



“15 Farm-Approved Recipes”

A New Terra Farm free e-book

“15 Farm-Approved Recipes”

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You can share this e-book with your 'foodie' friends provided its is distributed in its entirety and at no charge; it may not be distributed as part of any information package for sale.

I've been cooking for nearly 40 years; I was a 'latchkey kid', and was expected to get supper started before my parents came home from work. My dad was an excellent cook, and I have an uncle that is a professional chef and has worked all around the world. All of which to say, I understand and like food!

My cooking tends towards simple organic food recipes using fresh natural ingredients as much as possible; I LOVE summer here on the farm because the garden supplies us with an abundance of ingredients for some really good grub (we will provide food to about 75 families this year, but I'm pretty sure I am my own best customer <g>.)

So this book presents a few of my favorites, a selection of easy-to-make, healthy, and tasty dishes, sides and sauces. Try out a few this summer; show your kids how easy it can be to cook and eat good food that's also good for you.

Enjoy,

Scott Kelland
New Terra Farm

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VEGETABLE STOCK

Use this one as a base for soups and stews or cook your rice in it for extra flavour.

2 carrots
2 leeks
1 large onion
¼ medium cabbage
1 tbl butter or olive oil
3 cloves garlic

1 tbl fresh thyme
1 bunch fresh parsley
1 tbl peppercorns
Salt (optional)
1 cup dry white wine (optional)
4 litres (quarts) water

Dice onion and sauté in butter or oil in a large soup pot until golden brown. Add garlic and saute until just tender. Quarter cabbage, carrots, and leeks; add to soup pot with 4 litres water. Simmer for 30 minutes. Add the wine and peppercorns, simmer covered for 10 minutes. Strain out solid ingredients. Add salt to taste. Will keep in fridge for 5 days, or in freezer for up to 6 months. **Note:** the difference between 'stock' and 'broth' is essentially **salt**; i.e. if you add salt to stock you get broth.

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CHICKEN STOCK

You can get 'double duty' and use a roasted chicken to make this stock; roast a chicken, eat the breasts and throw the rest, bones and all, into the stockpot. If you are buying parts, get the legs; they are cheaper and have more flavour.

3-4 lbs chicken parts (or the remainders of a roast chicken)

1 large onion

1 large carrot

3-4 garlic cloves

1 tbl butter or olive oil

3-4 stalks celery (optional, if you like celery)

1 bunch fresh parsley

4 litres (quarts) water

salt (optional)

Dice onion and sauté in butter or oil in a large soup pot until golden brown. Add garlic and saute until just tender. Quarter carrot and celery and add with chicken parts to soup pot; cover with 4 litres water. Simmer gently for about 2 hours. Strain out solid ingredients; discard the vegetables, and use the chicken meat in chicken salad. Add salt to taste. Will keep in fridge for 2-3 days, or in freezer for up to 6 months. **Note:** the difference between 'stock' and 'broth' is essentially **salt**; i.e. if you add salt to stock you get broth.

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EASY TOMATO SAUCE

This is another 'double duty' recipe. You get tomato sauce and tomato juice at the same time. You can make this fresh tomato sauce in about an hour. Use it on pasta or as a pizza topping. Makes about 2 cups

2 lb. tomatoes
2 large onions
2 tbl favourite chopped fresh herb – thyme, sage, savoury, basil - or a mix
2 tbl olive oil

2-3 cloves garlic
¼ tsp black pepper

Salt (optional)

Sugar to taste

Peel the tomatoes by dipping them in boiling water for about a minute; the peels will slip off easily. Quarter them and put in a sauce pot. Cook them over low-medium heat for about 20 minutes. IMPORTANT – spoon off the juice from the tomatoes as they cook (the juice is a delicious drink, by the way, just add a little salt and pepper.) Dice onion and sauté in oil in a pan until golden brown. Add garlic and sauté until just tender. Add the onions, garlic, herbs and salt and pepper to the tomatoes; cover and simmer for about 30 minutes, stirring occasionally. Add sugar to taste.

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EASY CHEESE SAUCE

This is a basic cheese sauce that I use on broccoli, cauliflower (or any other veggies your kids don't want to eat)

4 tbl butter
4 tbl easy-blend flour
2 cups milk

1 ½ cups favourite shredded cheese –
e.g. cheddar, swiss, gruyere
pinch fresh ground white pepper
pinch salt (optional)

Melt the butter over low-medium heat. Stir in flour and seasonings, cook for 2-3 minutes. Gradually add milk, stirring until well mixed. Continue to heat until mixture boils, stirring constantly, until thickened and smooth. Stir in cheese and mix until smooth. Serve immediately.

