

Local Winter Recipes: Vol 4

Eating Local for Less in the
Adirondacks

Meal Preparation & Meals That Serve Many
Edition



Thank you to our Farmacy sponsor, CDPHP

Welcome to Volume 4 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!

Table of Contents

1. Slow Cooker Buffalo Chicken
2. Pulled Pork
3. Pierogies
4. Sheet Pan Dinners
5. Cold Peanut Noodle Salad
6. Dumplings, Two Ways



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/ffp and scroll down to the "Resources" section for a local food map!



= Vegetarian or Vegetarian alternative listed
San Antonio Food Bank

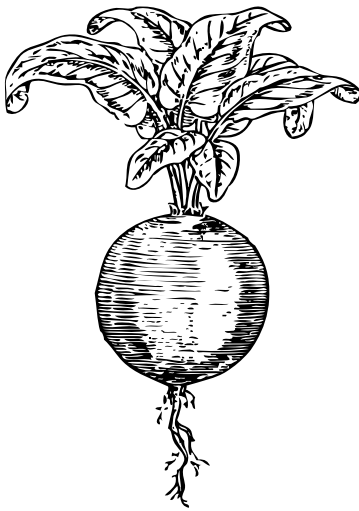


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Slow Cooker Buffalo Chicken



Ingredients



- 2 pounds boneless skinless chicken breasts
- 2/3 cup hot pepper sauce
 - This Farm Girl Cook's suggests Frank's RedHot
- 2 Tbsp unsalted butter
- 1 Tbsp white vinegar
- 1/4 tsp Worcestershire sauce
- 1/4 tsp cayenne pepper
- 1/8 tsp garlic powder
- salt to taste
- 4 ounces cream cheese
- Ranch dressing, for topping (optional)

Instructions

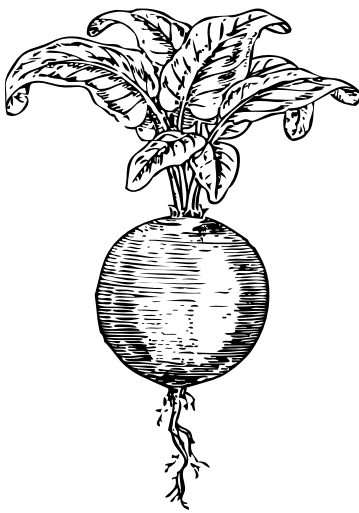


1. Combine all ingredients EXCEPT cream cheese in a crockpot.
2. Cook for 4-5 hours on low until chicken is cooked through. Remove chicken to shred with two forks or using an electric mixer.
3. Return to sauce mixture add cream cheese. Stir until cream cheese is melted and incorporated
4. For Freezer: add all ingredients EXCEPT cream cheese to gallon-size freezer bag. When cooking, follow the same directions as above.

Pulled Pork



Ingredients



- 5 lb pork shoulder
- Dry rub
 - 3 tsp sweet paprika
 - 2 tsp cumin powder
 - 1 tsp coriander powder
 - 1 tsp clove powder
 - 1 tsp garlic powder
 - 1 tsp black pepper
 - 1/3 cup brown sugar
 - 2 tbsp coffee, ground
 - 2 tbsp kosher salt
 - 4 tsp smoked paprika
- Texan-style sauce
 - 1 cup barbecue sauce
 - 1/2 cup apple cider vinegar
 - 1 tsp vegetable oil
 - 1/2 cup chicken broth
 - 1/4 cup light brown sugar,
 - 1 Tbsp yellow mustard
 - 1 Tbsp Worcestershire sauce, chili powder, onion powder, garlic powder)

Can be served on its own, on a bun or bread to make a sandwich, or with Southern sides like coleslaw or macaroni and cheese!

