

Local Winter Recipes: Vol 2

Eating Local for Less in the
Adirondacks

Breads and Dips



Thank you to our Farmacy sponsor, CDPHP

Welcome to Volume 2 of the Local Winter Recipes guide! This will be a limited series run through the 2021/2022 Winter and into Spring 2022. To make sure you don't miss the next volume and other local food news and AdkAction updates, go to <https://mailchi.mp/adkaction/local-food> to sign up.

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This guide is based on ingredients sourced locally in the Adirondacks and sold locally at the Keeseville Farmacy. For more local food resources, visit adkaction.org and scroll down to the "Resources" section for a local food map.



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Flour Tortillas



Ingredients



Makes 24 small

- 1¼ cups all-purpose flour
- 1¼ cups whole-wheat flour
- 2½ tsp baking powder
- 1 tsp salt
- 1/3 cup clarified butter or lard or regular butter
- 1 cup hot water

OR:

makes 16 6-7"

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- ½ cup extra virgin olive oil or vegetable oil
- 1 cup warm water

Instructions



Adapted from Leanne Brown's "Good and Cheap"

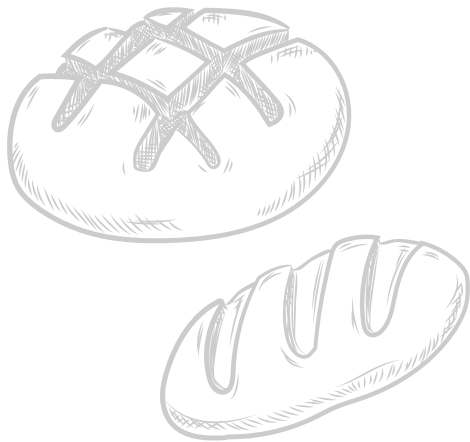
1. Whisk together dry ingredients (for first recipe, add in butter or lard, squishing against the flour to form moist crumbs)
2. Add in water and oil, mix until you can form a dough ball with hands
3. Divide into 24 small or 16 medium balls; Cover with kitchen towel and let rest for at least 15 minutes
4. Heat nonstick/cast iron pan to medium heat. After rest, take each ball and roll out onto floured surface
5. Place each tortilla on first side for 45 seconds-1 minute - until brown spots have formed. Flip and cook another 20 seconds.

a. Note: if not using immediately, wrap in foil and place in refrigerator. Heat before serving

No Knead Bread



Ingredients



- 3 - 3 1/2 cups flour
- 2 teaspoons yeast
- 2 teaspoons salt
- 1 1/2 cup cool (>105°F) to warm (<130°F) water -- affects rising time, see below

Instructions



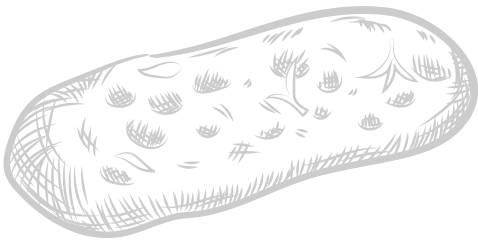
Adapted from NYT Cooking's, "Speedy No-Knead Bread"

1. Combine flour, salt, and yeast in large mixing bowl with wooden spoon or spatula
2. Add water and mix. Scrape down from the sides of the bowl to ensure all flour is mixed in. Dough will be sticky, but shape into ball as best you can
3. Cover tightly with plastic wrap and a kitchen towel. Let double in size at room temperature for 2 hours (warm water) to 4 hours (cool water). Dough can rest for up to 12-48 hours.
4. Dust dough and workspace in flour. Roll dough onto workspace and form into 2 long loaves or 1 round loaf
5. Preheat oven to 450°F. Put loaf/loaves onto baking sheet lined in parchment paper. Let rest for 45 minutes on stovetop.
6. Bake for 30-45 minutes, until crust is golden brown. Let rest for 20 minutes before slicing.

