

Norfolk Farmers Market
Cook the Market
Saturday July 21, 2018

Featuring

Krazy for Kazu's Dressing Lone Silo Farm Bacon
Rustling Winds Cheese and Eggs Rolling Rock Salt
Black Sheep Farm Husky Meadows Farm Vegetables
Pittsfield Rye Bakery Bread

Asian Chopped Salad

Rough chop and combine you favorite market veggies. Asian varieties like naps cabbage, daikon radish, turnips and kohlrabi are great in this crunchy salad but anything that is in season can work: snap peas, carrots, red peppers, etc.

Toss all your veggies with Kazu's dressing and top with a spoonful of Kazu's hijiki and some sesame seeds.

Grilled Romaine Caesar Salad

Romaine Lettuce

A few slices of Country Bread

Parmesan or a other hard cheese

Dressing:

2-4 cloves garlic 2 egg yolks

4 anchovies. 1 tsp mustard

Juice of 1/2 lemon 1/4 - 1/2 cup olive oil

To make the dressing mash up first 4 ingredients. Can be done by hand or food processor. Add lemon then gradually whisk in olive oil.

Slice the romaine in half lengthwise and place on hot grill. Brush bread with olive oil and toast on grill.

Drizzle slightly wilted and charred lettuce with dressing and serve with torn toasted bread and grated cheese.

Frisée Salad with Bacon Lardons

1 large head or 2 small frisee

1/4 lb bacon 4 slices bread

Optional 4 eggs

Vinaigrette

2 Tbsp red wine vinegar

1 tsp Dijon mustard

4 Tbsp olive oil

Cut bacon into small slices and cook into until crispy. Tear frisee and toss with dressing. Brush bread with olive oil and toast. Tear into bits and add to salad. Toss everything together and serve. For more of a meal top salad with a poached or soft boiled egg.

Recipes from Husky Meadows Farm
Prepared by Tracy Hayhurst