Instructions



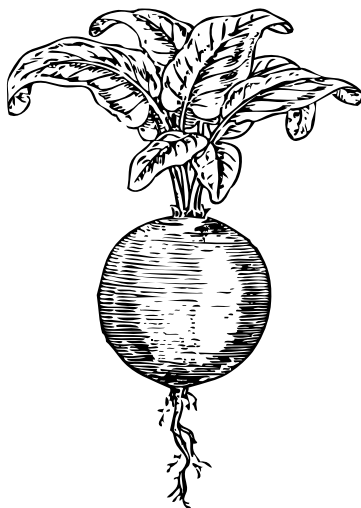
Leanne Brown's, "Good and Cheap: Pulled Pork," and AllRecipes', "Texan-Style Pulled Pork"

1. Mix rub ingredients together & thoroughly rub onto/press into pork shoulder.
2. Place meat into Dutch oven or pot with a tight fitting lid and place in refrigerator for a few hours or overnight.
3. Put water in pot to cover the bottom and place in a 200°F oven for 10-12 hours (meat should be tender enough it's almost falling apart; or internal temperature is at least 160°F, but ideally 200°F).
4. Alternatively, the pork shoulder could also be placed in a crockpot, covered, on high for 2-3 hours or on low for 6-8 hours.
5. If using sauce, combine all Texan-style sauce ingredients in a bowl and mix. Sauce can be added while meat is still cooking, or otop individual portions.

Pierogies



Ingredients



- Dough
 - 4 1/2 cups all-purpose flour
 - 2 tsp salt
 - 2 cups yogurt or sour cream
 - 2 eggs
 - 1 tbsp water, as needed
- Filling
 - 5 Russet potatoes, roughly cubed
 - 1 1/2 cups sharp cheddar, shredded
 - salt and pepper
- Additions
 - 2 tbsp scallions, chopped
 - 4 cloves roasted garlic, minced
 - 2 tbsp Dijon mustard
 - 1 tsp cayenne pepper
 - 1 tsp paprika

Instructions



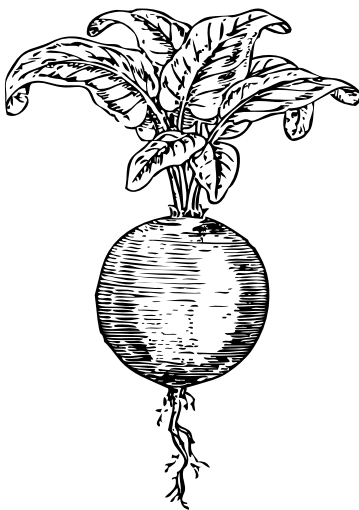
Leanne Brown's, "Good and Cheap: Pierogies":

1. Add flour, salt, yogurt, eggs, and water to bowl and mix slowly until dough remains sticky. Cover with plastic wrap.
2. Boil cubed potatoes until soft. Drain potatoes and add cheese, salt and pepper, and any additions. Mash potatoes.
3. Split dough in half and use a rolling pin to flatten the first half of the dough until it's about a 1/4" thick on floured surface. Cut as many 3-4" circles as possible.
4. Fill each circle with about a tablespoon of filling, and then fold and pinch like a dumpling. Set on floured surface and use fork to pinch edges together. Repeat with remaining dough.
5. Boil water in a large pot, and place pierogies in pot for 1-2 minutes until floating. If eating right away, can eat as boiled, but often preferred fried - place a little butter or oil in a pan, brown pierogies for a few minutes per side. If freezing, let cool, place in freezer safe bag and pierogies are good up to 6 months.

Sheet Pan Dinners



Ingredients



- 2-4 pounds protein (chicken breast, pork tenderloin, chicken thighs, ground beef, kielbasa and other sausage, pork chops, tofu, etc.)
- 2 pounds roasting vegetables (broccoli, green beans, carrots, etc.)
- 1-2 pounds starch (potatoes, cauliflower, etc.)
- 1/4 cup butter/olive oil
- seasoning/sauce - common variations of this recipe include Italian chicken (Italian seasoning + garlic powder + onion powder + chives/parsley + salt & pepper), Lemon Garlic chicken (lemon juice + lemon zest + garlic, cloves/powder), Teriyaki Pork Tenderloin (teriyaki glaze or hoisin sauce + chives + garlic cloves + salt & pepper)

Instructions



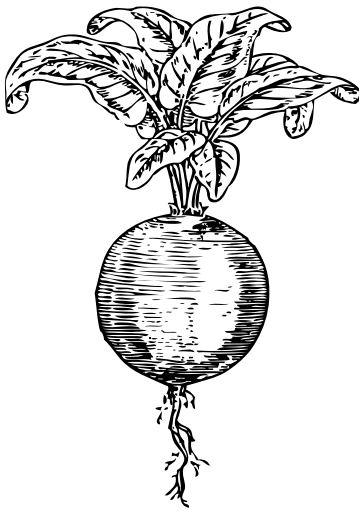
adapted from author +
Taste of Home's, "Sheet-Pan Pork Supper"