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SALAD DRESSING 101

A lot of commercial dressings have stuff in them you don't want. I like to make my own whenever possible. The flax seed oil adds omega-3 fatty acids (a good thing.) This is the 'starter' dressing that you can use to make many variations i.e. you can add a teaspoon of your favorite herb, finely chopped, to make a herb dressing, or add 1-2 cloves garlic mashed and finely chopped for an easy garlic dressing.

1 tsp Dijon mustard
2 tbl wine vinegar

½ cup extra virgin olive oil
1 tbl flax seed oil (optional)

Add vinegar to Dijon mustard in a bowl and mix well with a fork. Slowly pour in olive oil, mixing constantly, until well blended (emulsified). Add flax oil if desired. **Note:** use unrefined flax seed oil. It must be kept cold or will go rancid. If you use flax seed oil in your dressing use it up immediately. The dressing without the flax oil will store for several days in the fridge.

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BALSAMIC VINAIGRETTE

Another easy, tasty, healthy dressing. You can add flax seed oil to this one as well. This is a good dressing for spinach or chard.

1 tsp Dijon mustard
2 tbl balsamic vinegar

½ cup extra virgin olive oil
1 tbl flax seed oil (optional)

Add balsamic vinegar to Dijon mustard in a bowl and mix well with a fork. Slowly pour in olive oil, mixing constantly, until well blended (emulsified). Add flax oil if desired. **Note:** use unrefined flax seed oil. It must be kept cold or will go rancid. If you use flax seed oil in your dressing use it up immediately. The dressing without the flax oil will store for several days in the fridge.

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EASY CAESAR DRESSING

You don't need to buy caesar salad dressing because this one is easy to make in your blender or food processor. You can leave out the anchovy, but I like 'em in for authentic caeser flavour

1 tsp Dijon mustard
1 tbl wine vinegar

1 tbl fresh lemon or lime juice
½ cup extra virgin olive oil

1 egg yolk (New Terra Farm free-range organic of course)
1 tbl grated parmesan cheese

2 cloves garlic mashed
1-2 anchovy fillets

Follow these complex directions carefully: put all ingredients in your food processor and blend until smooth. That's it!

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HOMEMADE MAYONNAISE

This is a quick, healthy and tasty alternative to the 'store-bought' kind, some of which have stuff in 'em you really don't need. Important: Bring egg and yolk to room temperature to mix. This mayonnaise will keep in the fridge for about 2 weeks.

1 whole egg plus 1 yolk,
room temperature
1 tsp Dijon mustard
1 ½ tbl fresh lemon juice

¾ cup extra virgin olive oil
¼ tsp sea salt

Put egg, egg yolk, Dijon mustard, salt and lemon juice in food processor, and process until well blended, about 30 seconds. Dribble in olive oil while continuing blending. Cover and store in fridge for up to 2 weeks.

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SALMON DEVILLED EGGS

Here's one I like from HEALTHY URBAN KITCHENS; you can use the homemade mayonnaise from previous recipe.

1 cup mayonnaise

12 eggs

1 shallot or green onion
minced

1 (6 ounce) can salmon, drained and
flaked

1 pinch salt and pepper to taste

Place the eggs in a large pot with enough water to cover. Bring to a boil, then simmer for ten minutes. Remove from heat, drain and cool. Peel off the shells, and cut eggs in half length-wise. Remove the yolks, and place them into a medium bowl. Place the egg whites on a serving plate. To the yolks, add shallot, salmon, ½ cup of mayonnaise, salt & pepper. Mix until well blended. If the mixture seems dry, stir in more mayonnaise. Spoon into the egg white halves and chill or serve.

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VEGETARIAN STEW

I actually call this one 'clean out the fridge stew'; throw in any veggies that you want to use up. You can use vegetable stock as the base of this stew for even more flavour

1 lb. tomatoes
2 large onions

4-5 potatoes
2 carrots
2 turnips

1 cup green or yellow beans
1 tbl butter
2 tbl favourite chopped fresh herb –
thyme, sage, savoury or a mix
¼ tsp black pepper
Salt (optional)

Chop the onion and sauté in butter until browned. Peel the tomatoes, quarter them and put them in a saucepan with the onions. Cover and simmer over low heat for 1 hour. Peel and dice the potatoes, carrots and turnips, slice the beans and add all to the pot. Add seasonings, cover and cook for another hour, checking occasionally to make sure it does not stick. If stew loses too much moisture, add a little water or vegetable stock. **Note:** you can add any of your favourite seasonal veggies or healthy greens e.g. chopped spinach, chard, or kale to this stew.

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BASIC BEEF STEW

You can add your favorite veggies to the basics shown here. Optionally, add a splash of low-sodium soy sauce for a more savoury stew.

