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GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 9-18-2018

Grass-fed Sesame Steak Salad

Harvest Corn Chowder with Rhu Ciabatta Bread

Dry Rubbed Baby Back Ribs and Kale & Apple Salad

“Pisgah Panang” Curry with Shrimp, Broccoli and Zucchini

Gingered Vegetable Stir Fry with Icicle Radishes and Green Cabbage

Grass-fed Sesame Steak Salad

DF, GF*

Ingredients:

1 Grass-fed Hickory Nut Gap Farm New York Strip Steak
 2 medium Asian pears
 2 scallions, white parts minced, green parts sliced on the diagonal
 2 large cloves garlic, minced
 1 Tbsp. minced fresh ginger
 1/4 cup plus 2 Tbsp. rice wine vinegar
 3 Tbsp. (divided) soy sauce*
 2 Tbsp. (divided) sesame oil
 1 Tbsp. plus 1 tsp. toasted sesame seeds
 Salt and pepper to taste
 2 tsp. fish sauce
 5 oz. Mixed Green Salad Mix, torn into bite-size pieces
 4 large carrots, thinly sliced
 1 cucumber, halved, seeded and thinly sliced
 1 Tbsp. olive oil

*Use GF Tamari for GF option

Instructions:

1. Trim and freeze the steak until slightly firm, about 1 hour; this makes it easier to slice. Cut the steak crosswise into 4 pieces. Flip each piece onto a cut edge and slice across the grain 1/8 inch thick.
2. Cut one of the pears in half. Peel and core one half and then grate it on the small holes of a box grater set in a medium bowl.
3. Add the minced scallions, garlic, ginger, rice wine vinegar, 2 Tbsp. of the soy sauce, 1 Tbsp. of the sesame oil, 1 tsp. of the sesame seeds, 1/4 tsp. salt, and a few grinds of pepper. Add the beef and toss well. Cover and refrigerate for 30 minutes to 4 hours.
4. In a small bowl, whisk the rice vinegar and fish sauce 1 Tbsp. soy sauce, 1 Tbsp. sesame oil, and 1 Tbsp. sesame seeds.
5. In a medium bowl, toss the mixed green lettuce with 3 Tbs. of the dressing and a sprinkle of salt. Divide among 4 dinner plates. Core and thinly slice the remaining 1.5 pears. Put the pears, carrots, and cucumber in the bowl and toss with the remaining dressing. Scatter over the lettuce.
6. Drain the beef and gently pat dry. Heat a 12-inch cast-iron skillet over medium-high heat until hot. Add the oil, swirl to coat the pan, and then scatter half of the beef evenly in the pan. Cook, flipping once, until the beef is nicely browned and barely cooked through, 1 to 2 minutes per side. Transfer to a bowl and repeat with the remaining beef.
7. Top the salads with the beef and any accumulated juices. Garnish with the remaining scallion greens and serve.

Harvest Corn Chowder with Rhu Ciabatta Bread

GF*

Ingredients:

6 cups fresh corn kernels (cut from 6 ears), divided
4 cups chicken broth, divided
2 Tbsps. olive oil
1 pack Hickory Nut Gap Farm breakfast sausage, browned and crumbled
1 chopped red onion
1.25 pounds Desiree potatoes, cut into 1/4-inch cubes
2.5 tsps. dried thyme
1/8 tsp. cayenne pepper
1 pint half and half
Fresh thyme sprigs (for garnish)

Rhu Bakery Ciabatta Loaf or Eat More Bakery Parker Rolls for GF option

Instructions:

1. Blend 3 cups corn kernels and 1 1/2 cups broth in processor to coarse puree.
2. Transfer to large bowl.
3. Heat oil in heavy large skillet over medium heat. Add sausage and sauté until beginning to brown, about 3 minutes. Using slotted spoon, transfer chorizo to small bowl.
4. Add onion and remaining 3 cups corn kernels to same skillet; sprinkle with salt and pepper. Sauté over medium-high heat until onion begins to soften, 5 to 6 minutes. Add potatoes and stir until potatoes begin to soften, about 2 minutes (corn may begin to brown slightly). Transfer corn mixture to large pot.
5. Add dried thyme, cayenne, reserved pureed corn mixture, and remaining 2.5 cups broth to pot. Bring just to boil. Reduce heat to medium and simmer uncovered until potatoes are tender, 10 to 12 minutes.
6. Add half and half and sausage. Simmer uncovered until heated through, about 2 minutes. Season chowder to taste with salt and pepper. Simmer 5 minutes longer to thicken, if desired.
7. Divide soup among bowls or mugs. Garnish with thyme sprigs and serve.

