



Greater Kansas City



Dinner Kit

www.fooddaykc.org



Greater Kansas City

Nothing beats delicious food, great company and stimulating conversation. Thinking and talking about local food, as well as, sharing the sense of community that food can bring, is what Food Day is all about; holding a dinner party is a great Food Day event! Your party can be as small or as large as you like. Consider:

- Cooking together as a family
- Friends and neighbors sharing a meal in a home
- A neighborhood meal at a community center or park
- A lunch-time potluck with your coworkers, featuring delicious, healthy local foods

To help make organizing your event as easy as possible we've developed this kit, which includes:

- Recipes from Kansas City chefs, farmers and food enthusiasts
- Conversation place cards
- Pumpkin carving stencils

Use as many or as few of our resources as you like. For more recipes, check out the Recipe section of our website at www.fooddaykc.org. And don't forget to register your event on the national website (www.foodday.org) to show that Kansas City believes in the importance of a strong and fair local food system and of eating healthy foods.

What does Eating Real mean to you?



Should large sugary drinks be banned?



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What is the biggest food or agriculture challenge facing your community? Why?



Are organic foods better than non-organic? Why or why not?



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Are organic foods better than non-organic? Why or why not?

How many people in the KC region (within 100 miles) are considered "Food Insecure"?



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What's the worst thing
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Name 2 members of the
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Answers to Food Day Place Card Questions

Q. How many people in the Kansas City region (within 100 miles) are considered "Food Insecure"?

A: An estimated 375,000 people in our region are food insecure and missing an estimated 66 million meals annually.

- 15 percent of people in our region, or one in seven, is food insecure.
- 39 percent of the food insecure population does not qualify for federal nutrition programs such as SNA food stamps, WIC or free and reduced-price school meals.

Children are often among those most in need of food. In Harvesters' service area:

- 123,220 children are food insecure.
- 20 percent of children under age 18 in our region, or one in five, is food insecure.
- 41 percent of the food insecure children live in households that do not qualify for federal nutrition programs and often must rely on charitable food assistance programs.

Q. Can you name two members of the US Senate Agriculture Committee?

A: Debbie Stabenow, Michigan (Chairwoman)	Thad Cochran, Mississippi
Patrick J. Leahy, Vermont	Mitch McConnell, Kentucky
Tom Harkin, Iowa	RPat Roberts, Kansas
Sherrod Brown, Ohio	Saxby Chambliss, Georgia
Amy Klobuchar, Minnesota	John Boozman, Alabama
Michael Bennet, Colorado	John Hoeven, North Dakota
Kristin Gillibrand, New York	Mike Johanns, Nebraska
Joe Donnelly, Indiana	Chuck Grassley, Iowa
Heidi Heitkamp, North Dakota	John Thune, South Dakota
Bob Casey, Pennsylvania	
John Walsh, Montana	

Q. What is the percentage of locally grown produce sold in the U.S.?

A: Only 1.6% of all fruits and vegetables sold are locally grown.

Q. How many Americans go hungry each year?

A: 49 million Americans were 'food insecure' in 2009, meaning they didn't have enough food for an active, healthy lifestyle, according to the United States Department of Agriculture.

Q. How is a pumpkin properly classified?

A: Pumpkins are a fruit! They are gourd-like squash of the genus Cucurbita and the family Cucurbitaceae (which also includes gourds).

Q. What is the average annual income for farm crop workers?

A: The average income for crop workers is about \$14,000 per year.

Food Day Recipes

Food Day is a celebration of food and how better to celebrate than to cook at home! We've collected a variety of recipes from local Kansas City chefs, farmers and food enthusiasts to inspire you in the kitchen and to delight your taste buds. If you are celebrating Food Day on October 24 with a dinner party or potluck, please consider using some of these seasonal recipes. The best part is they can be made or can be adapted to be made all year long.

Table of Contents

SALADS

Chilled Spinach with Carrot Ginger Dressing	1
Fall Kale Salad	2
Tomato and Feta Salad	3

STARTERS

Garlic Port Wine Cheese Ball	4
Sweet Potato and Quinoa Cakes	5
Sweet Potato Hummus	6
Welsh Rarebit or "Fancy Cheese Toast"	7

SOUPS

Autumn Vegetable Stew	8
Rustic Turkey Soup	9
Yukon Green Chile Soup	10

SIDES

Green Beans with Asian Five Spice Powder	11
Local Sweet Potato & Apple Gratin	12
Pistachio Pesto	13

MAIN COURSE

Chard-Wrapped Chicken	14
Grilled Apple Cider Pork Chops	15
Rustic Sicilian "Summer-Time" Pizza Dough	16
Slow Cooker Enchiladas	17
Stuffed Salami Chicken	18
Veggie Chicken Wrap	19

DESSERTS

Apple Butter	20
Apple Cinnamon Cornbread	21
Rustic Sage Cake	22
Spiced Pumpkin Cheesecake	23
Sweet Potato Muffins with Maple Whipped Cream	24

SALADS

Chilled Spinach with Carrot Ginger Dressing

Beth Bader, co-author of *The Cleaner Plate Club*

SPINACH:

12 oz, or one bunch spinach, cleaned, large stems removed and chopped
2 spring onions, sliced thin.
1 tsp. olive oil

Heat the olive oil and sauté the onions until translucent.

