Why does this food taste so good?

When you shop at the Phoenixville Farmers’ Market, you are buying food from farms that are located less right here in Southeastern Pennsylvania.

When you buy food from a supermarket, you are often buying food that has traveled 1,500 miles or more. Most of this travel-weary produce has been grown for long-distance shipping, NOT for flavor.

Enjoy your Fresh local foods - food with flavor and a future!

Recipe of the Week

The mission of The Phoenixville Farmers’ Market is to promote community health and support local agriculture.

Visit www.phoenixvillefarmersmarket.org for more information

May 12, 2007

Braised Asian Greens

1/4 cup rice wine or sherry
3 tablespoons soy sauce
2 teaspoons sugar
1/2 teaspoon five-spice powder
2 pounds asian greens, washed, shaken dry to remove excess water, and coarsely chopped
Rice vinegar

Bring rice wine, soy sauce, sugar, five-spice powder, and 1/4 cup water to a boil in a large casserole or Dutch oven. Add the damp greens. Cover, reduce the heat, and simmer, stirring once or twice, until the greens are very tender, about 15 minutes. Remove the cover and simmer until the greens are no longer soupy, 3 to 4 minutes. Adjust the seasoning, adding rice vinegar to taste. Serve immediately.
A little about the ingredients in this week’s recipes...

**Spinach**
Charlestown Farm grows spinach without chemical pesticides or fertilizers.

**Eggs**
Wills Valley Farm and Mountain View Poultry produce free range eggs. Their hens are free to nibble green grass, peck at insects, or take a dust bath.

**Horseradish**
Wills Valley grows horseradish root and grates it just for their customers. Taste the pungent fresh flavor.

**Beef and Buffalo**
Both Wills Valley and Backyard Bison raise their animals in open

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**May 19, 2007**

**Spinach Salad**

1/2 pound of spinach

*Dressing:*
3 tablespoons of rice vinegar
1/4 teaspoon of salt
1 teaspoon of sugar or honey
1/2 cup of olive oil
1 tablespoon of poppy seeds

*Optional garnishes:*
1 hard boiled egg, chopped
1 onion, thinly sliced

Wash and dry the spinach and place in a salad bowl. Tear the spinach into bite-sized pieces, if desired. Whisk the dressing ingredients together and toss with the spinach. Add optional garnishes and serve immediately.

**Beef/Buffalo Canapés with Horseradish**

1 Buffalo or Beef roast or London broil, cooked, cooled and thinly sliced
1 baguette or other loaf of rustic bread, thinly sliced

*Spread:*
1/4 cup of cream cheese
2 tablespoons of horseradish
2 tablespoons of plain yogurt or sour cream
1/4 teaspoon of salt

*Optional garnish:* chives or chive blossoms

Mix the spread ingredients together in a bowl. Apply the spread to one side of each slice of bread, top with the meat and garnish with chive for a simple hors d’oeuvre.
Recipe of the Week

May 26, 2007

Farmers’ Market Blue Cheese Burgers

- 1 lb ground beef, buffalo, or turkey
- 1 teaspoon garlic powder or 1 clove fresh garlic, minced
- 1/2 teaspoon cayenne pepper
- 6 oz Birchrun Blue Cheese
- 1 teaspoon oregano
- hamburger bun

Season meat with cayenne, oregano and garlic or garlic powder and shape into 8 equal sized balls. Flatten each ball. Slice blue cheese into 4 equal pieces. Place blue cheese on one patty and top with other patty. Pinch the edges to seal. Repeat for other 3 burgers. Grill burgers to desired degree of doneness and serve on a bun with your favorite condiments such as Wills Valley Ketchup and Charlestown Farm lettuce.

Asian Salad with Grilled Pork Tenderloin

- 1 pork tenderloin
- 1 teaspoon Chinese Five Spice Powder
- 1/2 lb of lettuce or spring greens

**Dressing**
- 1/4 cup rice wine vinegar
- 1 tablespoon soy sauce
- 1/2 lime, juiced
- 1 teaspoon grated ginger
- 1 teaspoon Chinese mustard
- 1 tablespoon chopped cilantro
- 1/2 cup canola oil
- 2 tablespoons dark sesame oil
- Salt and pepper to taste

In a small bowl, whisk together the vinegar, soy sauce, lime, ginger, mustard and cilantro. Pour in the oils and continue to whisk until emulsified.

Season the pork tenderloin with salt, pepper, and Chinese five-spice powder; lightly coat with oil. Grill until done, cool to room temperature and slice into 1/2 inch this pieces.

Toss the greens with the salad dressing and serve on a plate topped with the sliced tenderloin.

***Ingredients in bold are available at the Market***
Recipe of the Week

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Thanks for eating seasonally and locally – and supporting our local farmers!

Simple Glazed Hakurei Turnips with their Greens

June 2, 2007

1 pound hakurei turnips
1 1/2 tablespoons unsalted butter
1/2 teaspoon sugar or honey
Salt and pepper
1 inch piece of gingerroot, peeled and minced
1 tablespoon soy sauce
1 teaspoon toasted sesame oil

Cut greens off of turnips and chop coarsely. Boil turnips greens in a large pot of salted water for 6 to 8 minutes until tender. Drain greens and squeeze gently to remove excess water. Toss with soy sauce and sesame oil and set aside. Scrub turnips and cut into 1/2 inch pieces. In a steamer set over boiling water steam turnips, covered, until just tender, 6 to 8 minutes. In a large heavy skillet melt butter and add ginger and then quickly add the steamed turnips. Sprinkle with the sugar or drizzle with honey and add salt and pepper to taste. After a few minutes, the turnips will be glazed. To serve, place cooked greens on a plate and top with the turnips.

