



COOKING WITH JAN

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FARMERS' MARKET GOODIES

TILAPIA WITH CUCUMBER SALAD

<u>DRESSING</u>	1 TBLS HONEY 2 TSPS GRATED GINGER ROOT	1/2 TSP SALT 1 TBLS RICE VINEGAR
<u>SALAD</u>	1/2 MEDIUM CUCUMBER, HALVED & THINLY SLICED 3 GREEN ONIONS, THINLY SLICED	1/4 RED PEPPER, DICED 1 TSP FRESH CILANTRO
<u>FISH</u>	2 TBLS FLOUR 1 TSP LEMON-PEPPER SEASONING 1 CUP PLAIN BREAD CRUMBS	1 EGG 4 TILAPIA OR OTHER WHITE FISH 4 TBLS VEGETABLE OIL

IN MEDIUM SIZE BOWL, MIX DRESSING INGREDIENTS; STIR IN SALAD INGREDIENTS TO COAT. ON A PLATE, MIX THE FLOUR & SEASONING; ON SECOND PLATE, PLACE THE BREAD CRUMBS. IN BOWL, BEAT THE EGG WITH A FORK; COAT FISH WITH FLOUR MIXTURE. DIP INTO EGG; COAT WELL WITH THE BREAD CRUMBS. IN SKILLET, HEAT 2 TABLESPOONS OF THE OIL; ADD 2 FISH FILLETS AND COOK 3 MINUTES. CAREFULLY TURN FISH OVER; REDUCE HEAT TO MEDIUM AND COOK 3 MINUTES LONGER OR UNTIL FISH FLAKES EASILY WITH FORK. REPEAT WITH REMAINING OIL & FISH. SERVE FISH TOPPED WITH THE CUCUMBER SALAD. OTHER FRESH VEGGIES SUCH AS RADISH SLICES, GREEN PEPPERS OR ZUCCHINI SLICES CAN BE ADDED TO THE SALAD IF DESIRED. MAKES 4 SERVINGS; IF YOU LIKE TILAPIA, YOU WILL LIKE THIS DISH!

CORN, TOMATO & AVOCADO SALAD

<u>DRESSING</u>	1 1/2 CUPS FRESH CILANTRO 2 TBLS FRESH LIME JUICE KOSHER SALT & BLACK PEPPER	1/2 CUP EXTRA VIRGIN OLIVE OIL 1 TSP FINELY GRATED LIME ZEST
<u>SALAD</u>	3 CUPS FRESH CORN KERNELS 1 LB FRESH MOZZARELLA, DICED	3 CUPS GRAPE TOMATOES, HALVED 2 MEDIUM AVOCADOS, DICED

COMBINE THE DRESSING INGREDIENTS IN A BLENDER, USING 2 TSPS SALT & PEPPER TO TASTE; PROCESS UNTIL SMOOTH. COMBINE THE SALAD INGREDIENTS IN A LARGE SALAD BOWL AND TOSS WITH THE DRESSING. LET SIT AT LEAST 15 MINUTES BEFORE SERVING; COVER & REFRIGERATE FOR UP TO 4 HOURS. CROUTONS CAN BE ADDED IS DESIRED. MAKES 7-8 SERVINGS.

SUMMERTIME TRIPLE BERRY PEACH PIE

<u>PIE</u>	1—9" DOUBLE CRUST PIE CRUST 3 FRESH PEACHES, PEELED, PITTED & SLICED 1 PT FRESH STRAWBERRIES, HULLED & SLICED 12 OZS FRESH RASPBERRIES 1/2 CUP <u>EACH</u> BROWN SUGAR & WHITE SUGAR 1/4 TSP NUTMEG	1 EGG WHITE, LIGHTLY BEATEN 1 PT FRESH BLUEBERRIES 1/3 CUP FLOUR 3 TBLS CORNSTARCH 2 TSP CINNAMON 2 TBLS BUTTER, CUT INTO CHUNKS
<u>TOPPING</u>	1 TSP CINNAMON	1 TBLS WHITE SUGAR

PREHEAT OVEN TO 350 DEGREES; LINE 9" PIE PLATE WITH ONE OF THE PIE CRUST & BRUSH WITH HALF OF THE BEATEN EGG WHITE. COMBINE THE SLICED PEACHES, STRAWBERRIES, BLUEBERRIES & RASPBERRIES IN A LARGE BOWL; SET ASIDE. MIX THE FLOUR, CORNSTARCH, BROWN SUGAR, WHITE SUGAR, 2 TSPS CINNAMON AND THE NUTMEG TOGETHER. CAREFULLY FOLD THE FLOUR MIXTURE INTO THE FRUIT, TAKING CARE NOT TO CRUSH THE BERRIES. TRANSFER THE FRUIT MIXTURE INTO THE PIE PLATE. THE FILLING WILL BE PILED HIGH BUT WILL COOK DOWN; DOT WITH THE BUTTER CHUNKS. TOP THE FILLED PIE WITH THE OTHER PIE CRUST; CUT DECORATIVE SLITS IN THE TOP TO ALLOW STEAM TO ESCAPE. BRUSH THE TOP WITH THE REMAINING EGG WHITE. COMBINE THE TOPPING INGREDIENTS AND SPRINKLE OVER THE CRUST. PLACE PIE ON BAKING SHEET AND BAKE UNTIL CRUST IS GOLDEN BROWN AND FILLING IS BUBBLY, ABOUT 45-60 MINUTES. TURN OFF THE OVEN AND LET THE PIE SET FOR 30 MINUTES; TRANSFER TO A COOLING RACK. THE FILLING WILL BE LOOSE IF SERVED WARM BUT WILL THICKEN UP WHEN IT IS COMPLETELY COOLED.

FARMER'S CROSTINI

14 OZ BAGUETTE CUT INTO 40 (1/4") SLICES 6 OZS CREAM CHEESE, SOFTENED 1/4 CUP MAYONNAISE 1/8 TSP BLACK PEPPER 1/2 MEDIUM CUCUMBER, FINELY CHOPPED 1/2 YELLOW PEPPER, THINLY SLICED	NONSTICK COOKING SPRAY 1/4 CUP FETA CHEESE, CRUMBLED 1/4 TSP <u>EACH</u> GARLIC POWDER & SALT 1 SMALL RIPE TOMATO, CHOPPED 1/2 RED PEPPER, THINLY SLICED FRESH FLAT-LEAF PARSLEY
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PREHEAT OVEN TO 325 DEGREES. PLACE BREAD SLICES ON UNGREASED BAKING SHEET; SPRAY LIGHTLY WITH COOKING SPRAY. BAKE 6-9 MINUTES OR UNTIL CRISPY; REMOVE TO WIRE RACK & COOL COMPLETELY. BEAT THE CREAM CHEESE, FETA CHEESE, MAYONNAISE, & SEASONING WITH MIXER UNTIL WELL BLENDED. IN BOWL, MIX TOGETHER THE CUCUMBER, TOMATO AND PEPPERS. SPREAD ABOUT 1 TSP CHEESE MIXTURE ON EACH BAGUETTE SLICE; TOP WITH CUCUMBER & TOMATO MIXTURE AND GARNISH WITH PARSLEY.