

- 4 locally produced bratwurst or other similar sausage
- 2 bunches kale, chard, or other greens stemmed and chopped
- 2-3 cups cubed ciabatta or other locally produced bread
- 2 cups dried great northern beans or two cans rinsed and drained
- 1 bottle local beer, your choice
- 1-2 cloves garlic
- 2 tablespoons olive oil
- 3 tablespoons dijon mustard
- 1 tablespoons whole grain mustard
- 2 tablespoons local honey
- 1/4 cup apple cider vinegar or vinegar of choice



For the Beans: If using dried beans, place in sauce pot the day before and cover with water by at least one inch. Let soak over night. Drain the next day, return beans to pot and cover with water at least one inch above. Salt the water with several tablespoons salt and add 1-2 peeled cloves garlic, slightly smashed, but left whole. Bring the beans to a boil and then reduce to a simmer, stirring gently, occasionally being careful not to smash the beans. Cook 1-2 hours or until just done but slightly firm. Drain beans, rinse with cold water and refrigerate until needed.

For the Bratwurst: Preheat the oven to 350 degrees. In a dutch oven or other oven safe pan, add the oil and heat almost until smoking. Add the bratwurst and brown on one side, 2-3 minutes, flip and brown the other side. Add the bottle of beer to the pot and enough water to cover the brats half way up. Place pan in the oven, uncovered, for 20 minutes. Then remove from the oven, remove the brats from the liquid and let stand. Save the braising liquid.

For the Dressing: Combine, in a medium bowl, the mustard, honey and vinegar and whisk until blended.

For the Panzanella: In a large bowl, add the bread cubes and the beans. Heat a non-stick saute pan. When hot, heat the brats again, one minute on each side, then remove to a cutting board. Add the kale and a cup of the braising liquid to the pan and stir/cook for five minutes or until the kale is wilted and cooked through. Using tongs or a slotted spoon, add the greens to the bowl, allowing some of the braising liquid to splash in as well. Drizzle 3/4 of the vinaigrette over the salad and toss. Allow the salad to sit for a minute for the dressing to settle in. Split the salad between four-six plates. Slice the brats on a bias into 6-8 slices and add to the plate on the side of the salad, then drizzle a spoon or two of the dressing over them. Enjoy!

Yields 4-6 salads

—Recipe provided by Chef Paul Ramey, Roquette Burger Bistro Charlevoix

We've reinvented this generation's "grilled cheese." These main dish quesadillas keep the flavor and appeal of a cheesy southwestern meal while serving up protein, whole grains and other brain and body food from beans and squash. Shh! We won't tell if you don't.

4 whole wheat tortilla, 8-inch
2 1/4 cups butternut squash
12 ozs. black beans
1 1/8 teaspoon chili powder
3/4 teaspoon ground cumin
3/4 teaspoon ground oregano
6 ozs. mozzarella cheese blend



To Roast the Butternut Squash: Peel squash, discard seeds and dice. Spray 18" X 26" sheet pan with non-stick cooking spray and arrange the squash in a single layer. Put in a 450-degree oven for 20 minutes or until the squash cubes are very tender and golden. Sweet potatoes work just as well if butternut squash is unavailable. Roast potatoes the same as the squash.

To Prepare: Strain and rinse black beans and prepare butternut squash. Preheat oven to 450 degrees. Assemble quesadillas by layering half of the cheese, black beans and butternut squash on bottom tortilla. Combine spices and sprinkle over the vegetables. Top with the other half of the cheese followed by a second tortilla. Put tray of assembled quesadillas in the oven for 5 minutes. Bake to 165 degrees. Slice with a pizza cutter and hot hold at over 135 degrees. Each quesadilla makes 4 servings.

Note: These quesadillas can be made on a griddle as well. Preheat griddle to med-high heat and assemble the quesadillas on a non-greased or dry griddle. Check for browning and flip quesadillas with a spatula to brown the other side. Once cheese is melted and tortillas are browned, slice and serve. Each quesadilla makes 4 servings.

—Recipe provided by Daniel Marbury, FoodCorps.

Chevre Croustades

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For the Croustades: Use a fresh or day old crusty baguette, slice into ½" slices cut on the diagonal. Brush with extra virgin olive oil, toast until crisp and lightly browned.

Dried Cherry – Apricot Compote

1/2 cup dried cherries
1/4 cup dried apricots, sliced
1 local apple, peeled and small diced
1/2 cup sugar
1/4 cup honey, local
1 tablespoon ginger, fresh
1 cinnamon stick
6 cloves
2/3 cup local Riesling
1/3 cup cider vinegar
Land of Goshen, Chevre goats' cheese

Combine all ingredients in a small sauce pan and bring to a boil. Reduce until the compote has reached a syrup like consistency and the apples are opaque.

