

10/12/2021

MAIN ENTRÉE OPTIONS (SELECT AT LEAST ONE)

Dish	Cooking Instructions	Mix & Match Suggestions
<p>Sheet pan chicken tikka <i>(Full orders= 1 whole chicken cut into pieces OR 4 chicken breasts. Half orders = .5 chicken cut into pieces OR 2 chicken breasts. Please specify your selection. Dairy-free available on request.)</i></p>	<p>Best hot. Cover Pyrex with foil and cook in a preheated 400-degree oven for 10-15 minutes to reheat. Serve with yogurt if desired.</p>	<p>In this healthy riff on the classic tiki masala, a whole chicken is cut into pieces and marinated with high-quality spices, fresh ginger, garlic, mild jalapenos, and yogurt (or cashew yogurt for the dairy-averse) and then roasted to juicy perfection on a sheet pan and served with vibrant herbs, a squeeze of lime, and a dollop of yogurt. Try it for dinner with a side of the harvest veggie curry and rice. Take leftovers for lunch with the saag paneer or salad.</p>
<p>AND/OR</p> <p>Grilled salmon w/ Indian spices <i>(Full orders= 4 fillets. Half orders = 2 fillets)</i></p>	<p>Preheat grill to medium-high. Season fish with salt and pepper. Coat salmon with ginger puree. Let marinate at room temperature for 15 minutes. Brush grill rack with oil. Brush off marinade for easier grilling, or leave it on for a better crust. Grill salmon, turning once until it just begins to flake in the center, 4-5 minutes per side. Transfer salmon to a platter. Serve with yogurt if desired.</p>	<p>The kicky flavors of ginger, garlic, and garam masala play off the richness of salmon in this stunning main course. It's fantastic on top of the salad or can be served with a side of rice and saag paneer for dinner. Take leftovers with the harvest veggie curry for lunch.</p>
<p>AND/OR</p> <p>Zucchini-lentil fritters <i>(Full orders = 10 fritters, approx. Half orders = 5 fritters, approx. Dairy-free available)</i></p>	<p>Pop these in the oven or microwave to reheat. Serve with a dollop of yogurt and a squeeze of lime as desired.</p>	<p>These crispy, crackly zucchini fritters take inspiration from the traditional Bengali onion snacks piyaju. Soaked and blended red lentils make up the batter, which is spiked with turmeric and chili powder. Try them for dinner with rice and saag panner or the vegetable curry. Take leftovers for lunch with a side of salad.</p>

PLUS SIDES ON NEXT PAGE

<p>PLEASE FILL OUT THE DISH RETURN FORM BELOW AND PUT IT IN YOUR COOLER. COOLERS, WASHED DISHES, AND ICE PACKS WILL BE PICKED UP ON TUESDAY AFTER 10:30AM. We need a full set of dishes each week, so please transfer your food to your own containers when necessary. Please put lids on the containers to prevent chipping in transit. We pick up on Tuesdays regardless of whether you order or not. Thank you!</p>		
NAME: _____	DISH	QUANTITY RETURNED
	11 CUP RECTANGLE	_____
	7 CUP ROUND	_____
	6 CUP RECTANGLE	_____
	4 CUP ROUND	_____
	3 CUP RECTANGLE	_____
	BALL JARS	_____
	ICE PACKS	_____