1 lb beef (shank or rib preferred)
1 large onion
2-3 potatoes cubed
2 carrots sliced
2 turnips cubed

2 tbl butter or oil
2 tbl favourite chopped fresh herb
¼ tsp black pepper
½ tsp Salt
½ cup flour

Soak one-half of the meat, cut in small pieces, in the quart of water for one hour. Heat slowly to boiling point. Season the other half of the meat with salt and pepper. Roll in flour. Brown in three tablespoons of fat with the onion. Add to the soaked meat, which has been brought to the boiling point. Cook one hour or until tender. Add the vegetables, herbs, and flour mixed with half cup of cold water. Cook until vegetables are tender.

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PORTABELLO MUSHROOMS ON SALAD GREENS

I got this one from HEALTHY URBAN KITCHENS, its something a little different and 'upscale' for your favorite salad greens

1 tbl Dijon mustard
3 tbl apple cider vinegar

½ tsp of salt

¼ tsp of fresh ground pepper

½ half cup of extra virgin olive oil
8 cups of torn assorted salad greens
6 large fresh Portobello mushrooms
brushed clean and stems removed.

To prepare the vinaigrette: in a large bowl whisk together the mustard, vinegar, salt, and pepper. Fully whisk in the olive oil, set aside. Oven to 350. Place the mushrooms on a glass casserole dish turning once until moist on underside and just firm to the touch on the top, covered with olive oil, eight to ten minutes each side. Remove from oven. Add the greens to the bowl with the vinaigrette and toss well, divide among the individual plates, cut the mushrooms into slices, about one-fourth of an inch thick, divide among the salads and serve.

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ROASTED SUMMER VEGETABLES

The garlic, lemon juice and herb dressing is also nice on kale or chard salads. Cut the herb back to about 1 tablespoon finely chopped for dressing

6-8 cups favourite summer vegetables - broccoli, cauliflower, carrot, green beans, eggplant, onions, summer squash, peppers etc
2 cloves garlic
2 tbl lemon juice

¼ cup favourite fresh herbs – basil, thyme, sage, rosemary, savoury etc
2 tbl olive oil
Salt and pepper to taste

Chop or julienne veggies. Put herbs, garlic, and lemon juice in a blender and pulse until well blended. Add olive oil with blender running. Combine the chopped veggies with blender mix in a large bowl and mix thoroughly. Put veggies on a cookie sheet and roast at 400°F for 25-30 minutes, turning occasionally.

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CABBAGE SOUP

*Quick and easy way to use up extra cabbage
(especially if you are tired of coleslaw)*

1 medium cabbage

1 large onion

3 cups milk

1/2 tsp nutmeg

1 tbl butter

1 tbl cornstarch or easy-blend flour (for thickening)

Salt and pepper to taste

Dice onion and sauté in butter in a saucepan until golden. Shred cabbage very fine; add to saucepan with 4 cups water. Add butter and nutmeg, simmer over medium heat for 1 hour, or until vegetables are tender. Add the milk and thickening and simmer gently for 10 minutes.

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Sauté Vegetable Medley

Another 'clean out the fridge' recipe, use the veggies and herbs you have on hand

2 zucchini (or other summer squash)

2 cloves garlic

1 medium onion

1 sweet pepper

2 cups favourite blanched vegetable - broccoli, cauliflower, carrot, green beans, sugar snaps peas, etc

2-3 tbl favourite fresh herbs – basil, thyme, sage, rosemary, savoury etc

2 tbl olive oil

Salt and pepper to taste

Blanch 2 cups of favourite vegetable until just tender. Sauté onion and garlic in oil over medium heat until golden. Add sweet pepper, zucchini, sauté until softened. Add blanched vegetables, mix and heat through for 3-4 minutes. Salt and pepper to taste, add fresh herbs, mix and heat through for 1 minute. Serve.

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I don't believe in diets . . .

If you have ever checked out our web-site, you know that we like food (**a lot.**) And you have probably read something to the effect that we don't worry much about diets but rather focus on eating **good healthy food** in as natural a state as possible. Recently I found a source that seems to follow that same philosophy.

If you are looking for ways to improve your nutrition and overall health but don't want to give up good food, check out [Healthy Urban Kitchens](#) This is not so much a cookbook as a 'lifestyle' book (although the recipes are very good). It is a step-by-step guide for shopping, cooking and eating healthy foods.

You get more than 100 recipes, shopping lists, a 'healthy kitchen makeover', cool kitchen tools, and 180+ pages of really good useful practical information.

Like I said, I don't believe in diets, but by following most of the ideas in this book (I wasn't perfect, believe me) I did lose about 15 lbs in 2 months. Now I also was pretty consistent about working out (spring training for farmers) but I'm sure the recommendations in [Healthy Urban Kitchens](#) helped.

Scott