional asparagus tips that have been sautéed in butter or blanched slightly until just tender (3 to 4 minutes).
Green Chili Mac & Cheese

INGREDIENTS:
- 4 Tablespoons butter
- 1 medium red onion, diced
- 1 red bell pepper, diced
- 1 Tablespoon chopped garlic
- 4 Tablespoons all purpose flour
- 3 cups half & half
- 2 cups fresh roasted corn cut from the cob
- 3/4 cup roasted poblano chilis, chopped
- 1 tsp. dried thyme
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 1 Tbsp. chicken or vegetable bouillion
- 8 oz. (2 cups) shredded sharp white cheddar cheese
- 6 oz. (1-1/2 cups) shredded pepper jack cheese
- 1 Tbsp. finely chopped canned chipotle chilies
- 3/4 lb. cooked elbow macaroni
- salt and pepper to taste

Preheat oven to 350 degrees. Butter a 13 x 9 baking dish.

Melt the butter in a large stock pot over medium high heat and sauté the onion, red bell pepper and chopped garlic until the onion is translucent. Reduce heat and add the flour, mixing flour in with the vegetables. Add the half and half, corn, poblanos, thyme, oregano, cumin, and bouillion. Mix well. Then add the cheeses, chipotle chilis, and macaroni. Salt and pepper to taste.

Pour into prepared baking dish and bake for 25-30 minutes until nice and bubbly. Yummmmmmmmmm.

Turkey Sandwich

with Cranberry Relish & Chipotle Mayo

Serves 8 to 10

FOR ONE SANDWICH:
- 2 slices multi-grain bread
- 4 oz. grilled turkey
- 1 oz. field greens
- 2 Tbsp. cranberry relish
- 2 Tbsp. chipotle mayo

FOR CRANBERRY RELISH:
- 1 lb. cranberries
- 2 cups sugar
- 1 cup water
- 2 jalapenos, seeded & chopped

FOR CHIPOTLE MAYO:
- 2 cups mayonnaise
- 1/4 cup canned chipotle chile purée

Spread one piece of bread with chipotle mayo. Put the turkey and a handful of field greens on the bread. Spread the other piece of bread with cranberry relish and put on top of the greens. Slice sandwich in half and enjoy!

Cranberry Relish: Put all ingredients in a pan over medium heat. Bring to a boil, then simmer until all the berries have popped and sauce thickens. Makes about 3-1/2 cups.

Chipotle Mayo: Mix Mayo with chile purée. If too spicy, add more mayo, if not spicy enough, add more purée. Makes about 2-1/4 cups.

This is the best-selling sandwich at The Farm Kitchen, and has been the favorite since we opened in 1993.
Pecan Turkey Waldorf Salad with Apricot Mango Dressing
Serves One

FOR THE SALAD:
3 oz. field greens
3 oz. grilled turkey, sliced
1/3 cup seedless red grapes
1/4 cup celery, sliced
1/4 cup green apple, sliced
1/4 cup carrot, cut into thin strips
1/4 cup pecan halves
1/4 cup Apricot Mango Dressing

FOR THE DRESSING:
1 lb. mango
1/2 cup water
1 jalapeno, seeded
1/3 cup dried apricots, diced
1/2 cup apricot preserves
1/2 cup honey
1 cup sour cream
1 tsp. honey
1 tsp. lime juice

For the salad: Mix field greens, turkey, grapes, celery, apple, carrot and pecan halves in a large bowl. Gently toss with 1/4 to 1/3 cup Apricot Mango Dressing. Add more dressing if desired, and salt and pepper to taste.

For the dressing: Simmer the mango, water, jalapeno, and dried apricots, covered, for about 15 minutes. Add preserves and honey, then simmer five more minutes.

Pureéd in food processor or blender and allow to cool. Then add sour cream, honey, and lime juice. Makes about 3 cups.

