

November 13<sup>th</sup> 2010 Chef Demo by Virginia Willis

## Winter Vegetable Soup with Pepper Cilantro Cornmeal Cakes

Serves 4 to 6

2 tablespoons canola oil

1 onion, chopped

2 cloves garlic, chopped

1 apple, chopped

1 small bunch Hakurei turnips, scrubbed and halved, greens reserved **Burge Organic Farm**

1 small bunch radishes, scrubbed and halved, greens reserved **Heirloom Gardens**

2 carrots, chopped **Split Cedar**

1 sweet potato, chopped **Heirloom Gardens**

1 cup chopped African squash **Burge Organic Farm**

1/4 cup dried mushrooms or 1/2 cup fresh mushrooms **Split Cedar**

2 quarts homemade chicken stock or reduced fat low sodium chicken broth


2 sprigs thyme **Greenleaf Farm**

1/2 teaspoon cayenne pepper

4 cups braising mix **Burge Organic Farm**

Coarse salt and freshly ground black pepper

Heat the oil in a large pot over medium heat. Add the onion and cook until clear and translucent, 3 to 5 minutes. Add the garlic and cook until fragrant, 45 to 60 seconds. Add the apple, turnip, radishes, carrot, sweet potato, dried mushrooms, chicken stock, and thyme. Season with salt, pepper, and cayenne. Bring to a boil, and then reduce heat to simmer. Cook until vegetables are just tender, 20 to 25 minutes. Add braising mix and reserved greens; stir to combine. Taste and adjust for seasoning with salt and pepper. Serve immediately.



**April 10, 2010 – December 18, 2010**  
Saturdays, 8:30 am to 12:30 pm

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### Pepper Cilantro Cornmeal Cakes

Whisk together in a medium bowl:

- 1 cup of white cornmeal                      **Riverview Farm**
- 1 cup of flour
- 1-2 finely chopped peppers                **Greenola Farm**
- 1 teaspoon baking soda
- 1 teaspoon finely chopped cilantro      **Burge Organic Farm**
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon baking powder
- 1/4 teaspoon of cayenne pepper

Whisk together in a small bowl until smooth:

- 1 cup buttermilk
- 1/2 cup whole milk yogurt plain        **Atlanta Fresh**
- 1 large egg

Add to dry ingredients, stirring just until moistened. Pour about 3 tablespoons batter for each cake onto a hot, lightly greased griddle. Cook pancakes 3 minutes or until tops are covered with bubbles and edges look cooked; turn and cook until golden brown, about 2 minutes. Remove to a plate lined with paper towels and pat dry with a paper towel to remove excess oil. Makes 12.

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