

FARM TO TABLE PITTSBURGH

HARVEST TASTING



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SATURDAY, NOVEMBER 16, 2013

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HAPPY HARVEST!

At American HealthCare Group, we work to bring our preventative programs, Farm to Table Pittsburgh and Pathways to SmartCare, to the workplace, schools and communities around us.

This means delivering educational sessions like Cooking Classes, Accessing Local Food, and Preserving the Harvest. The best part is we show you how to do this whether you're a working family who drives to 3 practices after school, a retiree on a budget who cooks for herself, or anywhere in between. We bring providers into our clients' work and living spaces to deliver screenings, fitness classes, and stress management programs - it's all about Prevention and reaching our fullest potential along the way.

Thank you for spending your afternoon with us as we witness this autumn harvest mingle together with the local beverages, cheeses, meats, sweets and the creative juices of our best local chefs!

AMERICAN HEALTHCARE GROUP

Erin Hart, *Director of Farm to Table*

Liz Kanche, *Director of Pathways to SmartCare*

Bob Hagan, *President of American HealthCare Group, LLC*

KEEP IN TOUCH

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SMOKED VEGGIE AND PUMPKIN SOUP BY GRIFON'S TEA

2 lb fresh pureed pumpkin	1 small red pepper
1 qt veg stock	¼ c olive oil
Salt, pepper, garlic	1 tsp sea salt
2 med turnips	1 tsp each rosemary, sage, savory, marjoram and
1 large yams	Lapsang Souchong tea
1 small green pepper	

Pre-heat oven to 375°. Simmer pumpkin, stock and salt, pepper and garlic on low.

Cut turnips, yams, and peppers into small cubes. Toss them together with the olive oil, sea salt and herb/tea mixture. Then roast at 375° F for 30 min.

Add mixture to pumpkin and simmer gently 15 min.
Garnish with goat cheese or pumpkin seeds to serve.

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HARVEST CAKE WITH CIDER-CINNAMON CREAM CHEESE FROSTING

SUBMITTED BY JESS THOMSON

Makes 16 cake squares | Prep Time: 35 min.

With spices, a hint of brown sugar, and a seriously addictive frosting, this deception-free cake is sweet enough to qualify as dessert, but with all those vegetables, you don't need as much oil as you might with regular carrot cake. You may suspect there are too many vegetables, but they'll all stir in fine.

FOR CAKE:
Butter, for the pan
1½ C carrots
1 C parsnip, grated
1¼ C zucchini, cored and grated
1C tart apple, grated
1¼ C all-purpose flour
½ C whole wheat flour
1½ tsp baking soda
¾ tsp salt
¾ tsp cinnamon
½ tsp ground ginger
3 large eggs
1 C sugar
¼ C packed brown sugar
1 teaspoon vanilla
½ C canola oil

FOR FROSTING:
4 tbsp unsalted butter
8 oz. cream cheese
2 C confectioners' sugar
2 tblsp apple cider sugar
¼ tsp cinnamon

Preheat the oven to 350°. Butter a 9" x 9" square pan, line with wax paper, and butter the paper. Set aside.

Whisk the flours, soda, salt, and spices together in a medium-sized bowl. In a large mixing bowl, whisk the eggs and sugars until very well blended. Add the vanilla and the oil, and whisk until completely combined. Using a spoon, stir in the flour mixture, then fold in the grated vegetables and fruit, stirring until completely coated with batter.

Spread the batter evenly into the prepared pan. Bake on the middle rack for 45 to 55 min., or until the cake tests clean with a wooden toothpick. Let cool for 15 min., then invert the cake onto a cooling rack. Remove paper, and invert again onto a serving plate. Cool at least 1 hour more.

Meanwhile, make the frosting: In the work bowl of a food processor fitted with the paddle attachment, whip the butter and cream cheese together on medium speed until light and smooth, about 3 min. With the machine on low, add the sugar, a little at a time, then the cider and cinnamon. Scrape down the sides of the bowl, increase speed to high, and whip for 2 min..

Spread half the frosting on the cake and reserve the other half for another use, or split the cake in half horizontally, fill the center with a thin layer of frosting, then frost the tops and sides of the cake.

ASIAN INFLUENCED SQUASH MAPLE BREAD

SUBMITTED BY GRANDMA Z'S MAPLE HAUS

You can use any summer squash such as zucchini. It looks very pretty made with yellow summer squash.

3 Eggs
1 cup Pure Grandma Z's Grade B Maple Syrup
½ cup Light Vegetable Oil
2 t. Vanilla
2 cups Grated Summer Squash
1 ¼ cup Whole Wheat Flour

1 ¼ cup Unbleached Flour
2 ½ t. Baking Powder
½ t. Salt
¼ cup Sesame Seeds
2 t. Dried Ginger or 1 T. Minced Candied Ginger

Preheat oven to 350° and butter a large loaf pan.

Beat the eggs with a mixer until frothy, about 2 minutes. Add the maple syrup, oil and vanilla while you continue beating. Stir in the grated squash.

In a separate bowl, mix the remaining dry ingredients. Add this mixture about a cup at a time to the liquid, stirring just enough to blend.

Pour into the greased loaf pan and bake about 1 hour or until a toothpick emerges clean from the center.



