



# SIMPLE, FRESH FARM BOX MEALS

FEB 19, 2024

*Simple recipes so we can eat well & support local agriculture*

## Sticky Sweet Sesame Cauliflower

### YOU'LL NEED

- 1 head cauliflower - florets
- 1/3 C soy sauce (low sodium)
- 1/4 C maple syrup OR honey/agave
- 1/4 C rice vinegar
- 1 tbs minced garlic
- 1 1/2 tsp toasted sesame oil
- 1/2 tsp powdered ginger
- 1 1/2 tbs cornstarch OR arrowroot
- 1/4 C water
- sesame seeds & scallions - garnish

### ALL YOU HAVE TO DO

- Preheat your oven to 450°F. Grease a baking pan or line with parchment. Cut cauliflower into florets, then slice so one side of each floret is flat. Arrange in a single layer in the greased pan. Bake 10 minutes on the center rack. Meanwhile, whisk together the soy sauce, sweetener, vinegar, garlic, sesame oil, and ginger in a saucepan. Bring to a boil. While waiting, stir together the cornstarch and water until cornstarch dissolves fully, then slowly whisk this into the saucepan as soon as it boils. Turn heat to medium and cook 2 minutes, stirring more frequently once it returns to a boil. Cook until thick. You can also make the sauce ahead of time if desired, and it thickens more as it sits in the fridge. Flip cauliflower florets and bake 10 additional minutes. If desired, you can now move the pan to the top rack and broil 1-2 minutes. Pour sauce over florets. Sprinkle sesame seeds and optional scallions on top, and serve.

## Beech Mushroom Sauté with Buttery Garlic Soy Sauce

### YOU'LL NEED

- 2 tbs unsalted butter
- 3.5 - 7oz White Beech Mushrooms - remove root & tear into pieces
- 3 cloves garlic - minced
- 1 tbs soy sauce
- 1/2 tsp salt
- 1/4 tsp ground white pepper
- 1 scallion - thin slice

### ALL YOU HAVE TO DO

- Heat butter in a frying pan over medium-high heat. Once the butter melts, add shimeji to the pan and cook for 2 minutes.
- Add garlic into the pan, mix well and cook for 30 seconds.
- Add soy sauce, salt, and ground white pepper. Once the sauce is dry, turn off the heat and transfer to a serving plate.
- Serve the shimeji stir fry immediately garnished with thinly sliced scallion.

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