Hakurei turnips are a special variety that are particularly tender and sweet. Try serving them like renowned chef, Dan Barber of New York’s Blue Hill Restaurant does. He often serves it raw: basically cuts off the tap root, puts some nice sea salt around the base and stands it up. And because it’s fresh, the greens are still upright and alive, so its stands up like it does in the soil. It’s nice to go into a fancy restaurant and see something served like that; it’s almost primal in a way.

Marmalade Glazed Spareribs

1 cup soy sauce
1 cup Wills Valley Farm Orange Marmalade
1 cup orange juice
1 tablespoon minced garlic
1 teaspoon ground ginger
6 lbs Country Time Farm Babyback Pork Ribs cut into individual ribs

Whisk first 5 ingredients in large bowl. Add ribs; toss to coat. Transfer ribs and marinade to 15 x 10 x 2-inch glass baking dish. Cover and refrigerate overnight, turning ribs occasionally. Position 1 rack in center and 1 rack in top third of oven and preheat to 350°F. Line 2 large roasting pans with foil. Place racks in pans. Transfer ribs from marinade to racks. Roast ribs until golden brown, very tender and well glazed, rotating pans halfway through roasting and basting frequently with marinade, about 1 1/2 hours. Serve warm or at room temperature.

Serves 6 Adapted from Bon Appétit October 1998
Recipe of the Week

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June 16, 2007

Crystal City Bok Choy

1 1/2 pounds Bok Choy
2 tablespoons of olive oil
1 clove garlic, minced or 1 garlic scape, thinly sliced
1 bunch of scallions thinly sliced
1 tablespoon soy sauce
1 teaspoon dry mustard
1 teaspoon rice vinegar
1 tablespoon sake or sherry
2 tablespoons finely chopped parsley
salt and pepper to taste

Garnish:
2 tablespoons toasted sesame seeds

Cut Bok Choy stalks into 1-inch lengths. Shred tops and reserve. In a large skillet, heat oil, add garlic and scallions and stir fry until fragrant. Stir in Bok Choy stalks, soy sauce and mustard and stir fry until tender, about 10 to 12 minutes. Stir in the shredded tops, vinegar, sake or sherry, parsley, salt and pepper. Cover and cook for 2 more minutes. Garnish with toasted sesame seeds and serve immediately.

Adapted from More Recipes from a Kitchen Garden, by Renee Shepherd and Fran Raboff

**Items in bold are available at this week at the Market**
Recipe of the Week

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June 9, 2007

Swiss Chard Tart: Pasticcio di Bietole al Forno
Adapted from a recipe by Mario Batali

2 pounds Swiss chard, washed and spun dry
4 tablespoons extra-virgin olive oil
1 bunch scallions, thinly sliced
2 garlic cloves, thinly sliced
1/4 bunch fresh flat-leaf parsley, finely chopped to yield 1/8 cup
3 large eggs
Salt and freshly ground black pepper
1 cup freshly grated Parmigiano-Reggiano
1 cup bread crumbs

-Preheat the oven to 350 degrees F.
-Bring 8 quarts water to a rolling boil and add 2 tablespoons salt.
-Roughly chop the Swiss chard, discarding the rough stems. Add the Swiss chard to the boiling water and cook until tender, about 15 minutes. Drain thoroughly and set aside.
-In a 12-inch saucepan, heat 3 tablespoons olive oil over a medium flame until hot but not smoking. Add the scallion and garlic, and cook until soft and golden brown, about 5 minutes. Add the Swiss chard and the parsley. Let cook over medium heat for about 10 minutes, stirring occasionally. Remove from the heat and let cool.
-Meanwhile, break the eggs into a small bowl. Season, to taste, with salt and pepper. Add 3 tablespoons of Parmigiano and, using a whisk, mix until the ingredients are well-blended. Add the egg mixture to the cooled Swiss chard and toss to combine.
-Using the remaining olive oil to lightly grease a shallow 9-inch round or oval baking dish. Dust the bottom of the baking dish with 1/2 cup bread crumbs. Carefully place the Swiss chard and egg mixture into the pan. Dust with the remaining Parmigiano and then the remaining bread crumbs.
-Bake until the top is golden brown, about 1 hour. Serve hot or room temperature.

**Items in bold are available at this week at the Market**

And we thank you for your support.
Recipe of the Week

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June 23, 2007

Zucchini with Green Peppercorns, Lemon, and Parmesan

1 lemon, juiced
1 tablespoon extra-virgin olive oil
Coarse grained salt and cracked black pepper
1 teaspoon green peppercorns, drained and smashed
1 zucchini, sliced lengthwise into paper thin slices, see note*

Parmesan Cheese, sliced into long curls

Whisk together the lemon juice, olive oil, salt, pepper, and green peppercorns. Taste and adjust seasonings. Roll each zucchini slice into a coil and place on serving plate. Pour dressing over zucchini. Drop Parmesan shavings over the plate. Serve immediately.

*Note: To make zucchini ribbons, cut a thin slice off the zucchini, discard. Place zucchini cut side down on a cutting board so it doesn't roll. Drag a sharp carrot peeler across the zucchini, pressing down hard as if you were peeling a carrot. You will get nice long ribbons and if you don't so what! The dressing is delicious and presentation doesn’t always matter! Do the best you can and move on.