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APPLE PIE WITH CHEDDAR CRUST

SUBMITTED BY PENN'S CORNER FARM ALLIANCE

For filling:

1½ lbs. Gala apples
1½ lbs. Granny Smith apples
2/3 cup sugar
3 tablespoons all-purpose flour
1 tablespoon fresh lemon juice
¼ tsp salt
1 tablespoon cold unsalted butter

For crust:

2½ cups all-purpose flour
½ teaspoons salt
½ lb. extra-sharp white cheddar cheese, coarsely grated (2½ cups)
1 stick cold unsalted butter, cut into ½" pieces
¼ cup cold vegetable shortening, cut into ½" pieces
6 to 8 tablespoon ice water
1 tablespoon milk

Make Crust:

Stir together flour, salt, and cheese in a large bowl (or pulse in a food processor). Add butter and shortening and blend with your fingertips or a pastry blender (or pulse) just until mixture resembles coarse meal with some roughly pea-size butter lumps. Drizzle 6 tblsp ice water evenly over mixture and gently stir with a fork (or pulse) until incorporated.

Squeeze a small handful: If dough doesn't hold together, add more ice water, 1 tblsp at a time, stirring (or pulsing) until incorporated. Do not overwork dough or pastry will be tough. Turn out dough onto a work surface and divide in half, then form each half into a 5" disk. Chill, wrapped in plastic wrap, until firm, at least 1 hour.

Make filling and bake pie:

Put a foil-lined large baking sheet in middle of oven and preheat oven to 450°F. Peel and core apples, then slice ¼ inch thick. Toss apples with sugar, flour, lemon juice, and salt until evenly coated. Roll out 1 piece of dough (keep remaining disk chilled) on a lightly floured surface with a lightly floured rolling pin into a 13" round. Fit into a 9" pie plate. Roll out remaining piece of dough into an 11" round. Transfer filling to shell. Dot with butter, then cover with pastry round. Trim edges, leaving a ½" overhang. Press edges together to seal, then fold under. Lightly brush top crust with milk, then cut (5) 1" long vents. Bake on hot baking sheet 20 minutes. Reduce oven to 375°F and bake until crust is golden-brown and filling is bubbling, about 40 minutes more. Cool to warm or room temperature, 2 to 3 hours.

BRUSSEL SPROUTS & ONIONS

SUBMITTED BY HEATHER CRAMER

10 oz basket of fresh brussels sprouts
Salt and freshly ground black pepper
4 tblsp Olive & Marlowe Olio Nuovo extra virgin olive oil
1 small red onion, thinly sliced lengthwise
2 tblsp Olive & Marlowe fig balsamic

Directions:

Trim outer leaves and stems from brussels sprouts and discard. Bring a medium pot of water to a boil and add salt. Meanwhile, prepare an ice water bath. Add brussels sprouts to boiling water and cook until tender but still bright green, about 4 minutes. Remove from heat, drain, and plunge into ice water bath to cool. Drain well and cut in half.

Heat 2 tblsp Olio Nuovo in a large, heavy skillet over medium-high heat. Add brussels sprouts and cook, tossing occasionally, until they are brown and crisp on the edges, about 3 minutes. Season to taste with salt and pepper, and transfer to a large bowl. Cover with aluminum foil to keep warm.

Add remaining 2 tablespoons Olio Nuovo to the same pan over medium-low heat. Add onions and cook, tossing occasionally, until wilted and transparent, 3 to 4 minutes. Add fig balsamic and stir to loosen any brown bits on bottom of pan. Cook until vinegar is reduced and the onions are glazed, about 30 seconds.

Add onions to brussels sprouts, and toss well. Serve immediately.



SPARKLING CRANBERRY BRIE BITES

SUBMITTED BY HUNGRY FOR TIME

Makes about 16 servings

SUGARED CRANBERRIES

2 cups fresh cranberries
1 cup good maple syrup
1 cup granulated sugar

BRIE WHEEL

16 crackers
8 oz. Brie cheese
Cranberry chutney or relish
Fresh mint for garnish

Rinse cranberries and place in a medium bowl. Heat syrup in a small sauce pan just until warm. Pour over cranberries when syrup is warm, not hot, or cranberries may pop. Cool, cover, and let soak in the refrigerator overnight.

Drain cranberries in a colander. Place sugar in a large bowl or baking dish. Add cranberries in 2 batches and roll around until lightly coated in sugar. Place on a baking sheet until dry, about 1 hour.

Assemble crackers with one slice of brie, a light layer of cranberry chutney, and 4 or 5 sugared cranberries. Garnish with fresh mint sprigs.

MASSAGED KALE SALAD

BY GROW PITTSBURGH

5 C of kale or collards, Wash,
de-stem and chop.

2 tblsp olive oil
¼ tsp salt
1 grated carrot
1 sliced avocado
2 minced scallions

1 tsp sesame seeds

DRESSING:

1 lemon, zest and juice
1 tblsp olive oil
1 tsp honey
salt
pepper

In a large salad bowl, pour olive oil and salt over the chopped kale. With clean hands, squeeze the kale. Don't be timid. The goal is to let the kale's juices express themselves. Massage the kale for at least three minutes until the kale starts to break down and wilt. Add the rest of the salad ingredients. Mix the dressing ingredients together. Add the dressing to the salad. Toss and serve.

Like many salad recipes, this recipe is very adaptable. Try throwing in some fruit, grated radish, raisins or walnuts.



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