Add the spinach and sauté just until wilted. Allow to cool, then squeeze out the water. Shape the spinach into 4-6 mounds. You will be shocked at how little spinach there seems to be. Spinach loses most of its volume in water. Chill the mounds.

DRESSING:

4 medium carrots, peeled and steamed to tender
1 small clove garlic
2 Tbs. white vinegar
1 Tbs. lemon juice
1 Tbs. soy sauce
1 Tbs. grated ginger (a jar variety is easy and works well)
1/2 cup canola and coconut oil blend (or just one or the other oil)
pinch of salt (1/8 tsp.)
2 Tbs. honey

Blend the dressing ingredients in the blender until smooth. You will want to serve this room temperature. It's a very thick dressing when chilled. Spoon dressing into 6 small bowls, about 1/4 cup per each. Add a mound of spinach in each dish. Top with sesame seeds or sunflower seeds and coarse sea salt.

Fall Kale Salad

Beth Bader, co-author of *The Cleaner Plate Club*

Seasonal, local, fall flavors like pears, apples and cranberries lend themselves so well to those traditional rich, savory dishes and sauces, and desserts. However, they also taste great in lighter dishes — dishes you can feast on, relatively guilt-free. This kale dish is light, healthier, but full of seasonal goodness with kale, pears, apples, cranberry and pumpkin seeds. I hate throwing out leftover salad that wilts from the dressing. The kale here stands up to the dressing, and you can save the leftovers for the next day! By tossing the fruit with the vinaigrette, it prevents browning and you can do the chopping and prep well in advance of the meal, making it easier on you, too.

INGREDIENTS

1 bunch kale, leaves torn finely, discard stems
2 apples, diced
1 pears, diced
4 figs, quartered, optional
1/2 lemon, juice
1/4 cup raisins
1/4 cup roasted pumpkin seeds

DRESSING

3 Tbs. cranberry sauce (yes, the canned stuff!)
3 Tbs. balsamic vinegar
3 Tbs. olive oil
Salt and pepper to taste
1/2 lemon, juice

DIRECTIONS

The day before Thanksgiving, wash the kale and remove the stems. Tear into small pieces, and dry in a salad spinner. Store in a plastic bag, in the vegetable crisper of the fridge, with a paper towel tucked in the bag to absorb excess moisture. Add the pumpkin seeds and dried cranberries together in a small container. Three hours before dinner, whisk the salad dressing together. Chop the apples and pears. Squeeze half the lemon over them to help prevent browning. Folding apple and pear into the dressing also prevents browning. Store in the refrigerator.

Before dinner, place the kale on a platter, blend the dressing and fruit again in case the oil has separated. Toss the kale with the fruit and dressing. Sprinkle the pumpkin seeds and dried cranberries on top. This should just take minutes.

Tomato and Feta Salad

Spring Creek Farm, Baldwin, KS, Kansas City Food Circle Member (recipe re-printed with permission from Kansas City Food Circle)

INGREDIENTS

Several ripe tomatoes, peeled and chopped
½ red onion, finely chopped
½ yellow or red sweet pepper, finely chopped
¼ cup black olives
¼ cup feta cheese
½ cup fresh basil, finely chopped
1 tablespoon olive oil
black pepper to taste

DIRECTIONS

Mix all ingredients and marinate in refrigerator for several hours. Serve chilled.

Words of wisdom: Don't leave the olives out or try to replace them with a salt shaker.

Spring Creek Farm offers organic produce with several heirloom varieties through CSA subscription (deliveries to Baldwin and Gardner). They also can be found at the Saturday Downtown Lawrence Farmers Market. springcreekcsa@yahoo.com, 785-633-5292

STARTERS

Garlic Port Wine Cheese Ball

Craig Jones, Savory Additions Gourmet Nuts

INGREDIENTS

- 1 cup crumbled gorgonzola
 - 1 cup shredded mozzarella cheese or smoked gouda
 - 1 (8 ounce) package cream cheese, softened
 - 2 tablespoons mayonnaise
 - 1 tablespoon port wine
 - 1 to 4 garlic cloves, minced (mild to extremely garlicky)
 - 1/2 cup pecans, toasted and chopped fine
- Crackers or toasted slices of crusty bread work well with this cheese ball.