Recipe courtesy Kathleen Daelemans

**Items in bold are available at this week at the Market

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Recipe of the Week
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June 30, 2007

Christina Pirello’s Farm Fresh Stirfry

Extra-virgin olive oil, enough to coat the pan
1 onion, minced
1 clove garlic, minced, or 2 garlic scapes, sliced
3 carrots, sliced in half lengthwise, then thinly on the diagonal
4 beets, sliced in half lengthwise, then thinly on the diagonal
2 small or 1 medium zucchini, sliced in half lengthwise, then thinly on the diagonal
Greens from beets
Greens from 1 of the carrots, chopped
balsamic vinegar - a splash
brown rice syrup or other sweetener to taste
salt to taste

Pour the oil into a frying pan or wok. Add the onion while the oil is cold. Turn on the heat and cook the onions until they are wilted. Add the garlic or scapes, carrots and beets. Once the carrots have softened, add the zucchini and stir for a minute or two. Add the beet and carrot greens and stir gently until the greens have wilted. Add a splash of vinegar and little salt and sweetener of your choice and serve. Christina is a very impromptu chef and emphasizes using the freshest ingredients. You can adapt this recipe to include any vegetables in season. The goal is to cook the vegetables just enough that their natural sugars carmelize but they stay crunchy.

**Items in bold are available at this week at the Market**
Recipe of the Week

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July 7, 2007

DELPHEY’S COLD CUCUMBER SOUP & BEET MOUSSELINE

For Soup
1 large onion, sliced
3 tablespoons finely chopped fresh dill
3 tablespoons vegetable oil
2 cups chicken broth
2 tablespoons fresh lemon juice
4 cucumbers, peeled, seeded, and chopped
freshly ground white pepper to taste
an 8-ounce container low-fat sour cream

Beet Mousseline*
Garnish: fresh dill sprigs

In a large heavy saucepan cook onion and 1 tablespoon dill in oil over moderately low heat, stirring occasionally, until onion is softened. Add broth, lemon juice, and cucumbers and simmer 20 minutes. In a blender purée mixture in batches until smooth and cool. Stir in white pepper and salt to taste. Chill soup, covered, until cold, at least 4 hours and up to 1 day.

Force soup through a sieve into a bowl and whisk in sour cream and remaining 2 tablespoons dill.

Serve soup topped with a dollop of beet mousseline and garnished with dill sprigs. Makes about 6 1/2 cups.

*BEET MOUSSELINE

2 large beets, trimmed
2 tablespoons balsamic vinegar
1/4 cup heavy cream

In a saucepan cover beets with cold water and bring to a boil. Simmer beets 45 minutes, or until very tender. Drain beets in a colander and cool. Peel beets and in a food processor purée until smooth. Transfer purée to a large bowl and stir in vinegar and salt and pepper to taste. Purée may be make 1 day ahead and chilled, covered.
In a small bowl beat cream until it just holds stiff peaks and fold into beet purée.

Makes about 1 cup.
Gourmet
June 1996
Ia Delphrey: Oakland, California
**Recipe of the Week**

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**July 14, 2007**

**Curried Zucchini Pancakes**

2 medium zucchinis  
1 tsp salt  
1 onion, minced  
1 can of ripe olives, minced  
1 tsp. curry powder  
1/2 cup grated cheddar cheese  
2 tbs. bread crumbs  
1 egg

Oil for frying

Wash the zucchinis, cut off their ends and grate them with a coarse grater. Sprinkle with the salt and place in a colander over a bowl. After at least 30 minutes, squeeze the excess moisture out of the grated zucchini and place it in a bowl. Stir in the remaining ingredients and mix together with a fork.

Pour oil into a frying pan to 1/4 inch depth and heat the oil over medium-high heat. Drop tablespoonfuls of the zucchini mixture in the oil. When the pancakes are golden brown on the bottom, turn them over and cook on the other side.

Keep finished pancakes warm in a 250 degree oven while cooking the remaining mixture. Serve immediately. These make an excellent hors d’oeuvres and children love them.

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**Eating is an agricultural act**
Wendell Berry

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**Items in bold are available at this week at the Market**

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**Recipes of the Week**

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**July 21, 2007**

**Crispy Pork Milanese**

*Thanks to Paul Crivellaro of Countrtime Farm for this recipe.*

6 pork cutlets (1 1/2 pounds), pounded 1/4 inch thick
Kosher salt and freshly ground pepper
1 cup panko (Japanese bread crumbs)
1/2 cup grated Parmigiano-Reggiano cheese
1/4 teaspoon oregano
1/8 teaspoon freshly grated nutmeg
1/2 cup all-purpose flour
2 large eggs, beaten
Olive oil for frying
Lemon wedges for serving

1. Season the cutlets with salt and pepper. In a shallow bowl, mix the panko with the cheese, oregano and nutmeg. Put the flour and eggs is 2 shallow bowls. Line a baking sheet with paper towels. Dredge the cutlets in flour, tapping off the excess, then dip in the eggs, allowing any excess to drip back into the bowl. Finally, coat the cutlets with the panko mixture, pressing to help the crumbs adhere.

2. In each of 2 large skillets, heat 1/4 inch of olive oil until it is shimmering. Add the cutlets to the skillets and fry over high heat, turning once, until crisp, golden brown and cooked through, about 4 minutes total. Drain the pork on the paper towels and serve once with lemon wedges. Serve with Tomato Salad

**Berry Cobbler**

2 to 3 cups blackberries
1/2 cup plus 1 teaspoon sugar
1 tablespoon cornstarch
1 cup boiling water
1 cup flour
1.5 teaspoons baking powder
1/2 teaspoon salt
1/4 cup plus 1 tablespoon butter
1/2 cup milk or water

1. Preheat oven to 400 degrees.
2. Mix 1/2 cup of the sugar with the cornstarch in a saucepan. Gradually add the boiling water, then bring to a boil and continue to boil for one minute. Add the berries and stir until they are coated with the sugar mixture.
3. Pour into baking dish. (We used a deep-dish pie pan, coated with cooking spray.) Dot with one tablespoon of the butter.
4. Make the dough. Sift together the flour, remaining sugar, baking powder and salt. Blend in the remaining butter until the mixture is like cornmeal.
5. Stir in the milk or water. Drop by spoonfuls on the hot fruit mixture and bake for 20 minutes.
Recipe of the Week

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July 28, 2007

Gazpacho Soup with Croutons and Sausage

The classic cold soup, as interpreted by Ouro Branco restaurant, Vila Viçosa, Portugal.