Quinoa Salad with Lemon Vinaigrette
Serves 6 to 8

FOR THE SALAD:
4 cups cooked quinoa
1/4 cup raisins
1/4 cup chopped dried apricots
1/4 cup blanched toasted slivered almonds
3 Tbsp. sliced scallions
3 Tbsp. chopped fresh mint
1 avocado, diced
1/2 cup Lemon Vinaigrette
Salt and Pepper to taste

FOR THE VINAIGRETTE:
Zest of 2 lemons
1/2 cup lemon juice
1/3 cup honey
3/4 cup canola oil
1/4 cup sherry vinegar
2 tablespoons dijon mustard
Salt and pepper to taste

For the salad: Put quinoa, raisins, dried apricots, almonds, scallions, mint and avocado in a large bowl. Add 1/2 cup lemon vinaigrette and mix well, adding salt and pepper if necessary. Use more or less dressing to suit your taste.

For the vinaigrette: Put all ingredients in blender and mix together. Makes 1-1/2 cups.
Kale Salad
with Ginger Lime Vinaigrette

Serves 6 to 8

**FOR THE SALAD:**
- 5 ounces baby kale
- 1/4 cup pomegranate seeds (if in season)
- 1/4 cup toasted pumpkin seeds
- 1/4 cup golden raisins
- 1/3 cup goat feta
- 1/2 cup Ginger Lime Vinaigrette

For the salad: Put kale, pomegranate seeds, pumpkin seeds, raisins, and feta in a large bowl. Add 1/2 cup ginger lime vinaigrette and toss. Add more dressing if desired.

**FOR THE VINAIGRETTE:**
- Zest of 3 limes
- 1/2 cup lime juice
- 1/4 cup honey
- 3/4 cup canola oil
- 1 teaspoon fresh ginger, grated
- 3 tablespoons sherry vinegar
- 3 tablespoons Dijon mustard
- Salt and Pepper to taste

For the vinaigrette: Put all ingredients in blender and mix together. Makes 1-1/2 cups.

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Pesto Chicken Salad

Serves 4 to 6

**FOR THE HAZELNUT PESTO:**
- 1 cup toasted hazelnuts*
- 2 cups fresh basil leaves
- 4 cloves garlic
- 1 cup parmesan cheese
- 1/2 tsp. salt
- 1 cup extra virgin olive oil

For the hazelnut pesto: Mix all ingredients in blender or food processor and slowly add olive oil. Makes about 3 cups.

**FOR CHICKEN SALAD:**
- 4 chicken breasts, cooked and cubed
- 1 cup hazelnut pesto
- 1/2 cup mayonnaise

For the chicken salad: Mix chicken with one cup pesto and mayonnaise. Add more (or less) pesto and mayo to suit your taste. Scoop chicken salad onto your favorite bread for a sandwich, or onto a bed of greens for a salad. Delicious!

*To toast hazelnuts (to remove the brown skins and enhance the flavor of the nuts): Spread the nuts in a single layer on a baking sheet. Bake at 350 degrees for about 15 minutes or until the skins start to dry up and begin to flake off. Then, place the nuts on a towel, fold the towel over the nuts, and rub vigorously. Most of the skin will come off. Don't worry if a few little bits of skin remain on the nuts. Pick out the nuts and discard the skins.
Sweet Potato Salad

*FOR THE SALAD:*  
1 lb. sweet potatoes  
2 Tbsp. olive oil  
Salt & pepper to taste  
1/4 cup pecan pieces  
1/4 cup dried cranberries  
1 bunch green onions, sliced

*CHIPOTLE VINAIGRETTE:*  
2 Tbsp. canned chipotle chiles  
1 cup canola oil  
1 shallot  
juice of one lime  
1/2 Tbsp. honey  
1 Tbsp. sherry vinegar  
1/2 Tbsp. molasses  
1 garlic clove  
2 Tbsp. chopped chives  
salt & pepper

For the potato salad: Dice potatoes into one inch pieces. Toss with olive oil, salt, and pepper and bake in 325° oven for 15-20 minutes. When potatoes are tender, let cool slightly and toss with pecans, cranberries and green onions. Add 1/2 cup chipotle vinaigrette and mix well, add more dressing to taste and season with salt and pepper to taste. Serve warm or cold.