Dry Rubbed Baby Back Ribs and Kale & Apple Salad

GF*, V

Ingredients:

2 Lbs. Hickory Nut Gap Farm Baby Back Ribs, thawed
Dry Rub of choice

Kale & Apple Salad

3 Tbsps. fresh lemon juice
2 Tbsps. olive oil
salt
1 bunch red kale, ribs removed, leaves thinly sliced
1/4 cup dates
1 Fuji apple
1/4 cup slivered almonds, toasted
1 oz. Organic Valley Parmesan cheese, finely grated (1/4 cup)

Instructions:

Dry Rubbed Baby Back Ribs

1. Preheat the oven to 325
2. Massage the dry rub into the rack of ribs
3. Wrap the rack of ribs in foil and place on a sheet pan
4. Bake for 1 hour until temperature reaches 165

Kale & Apple Salad

1. Whisk together the lemon juice, olive oil and 1/4 tsp. salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
2. While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.

black pepper	
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“Pisgah Panang” Curry with Shrimp, Broccoli and Zucchini
GF, DF

<p>Ingredients:</p> <p>1 Lb. Sustainably-caught shrimp 1 pint Blue Dream Curry House “Pisgah Panang” Curry Sauce 2 Tbsps. Olive oil 1 Lb. broccoli, washed and chopped into bite sized pcs. 1 Lb. zucchini, washed and diced 2 cups Jasmine Rice, prepared per instructions</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare Jasmine rice per instructions 2. In a large saute pan, heat olive oil over medium high heat. 3. Saute shrimp and cook until pink 4. Add broccoli and squash until vegetables are tender 5. Add Pisgah Panang Curry sauce to pan, and simmer for 10-15 minutes 6. Serve curry over rice
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Gingered Vegetable Stir Fry with Icicle Radishes and Green Cabbage
GF, DF, V

<p>Ingredients:</p> <p>3 Tbsps. chicken broth 2 Tbsps. Chinese rice wine or medium-dry Sherry 1 tsp. coconut sugar 1 tsp. cornstarch 1 tsp. salt 1/4 pound fresh shiitake mushrooms, stems discarded 2 Tbsps. Coconut oil 1 bunch carrots, cut into julienne strips 1 bunch Icicle radishes, cut into julienne strips 1 head green cabbage, sliced thin 2 large garlic cloves, minced 2 tsps. minced peeled fresh ginger root</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. In a bowl stir together broth, rice wine or Sherry, sugar, cornstarch, and salt until combined well. Cut mushroom caps into 1/8-inch-thick slices. 2. Heat a wok over high heat until hot. Add oil and heat until it just begins to smoke. Stir-fry carrots 3 minutes. Add daikon and stir-fry vegetables 2 minutes. Add mushrooms, cabbage, garlic, and ginger root and stir-fry 2 minutes, or until carrots are crisp-tender. Stir broth mixture and add to vegetables. Stir-fry vegetables 1 minute.
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MEPD Shopping List

Produce:

[Medium Sized Bin \\$38](#)

Includes:

Asian Pears - 1 Pound - Local, IPM - Parker Orchard
Broccoli - 1 Pound - GA, Organic - Crosset Organics
Zucchini - 1 Pound - Local, Organic - Cottle Farm
Sweet Corn - 6 Ears - GA, Non-GMO - Crosset Organics
Red Kale - 1 Bunch - Local, Organic - New Sprout Organics
Mixed Green Salad Mix - 5 Ounces - Local, Organic -
Greenshine Farm
Desiree potatoes - 1.25 Pounds - Local, Organic - R Farm
Fuji Apples - 1 Pound - Local, IPM - Parker Orchard
Red Onions - 1 Pound - GA, Organic - Crosset Organics
Icicle Radishes - Local, Organic - Greenshine Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$2.99](#)

[Carrots \\$3.99](#)

[Cucumbers \\$3.99](#)

[shiitake mushrooms \\$4.99](#)

[green cabbage \\$3.99](#)

[ginger root \\$3.99](#)

Meat:

[1 Lb. Sustainably Harvested Shrimp \\$17.95](#)

[Hickory Nut Gap Farm breakfast sausage \\$5.99](#)

[2 Lbs Hickory Nut Gap Farm Baby Back Ribs \\$6.99/Lb.](#)

Dairy:

[Organic Valley Parmesan Cheese \\$6.99](#)

[1 pint half and half \\$3.25](#)

Prepared:

[Blue Dream Curry House Panang Curry Sauce \\$7.99](#)

Pantry:

[Jasmine Rice \\$6.99](#)

Bakery:

[Rhu Bakery Ciabatta \\$5.99](#)

Total: \$157.07

Price Per Serving: \$7.85

Pantry

Oils/Fats:

Olive oil
Unsalted butter
sesame oil
Coconut oil

Vinegar:

rice wine vinegar

Herbs/Spices:

Salt
Pepper
dried thyme
cayenne pepper
Dry Rub

Nuts/Seeds/beans:

toasted sesame seeds
slivered almonds

Condiments:

Nuts/seeds:

Produce:

Scallions
Dates
thyme

Grocery:

soy sauce
chicken broth
Chinese rice wine
coconut sugar
cornstarch