1. Preheat oven to 375°F-450°F, depending on your protein and cook time. To keep all ingredients cooking on the pan until everything is complete, go with a lower temperature. If you intend to take your protein out before vegetables & starch are done cooking, set a higher temperature, like 450°F.
2. Spread protein, vegetables, and starch (unless using rice - in that case, cook rice as package directs) on a baking sheet. Coat all ingredients in butter/oil (or lay pads of butter across all ingredients) and add any necessary spices/sauces.
3. Roast in oven until vegetables and starches can be pierced with a fork, and until protein reaches appropriate internal temperature.

Cold Peanut Noodle Salad



Ingredients



Salad

- 8 oz. whole wheat spaghetti
- 4 cups finely shredded red cabbage
- 2 carrots
- 1/2 bunch cilantro (about 1/2 cup chopped)
- 4 green onions (about 1/2 cup sliced)
- 1/2 cup peanuts, chopped

Peanut Lime Dressing

- 3 Tbsp natural-style peanut butter
- 1 Tbsp brown sugar
- 1 clove garlic, minced
- 1/2 tsp grated fresh ginger
- 1 medium lime, juiced (2 Tbsp juice)
- 2 tsp soy sauce
- 1/4 cup vegetable/canola oil

Instructions

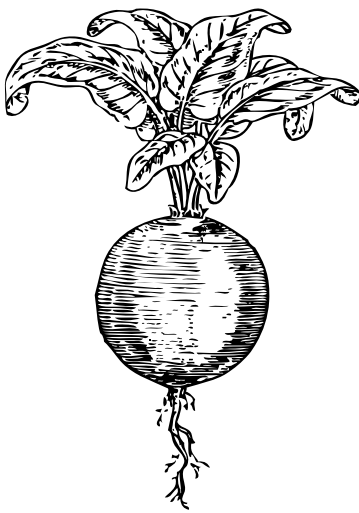


1. For dressing, combine all dressing ingredients together in a bowl and whisk until smooth.
2. Break spaghetti in half and boil in water until soft. Drain in colander and rinse with cold water
3. Shred cabbage and carrots, chop cilantro and peanuts, slice green onion. Combine cooked pasta with salad ingredients in large bowl and mix. Top with dressing.

Dumplings, Two Ways



Ingredients



Dough

- 4 cups flour
- salt
- 2 eggs
- 1 cup water

Vegetable Filling

- 3 cups broccoli, finely chopped
- 2 cups carrot, grated
- 8 oz firm tofu, crumbled
- 2 tbsp soy sauce
- 1 tsp toasted sesame oil
- 2 scallions, chopped
- 2 eggs

Pork Filling

- 1 lb ground pork or sausage, cooked or raw
- 3 cups collards, chard, spinach, or scallions, finely chopped
- 2 tbsp soy sauce
- 1 tsp toasted sesame oil
- 2 scallions, chopped
- 2 eggs

Instructions



Leanne Brown's "Good and Cheap: Dumplings, Two Ways"

1. Add dough ingredients together in a large bowl and mix with hand into a shaggy mass (if it seems too dry, add a few drops of water). Knead dough for a few minutes, cover with damp towel or plastic wrap, and let rest and rise for 30 minutes to 2 hours.
2. Mix all filling ingredients for whichever filling you're making.
3. Once dough has rested, split into 4 equal portions on flour-dusted counter. Roll first piece of dough into a log and slice into 15 equal pieces (leave other pieces covered so they don't dry out). Use hands and rolling pin to form into thin flat disc about the size of a drink coaster (a few inches in diameter).
4. Take a heaping tablespoon of filling and place into disc, lift all edges and pinch closed (if dough won't stick to itself, a little water should do the trick!). Alternatively, you can try to fill one half and fold the other side over to create a flatter dumpling more conducive to frying and flipping. Repeat until dough and/or filling is used. You can then steam, fry, or boil your dumplings!