For the vinaigrette: Mix all ingredients in a blender or food processor.

Roasted Beet Salad with Sherry Vinaigrette

*FOR THE SALAD:*  
1-1/2 lbs. roasted golden beets, peeled and cubed  
4 ounces baby arugula  
1/4 cup roasted and salted pistachios, chopped  
1/3 cup goat cheese, crumbled  
1 teaspoon fresh thyme leaves  
1/2 cup sherry vinaigrette

*SHERRY VINAIGRETTE:*  
1/4 cup honey  
1/3 cup sherry vinegar  
juice & zest of one orange  
1/4 cup Dijon mustard  
1 shallot, diced  
1 cup canola oil  
salt and pepper to taste

To roast the beets: Preheat oven to 350°. On a large piece of aluminum foil, drizzle whole beets with olive oil and wrap tight, then roast for 45 minutes to an hour. Allow the beets to cool, then peel and cube.

For the salad: Put beets, arugula, pistachios, goat cheese and fresh thyme in a large bowl. Add 1/2 cup sherry vinaigrette and mix well. Add more dressing to suit your taste.

For the vinaigrette: Mix all ingredients in a blender or food processor. Makes 1-1/2 cups.
Mrs. Brown’s Date Cake

Serves 10 to 12

This recipe is from Jean’s Date Ranch, which was, circa 1930, located south of Southern Avenue on 32nd Street, and back then the phone number was 93189. The hand-written recipe was generously given to us. We tried it, we loved it, and we’re happy to share it with you. It’s like a fruitcake, only better!

Sprinkle soda over dates and cover with hot water. Let cool and mash. Mix melted butter and sugar, add beaten eggs. Mix date and butter mixtures together. Add flour, then add the nuts, then add the vanilla. Pour batter into a buttered and floured tube pan. Bake in a 350 degree oven for about 1 hour and 20 minutes. Makes a huge cake, and will keep nicely for several weeks if wrapped in waxed paper. (The recipe we were given recommended the waxed paper, however, we recommend plastic wrap.)

INGREDIENTS:
1 tsp. baking soda
1-1/2 lb. pitted dates
2 cups hot water
1-1/2 cups melted butter
(3 sticks)
2 cups sugar
2 eggs, beaten
3 cups flour
2 cups chopped walnuts
or pecans mixed with
2 Tbsp. flour
2 tsp. vanilla

Lemon Bars

Makes 2 Dozen

Preheat oven to 350°. Grease a 9 x 13 inch pan.

Cream butter and sugar, then add the flour and the oatmeal; dough will be a little crumbly. Set aside.

In a medium size bowl, stir zest and juice into sweetened condensed milk. Set aside.

Press 2/3 to 3/4 of the dough into the pan. Spread lemon/milk mixture evenly over the top of the dough. Sprinkle the remaining dough (kind of like streusel) over the top. Bake for 30-35 minutes until golden. When cool, slice into squares and serve.

INGREDIENTS
1 cup butter (2 sticks)
1 cup sugar
2 cups flour
1-1/4 cup old-fashioned oats
zest of 2 lemons and 1 orange, chopped fine
1 can sweetened condensed milk
juice of 3 lemons
**Olive Oil Cake with Orange & Rosemary**

_Serves 6 to 8_

**INGREDIENTS:**
1-1/2 cups all purpose flour
1 cup sugar
1 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon salt
3 eggs
6 oz. plain greek yogurt
3/4 cup olive oil
1 Tablespoon finely chopped fresh rosemary
Zest of one large orange
Garnish: powdered sugar and fresh rosemary sprig

Preheat oven to 350 degrees. Butter and flour a 9 inch cake pan.

