



Eat Local Challenge Recipes

Here are some dishes and ingredients used in the sample menu. Written and tested by Willy Street Co-op Deli Manager (and Locavore) Megan Blodgett. Recipe key: c = cup; Tbsp = tablespoon; qt = quart.

Cheesy Layered Potatoes

- 2 lb red or golden potatoes, sliced into thin rounds
- 1 bunch green onions, chopped
- 2 c mild cheddar cheese, shredded
- 4 Tbsps butter
- ¼ c milk

Instructions

Preheat oven to 450°. Butter the bottom of a pie plate or square casserole dish. Place a layer of potatoes on the bottom of the dish. Layer on ½ of the green onions, and then ½ cup of cheese. Add



Potato Salad

- 2 lb red or golden potatoes, cubed but not peeled
- 4 hardboiled eggs, peeled and chopped
- ¼ c fresh basil, chopped
- 4 green onions, diced
- 1 c homemade mayonnaise

Instructions

Bring a pot of salted water to a simmer. Cook potatoes in water about 5-7 minutes, until just tender. Do not overcook! Chill potatoes in the fridge or by running cold water over them. Mix potatoes with other ingredients. Add mayonnaise incrementally



Fruit Salad

- 6 c mixed fresh fruit, cubed (apples, pears, berries, melons, etc.)
- 2 c plain yogurt (homemade or locally produced)
- ½ c hickory nuts, chopped
- ¼ c honey
- Mint for garnish

Instructions

Mix yogurt and honey until fully combined. Place fruit and nuts in a large mixing bowl and pour yogurt mixture over top. Mix until ingredients are thoroughly combined. Don't overmix as this can



Shepherd's Pie

- 2 lb potatoes
- 5 Tbsps butter
- 1 small yellow onion, diced
- 1 carrot, diced
- 2 ears sweet corn, cut off the ear
- 1 c green beans, cut into thirds
- 1 lb ground beef

Instructions

Preheat oven to 400°. Cut potatoes into small chunks and boil until well cooked. Drain water. Add 4 Tablespoons butter and mash until smooth. Set



All ingredients are available at the Co-op...except:

The Odd Fresh Vegetable: If by chance you can't find it at the Co-op, you can probably find it at the farmer's market.

Pears: Some varieties available at the Co-op, wider variety available at farmer's market.

Raspberries: Available at farmer's market, also several

pick-your-own farms.

Strawberries: Available at the farmer's market, also several pick-your-own farms.

Hickory Nuts and Butternuts: Available at farmer's market, or mail order.

Herbs for Tea: Mint is available at the Co-op, a wider variety of herbs is available at the farmer's market or grow your own.

Sweet Corn: Available at the farmer's market or numerous roadside stands.

until you have your desired consistency. This is a great recipe to experiment with – easy additions could be different herbs, veggies, or bacon bits.

another layer of potatoes. Dot the potatoes with 2 Tablespoons butter. Continue layering with the rest of the green onions, ½ cup cheese, the last of the potatoes, and 2 more Tablespoons butter. Pour the milk over top, then cover with the remaining cheese. Bake at 450° for 20 minutes, and then turn the oven down to 350° for another 20 minutes. Serve hot.

aside. Melt the remaining butter in a heavy bottomed skillet. Add onion and carrot and sauté for about 4 minutes. Add the beef and cook until almost browned. Add the green beans and corn and cook for another minute or two. Spread the beef and vegetable mixture in the bottom of a large casserole dish. Spoon the potatoes on top, spreading them evenly. Bake until bubbling and hot, about 30 minutes.

compromise the soft fruits. Garnish with mint. Chill before serving.

Yogurt

- 1 qt milk (skim, whole, or 2%)
- 2 Tbsps yogurt “starter” (any brand that contains live cultures)

Instructions

Pour milk into a pot and heat until almost boiling. Use a metal spoon for stirring. With a candy thermometer, monitor the temperature of the milk. It should reach 180–185°, but no higher. Heat slowly and stir often.

Allow the milk to cool at room temperature or in



Mayonnaise

- 1 egg
- 2 egg yolks
- 2 cups sunflower oil

Instructions

In a food processor or blender, pulse egg and yolks for 1 minute. With the processor or blender running, add the oil very slowly, in a stream of droplets. After 1 cup has been added, stop the machine and check for consistency. Keep adding oil slowly until the desired consistency is reached.