DIRECTIONS

1. Process all of the ingredients (except the pecans) in a food processor until smooth (about one minute). Scrape down the sides as needed. Using a spatula, transfer the mixture to the center of a large sheet of plastic wrap.
2. Seal the cheese in the wrap and shape into a rough ball (the mixture will be somewhat loose). Refrigerate for 3 hours, until firm. The cheese ball can be refrigerated for up to 2 days. Once the cheese ball is firm, reshape it as necessary into a smooth sphere. Unwrap the cheese ball and roll it in the pecans. Let it sit at room temperature for 15 minutes before serving.

Sweet Potato and Quinoa Cakes with Chipotle Aioli and Micro Greens

Beth Bader, co-author of *The Cleaner Plate Club*

INGREDIENTS

2 cups cooked sweet potatoes (about 1 and a quarter lbs. raw), mashed well
2 cups cooked quinoa
4 oz. (half can) canned black beans
1 clove garlic, chopped fine
1/2 small red onion diced finely
1 small or 1/2 large red pepper diced finely
1 tsp. kosher salt
1 tsp. cumin
2 tsp. smoked paprika
Canola (non-GMO) for pan searing

Chipotle Aioli

Mix together:

1/4 cup Vegan mayo, or regular mayo
2 Tbs. Chipotle sauce, get a good one for this
3 cups micro greens or baby lettuces

DIRECTIONS

Heat 1 tsp. canola in a saute pan. Saute the pepper, onion and garlic until lightly browned. The cakes are not cooked for a long time, so you want to sauté these now and not have that raw onion and pepper hard edge. Add the sautéed items to a mixing bowl.

Add the other ingredients. (You can peel, cube and steam the sweet potatoes, cook in peel in microwave or oven and scrape out flesh. Whichever you have time for.) Mix these well to incorporate.

Shape into cakes. I like making two smaller ones because they stack nice on the plate. The recipe makes 12 servings or 24 appetizer-sized single cake courses. Did I mention these make good appetizers?

Heat more canola in the pan (you can wipe the pan out from before, no need to wash it and do that extra work). Sear the cakes about 2 minutes per side.

To serve: Place a cake (or two small) on a plate. Add a tsp. of the chipotle aioli (fancy word for mayo), and top with micro greens.

Don't call it a burger or vegan, or healthy prior to serving.

Sweet Potato Hummus

Lisa Markley, Healthy Eating Specialist at Whole Foods Market

INGREDIENTS

1 (15-ounce) can cannellini beans, drained and rinsed
1 medium sweet potato, roasted or steamed
3 tablespoons Extra Virgin Olive Oil
3 tablespoons sesame tahini
2 cloves garlic
Juice of 1 lemon
1 teaspoon ground cumin
1/2 teaspoon smoked paprika
Salt and pepper to taste

DIRECTIONS

Remove the peel* from sweet potato than place all ingredients in a food processor. Blend until smooth and creamy. Season with salt and pepper to taste.

*peel can be left on sweet potato if a more rustic texture is desired

Welsh Rarebit or “Fancy Cheese Toast”

Craig Howard, Howard's Organic Fare and Vegetable Patch

INGREDIENTS

2 tablespoons unsalted butter
2 tablespoons all-purpose flour
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/2 cup Boulevard Dark Truth (or similar brew)
3/4 cup heavy cream
1.5 cups shredded Skyview Farm Alpine Prairie (or similar cheese, like cheddar)
2 drops hot sauce if you'd like
4 slices good bread

DIRECTIONS

In a medium saucepan over low heat, melt the butter and whisk in the flour. Cook, whisking constantly for 2 to 3 minutes, being careful not to brown the flour. Whisk in mustard, Worcestershire sauce, salt, and pepper until smooth. Add beer and whisk to combine. Pour in cream and whisk until well combined and smooth. Gradually add cheese, stirring constantly, until cheese melts and sauce is smooth; this will take 4 or 5 minutes. Add hot sauce if you'd like and stir in. Pour in small loaf pan or similar sized dish that will hold the cheese sauce in a 1/2" layer. Let cool in to room temperature and pop in the fridge for a bit or overnight. When your guests are about to arrive, turn on your broiler. Cut the cheese sauce into pieces to accommodate your bread slices. Place the slices on a sheet pan and top with cheese mix. Pop under broiler for 5 minutes or so until is bubble and appears delicious. Serve immediately! If you have any pickled vegetables or microgreens around set them out as well. Enjoy!