Assembly: Spread a liberal amount of Chevre cheese on each croustade and top with a spoonful of compote.

*–Recipe provided by Darren Hawley
Executive Chef, Crystal Mountain Resort & Spa*

Fried Cabbage and Apples

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Cut the cabbage very fine, on a slaw cutter, if possible; salt and pepper, stir well, and let stand five minutes. Have an iron kettle smoking hot, drop one table-spoon lard into it, then the cabbage, stirring briskly until quite tender; send to table immediately. One half cup sweet cream, and three tablespoons vinegar—the vinegar to be added after the cream has been well stirred, and after it is taken from the stove, is an agreeable change. When properly done an invalid or babe can eat it without injury, and there is no offensive odor from cooking it.—Mrs. J. T. Liggett, Detroit, Mich.

My notes: You can use butter or oil instead of the lard, if you don't have any good lard. Apples, if desired, are added after the cabbage is almost cooked in the ratio of 1 apple per 1/4 of a cabbage. Even though the original recipe does not mention apples, there is anecdotal evidence of folks adding apples to their fried cabbage. Of course it is delicious plain or with the addition of hard boiled eggs as garnish. Serves about 5 people when made with 1/4 head of cabbage and one apple.

— From the *Buckeye Cookery*, 1877 edition.

—Recipe provided by Susan Odom, Hillside Homestead

- 1 clove garlic, peeled and halved
- 1/2 cup Arcturos Riesling or other dry white wine (see suggestions below)
- 1 teaspoon lemon juice
- 8 oz. Swiss Emmentaler cheese, grated
- 14 oz. Leelanau Raclette, grated
- 4 tablespoons Black Star Farms Spirit of Cherry
- Pinch of nutmeg
- 9 Bean Rows baguette, cubed, each piece with crust

Rub the interior of the stainless steel fondue pot with garlic halves, and then discard them. Place the fondue pot over medium heat, add wine and gently heat about 5 minutes. Add the lemon juice, and Emmentaler and Raclette cheeses. Bring to a boil, stirring constantly.

When the cheese is melted, stir in the Spirit of Cherry and cornstarch. Season with freshly ground black pepper and nutmeg. Stir to blend thoroughly.

To serve, place the fondue pot over the flame. Each person should give the fondue a stir when dunking the bread cubes, as this keeps the fondue creamy.

Serves four

—Recipe provided by Anne Hoyt, Leelanau Cheese Co., Suttons Bay

Wine suggestions: Traditionally, a dry white wine is served with cheese fondue or with a Raclette dinner. Our choices would be: Arcturos Sur Lie Chardonnay, Arcturos Dry Riesling, or Arcturos Pinot Gris. Our BeDazzled sparkling wine and our BSF Hard Apple Cider are other alternatives.

We serve Matterhorn Grill dinners at TASTES of Black Star Farms in the Village at Grand Traverse Commons. This traditional Swiss-style meal features Leelanau Cheese Raclette melted and poured over a selection of sausages, ham, bread, apples, potatoes and seasonal vegetables. Dinner for two is \$59 and includes a generous sampling of three wines. It's a romantic meal for two or a fun evening for groups of four or six. Reservations are necessary – please call 231.944.1349.

—Don and Marylou Coe, Black Star Farms., Suttons Bay



Dulce de leche is a South American dessert spread whose origins are the stuff of myth – some people say it was a culinary accident, some people say it was deliberately developed over time as a way of preserving the extra milk of high summer. Either way, it's delicious baked into cookies, stirred into coffee, or enjoyed in its own right. This recipe makes about a pint of dulce de leche, but is easily multiplied.

- 1/2 gallon milk
- 2 cups sugar
- 1 whole vanilla bean pod
- 1 teaspoon baking soda
- 2 tablespoons water



Heat the milk and sugar over a medium-high flame in a pot which has a capacity of at least 5 quarts – the larger the better, really. Split the vanilla bean, scrape it, and stir it in with the milk. Fight the temptation to constantly stir the pot, but do check on it every once in a while to make sure the bottom is not scorching. It will be fine with minimal supervision. While you are waiting, dissolve the baking soda into the water and go about your business in the kitchen.