2 garlic cloves
1 teaspoon salt
6 medium tomatoes, seeded
1 green bell pepper, seeded
1 cucumber, peeled, seeded
2 cups cold water
1/4 cup distilled white vinegar
4 tablespoons olive oil
2 tablespoons chopped fresh cilantro
3 1/2 cups 3/4-inch cubes day-old French or Italian bread
4 ounces fully cooked smoked sausage (such as linguíça or hot links), cut into 3/4-inch pieces

Mash garlic and salt in mortar with pestle until paste forms. Transfer to large bowl. Finely chop tomatoes, bell pepper and cucumber and add to bowl. Add 2 cups cold water, vinegar and 2 tablespoons oil. Stir in chopped cilantro. Season with pepper. Cover soup and refrigerate until cold, about 3 hours.

Heat 2 tablespoons oil in heavy large skillet over medium-high heat. Add bread; sauté until golden, about 12 minutes. Season croutons with salt. Cool. Serve soup with croutons and sausage.

Serves 6.

Bon Appétit
July 1995

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Recipe of the Week

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August 4, 2007

Corn Salsa

to serve over grilled salmon, beef, chicken or grains

Fresh corn kernels cut off of 3 ears of corn (preferably organic corn)
Extra virgin olive oil
1 pepper (red or green)
1 jalapeno, diced
1/2 onion, diced
1 tomato, seeded and diced
1/2 bunch cilantro washed and minced (or to taste)
optional herbs (mint or lemon or lime basil, minced
sea salt
lime juice

Preheat oven to 375.
Line baking sheet with parchment paper.
Toss corn kernels in bowl with olive oil and a pinch of sea salt
Bake until kernels soften and begin to brown slightly.
(alternately, you can place corn kernels in a grill basket lined with foil and grill)
Meanwhile, roast pepper over gas flame (or under broiler).
Place in paper bag and allow to steam.
When cool enough to handle, peel off the skin and cut pepper into dice
Combine roasted pepper, jalapeno, red onion and cooked corn in bowl.
Add cilantro and optional herbs.
Season with sea salt and lime juice.

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Why does this food taste so good?

When you shop at the Phoenixville Farmers’ Market, you are buying food from farms that are located less than 100 miles of town. Some food travels only 3 miles!

Peaches from Northstar and Quarryville Orchards were picked by the very farmers who sell them to you. They wait until the peaches are beginning to ripen to pick them and take pride in growing delicious food for all of us at the Phoenixville Farmers’ Market.

In contrast, peaches from the supermarket, have to be picked when they are hard enough to survive miles of travel.

There is nothing like a farm fresh peach. Enjoy this fleeting treasure, and thank the farmers for bringing them to us!

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August 11, 2007

CUMIN-CRUSTED PORK CHOP WITH PEACH CHIPOTLE SALSA

This Latin-inspired combination of flavors works well with smoky grilled pork, and the crispy cumin crust is complemented by both the heat and sweetness in the salsa.

For salsa
3 ripe but firm peaches, peeled, pitted and cut into 1/4-inch dice
1/4 cup red onion, finely diced (about 1/2 small onion)
2 tablespoons canned chipotle chiles in adobo, minced
1/4 cup fresh lime juice
1/4 cup fresh cilantro, chopped
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper

For pork chops
1/4 cup whole cumin seeds
6 pork chops
3 tablespoons olive oil
2 teaspoons kosher salt
1 1/2 teaspoons freshly coarse-ground black pepper

Salsa
In medium bowl, toss together all ingredients. Set aside.

Pork Chops
Using electric spice grinder, pulse cumin seeds 2 to 3 times to crack. (Alternatively, place seeds on cutting board and crush lightly with small sauté pan, using gentle rocking motion.) Rub chops with oil, sprinkle with salt and pepper, and coat with cumin seeds, pressing firmly to adhere. Grill chops until internal temperature reaches 145 degrees. Remove from grill, cover with foil for 5 minutes.

Place the pork chops on a platter, and top with the salsa.

This recipe works well with chicken or turkey breast.

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August 18, 2007

Occasional cool nights in August remind us that fall is just around the corner. Cookouts become more special knowing that soon it will be too cold to enjoy outdoor grilling. Here are some simple recipes to complement your favorite Phoenixville Farmers’ Market meats for an end-of-summer meal.

Grilled Potatoes
With Thyme and Garlic

4 large or 6 medium potatoes
2 tablespoons freshly chopped thyme leaves
2 teaspoons minced garlic
3 tablespoons extra-virgin olive oil
Gray salt and freshly ground black pepper

Before grilling the potatoes, blanch them. Put the potatoes in cold water and add salt. Bring water to a simmer and cook the potatoes until they are tender. Preheat a grill or grill pan on medium-high heat. Slice the potatoes lengthwise and add to a large mixing bowl with the thyme, garlic, and olive oil. Season with gray salt and pepper and toss to coat the potatoes well. Grill the potatoes over indirect heat for about 3 to 5 minutes on each side until well marked and fully cooked.