Serves 4 or so

Howard's Organic Fare and Vegetable Patch

www.howardskcmo.com

@howardskcmo

900 E. 21st St.

Kansas City, MO 64108

SOUPS

Autumn Vegetable Stew

Jamie Milks, Everyday Organic Cookery and member of Slow Food Kansas City Board of Directors

INGREDIENTS

2 small eggplant (4 cups), peeled and diced
2 medium zucchini (4 cups), diced
2 cups olive oil
1 small onion, diced
4 stalks celery, diced
¼ cup minced garlic
4 sprigs oregano
1 bay leaf
2 cups cooked garbanzo beans
1 cup cherry tomatoes, halved
1 quart chicken or vegetable stock or water
Optional: Parmesan cheese

DIRECTIONS

Preheat oven to 300 degrees. Line 2 baking sheets with paper towels. Spread eggplant and zucchini on baking sheets in a single layer, sprinkle with 2 teaspoons salt and let sit for 30 minutes.

Heat 2 cups olive oil over medium heat in a 6-8 quart heavy bottomed pot. Add onion and celery. Cook vegetables until they begin to soften. Add garlic, oregano and bay leaf. Cook 3 – 4 minutes, stirring occasionally.

Pat zucchini and eggplant dry and add them to the pot. Toss everything in olive oil until coated evenly.

Cover and place pot in oven for 40 minutes or until vegetables are soft but not mushy. Gently turn vegetables several times while cooking. Remove pot from oven and drain off olive oil (reserve for another pot of stew). Add garbanzo beans, cherry tomatoes and stock or water to pot. Simmer 5 – 10 minutes. Salt and pepper to taste and optionally serve with Parmesan cheese.

Rustic Turkey Soup

Lisa Waterman Gray, Writer/Photographer and member of Slow Food Kansas City Board of Directors

INGREDIENTS

1 pound white and dark turkey, cut into bite-sized pieces
1/2 large onion, diced
2 celery stalks, diced
olive oil
1 medium zucchini, diced
4 cups low-sodium chicken stock
2 cups cooked wild rice (may use canned; or substitute barley or brown rice)
2 tablespoons dried sage
salt and pepper to taste

DIRECTIONS

Saute zucchini in olive oil, on medium, until lightly browned. Set aside. Saute onion and celery in olive oil and large pan. Maintaining medium-high heat, add stock, rice, turkey, zucchini and seasonings. Bring to a boil and then let simmer for minimum of 25-30 minutes. To thicken, simmer uncovered for some or all of the cooking time. To thin, add more stock.

Optional:

For a creamer soup, heat 2 tablespoons of butter in a small saucepan. Sprinkle in 2 tablespoons of flour while whisking. Continue whisking for 1 minute. Still whisking, add 1 cup milk. Continue whisking until thick and bubbly. Add creamy mixture to soup.

Makes 4-6 servings

Yukon Green Chile Soup

Lisa Waterman Gray, Writer/Photographer and member of Slow Food Kansas City Board of Directors

INGREDIENTS

3 1/2 cups Yukon gold potato chunks, skin on
2 cups water
3 teaspoons bouillon powder
1 medium onion, diced
3 large cloves of garlic, minced
1 tablespoon of butter
4 slices of cooked bacon, chopped
6-8 ounces cream cheese
2-4 ounces canned green chiles, chopped
1/2 cup instant milk powder
1 tablespoon fresh Parmesan
2 tablespoons sherry
1 1/2 teaspoons coarse salt
1/2 teaspoon pepper

DIRECTIONS

Combine potato chunks, water and bouillon powder in a large pan and bring to a boil. Reduce heat and simmer, approximately 40 minutes, or until potatoes are soft. While potatoes cook saute onion and garlic in butter, until onions become translucent - about 3-5 minutes.

After 40 minutes, mash potatoes in cooking water over low heat, leaving occasional small chunks. Add instant milk, bacon, cream cheese, Parmesan, sherry, chiles, salt and pepper.

Bring to a boil briefly, reduce heat, and simmer for 15 to 20 minutes. Adjust seasoning to taste. Serve with crusty French bread, and a crisp salad or raw vegetables.

Makes 4-5 large servings

SIDES

Green Beans with Asian Five Spice Powder

Fair Share Farm, Kearny, Mo, Kansas City Food Circle member (recipe reprinted with permission from Kansas City Food Circle)

INGREDIENTS

1 lb fresh green beans
2 tablespoons olive oil
2 cloves garlic, crushed and chopped
2 teaspoons Asian five spice powder
1 to 2 tablespoons butter
Pinch of salt
3 tablespoons sunflower seeds

DIRECTIONS

Clean green beans by snapping off and discarding the stem end, and then snapping bean in two.

Steam beans for 5 to 10 minutes, or until tender but still crunchy.

Transfer to a bowl and mix with remaining ingredients. Serve hot.

