



SIMPLE, FRESH FARM BOX MEALS

APR 1, 2024

Simple recipes so we can eat well & support local agriculture

Beech Mushroom Risotto with Garlic & Thyme

YOU'LL NEED

- 1-2 lbs Beech mushrooms, wiped cleaned, trimmed and sliced*
- 4 whole cloves garlic plus 1 minced garlic clove - divided
- 5 sprigs thyme plus 2 tsp chopped thyme - divided
- 4 tbs olive oil -divided
- Kosher salt
- Freshly ground black pepper
- 5 C low-sodium chicken stock
- 3 tbs unsalted butter - divided
- 1/2 yellow onion - chopped
- 1/2 C dry white wine - Sauvignon Blanc for example
- 1 C risotto rice
- 1/2 C grated Parmesan cheese - more for sprinkling

ALL YOU HAVE TO DO

- Prep mushrooms & set aside.
- Preheat an oven to 400°F. Place mushrooms, 4 garlic cloves and thyme sprigs on a baking sheet. Toss with 3 tablespoons olive oil, sprinkle w/salt & pepper. Roast, tossing occasionally, until soft & golden brown. Discard garlic & thyme sprigs, season mushrooms to taste with more salt/pepper. Set aside.
- Bring the chicken stock to a simmer in a med/saucepan over med/heat. Once simmering, reduce heat to low, & keep warm.
- In a large, heavy-bottom pot, warm 1 tbs olive oil and 1 tbs butter over med/heat. Add the onion along with a pinch of salt, & cook until the onion is tender but not browned. After 3 minutes add the garlic & chopped thyme. Stir in the rice, cook for 2 minutes, then add the white wine & cook for 1 more minute. Add 1 cup of warm chicken stock & a pinch of salt, cook, stirring occasionally, until all of the liquid has been absorbed. Continue adding warm chicken stock 1/2 cup at a time, waiting until the stock is absorbed before adding again, and stirring frequently to make sure the bottom doesn't burn. Continue until the rice is cooked through, but still al dente, about 30 - 35 minutes total. You may not use all of the chicken stock. During the last addition, stir in 1/2 of the roasted mushrooms.
- Take the risotto off the heat, and stir in Parmesan cheese and remaining 2 tbs butter. Season to taste with salt & black pepper.
- To serve, spoon risotto in a shallow bowl and top with reserved roasted mushrooms, a sprinkling of Parmesan cheese and a few turns of black pepper.

Balsamic Glazed Brussels Sprouts & Sweet Potatoes

YOU'LL NEED

- 1 lb brussels sprouts - outer leaves removed & sliced in half
- 1 lb sweet potatoes - peeled & chopped
- 2 tbs olive oil - more if needed
- 3-4 slices bacon - chopped
- Onion & garlic powder to taste
- Small pinch of smoked paprika
- (any additional seasoning you'd like)
- kosher salt & freshly ground black pepper - to taste
- For the balsamic glaze:
 - 1/4 C balsamic vinegar
 - 1/2 tbs honey

ALL YOU HAVE TO DO

- Make a balsamic glaze. (Or you can use store-bought Balsamic Glaze.) Combine the balsamic vinegar & honey in a small saucepan. Bring it to a simmer, & cook until reduced in half, Set aside.
- Preheat oven to 425°F. Line two large baking sheets with parchment paper.
- Prep veggies. Peel sweet potatoes & chop into bite-sized pieces. Place on a baking sheet.
- Remove outer leaves from Brussels sprouts & slice in half. Place on a second baking sheet.
- Add seasonings. Drizzle olive oil over the sweet potatoes & the Brussels sprouts. Add kosher salt & freshly ground black pepper to taste. Then add the chopped raw bacon to both pans.
- Roast vegetables for 30-40 minutes or until they are fork-tender & nicely browned. (For a convection oven, bake at 375°F on convection roast for about 25-30 minutes. You may need to cover for part of the time to avoid burning.)
- Drizzle balsamic reduction (or balsamic glaze) over roasted vegetables, & serve.

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