Grilled Peaches
With Mascarpone and Honey

6 large ripe peaches, halved and pits removed
6 tablespoons honey, plus more for serving if desired
8 ounces mascarpone cheese, at room temperature

Preheat a grill to medium-high. Place the peaches cut-side down onto the grill and cook until lightly charred, 2 to 3 minutes, depending on the grill. Transfer the peaches, cut sides up, to a grill-proof baking dish or baking sheet and drizzle evenly with the 6 tablespoons of honey. Place the dish on the grill and cover the grill. Continue to cook until the peaches are soft, about 5 minutes, again depending on the grill. Remove the baking dish from the grill and divide the peach halves between 6 dessert plates. Divide the mascarpone evenly among the plates and drizzle with additional honey, if desired. Serve immediately.
Recipe of the Week

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Visit www.phoenixvillefarmersmarket.org for more information

August 25, 2007

Gazpacho with Watermelon and Avocado

2 fat ripe tomatoes (about 1 pound), cored and cut into chunks

1 cup seedless watermelon, diced small

Two-inch-thick slice of day-old baguette (about 1 1/2 ounces), cut into pieces

1 Kirby cucumber, trimmed and cut into chunks

2 tablespoons chopped red onion

1 garlic clove

1/2 teaspoon kosher salt

Freshly ground black pepper

1 ice cube

1/4 cup extra virgin olive oil

1/4 avocado, peeled and diced small.

1. In a blender combine tomatoes, 1/2 cup watermelon, bread, cucumber, onion, garlic, salt, pepper and ice cube. Purée until smooth. Slowly drizzle in the olive oil. Chill in refrigerator until very cold, at least 30 minutes.

2. Serve, garnished with remaining chopped watermelon and avocado.

Yield: 2 servings. Recipe courtesy of the NY Times.

**Items in bold are available at this week at the Market
Recipe of the Week
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September 22, 2007

Gratin of Potatoes, Bacon and Arugula

12 ounces bacon slices, chopped
2 1/2 cups whipping cream
1 1/2 cups whole milk
3 1/2 pounds potatoes, peeled, thinly sliced into rounds
1 1/2 teaspoons salt
1 teaspoon freshly ground black pepper
8 ounces arugula, trimmed, coarsely chopped
2 cups grated Birchrun Alpine cheese

Position rack in center of oven and preheat to 375°F. Butter 13x9x2-inch baking dish. Cook bacon in heavy large skillet over medium-high heat until crisp. Using slotted spoon, transfer bacon to paper towels and drain.

Mix cream and milk in 4-cup measuring cup. Layer 1/3 of potatoes in prepared dish; overlap slightly. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Top potatoes with half of arugula. Top with 1/3 of cheese and 1/3 of bacon. Pour 1 cup cream mixture over. Repeat layering. Top with remaining potatoes. Sprinkle with 1/2 teaspoon salt, 1/2 teaspoon pepper, remaining cheese and bacon. Pour remaining cream mixture over.

Bake gratin uncovered until potatoes are tender and cream mixture thickens, about 1 hour 15 minutes. Let stand 15 minutes before serving.

(Can be made 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep refrigerated. Rewarm, covered with foil, in 375°F oven about 30 minutes.)

**Items in bold are available at this week at the Market**
September 29, 2007

Roasted Beet Salad with Blue Cheese

For the salad:
5 to 6 medium **red beets** (about 2 pounds), stems trimmed off
2 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper
4 cups **spinach**
1/4 pound whole piece **Birchrun blue cheese** (frozen) *see note*
Toasted almonds

For the dressing:
3 cups tangerine juice, or orange juice
1 tablespoon lemon juice
Pinch salt and pepper
3/4 cup extra-virgin olive oil

Preheat oven to 350 degrees F.
Place the beets in a baking pan, drizzle with the oil, and season with salt.
Cover with foil. Bake for about 1 hour, or until tender when pierced with a knife.

While the beets are roasting, make the dressing:
In a 1-quart non-reactive saucepan, over medium-high heat, reduce the tangerine juice to about 3/4 cup. Add the lemon juice. Remove from the heat and strain with a fine sieve.

Return to the saucepan; add lemon juice, salt and pepper. Over medium heat, reduce until the mixture bubbles and has a syrup-like consistency. You should have about 1/4 cup. Remove from the heat and strain again.
Let cool to room temperature. Add the olive oil. Set aside. (Can be stored in refrigerator for up to 1 1/2 weeks.)

When cool enough to handle, peel the beets, and thinly slice them into rounds. Arrange on a serving platter and drizzle with the dressing. In a large bowl, toss the spinach with the remaining dressing and place spinach on top of beets in the center of the platter.
Remove the wedge of blue cheese from the freezer. Using a microplane grater, grate the desired amount over the salad. Garnish with toasted almonds.

*If you do not want to freeze the cheese, Slice it thinly and crumble the slices.

**Items in bold are available at this week at the Market
Recipe of the Week

The mission of The Phoenixville Farmers’ Market is to promote community health and support local agriculture.

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October 6, 2007

Butternut Squash, Apple and Onion Galette with Blue Cheese

Dough:
1.25 cups all-purpose flour
Pinch salt
8 tablespoons cold unsalted butter, diced (1 stick)
1 large egg, lightly beaten

Filling:
1 large baking apple, such as Rome Beauty or Cortland
1 small or .5 medium butternut squash (about .75 pound), halved, seeded, and skin on
1 small yellow onion, peeled, root end trimmed but intact
3 tablespoons unsalted butter, melted
2 teaspoons chopped fresh rosemary
2 teaspoons chopped fresh thyme
Kosher salt and freshly ground black pepper
2 tablespoons whole-grain mustard
One third cup crumbled Birchrun blue cheese (about 1.5 ounces)

For the dough: Pulse the flour and salt together in a food processor. Add the butter and pulse about 10 times until the mixture resembles coarse cornmeal with a few bean-size bits of butter in it. Add the egg and pulse 1 to 2 times more; don't let the dough form a mass around the blade. If the dough seems very dry, add up to 1 tablespoon of cold water, 1 teaspoon at a time, pulsing briefly. Remove the blade and bring the dough together by hand. Shape the dough into a disk, wrap it in plastic wrap, and refrigerate at least 1 hour.