You can also cook the beans by sautéing them in a skillet for 5 to 10 minutes over medium high heat until they start to caramelize a bit and then tossing with the remaining ingredients.

*Fair Share Farm offers a CSA subscription of fresh, organic produce and herbs to the greater Kansas City area, including Holt, Excelsior Springs, Gladstone, Liberty and Lawson, MO.
www.fairsharefarm.com*

Local Sweet Potato & Apple Gratin

Chef Jasper Mirabile, Jasper's Restaurant and Co-Chair of Slow Food Kansas City

INGREDIENTS

4 Tbs Shatto Butter
1 Local Apple (Peeled, Cored and Sliced)
1 1/2 lbs Local Sweet Potatoes
1/2 tsp Salt
1/2 tsp Cinnamon
Freshly Grated Nutmeg
1 1/4 cups Shatto Cream
1/2 cup Farm to Market Bread Crumbs

DIRECTIONS

Wash and peel and slice sweet potatoes. Preheat the oven to 375°F. In a 10-inch skillet, melt 2 tablespoons butter. Over medium-high heat, saute the apples until slightly caramelized.

Place the potatoes in a medium bowl and season with salt, cinnamon, pepper and nutmeg. Pour over the cream and mix well. Butter a 10-inch grain dish and layer with half the potatoes, one overlapping the other. Pour over the cream and mix well.

Butter a 10-inch grain dish and layer with half the potatoes, one overlapping the other. Cover with the apples and arrange the remaining potatoes on top. Cover the dish with aluminum foil and bake for 1 hour, or until the potatoes are tender.

Remove from the oven. Turn the oven to 500°F. Sprinkle the bread crumbs over the potatoes and dot with the remaining butter. Bake 5 minutes and serve.

Chef Jaspers Notes: Believe it or not, the sweet potato is not a potato, not even a distant cousin. Potatoes are truly tubers; Sweet Potatoes are roots. Sweet Potatoes have been around since prehistoric times and are as American as apple pie, and even more so. Native Americans were already growing Sweet Potatoes when Columbus came to these shores in 1492. Sweet Potatoes can be baked, boiled, broiled, stuffed, steamed, stir-fried or microwaved; or served raw.

Pistachio Pesto

Lisa Markley, Healthy Eating Specialist at Whole Foods Market

INGREDIENTS

3 cups fresh basil
1 cup fresh baby spinach
1 cup pistachios
1/4 cup extra virgin olive oil
2 cloves garlic
1 tablespoon white miso or chickpea miso
3 tablespoons lemon juice
Sea salt and pepper to taste

DIRECTIONS

Place all ingredients in a food processor and process until smooth.

MAIN COURSE

Chard-Wrapped Chicken

Spring Creek Farm, Baldwin City, KS, Kansas City Food Circle member (recipe reprinted with permission from Kansas City Food Circle)

INGREDIENTS

1/4 cup olive oil
2 tablespoons snipped fresh basil, oregano and/or chives
1 clove garlic, crushed or minced
¼ teaspoon ground black pepper
½ cup crumble feta cheese
6 medium skinless, boneless chicken breasts
6 swiss chard leaves, stems trimmed

DIRECTIONS

Preheat oven to 375 degrees. In a small bowl, combine olive oil, garlic, pepper and half of the herbs. Combine with feta cheese using the back of a spoon to mash into a paste.

Top each chicken breast with some of the feta mixture, pressing firmly. Wrap center portion of each chicken breast with a Swiss chard leaf, leaving the ends exposed.

Place wrapped chicken breasts in a 3-quart rectangular baking dish. Bake covered in preheated oven 25 – 30 minutes, or until chicken is no longer pink. Cook another 5 minutes uncovered and sprinkle remaining herbs over it before serving.

Spring Creek Farm offers organic produce with several heirloom varieties through CSA subscription (deliveries to Baldwin and Gardner). They also can be found at the Saturday Downtown Lawrence Farmers Market. springcreekcsa@yahoo.com, 785-633-5292

Grilled Apple Cider Pork Chops

Duane Daugherty, Mr. Doggity's BBQ

INGREDIENTS

2 cups unfiltered apple cider
1 tablespoon coarsely ground black pepper
¼ cup salt
¼ cup turbinado sugar
1 teaspoon red pepper flakes (or to taste)
4 thick cut pork chops
1 large apple, cored and sliced ¼" thick
2 tablespoons BBQ rub
¼ cup BBQ sauce

DIRECTIONS

In a large pot over medium-high heat, add 1 cup of water, apple juice, pepper, salt, sugar and red pepper flakes. Bring to a simmer making sure to stir occasionally to dissolve the salt and sugar. Remove from heat and add to a large bowl with 2 cups of ice.

