

PRINCE GEORGE 2018

SUMMER CSA NEWSLETTER

Prince George – Norwich Meadows Farm CSA

Chicken, Basil and Bok Choy Stir-Fry

Ingredients:

- 1 tablespoon fish sauce
- 1½ teaspoons low-sodium soy sauce
- 2 teaspoons cornstarch
- 2 garlic cloves, very finely chopped
- 3 boneless, skinless chicken breasts, sliced into bite-size pieces
- 2 teaspoons canola or grapeseed oil
- 1 small red onion, halved and thinly sliced
- 2 fresh red chiles (such as Fresno chiles), thinly sliced crosswise
- 1 cup thinly sliced bok choy stems
- 1 cup thinly sliced bok choy greens
- 1½ cups roughly chopped fresh basil leaves
- Juice of 1 lime

Directions:

To a large bowl, add the fish sauce, soy sauce and cornstarch and whisk until smooth. Add the garlic and chicken, toss to coat and set aside to marinate. To a large nonstick skillet set over medium-high heat, add the oil. Once it starts to shimmer, after about 1 minute, add the red onion and chiles. Cook until the red onions brown around the edges, about 2 minutes. Stir in the bok choy stems, cook for 1 minute, then add the chicken. Cook, stirring often, until the chicken is nearly cooked through, 5 to 6 minutes. Stir in the bok choy greens, 1¼ cups of the basil leaves and the lime juice. Once the greens are wilted, transfer the stir-fry to a platter. Sprinkle with the remaining basil leaves and serve.



Ham, Cheddar & Chive Scones

Ingredients:

- 2¾ cups all-purpose flour
- 1 teaspoon salt
- 2¾ teaspoons baking powder
- 12 tablespoons (1½ sticks) cold unsalted butter, cut into cubes
- ¾ cups shredded cheddar cheese
- 1 cup diced ham
- ¼ cup minced chives
- 1 cup heavy cream
- 3 eggs
- 1 tablespoon milk
- Shredded cheddar cheese, for topping

Directions:

Preheat the oven to 375°. Line two baking sheets with parchment paper. In the bowl of a food processor, mix the flour with the salt and baking powder to combine. Add the butter and pulse until the pieces are the size of peas. Then add the cheese, ham and chives, and pulse just until incorporated. In a small bowl, lightly beat 2 eggs. While the food processor is running, gradually add the heavy cream and beaten eggs. Combine just until the dough comes together. Don't overmix. Scoop out the dough with your hands (the dough will be a tad sticky) and form it into loose balls. Place them on the prepared baking sheets, leaving at least ¾ inch between each scone. Make an egg wash by whisking the remaining egg with the milk in a small bowl. Brush the egg wash onto the scones, then top with a tablespoon of shredded cheese. Bake until the scones are golden brown, 20 to 25 minutes. Let cool for 5 to 10 minutes before serving.

