

ON THE MENU

FEATURED

VENDOR:

Moor Farm

- 100% Red Fife Wheat Flour Bread
- Insalata Caprese Salad
- Salmon with Caramelized Leeks
- Mama's Pound Cake
- Pinot Grigio
- Port City Coffee Roasters

To complement the main course, we recommend the Pinot Grigio from Jewell Towne Vineyards.

And the dessert goes great with Port City coffee.



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## From Scratch

### 100% RED FIFE WHEAT FLOUR BREAD

- 1 3/4 cup water
- 5 cups whole wheat flour } Moor Farm
- 2 Tbsp butter
- 3 Tbsp honey or molasses
- 3 Tbsp dry milk
- 2 tsp sea salt
- 2 tsp vital wheat gluten
- 2 tsp active dry yeast

Mix ingredients by machine or hand. Bake at 375° for 45 min.

Don't feel like baking from scratch? Rye Bakers Co-Op offers a "Hearty Local Loaf" made with Moor Farm red fife flour!

**Did you know?**

Moor Farm produces organic whole milk, mozzarella cheese, and butter...to be included in all your favorite recipes!

## Starters

### INSALATA CAPRESE SALAD

*Ingredients:*

- 3 lg. ripe tomatoes, sliced } Moor Farm
- 1 lb. mozzarella, sliced
- 1/2 c. olive oil
- 2 tbsp. wine vinegar
- 2 tbsp. fresh basil—Connolly's Organics

*Directions:*

In a large serving dish, alternate slices of tomatoes and mozzarella cheese. Sprinkle with oil, vinegar and chopped basil. Season with salt and pepper to taste. Serves 6 people.



## Main Course

### SALMON WITH CAMELIZED LEEKS

- 4 leeks } Moor Farm
- 2 Tbsp butter
- 1 Tbsp brown sugar
- 3 carrots, cut into matchsticks (Applecrest or Rye Farmers Group)
- 2 pounds salmon fillets— from Seaport Fish
- 2 teaspoons olive oil
- Salt and pepper to taste

*Directions:*

• Preheat oven to 425°. Line a baking sheet with foil, and spray with cooking spray. Set aside.  
 • To prepare the leeks, trim away the root end, tough outer leaves, and dark green tops. Cut lengthwise into quarters, then crosswise into thirds. Rinse and drain in a colander.  
 • Melt butter in a large skillet over medium-high heat. Cook and stir the leeks until softened, about 5 mins. Sprinkle leeks with brown sugar, and cook until they turn brown, 15 to 20 min. Stir in carrots, sprinkle with salt, cook and stir until the carrots are tender, about 5 min.  
 • Rub salmon with olive oil, sprinkle with salt and pepper and place on baking sheet. Roast until the flesh is opaque and flakes easily, about 10 mins. per 1 inch of thickness. Remove the cooked fillets to plates, and top each fillet with 1/4 of the caramelized leeks and carrots.



## Dessert

### MAMA'S POUND CAKE

- 1/2 lb butter— Moor Farm
- 1/2 cup vegetable shortening
- 3 cups sugar
- 5 eggs—Rye Farmers Group
- 3 cups flour — Moor Farm
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1 cup milk — Moor Farm
- 1 tsp vanilla extract



Preheat oven to 350° F. With a mixer, cream butter and shortening together. Add sugar, a little at a time. Add eggs, 1 at a time, beating after each addition. Stir dry ingredients together in a bowl and add to mixer alternately with milk, starting with the flour and ending with the flour. Mix in vanilla. Pour into a greased and floured tube pan and bake for 1 to 1 1/2 hours, until a toothpick inserted in the center of the cake comes out clean.

**TIP:** When serving, top with your favorite fresh fruit from Applecrest Farm.

And don't forget the whipped cream!