

July 2008

Chefs Shelly Tollefson and Donna Waddington from Camp Korey at Carnation Farm turned market ingredients into a delicious buffet for happy market shoppers on August 6. Camp Korey is a new camp for children with chronic and life-threatening diseases on the grounds of the former Nestle Training Center in Carnation <http://www.campkorey.org/Home.html>.

Thanks to our vendors Misty Mountain Honey, Cha New Life Garden, Tiny's Organic, Kittatas Valley Greenhouse, Vue Farm, Calhoun Family Farm, Youngquist, Sol to Seed and Growing Things for providing the ingredients for these chefs to feed the very pleased crowd.

Raspberry Vinaigrette

¼ c. raspberry or rice vinegar
¼ c. olive oil
¼ c. canola oil
1 clove garlic, crushed
¼ c. honey
1 c. fresh or frozen raspberries
Salt and pepper

Whisk all ingredients together and mix with leaf lettuce.

BBQ Sauce for Chicken

1 medium onion, finely chopped
1 clove garlic, crushed
1 bell pepper, finely chopped
½ c. celery, finely chopped
3 tbsp. oil
½ c. red wine
3 tbsp. soy sauce
2 tbsp. brown sugar
1 c. ketchup
1 tsp. yellow mustard
¼ c. fresh lemon juice
1 tsp. salt
½ tsp. black pepper
½ c. water
1/3 c. any hot-and-sweet pepper sauce

Saute onion, garlic, bell pepper and celery in oil until soft, about 7 minutes. Add wine and cook uncovered for 5 minutes more to reduce wine by half. Stir in soy, vinegar, brown sugar, ketchup, mustard, lemon juice, salt, pepper, water, and pepper sauce. Bring to a simmer and cook uncovered for 2 hours, stirring occasionally, reducing the volume by one-third. Serve with chicken.

Cool Ranch Dressing

1 ½ c. mayonnaise

2/3 c. buttermilk
1 crushed garlic clove
1/4 tsp. salt
1/8 tsp. black pepper
1 pinch cayenne pepper
1 pinch white pepper
1 pinch paprika
1 tbsp. fresh squeezed lime or lemon juice
1 tsp. chopped fresh parsley or chives

Whisk all ingredients together until smooth. Taste and adjust the seasoning. Serve with raw vegetables.

Cream Cheese Spread for Grilled Fruit Bruschetta

8 oz. cream cheese, softened
1 tbsp. honey
1 tsp. lemon or orange juice
1/4 tsp. zest of lemon or orange
1 tbsp. apple juice
1/4 tsp. cinnamon
Bread

Mix together until blended. Remove the cores and pits from apples and stone fruit like peaches and plums. Quarter the fruit and grill it. Spread the flavored cream cheese on market bread and cover with grilled fruit.