Easy Foccacia



Ingredients



- 3 cups flour
- 1 Tablespoon rapid rise yeast
- 1 ¼ cup hot tap water
- 2 teaspoons salt
- ½ teaspoon sugar
- ¾ cup olive oil, divided!

Toppings of choice, include but not limited to:

- Fresh herbs (rosemary, chives, etc.)
- Sliced apples or pears
- Cherry tomatoes or sundried tomatoe; Roasted red pepper or pumpkin
- Shredded mozzarella or ricotta cheese
- Caramelized onions
- Flaky sea salt; Everything bagel seasoning; Italian seasoning
- Grapes
- Red onion
- Prosciutto

Instructions



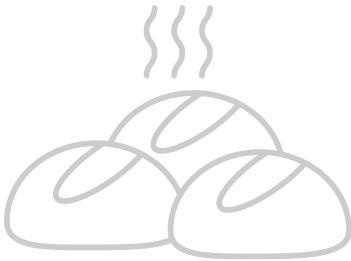
Adapted from Baked the Blog's, "EASY FOCACCIA BREAD RECIPE + 40 FOCACCIA TOPPING IDEAS"

1. In a large bowl mix flour and yeast.
2. Stir hot water, salt, sugar and 1/2 cup olive oil together in a glass measuring cup until salt and sugar dissolve. Pour into the bowl with the flour and yeast.
3. Mix everything together by hand until dough ball forms
4. Lightly sprinkle countertop with flour. Knead dough 40 times, adding more flour if necessary. Oil bowl with 1 teaspoon olive oil, place dough ball into bowl, cover with plastic wrap and let rise in a warm place for one hour.
5. Preheat oven to 425°F.
6. When one hour is up, pour half of remaining ¼ cup of olive oil onto a baking sheet. Punch down dough ball and place on sheet. Drizzle top of dough with remaining oil and spread out gently with hands to a thickness of 1-inch.
7. Press on dough hard enough with your fingers to leave imprints all over. Add focaccia toppings, and bake 23-25 minutes, or until golden.

Simple Dinner Rolls



Ingredients



For 8 rolls

- 1 cup warm water
- 2 tablespoons olive oil
- 2 tablespoons honey
- 2 teaspoons salt
- 3 $\frac{1}{3}$ cups flour
- 1 $\frac{1}{2}$ teaspoons yeast
- 1 egg, for egg wash

Instructions



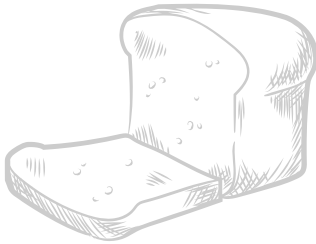
Adapted from Tasty's "Simple Dinner Rolls"

1. Combine water, olive oil, honey, salt, flour, yeast, and water in a large bowl.
2. Mix well and knead for 10-15 minutes until the dough is elastic.
3. Transfer the dough into a well-oiled bowl. Cover with a towel or plastic wrap and let rise once for 1 hour in a warm place, until the dough has doubled.
4. Preheat oven to 375° F (190° C).
5. Cut the dough into 8 portions and shape into balls. Place balls onto greased cast-iron or round metal baking pan and cover for 30 additional minutes with a towel or plastic wrap.
6. Uncover and brush each with egg wash.
7. Bake or 15-20 minutes, or until the tops are golden brown.

Easy White Sandwich Bread & Hamburger/Hotdog Buns



Ingredients



- 2 cups warm water (110 degrees°F)
- 1/2 cup white sugar
- 1 1/2 tablespoons active dry yeast
- 1 1/2 teaspoons salt
- 1/4 cup vegetable oil
- 5-6 cups flour

Instructions



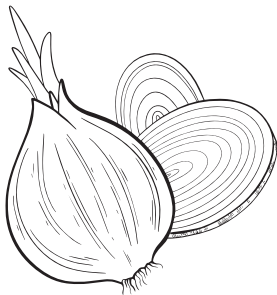
Adapted from The Brown Eyed Baker's,
"My Favorite White Bread Recipe" - half
recipe