Mix flour, sugar, baking soda, baking powder, and salt in a large bowl and set aside.
Mix eggs, yogurt, olive oil, rosemary and orange zest in another bowl and mix well, then add to the dry ingredients. Mix just enough to blend all of the ingredients together. Pour finished batter into the prepared pan and bake for 20-25 minutes or until a knife inserted in the center comes out clean.

Sprinkle cooled cake with powdered sugar and garnish with a fresh rosemary sprig if desired.

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**Warm Italian Donuts**

_Makes 3 Dozen_

**FOR THE DONUTS:**
1 cup all purpose flour
2 tsp. baking powder
2 tsp. sugar
1 egg
1 tsp. vanilla
12 oz. ricotta cheese

**CINNAMON SUGAR:**
1/2 cup sugar
1 Tbsp. cinnamon

**CARAMEL SAUCE:**
1/4 cup water
1/2 cup heavy cream
1 cup sugar
1/4 cup butter softened
2 Tbsp. light corn syrup

**CHOCOLATE SAUCE:**
1/2 cup water
1/4 cup sugar
1/4 cup light corn syrup
1/3 cup unsweetened cocoa powder
5 oz. semisweet chocolate chips

For the donuts: Mix all ingredients together until dough is smooth. Scoop dough into balls using a one tablespoon scoop and deep fry in 350° canola or vegetable oil until golden brown. Slightly cool donuts and toss in cinnamon sugar. Serve with chocolate and/or caramel sauce for dipping.

Cinnamon Sugar: Mix sugar and cinnamon together.

Caramel Sauce: Bring water, sugar and corn syrup to boil in medium saucepan. Cook over medium heat until amber brown. Remove from heat and add heavy cream. Add the butter and whisk until smooth. Serve warm.

Chocolate Sauce: Bring water, sugar, corn syrup and cocoa powder to a boil over medium heat. Remove from heat and whisk in chocolate chips until melted.
Spiced Pear Crostata with Warm Chestnut Cream

Serves 6 to 8

**FOR THE PEAR FILLING:**
- 2 Tbsp. butter
- 4 Tbsp. brown sugar
- 1/2 tsp. fresh ginger, grated
- 1/2 tsp. cinnamon
- 3 pears, sliced or diced
- 1/2 cup blueberries (or other seasonal berries)
- 1/4 cup chopped pecans

For the pear filling: Melt butter over medium high heat, add brown sugar, ginger, cinnamon, pears, and blueberries. Gently sauté for about 5 minutes or until pears start to get color. Cool fruit completely and top with chopped pecans. Divide mixture evenly into six small buttered ramekins, or put all into one buttered 8x8 inch baking dish. Set aside.

**FOR THE TOPPING:**
- 1 cup flour
- 3 Tbsp. fine grind corn meal
- 1/2 cup sugar
- pinch salt
- 1/2 tsp. baking powder
- 1 tsp. anise seed, crushed
- 1/2 cup melted butter (1 stick)

For the topping: Combine all ingredients (through butter) until crumbly.

For ramekins, sprinkle some topping over the fruit in each ramekin. Bake at 350 degrees for 25-30 minutes

For 8x8 baking dish, sprinkle all of the topping over the fruit. Bake at 350 degrees 45 minutes, or until topping is golden brown.

**FOR THE CHESTNUT CREAM:**
- 1/4 cup chestnuts (fresh, frozen or dried)
- 1/4 cup sugar
- 2 cups heavy cream
- 1 vanilla bean, split

For the chestnut cream: Over medium high heat, cook all ingredients until chestnuts are soft. Reduce by half. Remove vanilla bean and discard. Pureé mixture and strain. Drizzle warm chestnut cream over ramekins or over each serving from the 8x8 inch dish. Delicious!

Chocolate Chip Macaroons

Makes 18 Cookies

**INGREDIENTS:**
- 2/3 cup sweetened condensed milk
- 1-1/2 tsp. vanilla
- 1 egg white
- 1/8 tsp. salt
- 3-1/2 cups unsweetened coconut
- 1 cup chocolate chips

Mix all ingredients gently until incorporated. Spoon or mound cookies onto parchment-lined cookie sheet.