For the filling: Halve and core the apple. Cut each half into 8 wedges and put them in a large bowl. Slice the squash and cut the onion into wedges so that both are as thick as the apple wedges and add them to the apples. Add the butter, rosemary, and thyme and toss gently to combine. Season with salt and pepper and toss again.

Preheat the oven to 400 degrees F.

Roll the dough on a lightly floured surface into a 12-inch disk. Transfer the dough to a baking sheet and brush with mustard. Starting 2 inches from the edge, casually alternate pieces of apple, squash, and onion in overlapping circles—if you have extra pieces of one or another, tuck them in where you can or double them up to use all the filling. Fold and pleat the dough over the edge of the filling. Bake until the crust is brown and the apple, squash, and onions are tender and caramelized, about 55 minutes. Scatter the cheese over the filling and bake until melted, about 5 minutes more. Cool the galette briefly on a wire rack. Cut into wedges and serve.

Know-How: Don't be afraid to cook this galette—or any of your pies or tarts, for that matter—until the crust is a rich golden brown. A pastry's buttery taste and flaky crispness really come through when it is fully cooked.
Recipe of the Week

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Red Curry of Roasted Fall Vegetables

Makes 4 servings

4 small new potatoes (such as Nicola or chats), halved
1 large carrot, cut into bite-sized pieces
1 tablespoon light olive oil
14 ounces butternut squash or pumpkin, peeled, cut into 1-inch pieces
1 parsnip, peeled, cut into batons
1 Spanish onion, peeled, cut into 8 wedges
1 3/4 cups coconut milk
2 tablespoons each: red curry paste, Thai fish sauce, and brown sugar
1 cup rich chicken stock
A handful of fresh basil leaves, preferably Thai
Cooked jasmine rice, to serve

1. Heat the oven to 425 degrees. Put a baking sheet in the oven for 10 minutes to heat.

2. Put a single layer of potatoes and carrots on the hot sheet, drizzle with oil, and roast for 10 minutes. Add the squash, parsnip and onion and roast 20 minutes more.

3. Meanwhile, put 1 cup of coconut milk in a heavy-based saucepan and bring to a boil on high heat. Stir in the curry paste. Boil until the oil starts to separate from the milk, 4 to 5 minutes. Add the fish sauce and sugar. Stir until the mixture is very dark, about 2 minutes.

4. Add the remaining coconut milk and stock. Return to a boil. Add the vegetables and basil. Cook on low heat for 5 minutes to heat through. Serve with boiled jasmine rice.

- From Kitchen Seasons by Ross Dobson (Ryland, Peters & Small)
Recipe of the Week
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October 13, 2007

**Items in bold are available at this week at the Market**

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**Butternut-Cider Bisque**

1 tablespoon olive oil  
1/2 large **onion**, diced  
1/2 large **carrot**, diced  
1 stalk celery, diced (or you can 1/2 cup diced **celeriac**)  
1 pound **butternut squash**, peeled, seeded and diced  
4 sprigs fresh thyme, rinsed  
5 cups **chicken stock** or canned chicken broth  
2 cups **apple cider**  
2 cups heavy cream, apple cider, or chicken stock (optional)  
Salt and black pepper, to taste

Heat the oil in a large pot and saute the onion, carrot, and celery until the carrot and celery are soft and the onion is translucent, about 5 minutes. Add the squash and thyme and saute until all of the vegetables are coated with oil, about 2 minutes. Add the stock and the 2 cups of cider and simmer until the squash is very soft, about 30 minutes. Remove from heat. Puree the mixture, in small batches, in a blender on medium speed until smooth and well blended. Place the pureed mixture into another pot and stir in either the cream, cider or stock to achieve the desired consistency. Add the salt and black pepper. Heat gently and serve.

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**Fantastic Roasted Chicken**

2 pounds **chicken**  
1 large lemon  
8 slices prosciutto or Parma ham, thinly sliced (you can also use Farmers' Market **bacon**)  
1 to 2 cloves garlic, peeled and finely chopped  
2 good handfuls fresh thyme, leaves picked and finely chopped  
Salt and freshly ground black pepper  
4 ounces softened butter  
2 pounds **potatoes**, peeled and cut into chunks  
1 large **celeriac**, peeled

Preheat the oven and an appropriately sized roasting tray to 425 degrees F. Wash chicken inside and out and pat dry with kitchen paper. Using your fingers, part the breast skin from the breast meat being careful not to rip the skin. With a peeler, remove and chop the fragrant yellow skin of the lemon, keeping the peeled lemon for later use. Chop prosciutto or bacon and add to a bowl with the lemon skin, garlic and thyme, salt and pepper, and then mix it all into the butter. Push the butter mixture into the space you have made between the meat and the skin -- rub and massage any that's left over in and around the bird. Slash the thigh meat to allow the heat to penetrate a little more, which makes it taste better. Cut the peeled lemon in half and push it into the cavity. Then put chicken in the hot roasting tray and roast in the preheated oven for 20 minutes. While the chicken is cooking, parboil the potatoes in salted water for 10 minutes and drain. Cut the celeriac into irregular chunks around the same size as the potatoes. Remove the chicken from the oven, put a fork into the cavity of the chicken and lift it off of the tray for 20 seconds and toss and coat the vegetables in the butter. Put the chicken back on top of the vegetables and cook for around 40 minutes. Leave to stand for 10 minutes.
Recipe of the Week