1. In a large bowl, add warm water, sugar, then yeast. Allow to proof until yeast resembles a creamy foam, about 5 minutes.
2. Mix salt and oil into the yeast. Mix in flour one cup at a time.
3. Knead dough for 7 minutes. Oil outside of dough and place in bowl. Cover with a damp cloth. Allow to rise until doubled in bulk, about 1 hour.
4. Punch dough down. Knead for 1 minute and divide in half. Shape into loaves and place into two greased 9×5 inch loaf pans OR 8 hamburger or hotdog buns. Allow to rise for 30 minutes, or until dough has risen 1 inch above pans.
5. Bake at 350 degrees °F for 30-40 minutes.

Dips: Olive Oil Dips



Ingredients



- Olive Oil
- Balsamic Vinegar
- Dried herbs (basil, parsley, onion powder, garlic powder, Italian seasoning)
- Roma/cherry tomatoes
- Parmesan cheese

Instructions



Adapted from author

For Olive Oil & Balsamic Vinegar

- Combine equal parts olive oil and balsamic vinegar. Can be stored up to a week
- Serve with bread and enjoy!

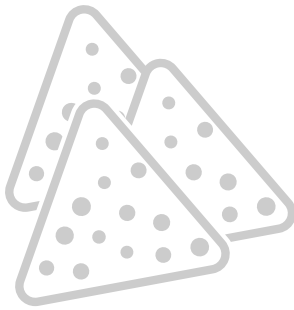
For Bruschetta

- Dice tomatoes; shred parmesan cheese if needed
- Combine diced tomatoes with olive oil, balsamic vinegar, parmesan, and herbs
- Serve with bread and enjoy!

Dips: Buffalo Chicken Dip



Ingredients



- 1 teaspoon olive oil
- 2 to 3 cloves garlic, minced
- 2 (8-ounce packages) cream cheese, softened and cut into cubes
- 1½ cups buffalo sauce, (I use Frank's Red Hot)
- 1 cup ranch dressing
- 2 to 3 cups cooked shredded chicken breasts
- 2 cups shredded cheddar cheese

Instructions



Stovetop:

1. Heat oil in a 10-inch cast iron skillet OR a large saucepan set over medium heat.
2. Add garlic to the hot oil and cook for 15 seconds, or until fragrant.
3. To the saucepan add the cubed cream cheese, buffalo sauce, and ranch dressing; decrease heat to medium-low and cook for 8 to 10 minutes, or until mixture is smooth, whisking frequently.
4. Add shredded chicken and cheddar cheese to the saucepan; mix and stir until well combined. Continue to cook until heated through and cheese is melted.

For Crockpot:

1. Add all ingredients into crockpot and cook on low for 3-4 hours or high for 1-2 hours.

Dips: Spinach Artichoke Dip



Ingredients



- 1 (10-ounce) bag fresh baby spinach, roughly chopped
- 1 (13-ounce) can quartered artichoke hearts, chopped and drained
- 1 (8-ounce) brick low-fat cream cheese, cut into 1-inch cubes
- 1 cup light sour cream or plain Greek yogurt
- 1 cup shredded Mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1/3 cup finely-chopped white or red onion
- 4 cloves garlic, minced
- 1/2 teaspoon black pepper
- 1/4 teaspoon fine sea salt

Instructions



Adapted from Food Network's Alton John's,
"Hot Spinach and Artichoke Dip"

For Stovetop:

1. Melt butter in a large saucepan over medium heat. Add garlic and cook about 1 minute. Add artichokes and cook 1–2 minutes longer. Add spinach and salt and continue to cook, stirring often, until spinach has wilted and most of the liquid is cooked off, 7–8 minutes
2. Add cream cheese and cook, stirring constantly, until melted. Add 3½ oz. Parmesan and 1 tsp. pepper and stir until melted and creamy. Taste and season with salt if needed

For Crockpot:

1. Add all ingredients to Crockpot and cook on low for 3–4 hours or high for 1–2 hours