

FARMER IN THE FIELD

For some of you during the cold and dreary months of winter the thought of venturing out of your nice warm cocoon to a farmers market is absurd. Yes this is the time of year when many markets are closed, but not all of them. If you do a little research you might be surprised how many year round markets there are. Yes you may have to drive a little farther but as many of you die hard market followers know there are plenty of delectable treasures out there to be found. One of those treasures is

Chase Away the Winter Doldrums, Try a Blood Orange!

by Bonnie Swank

known as the blood orange. With ruby red segments and a tarter flavor, tarter than the sweeter varieties used for making your morning OJ, blood oranges are growing in popularity with chefs and foodies throughout California.

There is evidence this hybrid showed up in Southern Europe around 1850 and was brought to North America several decades later by Spanish and Italian immigrants. Known by many different names throughout the world the most common in the United States

~continued on page 25



~ Bonnie and her husband Dick Swank are owners of Swank Farms in Hollister. To learn more visit SwankFarms.com or call: 851-637-4704.



BLOOD ORANGES



GOAT CHEESE CROSTINI WITH BLOOD ORANGE AND BLACK PEPPER MARMALADE

Bon Appétit ~ December 2007
Amelia Saltsman

Ingredients

- 8 ounces soft fresh goat cheese, room temperature
- 4 blood oranges, divided
- 1/4 cup honey
- 1/4 teaspoon coarsely ground black pepper
- Fresh lemon juice (optional)
- 18 1/2-inch-thick slices French or raisin baguette, toasted

Directions

Place goat cheese in small bowl. Finely grate 1 teaspoon peel from 1 blood orange; stir peel into cheese. Using vegetable peeler, remove peel (orange part only) in strips from remaining 3 oranges. Cut peel into 1/8- to 1/4-inch pieces and place in medium saucepan. Using small sharp knife, cut white pith from all 4 oranges. Working over another small bowl to catch juices, cut between orange membranes to release segments. Squeeze any remaining juice from membranes into bowl. Discard membranes. Coarsely chop orange segments and add to saucepan along with any juices. Add juices from bowl to saucepan. Stir in honey and 1/4 teaspoon coarsely ground black pepper. Bring to boil over medium-high heat and cook uncovered until thick and reduced to 1/2 cup, stirring frequently, about 10 minutes. Cool. Season with more ground black pepper to taste and with fresh lemon juice, if desired.

DO AHEAD: Cheese and marmalade can be made 1 day ahead; cover separately and chill. Bring to room temperature before assembling crostini. Top toasted baguette slices with goat cheese, then marmalade. Place crostini on platter and serve.

CARAMELIZED BLOOD ORANGE AND ALMOND SUNDAES

Bon Appétit ~ December 2007
Amelia Saltsman

Ingredients

- 3 blood oranges
- 2/3 cup (packed) golden brown sugar
- 3 tablespoons unsalted butter, diced
- 1 quart vanilla ice cream
- 1/2 cup sliced almonds, toasted
- Fleur de sel* (optional)

Directions

Squeeze juice from 1 orange (about 1/4 cup) into small bowl. Cut ends off remaining 2 oranges to expose flesh. Cut oranges lengthwise into quarters; pull out and discard white center pith. Cut orange quarters crosswise into 1/8-inch-thick slices. Place orange slices along with any collected juices in another bowl.



Sprinkle sugar evenly over bottom of heavy 10-inch-diameter skillet; scatter butter pieces over and drizzle with 2 tablespoons orange juice. Stir over medium heat until mixture begins to melt and bubble, then swirl pan to blend. Cook until sugar mixture is dark amber, occasionally scraping down sides of skillet with heatproof spatula, about 6 minutes. Stir in 2 tablespoons orange juice and cook until smooth and thickened, about 2 minutes. Add orange slices with juices to skillet and stir until coated, about 1 minute. Cool.

DO AHEAD: Caramelized orange sauce can be made up to 3 hours ahead. Let stand at room temperature. Scoop ice cream into bowls and spoon caramelized orange sauce over. Top sundaes with toasted almonds and sprinkle with fleur de sel, if desired.

* A type of sea salt; available at some supermarkets and at specialty foods stores.