Bake at 300 degrees for approximately 25 minutes. Cool on wire rack.
Chocolate Cloud Cookies

*Makes 18 Cookies*

**INGREDIENTS:**
- 1 cup melted semi-sweet chocolate
- 2 egg whites
- 1/2 cup sugar
- 1/2 tsp. vanilla
- 1/2 tsp. white vinegar
- 3/4 cup chopped walnuts

Melt chocolate over double boiler. Set aside to cool. Whip egg whites and sugar to medium peaks, gradually add vanilla and vinegar. Fold melted chocolate and walnuts into meringue.

Grease or line a baking sheet with parchment paper. Scoop two tablespoons of batter onto baking sheet and slightly press down. Bake at 325 degrees for 12-13 minutes, or until set.

Pecan Shortbread Cookies

*Makes 3 Dozen*

**INGREDIENTS:**
- 1 lb. butter (4 sticks)
- 2 cups sugar
- 2 eggs
- 4 cups flour
- 1 tsp. salt
- 1-1/2 cups chopped pecans
- whole pecans
- powdered sugar

Cream butter and sugar in mixer on low speed. Add eggs one at a time. Add flour and salt slowly. Add chopped pecans.

Scoop a generous tablespoon of dough onto cookie sheet and press a whole pecan into the center of each cookie. Bake at 350 degrees for 20 minutes or until edges are golden brown. Allow cookies to cool, then roll in powdered sugar.

Rosemary Truffles

*Makes 18 to 24 Truffles*

**INGREDIENTS:**
- 5 sprigs fresh rosemary
- 1 cup heavy cream
- 2 cups semi-sweet chocolate chips
- 1/2 cup cocoa powder
- 3/4 cup chopped hazelnuts

Heat cream and rosemary over medium heat. Simmer gently as the scent of rosemary fills the air and the flavor of rosemary infuses the cream, about 10 minutes.

Remove rosemary sprigs. Add chocolate over very low heat and stir until melted, being careful not to burn the chocolate. Allow mixture to cool, then refrigerate to harden.

Scoop a rounded teaspoon of chocolate, roll into a ball, then roll in cocoa powder or chopped hazelnuts. Continue scooping and rolling, using all the chocolate.
Orange Anise Cookies

INGREDIENTS:
- 1 cup sliced almonds
- 1 cup sugar
- 1/4 cup flour
- Finely grated zest of one orange
- 1 tsp. anise seed, crushed
- 3 egg whites
- 1/4 tsp. salt
- 2 Tbsp. powdered sugar

In bowl of food processor, blend 3/4 cup of the almonds with 3/4 cup of the sugar until almonds are finely ground. Transfer almond mix to a medium bowl. Stir in flour, orange zest and crushed anise seeds. Set aside.

Using an electric mixer, whisk egg whites, salt and remaining 1/4 cup sugar to soft glossy peaks. Fold egg white mixture into dry ingredients until just blended.

Spoon level tablespoons of batter 2 inches apart on parchment-lined sheet pans. Using remaining 1/4 cup almonds, arrange 3 sliced almonds on each. Bake at 325 degrees until cookies are browned along edges, about 12 minutes. Cool slightly before removing from sheets with spatula. Sprinkle cooled cookies with powdered sugar.

Butternut Squash Crème Brûlée

INGREDIENTS:
- 3 cups heavy cream
- 3/4 cup roasted butternut squash purée
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 6 egg yolks
- 1/2 cup sugar
- 1 teaspoon vanilla granulated sugar for caramelizing

Preheat oven to 300 degrees.

Bring the cream, butternut squash puree, cinnamon and nutmeg to a slight simmer. Set aside.

In medium bowl, whisk together the egg yolks, sugar, and vanilla. Slowly add the warm cream mixture; pour the custard through a strainer.