Once the brined has cooled add pork chops. Brine for at least 4 hours or up to 24 hours in the refrigerator.

Remove pork from brine, rinse with cold water and pat dry with paper towels.

Heat grill to medium heat. Sprinkle the pork chops with BBQ Rub. Place chops on hot oiled grill. Grill chops for 4 to 5 minutes per side. Brush with BBQ sauce in the last minute of cooking on each side. Let rest for 5 minutes before serving. Sprinkle apple slices with BBQ rub and grill along side pork chops. Top each chop with an apple slice, and a drizzle of BBQ sauce to serve.

Rustic Sicilian “Summer-Time” Pizza Dough

URBAVORE Urban Farm, Kansas City Food Circle member (re-printed with permission from Kansas City Food Circle)

INGREDIENTS

1 package (2 ¼ teaspoons) dry active yeast
¼ cup luke warm water (100 to 115 degrees)
1 tablespoon local honey
3 ¾ cups local whole wheat flour (such as Acme Grain or Heartland Mill)
1 cup cool water
1 tablespoon olive oil
Pinch of salt

DIRECTIONS

Dissolve yeast in warm water. Add honey and let sit for 5 minutes, until foamy. Put flour in large mixing bowl and make an indentation in the center for the wet ingredients.

Mix olive oil and salt with the cool water in its measuring cup. Pour olive oil mixture, then yeast mixture into flour and mix with a wooden spoon until a sticky ball begins to form. Transfer dough to a lightly floured surface. Knead vigorously for 8 – 10 minutes. Transfer dough to oiled bowl. Cover with moist towel. Place in a warm, draft-free spot and let rise until doubled, about 1 hour. Punch down dough and knead again on lightly floured surface for 3 minutes. Divide dough into 2 equal portions and roll into tight balls. Place on tray, cover with damp towel and let rest for several hours at room temperature, or overnight in refrigerator.

To form crusts, roll or stretch each ball into 12- or 14-inch circle. Add toppings such as roasted garlic, caramelized onions and grated goat cheese. Place on a preheated pizza stone/baking sheet at 475 degrees for 12 minutes.

Makes 2 medium pizzas

URBAVORE Urban Farm offers heirloom vegetables, culinary/medicinal herbs and edible flowers through CSA subscription or at their BADSEED Farmers Market, 1909 McGee, Kansas City, MO. www.badseedkc.com

Slow Cooker Enchiladas

Parker Farms Natural Meats, Kansas City Food Circle Member (reprinted with permission from Kansas City Food Circle)

INGREDIENTS

1 lb. ground beef
1 cup chopped onion
½ cup chopped green peppers
1 can red kidney beans, drained and rinsed
1 can black beans, drained and rinsed
1 can diced tomatoes with green chilis, undrained (can use homemade salsa instead)
1/3 cup water
1 ½ teaspoons chili powder (less or more to taste)
½ teaspoon ground cumin
½ teaspoon salt
¼ teaspoon pepper
2 cups (8 oz) shredded cheese (any kind you like)
6 flour or whole wheat tortillas

DIRECTIONS

Cook beef, onions and green peppers in skillet until beef is browned and vegetables are tender. Drain.

Add next 8 ingredients and bring to a boil. Reduce heat. Cover and simmer 10 minutes. In slow cooker, layer about ¾ cup beef mixture, one tortilla and enough cheese to cover tortilla. Repeat layers until ingredients are gone. Cover. Cook on low 5 – 7 hours or until heated through.

Try leftover chicken or ground lamb instead of beef. Serve with sour cream and guacamole.

Parker Farms Natural Meats offers grass-fed beef, Katahdin lamb, pork, free-range eggs and pastured chicken through CSA subscription in the Kansas City area. Bulk or retail cuts also are available at the farm, by delivery to select metro locations or at BADSEED Farmer's Market every Friday night.

Stuffed Salami Chicken

Craig Jones, Savory Addictions Gourmet Nuts

INGREDIENTS

4 boneless, skinless chicken breast

Quick Brine (1/2 cup kosher salt or ¼ cup table salt + ¼ cup granulated sugar – kosher is preferred)

Stuffing

- 12 slices of salami
- ½ cup of shredded mozzarella

Coating

- 1 cup Italian seasoned breadcrumbs
- 2 cloves of garlic, finely minced
- ¾ cups of grated Parmesan
- 2 eggs, beaten
- Spray oil

DIRECTIONS

Combine the brine ingredients with 4 cups of water. Stir until fully incorporated. Place the chicken breast in a one gallon resealable plastic bag and pour the brine over the chicken. Seal up the bag, removing as much air as possible. Place the bag in a bowl (to contain possible leaks) and place the chicken in the refrigerator. After one hour (do not go longer than one hour), remove the chicken from the refrigerator, drain the brine and pat dry the chicken. Make 4 salami and mozzarella roll-ups by tightly rolling 2 tablespoons of shredded cheese inside 3 slices of salami. Cut a pocket through the side of the chicken into the thickest part of each breast, and then stuff each with 1 roll-up. Move the chicken to a plate, cover with plastic wrap, and refrigerate until firm, at least 20 minutes or up to 4 hours.