After about an hour, when the pot begins to simmer, remove the vanilla bean to a tea towel. (When it has completely dried, store it in a jar with cup or two of sugar for a couple of weeks. The sugar in the jar will become subtly infused with vanilla – delicious.)

Move the pot over to the sink and add the dissolved baking soda. The milk will foam like a 3rd-grade science project. Stir vigorously until the excitement subsides, and calmly return the pot to the heat. The addition of baking soda raises the pH of the mixture and caramelizes the milk.

Over the next couple of hours your kitchen will fill with steam as the liquid reduces, and the color of the milk will gradually darken. After the mixture has turned dark caramel in color, you will need to check it more frequently. Watch for a pronounced darkening accompanied by a difference in the texture, which will resemble bubbling mud instead of an ordinary boiling liquid. You are very near the end of the process.

The longer you continue cooking it after this color change occurs, the thicker your *dulce de leche* will be. *Dulce de leche* on the thinner side makes a superb accompaniment to ice cream and coffee. Thicker *dulce de leche* bakes into cookies to great effect. If you cook it even longer, it will turn into candy.

– Recipe provided by Mary Brower of the Institute of Sustainable Living Art and Design

Chocolate Mousse

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- 8 (1 ounce) squares semisweet chocolate, coarsely chopped
- 1/2 cup water, divided
- 2 tablespoons butter
- 3 eggs separated
- 2 tablespoons sugar
- 1 1/4 cups whipping cream, whipped



In a microwave or double boiler, heat chocolate, 1/4 cup water and butter until the chocolate and butter are melted. Cool for 10 minutes. In a small heavy saucepan, whisk egg yolks, sugar and remaining water. Cook and stir over low heat until mixture reaches 160 degrees, about 1-2 minutes. Remove from the heat; whisk in chocolate mixture. Set saucepan in ice and stir until cooled, about 5-10 minutes. Whip egg whites to soft peak stage and fold into chocolate mixture. Fold in whipped cream. Spoon into dessert dishes. Refrigerate for 4 hours or overnight.

—Recipe provided by Glenn Noffsinger of Crystal Mountain Resort & Spa

Black Bean Chili with Butternut Squash

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- 1 1/2 tablespoons olive oil
- 2 onions, chopped
- 8 garlic cloves, chopped
- 2 1/2 tablespoons chili powder
- 1 tablespoon ground coriander
- 2 14.5-ounce cans fire-roasted tomatoes
- 1 pound dried black beans, rinsed
- 2 chipotle chiles from canned chipotle chiles in adobo, minced
- 2 teaspoons dried oregano (preferably Mexican)
- Coarse kosher salt
- 1 2 1/4-pound butternut squash, peeled, seeded, cut into 1/2-inch cubes (about 3 cups)
- 1/2 cup quick-cooking bulgur
- Sour cream
- Coarsely grated hot pepper Monterey Jack cheese
- Diced red onion
- Chopped fresh cilantro
- Pickled jalapeño rings



Tips: Chipotle chiles in adobo can be found at some supermarkets and at Latin markets. Look for bulgur at supermarkets and natural foods stores.

Your black bean chili is only as good as your black beans. For this recipe, consider using heirloom black beans. These old varieties have a more intensely earthy flavor that you just don't get in non-heirloom beans. Two to try: Midnight Black Beans from legume powerhouse Rancho Gordo and Heirloom Black Turtle Bean Seed from LocalHarvest.

Preparation: Heat oil in heavy large pot over medium-high heat. Add onions and cook until soft and beginning to brown, stirring often, about 8 minutes. Add garlic; stir one minute. Sprinkle chili powder and coriander over; stir one minute. Stir in tomatoes with juice, beans, chipotles, and oregano. Add 10 cups water. Bring to boil, reduce heat to low, cover with lid slightly ajar, and simmer until beans are tender, stirring occasionally, about 2 hours (time will vary depending on freshness of beans). Season to taste with coarse salt and freshly ground black pepper. **DO AHEAD** Chili can be made up to 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Rewarm chili before continuing.

Stir squash and bulgur into chili. Simmer uncovered over medium-low heat until squash and bulgur are tender, about 30 minutes. Season to taste with salt and pepper. Divide chili among bowls. Serve with sour cream, cheese, red onion, cilantro, and pickled jalapeño rings.