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October 20, 2007
Herb-Encrusted Roast Leg of Lamb with Garlic Roasted Baby Potatoes

1/4 cup Dijon mustard
1/2 cup dry red wine
3 tablespoons minced garlic
1/2 cup olive oil
1/4 cup minced fresh mint
2 tablespoons finely chopped fresh rosemary
2 tablespoons chopped fresh thyme
1 teaspoon salt
1 teaspoon ground black pepper
1 leg of lamb, trimmed of fat

3 pounds baby potatoes, rinsed well and halved (if larger than 1 1/2 inches in diameter, cut into 1/2-inch pieces)
1/4 cup extra-virgin olive oil
1 teaspoon fresh lemon juice
1 tablespoon minced garlic
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh thyme

In a bowl, whisk together the mustard, red wine and garlic. Slowly drizzle in the olive oil to form an emulsion, then whisk in the herbs, salt and pepper. Rub the mixture over the lamb, coating the outside completely. Place the lamb in a large plastic bag and cover with any remaining marinade. Seal the bag, refrigerate and let marinate at least 8 and up to 48 hours, turning the bag occasionally to coat evenly.

Preheat the oven to 350 degrees F.
In a large bowl, toss the potatoes with the remaining ingredients, turning to coat evenly.
Place the lamb in a large roasting pan and roast for 30 minutes. Remove from the oven and spread the potatoes evenly around the lamb. Return to the oven and roast until an instant-read thermometer inserted into thickest part of lamb registers 140 degrees F. for medium-rare, about 1 hour more. Remove the lamb from the pan and place on a platter to rest for 15 minutes before carving. Return the potatoes to the oven to continue cooking while the meat rests.

Carve the lamb and serve with the hot roasted potatoes.

**Items in bold are available at this week at the Market**
Recipe of the Week

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October 27, 2007

Tarragon, Chicken and Leek Potpie

Makes 4 servings

For the Filling:
- 3 tablespoons butter, divided
- 1 1/2 pounds boneless skinless organic chicken thighs, cut into bite-sized pieces
- 4 medium leeks (white parts only), thinly sliced
- 3 tablespoons all-purpose flour
- 1 cup good chicken stock
- 1 cup light cream
- 2 tablespoons each: minced fresh tarragon and chopped flat-leaf parsley
- Sea salt and freshly ground black pepper, to taste

For the Pastry:
- 1 1/2 cups all-purpose flour
- 2 tablespoons butter, in pats
- 2 tablespoons sour cream
- 1 large egg, lightly beaten

1. For the Filling: In a hot skillet, melt half of the butter. When it sizzles, cook the chicken in two batches, turning to brown all sides, for 2 to 3 minutes. Transfer to bowl.

2. On medium heat, add the remaining butter to the pan and cook the leeks for 2 minutes. Cover, reduce heat and cook until soft, 2 to 3 min. Return chicken to pan.

3. Raise heat to high. Sprinkle the flour on chicken. Cook 2 minutes, stirring constantly to coat chicken and leeks. Gradually, continuously, stir in the stock. Bring to a boil. Stir in the cream, tarragon and parsley. Season to taste.

4. Reduce heat. Simmer to thicken, about 1 minute. Let cool, off heat. Transfer to a 3-quart ovenproof pie dish.

5. For the Pastry: Put the flour, butter and a pinch of salt in food processor; mix for a few seconds. With motor on, add the sour cream, half of the egg and 1 to 2 tablespoons cold water, just until dough comes together. Roll in a ball, wrap in plastic wrap; chill 30 minutes. Heat oven to 350.

6. Between 2 waxed paper sheets, roll dough to 1/4-inch or less, big enough to cover the pie and overhang edges.

7. Fold dough, place on pie and unfold to cover. Cut slits in the top to vent steam. Pinch edges of dough, press with a fork and brush all with remaining egg. Put the dish on a baking sheet and bake until golden, about 30 minutes.

- From Kitchen Seasons by Ross Dobson (Ryland, Peters & Small) Per serving: 792 calories, 44 grams protein, 56 grams carbohydrates, 5 grams sugar, 43 grams fat, 302 milligrams cholesterol, 550 milligrams sodium, 3 grams dietary fiber.
Recipe of the Week

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**NOVEMBER 10, 2007**

**Creamed Leeks**

Put a spin on creamed onions this holiday by using an ingredient from the same family instead. Not only do these leeks bake into something extraordinary, they get you out of the time-consuming task of peeling all those tiny pearl onions. Makes 4 servings.

3 1/2 lb leeks, root ends trimmed
2 cups coarse fresh bread crumbs (from a country loaf, crusts discarded)
3/4 teaspoon salt
3/8 teaspoon black pepper
3/4 stick (6 tablespoons) unsalted butter
1 cup heavy cream

Special equipment: a 1 1/2-qt gratin or other shallow baking dish (10 by 8 inches).

Put oven rack in middle position and preheat oven to 450°F. Cut each leek into an 8-inch length, measuring from root end, and halve lengthwise, then cut crosswise into roughly 1 1/2-inch pieces. (You should have about 8 cups.) Wash leek pieces in a large bowl of cold water, agitating them, then lift out and transfer to another bowl. Repeat with clean water, then drain leeks well.

Cook bread crumbs with 1/4 teaspoon salt and 3/4 teaspoon pepper in 3 tablespoons butter in a 10-inch heavy skillet over moderate heat, stirring, until crisp and pale golden, 3 to 4 minutes. Remove from heat.