Adjust the oven rack to the middle position and pre-heat oven to 425 degrees. Line a rimmed baking sheet with aluminum foil, top with a wire rack, and spray the rack with oil spray. Mix the breadcrumbs, garlic and Parmesan in a shallow dish or bowl. Place the beaten eggs in a separate shallow dish or bowl.

Working with one chicken breast at a time, dip the chicken into the eggs and then in the breadcrumb mixture (pressing to adhere). Place on the prepared wire rack. Spray the chicken with oil spray. Bake until the chicken registers 160 degrees, about 30 minutes. Let the chicken rest for 5 to 10 minutes; serve.

Serves 4

Veggie Chicken Wrap

Bread of Life Bakery, Stewartville, MO, Kansas City Food Circle member (recipe reprinted with permission from Kansas City Food Circle)

INGREDIENTS

- 1 package of Bread of Life Piadina Spinach Wraps (4)
- 4 cups of local grown organic greens
- ¼ cup slivered almonds
- ¼ cup cranberries
- ½ organic avocado, diced
- 1 cup cooked organic chicken, diced
- ½ cup organic Italian dressing, or some other favorite salad dressing

DIRECTIONS

In a bowl, combine mixed greens, almonds, cranberries, avocados, chicken and dressing. Roll to mix and fill Piadina wraps.
Piadinas are a bakery favorite. We have them as pizzas, burritos and wraps. Sometimes we have them plain with just olive oil and garlic salt.

Bread of Life Bakery offers a variety of breads and snacks baked with locally grown, 100% organic, fresh ground wheat. Order items off their website or find their goods in select Kansas City retail stores and at area farmers markets. www.breadoflifebakery.net

DESSERTS

Apple Butter

Mariann Vandenberg, Travels with Taste and Co-Chair of Slow Food Kansas City

INSTRUCTIONS

4 ½ pounds cooking apples, cored and quartered (about 25 small local apples or 15 medium size) do not peel

4 cups Louisburg apple cider

1 cup sugar

1 cup light brown sugar

2 tsp Penzey's Vietnamese cinnamon

½ tsp Penzey's Allspice

½ tsp Penzey's ground clove

DIRECTIONS

In an 8 or 10 quart pot combine apples and cider. Bring to boil for about 10 minutes and reduce heat. Cover and simmer for about 45 minutes, stirring occasionally till apples are tender. Press through a food mill until you have about 9 cups. Put apple pulp, remaining cider, sugar, cinnamon, allspice, and clove into a crockpot. Cover and Cook on high for 2 hours, reduce temp to low and remove cover and cook for another 6 hours.

Ladle into hot, sterilized half pint jars, leaving ¼ inch headspace. Wipe rims; adjust lids. Process in boiling water bath for 5 minutes.

Apple Cinnamon Cornbread

Lisa Waterman Gray, Writer/Photographer and member of Slow Food Kansas City Board of Directors

INGREDIENTS

2 apples, chopped fine (skin on)
2 ½ teaspoons sugar
2 ½ teaspoons cinnamon
1 cup whole wheat pastry flour
1 cup organic cornmeal
1 tablespoon baking powder
½ teaspoon salt
2 beaten eggs
1 cup low-fat milk
¼ cup cooking oil
½ cup frozen or fresh corn kernels

DIRECTIONS

Grease 9x9x2 baking pan and preheat oven to 425 degrees. Use a steamer to 'wilt' apple pieces over high heat, about 5 minutes or until tender. Remove from heat. In a small bowl, toss apples with sugar and cinnamon until thoroughly coated. Set aside.

Mix together flour, cornmeal, baking powder and salt. Add beaten eggs, milk and oil; mix together. Fold in corn and apples. Pour batter into pan and bake for 20-25 minutes or until toothpick comes out clean.

Rustic Sage Cake

Emily Akins, Kansas City Food Circle Committee Member

INGREDIENTS

Helpful Tip: Since this recipe calls for egg yolks only, freeze the individual whites in an ice cube tray, then transfer them to a Ziploc bag for easy storage. Next time you want to make a recipe that calls for whites you'll already have some on hand!