Makes 10 servings

—Recipe provided by *Bon Appetit Magazine*

Creamy Carrot Soup

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2 lb carrots, diced in a 1/2 inch dice
2 large onions, dice in a 1/2 inch dice
3 large cloves garlic, minced
2 tablespoon unsalted butter, cut into small pieces
2 tablespoon olive oil
2 quarts (or more) water or vegetable stock, unsalted (or chicken stock if you are not making a vegetarian version)
Salt
Freshly ground black pepper
1 cup heavy cream
Chopped flat leaf parsley

In a large, heavy-bottomed soup pot, heat the butter and olive oil over medium heat. Saute the onion in the oils for about 5 minutes or until softened but not brown. Add the carrots and 1 tsp salt and continue sauteing until the carrots are softened. Stir in the garlic and saute for another minute. Add the water or stock and one more teaspoon of salt. If the water does not cover the carrot/onion mixture, add a bit more until everything is just covered. Bring to a simmer and cook until the carrots are nice and soft, about 15-20 minutes. Remove from the heat and with an immersion blender, puree everything until it is nice and smooth. Check seasoning and add more salt and some freshly ground pepper to taste. Whisk in the cream and heat a bit more (but do not boil). Garnish with parsley.

*—Recipe provided by Lynne Brach, Hearthside Meals
LynneBrach@gmail.com*

For the Hollandaise Sauce:

4 egg yolks
1 tablespoon freshly squeezed lemon juice
1/2 cup unsalted butter (1 stick),
cut butter into 10 pieces and freeze them
Pinch salt

For the Eggs Benedict:

4 slices Canadian bacon
Baguette, 4 slices 1/2 inch thick
4 eggs
Salt and pepper, to taste
Hollandaise sauce (recipe above)

Make the hollandaise sauce first. Vigorously whisk the egg yolks and lemon juice together in a stainless steel bowl until the mixture is thickened and doubled in volume.

Place the bowl over a saucepan containing barely simmering water (or use a double boiler,) the water should not touch the bottom of the bowl. Continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble.

Add the frozen butter cubes all at once. Continue to whisk until the butter melts, the sauce is thickened and doubled in volume. Remove from heat, whisk in cayenne and salt. Cover and place in a warm spot until ready to use for the Eggs Benedict. If the sauce gets too thick, whisk in a few drops of warm water before serving.

Heat the bacon in a medium skillet and toast the baguette slices on a baking sheet under the broiler.

Fill a 10-inch nonstick skillet half full of water. This will make the egg white cook faster so it does not spread. Bring to a simmer. Crack 1 of the eggs into a small bowl taking care not to break the yolk. Gently lower the edge of the bowl into the water letting some water flow into the bowl. Then let the egg slide out of the bowl and into the water. Quickly repeat with remaining eggs. Reduce the heat to a gentle simmer.

Cook 3 1/2 minutes until the egg white is set and yolk remains soft. Remove with a slotted spoon, allowing the egg to drain.

Lay a slice of Canadian bacon on top of each baguette slice, followed by a poached egg. Season with salt and pepper. Spoon hollandaise sauce over the eggs. Enjoy!

Serves 2



*—Reipe provided by Jim Barnes
The Crystal Lake Catering Company, Frankfort*

Applesauce Cake and Brandied Cherries

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Take one cup of good applesauce and sweeten it with a cup of brown sugar that has been well blended with a half cup of butter. Then mix one teaspoonful of baking soda and one of baking powder with two cups of flour and stir it into the applesauce together with a teaspoonful each of cinnamon, cloves, allspice and nutmeg. Finally stir in a cupful of chopped raisins.

My notes: This makes about 9-12 servings. I use ground mace instead of cloves since I don't care for cloves. I add about 1/8 of a cup of milk to thin the batter. I only use ½ cup raisins and there is no need to chop the raisins. Butter and flour a 9x9 pan and spoon in the batter. Bake at 350 degrees about 40-50 minutes (ovens vary so keep an eye on it). I like to serve this with a dollop of whipped cream and my homemade brandied cherries.

—Recipe provided by Susan Odom, Hillside Homestead

Side notes: Home Grown, written by Della Lutes in 1937, is a great book to read! It is a memoir of her growing up years near Jackson, Michigan during the 1880's. The book gives you a glimpse of small town Michigan life circa 1880 and it is judiciously sprinkled with recipes throughout. This cake was her mother's recipe and it is delightful! She wrote during the depression when many people looked back at the 'time of plenty' that was farm life in the late 19th century— a stark comparison to depression life in the city in the 1930's.

More side notes: In the current issue of Edible Grande Traverse you can find an article about Della Lutes! I'm even hosting a Della Lutes Dinner for some locals at my farmstay. Who knew she was so popular!

— From the book "Home Grown" written by Della Lutes about her growing up days in Jackson, Mich in the 1880's.