ACCOMPANYING SIDES**(DELIVERIES COME WITH ALL FIVE. UPSIZE ON REQUEST)**

Dish	Cooking Instructions	Mix & Match Suggestions
Harvest vegetables & spinach in spiced coconut sauce (6 cup Pyrex. Vegan.)	Best warm. Heat gently on the stove or in the microwave. Sprinkle w/ cilantro and serve over rice, if desired.	The farmers' market and a home garden are the ideal source of late summer/early fall vegetables for this seasonal vegetarian main course from David Tanis. Substantial but light and reminiscent of some kormas, it gets its rich, creamy consistency from a mixture of coconut milk and spices. Try it for dinner with a side of rice, or bring it for lunch with the main entree.
Jasmine rice w/ peas, cilantro, scallions, & lime (4 cup Pyrex. Cauliflower rice on request. Select ingredients omitted on request.)	Best warm or room temperature. Cover the Pyrex and give it a quick blast in the microwave. Season to taste.	Unlike other green rice dishes, this one incorporates peas, herbs, jalapeno, scallion, & lime after the rice has cooled, which helps keep its vibrant color and perfect texture. It's ideal for Indian food and works well with all of the dishes on this menu.
Saag paneer (3 cup Pyrex. Dairy-free on request)	Best warm. Nuke this in the microwave or heat it in a pan on the stove — season to taste. Mix in paneer cheese if desired; the dish is dairy-free without it. Serve with rice and a spoonful of yogurt as desired.	Okay, here's the deal with saag paneer; like a lot of Indian food, it's not much to look at, but it sure is tasty. Especially stirred up with a big heap of rice. It's the ultimate comfort food on a cold night. Some recipes call for cream or yogurt in addition to the cubes of pan-fried paneer. This one is just straight-up spinach, tomatoes, ginger, garlic, jalapeño, and mild Indian spices with just a tiny splash of oil instead of the copious amounts generally used. Cooking it under pressure creates a wonderfully velvety bowl of saag without all the extra fat and lets the flavors of the spinach shine through. Serve it with rice and the main entree for dinner. Take it for lunch w/ rice and the mixed veggie curry.
Indian spiced corn soup w/ yogurt (Full orders = 1 quart. Half orders = 1 pint. Yogurt is packaged on the side for use on all dishes. Cashew yogurt for the dairy-free.)	Serve hot. Reheat on the stove or in the microwave. Ladle into small bowls. Top w/ yogurt and a squeeze of lime as desired. The soup is dairy-free without it.	The sweetness of late summer corn marries nicely with a burst of Indian spices and tangy, thick yogurt. Serve this vegetarian soup hot or chilled. Try it with a side of salad for a quick and tasty meal.
Melon, cucumber, tomato & fresh herb salad w/Gotham Greens (7 cup Pyrex. Select ingredients omitted on request)	Best cold. Place cucumbers in a colander and sprinkle with salt. Let drain for 15 minutes. Toss the cucumbers, tomatoes, and honeydew together with the vinaigrette. Cover and refrigerate for 15 minutes (and up to 2 hours). Line plates with greens and pile the mixture on top. Sprinkle with fresh herbs and season to taste.	This menu is the last hurrah for my summer farm share before we move into fall flavors next week. Here, melon and cucumber make a marvelous combination, and ripe tomatoes provide a bridge between the two. Parsley, mint, and the refreshing bite of Champagne vinegar take the flavors even higher, making this salad both a perfect lunch or a fine start to dinner.

REMINDER: THE CUT OFF TO CONFIRM OR CANCEL IS WEDNESDAY AT NOON. LATE CANCELLATIONS ARE SUBJECT TO A FEE. THANKS!

*Notes: This food is carefully cooked and packaged in a facility that uses nuts, wheat, and soy. * Pyrex can be put in a pre-heated oven up to 400 degrees. Do not put under the broiler. Place on soft hot pads or silicone once you remove it from the oven. Never put Pyrex on a hot burner. It will explode. Plastic lids cannot go in the oven. * Pyrex is also freezer safe but make sure to thaw and bring the dish to room temp before popping it in the oven. Extreme temperature changes can cause it to crack. * Salad dressings that have congealed in the refrigerator can be nuked for 5-10 seconds to liquefy.* Most dishes are better if you cover them with saran wrap before microwaving. It prevents them from drying out. * Salad dressings, and most soups, benefit from a good stir or shake before serving. * Eat seafood within the first few days of delivery for optimum freshness * You can freeze wide-mouth Ball jars as long as there is 1" of headspace at the top of the jar. Thaw gradually in the refrigerator. * Please wash your empty dishes before loading them into the cooler. Stack rectangular dishes together and round dishes together when possible. Put lids ON dishes to prevent chipping. Place defrosted ice packs on the bottom.* Thank you! Redies.Jennifer@gmail.com, 303-725-3836.*