Divide custard into ramekins (recipe will make six to eight servings, approximately one-half cup each). Place ramekins in a shallow baking pan. Add water to the pan so it is about halfway up the side of the ramekins, and bake the custards for about 40 minutes or until the custard is set in the center, but not overly stiff.

When done, remove from pan and cool, preferably overnight. Sprinkle about one teaspoon of granulated sugar over the top of each custard and caramelize the sugar with a torch. If you don't have a torch, set your oven to broil and fire the brulee till the sugar is caramelized.
Coconut Cupcakes

For the cupcakes:
2 cups cake flour
1/2 cup sugar
1/2 tsp. salt
1 Tbsp. baking powder
1/2 cup vegetable oil
7 egg yolks
1/2 cup water
1-1/2 tsp. vanilla
7 egg whites
1/2 cup sugar

For cupcakes: Sift dry ingredients together and set aside.
Mix oil, egg yolks, water, and vanilla together. Add dry ingredients. Mix until combined.
Whip egg whites until frothy. Gradually add sugar. Continue to whip until medium stiff peaks form. Fold egg whites 1/3 at a time into the dry ingredients/oil mixture until incorporated.
Portion into greased or paper-lined cupcake tin. Bake at 350 degrees for 15 minutes or until tops pop up when lightly pressed.
Makes 24 regular size cupcakes.

For the frosting:
1/2 lb. butter (2 sticks)
3 cups powdered sugar
1 cup heavy cream
2 cups unsweetened coconut

For frosting: Using an electric mixer, blend butter and powdered sugar until combined. Add heavy cream gradually on high speed until incorporated. Frost all of the cupcakes (go heavy on the frosting), then dip and roll the top of each cupcake in coconut. Fabulous!
Can also be made as mini cupcakes for bite-sized treats.

Mascarpone & Vanilla Panna Cotta with Berries & Mint

For the panna cotta:
1-1/2 cups heavy whipping cream
1/2 cup mascarpone cheese
1/4 cup sugar
1 vanilla bean, split
1 tsp. powdered, unflavored gelatin

For panna cotta: In a medium saucepan over medium heat, whisk together the cream, mascarpone, sugar, and vanilla bean. Bring mixture just to a boil. Sprinkle gelatin over top and whisk into cream mixture. Let steep for about 15 minutes. Strain mixture through cheesecloth or a fine strainer. Pour into four ramekins or container of your choice and chill for about 4-6 hours until set.

For the berries & mint:
1/2 pint fresh raspberries (or other seasonal berries)
4 Tbsp. framboise liqueur or Créme de Cassis
4 sprigs fresh mint (for garnish)

For berries & mint: Toss berries with liqueur and marinate for 10 minutes. Top panna cotta with marinated berries and garnish with fresh mint.

Serves 4
FOR SUGARED PECANS
1 lb. pecan halves
4 Tbsp. water
1 cup sugar

Sugared Pecans:
Coat pecans with water. Toss with sugar. Spread onto a parchment-lined baking sheet. Bake approximately 15 minutes at 300 degrees. Let cool for 30 minutes. Store in airtight container up to two weeks. Makes about 4 cups.

FOR SOUTHWEST NUT MIX:
3 Tbsp. butter
1/2 lb. pecan halves
1/2 lb. macadamia nut halves
1/2 lb. walnut halves
1/2 cup pumpkin seeds
2 Tbsp. kosher salt
2 Tbsp. chili powder

Southwest Nut Mix:
Melt butter in a skillet. Add nuts and seasoning. Cook for approximately 10-15 minutes until nuts are golden brown. Transfer to a brown paper bag and seal for 30 minutes. Makes about 6 cups.

FOR SWEET & SPICY PECANS:
1 lb. pecan halves
2 Tbsp. cumin
1 Tbsp. chili powder
1/8 tsp. cayenne pepper
salt to taste
4 Tbsp. sugar

Sweet & Spicy Pecans: