

RIVERLAND ENERGY COOPERATIVE

Wisconsin

ENERGY COOPERATIVE

MONTHLY SINCE 1940

AUGUST 2011

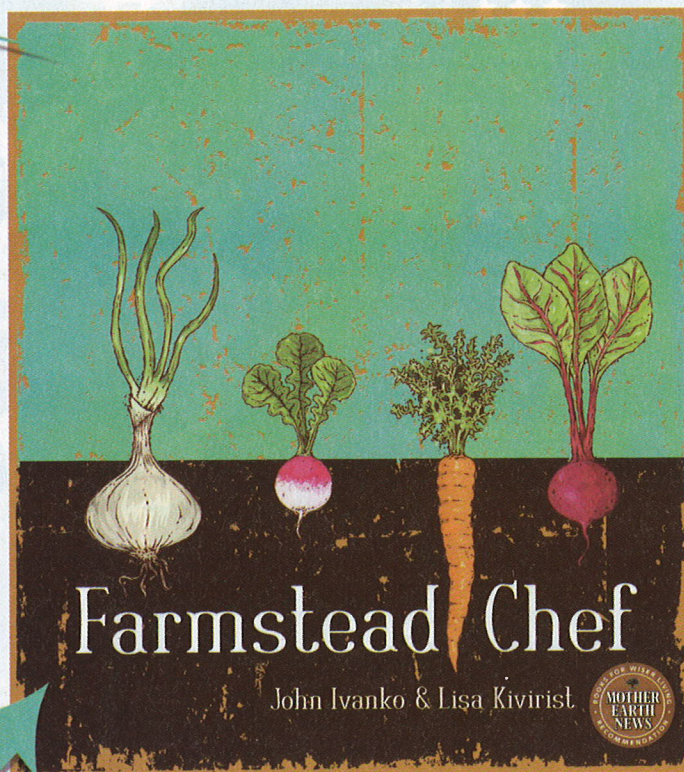
News

IN HER BOOTS

Sustainable Farming
for Women, by Women

PLUS:
TEENS TAKE THE TOUR
National Program
Draws Co-op Youth

Eating Fresh, Seasonal, and Local RECIPES from



Electric co-op members Lisa Kivirist and John Ivanko recently authored *Farmstead Chef*, a cookbook celebrating fresh, seasonal eating with a focus on choosing the best local ingredients possible. We're including several of that cookbook's recipes, using healthful ingredients that could come from your farm, your backyard urban garden, or a farmers' market near you. There's plenty more about the cookbook and eating what they call "farmsteadtarian" on their website, www.farmsteadchef.com.

Kivirist and Ivanko are members of Vernon Electric Cooperative. Kivirist is also director of the Rural Women's Project, referenced in this month's cover feature story on page 10. Recipe photos by John Ivanko.

Eggs Benedict

- 4 eggs
- 1 lb. Canadian bacon, thinly sliced
- 2 English muffins
- 1 cup Hollandaise sauce (recipe at right)
- 1 tsp. paprika

Fry bacon in a pan until fully browned on both sides. Drain off fat and cover the bacon to keep warm. Poach eggs, cooking for about 2 minutes, or until the white of the egg is solid but the yolk remains runny. Prepare the Hollandaise sauce. Toast each English muffin, then place on the plate. Add a strip or two of Canadian bacon to each muffin half, then a poached egg on top, covering the stack with several spoonfuls of Hollandaise sauce. Garnish with a light sprinkle of paprika. Serve immediately. Makes 4 servings.

Note: The recipe can be easily modified to be vegetarian with a bed of fresh, sautéed spinach, Swiss chard (called Eggs Florentine), or thinly sliced avocados with fresh bean sprouts layered underneath the poached egg instead of the Canadian bacon. It can also incorporate other regional specialties, like smoked salmon or fresh crab.

Hollandaise Sauce

- 3 egg yolks
- 1/4 cup water, simmering
- 1-1/2 Tbsp. lemon juice
- 1/4 cup butter (1/2 stick)

Whisk egg yolks in a double boiler over low heat. Make sure water isn't too hot or eggs will curdle. Stir 1 minute. Add water, 1 Tbsp. at a time, whisking constantly. Stir 1 to 2 minutes until thick. Add lemon juice. Take off heat and stir in butter. Serve immediately. Makes 1 cup.



Asian Chicken Satay with Thai Peanut Sauce

- 1 lb. chicken breasts
- 2 garlic cloves, minced
- 1-inch piece fresh ginger, minced
- 1/2 tsp. turmeric
- 1/2 tsp. cumin
- 2 Tbsp. brown sugar, firmly packed
- 1/2 cup. chicken stock
- 3 Tbsp. fish sauce
- 3 tsp. soy sauce
- 18 wood kabob skewers

Cut chicken into 1/2-inch wide strips and place in 9 x 13-inch baking pan. Combine remaining ingredients for marinade. Pour marinade over chicken strips. Cover and refrigerate for at least two hours, ideally overnight. Soak wood skewers in water for about an hour before making the kabobs (the skewers absorb water and are less likely to catch on fire). Thread chicken strips on skewers. Fill the first half of the kabob with skewered meat, leaving the lower half empty so you have a "handle" to easily pick up the satay. Grill chicken satay on a BBQ, basting with the leftover marinade. You can also broil the satay in your oven. Place the satay on a broiling pan and set the broiler to a medium heat (about 350 degrees). Place satay close to heating element and turn meat every five minutes until cooked while basting with the leftover marinade. Depending on the thickness of your meat, the satay should cook in about 8 to 12 minutes, but keep a close eye to avoid overcooking or drying it out. Serve with Peanut Sauce (recipe at right) on a bed of lettuce greens. Makes 6 appetizer servings.



Peanut Sauce

- 1 Tbsp. fish sauce
- 1/4 cup rice vinegar
- 1/2 cup coconut milk
- 1 tsp. sesame oil
- 1/4 tsp. red Thai curry paste
- 1/2 cup peanut butter
- 1/2 cup chicken stock
- 1/4 cup half & half cream
- 1/4 cup soy sauce
- 2 Tbsp. brown sugar, firmly packed
- 1 clove garlic, minced
- 1 Tbsp. lime juice
- 1/2 tsp. turmeric
- 1/8 cup chives or green onions, finely chopped
- 1/8 cup peanuts, crushed

Combine all ingredients with a whisk in a small bowl, adding a little more coconut milk as needed to make a sauce. Pour into a small saucepan over medium heat until sauce starts to bubble. Remove from heat. Serve in a bowl, topped with a sprinkle of fresh, crushed peanuts and finely chopped chives or green onions. Makes 2 cups.

Quick Pizza

- 2 cups flour
- 1/2 cup whole wheat flour
- 1-1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/4 cup butter (1/2 stick)
- 1 cup milk
- 2 cups tomato sauce
- Pizza toppings of choice
- 1/2 tsp. canola oil

Place the two flours, baking powder, and salt into a food processor and pulse until mixed. Drop in the butter pieces and pulse until large crumbs form. With the motor running, pour in the milk and process just until a clump of dough forms. Scrape the



dough onto a lightly floured surface. Form 4 balls. Roll out each ball with a lightly floured rolling pin into an 8-inch circle. Place two circles on a lightly oiled baking sheet. Top with the toppings of your choice and bake at 450 degrees for 12 to 15 minutes or until golden on top and bottom. Peek underneath the crust to make sure it's golden brown. Serve immediately. If there are any leftovers, they're

best reheated in the oven to maintain the crispiness of the crust. Makes 4 pizzas.

Bonus recipe: "Very Berry Smoothie" at www.wecnmagazine.com.