14 fresh sage leaves (7 large leaves for steeping and 7 baby leaves for decoration)
2/3 cup whole milk
4 egg yolks
1 teaspoon vanilla
2 cups cake flour
1 cup granulated sugar
1 tablespoon baking powder
1/2 teaspoon salt
8 tablespoons extra-virgin olive oil

DIRECTIONS

Preheat your oven to 350 degrees F. Grease a 9-inch round, springform cake pan with PAM or another baking spray. In small saucer combine the milk and 7 large sage leaves, torn into thirds. Warm over medium heat until the milk is very hot. Set aside to steep for 15 minutes.

While the milk is steeping, sift the cake flour and baking powder into a large mixing bowl. Add the salt, mixing well with a whisk. In a small bowl combine the yolks, sugar, olive oil and vanilla.

Strain the milk through a fine mesh sieve, then add half of the milk, and the yolk mixture, to the bowl with the cake flour, stirring to combine. Add the remaining milk, mixing well. Pour the batter into the prepared springform pan and decoratively arrange seven small sage leaves on top of the batter. Bake for about 30 minutes, until the cake is lightly golden and starts to pull away from the edges of the pan.

Cool in the pan for 10 minutes, then run a butter knife around the edges and remove the sides of the pan. Serve warm or at room temperature, with vanilla ice cream if you like.

Spiced Pumpkin Cheesecake

Chef Terry Mille, Cowtown Cheesecake Company

CRUST

Preheat oven to 350 degrees. Pulse 40 gingersnap cookies and ¼ cup brown sugar in food processor. Transfer 2 cups crumbs to medium bowl. Add 5 tablespoons melted butter. Combine thoroughly with spoon and then with fingers until mixture is evenly moist and holds together when squeezing a handful. Press mixture evenly over bottom and partway up sides of 9-inch spring-form pan. Chill for 5 minutes, then bake for 10 minutes. Let cool.

FILLING

Heat kettle of water. Beat 2 pounds of cream cheese at room temperature with electric mixer until smooth. In separate bowl, whisk together 1 1/3 cups brown sugar, 1 teaspoon cinnamon, ½ teaspoon ginger, and ¼ teaspoon each allspice, nutmeg and salt. Add mixture to cream cheese. Beat until well blended. Add 4 large eggs and 2 large egg yolks one at a time, blending well before adding next egg or yolk. Scrape bowl after each addition. Blend in 1 tablespoon vanilla and 1 (15 ounce) can solid pack pumpkin (not pie filling) and stir in 1/3 cup heavy cream.

Scrape butter into cooled crust. Tap pan gently to release air bubbles. Set pan in larger baking dish. Add hot water from kettle to halfway up sides of pan. Bake at 350 degrees for 1 hour or until cake top looks deep golden and center sets. Cake will jiggle a little when tapped.

Turn off oven and leave door ajar for 1 hour. Remove cheesecake from oven and run thin-bladed knife between crust and pan sides to prevent cake from breaking as it cools on counter for 1 hour.

Cover and chill overnight. Serve with fresh whipped cream.

Cowtown Cheesecake Company
www.cowtowncheesecake.com

Sweet Potato Muffins with Maple Whipped Cream

Jamie Milks, Everyday Organic Cookery and member of Slow Food Kansas City Board of Directors

INGREDIENTS

2 cups whole wheat flour
2 teaspoons baking powder
1 teaspoon cinnamon
1/2 teaspoon baking soda
1/4 teaspoon sea salt
1 cup coconut oil
1 1/2 cup whole cane sugar
3 eggs
1 lb. sweet potatoes
1 teaspoon vanilla
Optional: Chopped pecans

DIRECTIONS

Preheat oven to 350 degrees. Wrap the sweet potatoes in aluminum foil and bake for 45 minutes or until soft. Cool, peel, and mash the potatoes. Prepare 2 muffin pans with paper liners (24 total cupcakes).

In a medium size bowl, mix the dry ingredients. With an electric mixer, beat the coconut oil and sugar for 2 minutes. Add the eggs, one at a time, mixing on low after each addition. Add the sweet potatoes and vanilla and mix well. Slowly add the flour mixture and continue beating until the batter is smooth. The batter will be slightly thicker than normal cake batter. Spoon the batter evenly among the prepared pans and bake for 20 minutes. Allow the cupcakes to cool for a few minutes in the pan and then remove and cool completely on a wire rack. Top with Maple Whipped Cream (recipe below) and optionally sprinkle with pecans.

Maple Whipped Cream

INGREDIENTS

1/2 cup pure maple syrup
2 cups organic heavy cream
1/8 teaspoon kosher salt

DIRECTIONS

Bring maple syrup to a boil in a small saucepan. Cook until reduced by half. Remove from heat. Whisk in half the cream, then whisk in the remaining cream and salt. Refrigerate until well chilled, about 2 1/2 hours. Transfer to the chilled bowl of a mixer, and whisk until soft peaks form.



Pumpkin Carving Pattern

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