



THE OHIO STATE
UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Recipes of Food Prepared at Family Day at the Market, August 16, 2014

Cauliflower Pizza Crust

Jauna Burke

Ingredients;

1 head Cauliflower

1 lrg Egg

½ cup Parmesan or Mozzarella cheese, grated/shredded

1 tsp fresh herbs, basil, oregano, parsley

1/8 tsp salt

¼ tsp fresh ground black pepper

Directions;

1. Preheat oven to 375 degrees and line a baking sheet with parchment.
2. Rinse Cauliflower and separate florets. Pulse in food processor and process until “rice” texture. This can be done in a food mill also.
3. Place on baking sheet and bake for 15 min or microwave on high for 8min.
4. Allow to cool
5. Transfer to cheesecloth or kitchen towel and wring out excess liquid.
6. Increase oven to 450 degrees. In a mixing bowl add cauliflower, egg, Cheese, herbs, salt and pepper, mix to combine. Transfer on to prepared baking sheet and flatten with your hands into desired shape of uniform thickness.
7. Bake for 15-20 minutes until golden and remove from oven.
8. Top with favorite topping and bake again until cheese is melted.
9. Enjoy!

Heirloom Tomato Tarte

Jauna Burke

Ingredients;

6 large Heirloom tomatoes
4 tbsp unsalted butter
¼ cup brown sugar
½ tsp salt
1 homemade or pre-made pie crust

1. Select heirloom Tomatoes, cut shallow x in bottom and blanch in boiling water until skin begins to peel .
 2. Transfer to ice water bath and allow to cool
 3. Peel tomatoes remove cores and halve lengthwise. Remove seeds.
 4. In a 12” ovenproof skillet or pie plate add melted butter and coat evenly. Sprinkle in sugar. Add tomato halves cut side down, filling skillet but not overlapping.
 5. Turn up heat and cook until sugar and butter are reduced to a thick syrup. Gently shake pan to release tomatoes and remove from heat.
 6. Carefully cover tomatoes with piecrust , tucking in edges.
 7. Place in a preheated 425 degree oven and bake until golden brown.
 8. Remove from oven and carefully invert onto plate.
 9. Allow t cool slightly before serving
 10. Optional drizzle with balsamic glaze.
- Slice and serve.!

Fresh Fruit Popsicles

Jauna Burke

Ingredients;

2 cups Seasonal ripe fruit in any combination.

1 tsp lemon juice

Sugar to taste

1. Wash and dry fruit. Pulse in food processor until smooth. Add lemon juice and sugar and pulse again. Pour into popsicle molds or Dixie cups. Freeze over night.

Knox County Career Center Recipe

Bruce Kreidler

Ingredients:

1/2 cup diced bacon
1/2 cup diced onion
1 tsb chopped garlic
8 cups washed and julienne (chopped) Kale

Method:

Saute bacon and onion until bacon is cooked
Add garlic and saute for 1 minute
Add kale and cook until wilted, about 5 minutes

Season with pepper or a splash of lemon juice if you wish.

P.S. fresh diced apples can be added at the time the garlic is thrown in to add a fresh crispness to this dish!