

RoofTop Hot CSA

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Happy Thanksgiving!

This Week:

Whether you are bringing a dish to an office party or hosting a dinner for your family, we hope you enjoy a healthy and delicious Thanksgiving meal with your loved ones. We have included menu ideas featuring this week's organic offerings along with recipes to make for a memorable meal.

Wishing you a warm and Happy Thanksgiving!

Happy eating,
~Sabrina

Thanksgiving Menu Ideas:

Appetizer: Rooftop Hot Sweet Onion Conserve & Pepper Jelly on Cream Cheese w/ Crackers

Steamed Broccoli & Roasted Beets

Butternut Squash Gratin

Scalloped Potatoes or Mashed Cauliflower

Easy Roasted Sweet Potatoes

Turkey with Homemade Cranberry Relish

Apple Crisp or Old Fashioned Pear Cake

French Boule or Multigrain Loaf Bread w/ Butter

Citrus Cranberry Relish

Ingredients:

1-1/2 cups cranberries
1 navel orange, peeled, chopped & seeded
1 tangerine, peeled, chopped & seeded
1/2 cup raisins
1/2 cup reduced-calorie pancake syrup
1/2 cup orange marmalade
1/2 cup orange juice
2 teaspoons ground allspice

Directions:

In a saucepan, combine all ingredients. Bring to a boil over medium heat. Reduce heat and cook uncovered for 15 minutes, stirring occasionally. Cover and refrigerate for at least 4 hours or overnight.

Make Ahead: Can be made days ahead and refrigerated until use.

Thanksgiving Recipes from RoofTop Hot

Scalloped Potatoes

Thin slices of potatoes are layered between onions and a creamy cheesy sauce to create a memorable holiday side dish.

Ingredients:

1 onion, chopped
1-2 cloves garlic, chopped
4 cups potatoes, thinly sliced
3 tablespoons butter
3 tablespoons flour
1-1/2 cup milk
½ teaspoon nutmeg (or ¼ teaspoon cloves)
½ teaspoon cayenne pepper
1 teaspoon salt
1 cup cheddar cheese, grated
½ cup cheddar cheese, grated

Directions:

- 1. Prepare the onions:** Sauté onions in 1 tablespoon extra virgin olive oil on medium heat until soft. Add garlic and sauté 2 minutes.
- 2. Prepare the potatoes:** Using the slicer setting on your food processor or a mandolin, slice potatoes into thin slices.
- 3. Prepare the sauce:** Melt butter, blend in flour and stir for one minute. Whisk in milk. Add salt, nutmeg, and cayenne. Cook on medium low until boiling, whisking occasionally. Reduce heat, add cheese, and stir to melt.
- 4. Assemble:** Line a one-quart casserole dish with 1/3 of the potatoes, overlapping slightly. Add 1/3 of the onions. Spoon 1/3 of the sauce over the potatoes and spread evenly with the back of the spoon. Repeat the layers. Top with 1/3 cup shredded cheddar cheese and bake at 350°F for 1 hour.

Variations: The cheddar and nutmeg combination give this dish a warm Thanksgiving aroma. You could also use Boursin cheese and green onions or chives to create a more herby sour cream and chive dish.

Make ahead: This dish can be made the day before and refrigerated then reheated for 40 minutes on 325°F.

Butternut Squash Gratin

Ingredients:

3 cups butternut squash, in ¾ inch chunks
1 cup sweet onion, finely chopped
1 tablespoon olive oil
1 egg
1/2 teaspoon salt
2 tablespoons mayonnaise
1 cup Cheddar or Parmesan cheese, grated
1/3 cup Panko breadcrumbs
Pepper to taste

Directions:

- 1. Prepare the squash:** In a medium pot, cover squash with cold water, place a lid on top and bring to a boil over high heat. When boiling, reduce heat so that the water just simmers and cook squash for about 15 min. or until tender. Rinse under cold water; drain. (*Do-Ahead: at this point the squash can be stored for up to two days until you are ready to assemble the gratin.*)
- 2. Prepare the onions:** Heat olive oil in a non-stick pan and add onions. Sauté on medium heat, stirring often, until softened. Set aside to cool slightly.
- 3. Prepare the sauce:** In a medium bowl, beat egg, salt and mayonnaise together. Add 1/2 cup of cheese, panko, sautéed onion and squash and fold together gently to combine. Season with pepper and more salt, if needed.
- 4. Assemble:** Heat oven to 350°F. Spoon mixture into buttered 8-inch baking dish and top with remaining 1/2 cup of cheese. Bake 1 hour or until heated through and cheese is slightly browned. Serve hot.

Roasted Sweet Potatoes

This easy delicious side offers a healthy alternative to heavier holiday dishes.

4 sweet potatoes, thinly sliced
1 onion, thinly sliced
Cayenne, garlic, fresh herbs, to taste

To Prepare: Arrange vegetables on a baking sheet. Drizzle with extra virgin olive oil and toss to coat. Season with salt, pepper, cayenne, garlic, and herbs to taste. Bake at 400°F for 35-55 minutes until desired tenderness, flipping occasionally.

Variations: This is a great basic roasting recipe to which you can add potatoes, carrots, beets, or practically any root vegetable for a hearty and satisfying dish.

Mashed Cauliflower

This nutritious dish is a great substitute for mashed potatoes!

1 head cauliflower
1 tablespoon cream cheese, softened
1/4 cup grated parmesan or cheddar cheese
1/4 cup any combination of butter, milk, or cream
1/2 teaspoon minced garlic
1/8 teaspoon chicken bullion (or 1/2 teaspoon salt)
Pepper, to taste
1/2 teaspoon chopped fresh or dry chives or rosemary

Cook the Cauliflower: Microwave (in a covered dish with 2 Tablespoons of water) or Steam (cook in boiling water for about 6 minutes) until tender & easily pierced with a fork. Drain well in a colander by pressing down with a heavy bowl or drying with several layers of paper towels.

Combine All: The easiest thing to do is to add the rest of the ingredients to the container the cauliflower is cooked in, and then use an immersion blender to blend it all together. You can also blend it all in a regular blender or food processor until smooth.