Cut out a round from parchment or wax paper to fit just inside a 12-inch heavy skillet. Cook leeks with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper in remaining 3 tablespoons butter in a 12-inch heavy skillet over moderate heat, stirring, until crisp and pale golden, 3 to 4 minutes. Remove from heat.

Discard parchment and transfer leeks with a slotted spoon to gratin dish. Pour cream slowly over leeks, then scatter bread crumbs on top. Bake until cream is bubbling and slightly thickened and crumbs are golden brown, about 15 minutes.

Cooks' notes:
· Bread crumbs can be cooked 1 day ahead and cooled completely, uncovered, then kept in an airtight container at room temperature. Scatter bread crumbs over leeks just before baking.
· Leeks can be cooked and assembled in dish with cream (but not sprinkled with crumbs and baked) 1 day ahead and cooled completely, uncovered, then chilled, covered. Mixture using a potato masher.

Cooks' note:
Purée can be made 1 day ahead and cooled, uncovered, then chilled, covered. Reheat in an ovenproof dish, covered, in the oven or microwave until hot.

*Available at specialty foods shops and D'Artagnan (800-327-8246).
Recipe of the Week

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Celery Root Puree with Truffle Oil

Truffles add a flavorful woody note, but if you make this French-influenced celery-root purée without them, it will still be delicious.

Makes 8 to 10 side-dish servings.

3 lb celery root (sometimes called celeriac; 2 large), peeled with a knife and cut into 1/2-inch pieces (8 cups)
1 3/4 lb boiling potatoes (3 large), peeled and cut into 1/2-inch pieces
1 cup heavy cream
4 oz black truffle butter* or 1 stick (1/2 cup) unsalted butter + 1 teaspoon truffle oil
1 teaspoon salt
1/4 teaspoon black pepper

Cover celery root and potatoes with cold salted water by 2 inches in a 4- to 6-quart heavy pot, then simmer, covered, until celery root is very tender, about 15 minutes.

While vegetables are simmering, bring cream, truffle butter, salt, and pepper just to a simmer, stirring until butter is melted.

Drain vegetables in a colander and transfer to a food processor. Add hot cream mixture in a steady stream, pulsing until smooth. (Alternatively, mash vegetables with hot cream.)
Recipe of the Week

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November 3, 2007

Moroccan Lamb Burgers with Beet, Red Onion & Orange Salsa

Salsa
2 tablespoons olive oil
2 tablespoons fresh lemon juice
1 tablespoon honey
2 beets, boiled, peeled, cut into 1/3-inch cubes
1 large orange, peel and pith cut away, flesh cut into 1/3-inch cubes
1 cup chopped red onion
1/4 cup chopped pitted green Greek olives

Burgers
1 large shallot, minced
2 tablespoons chopped fresh cilantro
1 jalapeño chile, seeded, minced
1 garlic clove, minced
1 1/4 teaspoons salt
3/4 teaspoon ground black pepper
1/2 teaspoon paprika
1/2 teaspoon ground cumin
1 3/4 pounds ground lamb
nonstick vegetable oil spray
4 large cracked-wheat hamburger buns, split horizontally
1 1/3 cups thinly sliced Bibb lettuce
Mayonnaise

For salsa: Whisk first 3 ingredients in medium bowl to blend. Mix in next 4 ingredients. Season salsa to taste with salt and pepper. Can be made 8 hours ahead. Cover and chill.

For burgers: Stir shallot, cilantro, jalapeño, garlic, salt, black pepper, paprika, and cumin in large bowl to blend. Add lamb and mix gently to combine. Shape mixture into four 1/2-inch-thick patties. Arrange on small baking sheet. Can be made 8 hours ahead. Cover and chill. Spray grill rack with nonstick spray and prepare barbecue (medium-high heat). Grill buns, cut side down, until golden, about 2 minutes; transfer to work surface. Place lettuce and large spoonful of salsa on each bun bottom. Grill burgers until slightly charred and cooked to desired doneness, about 4 minutes per side for medium-rare. Place 1 burger on each bun. Top each with mayonnaise and bun top. Serve with remaining salsa.
Recipe of the Week

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November 17, 2007
Carmelized Chestnuts and Brussels Sprouts

2 tablespoons unsalted butter
1 tablespoon extra-virgin olive oil
2 pounds brussels sprouts, trimmed and halved
3/4 pound shelled chestnuts **
1/2 cup cider vinegar
1/4 chicken stock
1/4 cup sugar

Heat butter and oil in a large skillet over medium heat until butter has melted. Add brussels sprouts; season with salt and pepper. Cook, stirring occasionally, until golden, 15 to 17 minutes.

Add chestnuts; cook, stirring occasionally until brussels sprouts are tender and browned in places, 20 to 25 minutes.

Raise heat to medium high. Add vinegar, stock and sugar. Cook, stirring occasionally until liquid had been reduced to a syrup, 4 to 5 minutes.

Transfer to a platter and serve.

**To roast chestnuts, score them with an X using a sharp knife, and roast in a 400 degree oven until tender, 20 to 25 minutes. Let chestnuts cool, and peel them.

Carrots with Ginger and Honey

Coarse salt
2 bunches of baby carrots, or halved regular carrots
1 tablespoon of unsalted butter
1 1-inch piece of fresh ginger, peeled and cut into thin matchsticks
2 tablespoons of honey

Bring a medium pot of salted water to a boil. Add carrots, reduce heat and simmer until almost tender, 3 to 4 minutes. Drain. Carrots can be refrigerated in an airtight container for up to 1 day.

Melt butter in a large skillet over medium-high heat. Add ginger; cook, stirring occasionally, until softened, about 2 minutes. Add carrots, honey and 1/4 teaspoon salt; cook, stirring occasionally, until carrots are glazed, 4 to 5 minutes. Serve immediately.