Sour Cream

- 1 pint heavy whipping cream
- 2 Tablespoons “starter” sour cream (any brand that includes live cultures)

Instructions

Pour the cream into a pot and heat until almost boiling. With a candy thermometer, monitor the temperature – it should reach 150–160°, but no higher. Heat slowly and stir often.

Allow the cream to cool at room temperature or in a refrigerator. Stir and check the temperature



Butter & Buttermilk

For sweet butter:

heavy whipping cream (one cup of cream will yield approximately ½ cup butter)

For cultured butter:

Sour cream (homemade or any brand that is full fat and contains live enzymes)

Instructions

Let cream warm to room temperature. Beat with an electric whisk or food processor as if you were making whipped cream. Another option is to pour the cream into a jar and shake it for 20 minutes to



the refrigerator. Stir and check the temperature frequently. The milk must cool to below 120°, but higher than 90°. 105–110° is optimal. Warm the starter to room temperature and mix into warm milk.

Pour milk into a glass jar and cover with a lid. Incubate for 8–14 hours. During incubation, keep milk warm to encourage bacteria growth. 105–122° is optimal. Keeping milk in an oven with a pilot light is one option, or wrap the glass jar in a dishtowel and keep in a small insulated cooler. If the milk gets too hot, the bacteria will be killed and the yogurt will not thicken. Keep the yogurt still during the incubation process. When the yogurt is thick, it's done.

Refrigerate the yogurt for several hours before serving. It will keep for 1–2 weeks in the refrigerator. You can use your homemade yogurt as a starter for your next batch, but use it within 5–7 days to ensure that the bacteria still have growing power.

a half hour. The cream will begin to form stiff peaks. Keep beating the cream, but reduce the speed. It will turn a bit yellow in color, and then bits of butter will appear along with a thin liquid (buttermilk). Seconds later, the butter will clump and separate from the buttermilk.

Drain off the buttermilk. It can be used for baking, cooking, or for buttermilk salad dressing. Wash the butter to make sure all the buttermilk is drained. To do this, add clean cold water to the butter (warm water will melt it and the butter will drain off with the buttermilk), and blend or process on low for a minute. Drain off the water. Repeat up to seven times until the drained water is clean.

Use your hands and the back of a spoon to press remaining water out of the butter. Shape and wrap the butter however you like and store in the refrigerator.

frequently. The cream must cool to below 100°, but higher than 60°. 80–90° is optimal. Warm the starter to room temperature and mix into the warm cream.

Pour cream into a pint sized glass jar and cover with a lid. Incubate for 16–24 hours. During incubation, keep cream warm to encourage bacteria growth: 70–80° is ideal. Keeping cream in an oven with a pilot light is one option, or wrap the glass jar in a dishtowel and keep in a small insulated cooler. If the cream gets too hot, the bacteria will be killed and the sour cream will not thicken. Start tasting the sour cream after 15 hours. When it is acidic enough, chill in the refrigerator for 24 hours before serving.

Sour cream will keep for 1–2 weeks in the refrigerator. You can use your homemade sour cream as a starter for our next batch, but use it within 5–6 days to ensure that the bacteria still have growing power.

Blue Cheese Dip

- 3/4 c blue cheese, crumbled
- 1 c sour cream
- 1 c softened cream cheese or Neufchatel cheese
- 1 or more cloves garlic, minced

Sour Cream Herb Dip

- 2 c sour cream (homemade or locally produced)
- 2 Tbsps fresh basil, chopped
- 1 Tbsp fresh dill, chopped
- 1 Tbsp fresh chives, chopped
- 1 or more cloves garlic, minced

Instructions

Mix all ingredients well by hand or in a food processor. Chill and serve. Experiment with different combinations of herbs for more variety.



Deviled Eggs

- 12 eggs, hardboiled
- 1/2 cup homemade mayonnaise
- Cherry tomatoes and basil or other herbs for garnish

Buttermilk Salad Dressing

- 2 cups buttermilk (homemade or locally produced)
- 1/4 cup fresh basil, chopped
- 2 Tbsps fresh chives, chopped
- 2 or more cloves garlic, minced

Instructions

Mix all ingredients well. Chill and serve. Experiment with different combinations of herbs for more variety.



Sunflower Tomato Salad Dressing

No one makes vinegar locally, so this is as close as you'll come to a vinegar and oil type dressing. I recommend making it in small batches and using it up quickly. Choose red tomatoes that are high in acid for a more tangy flavor.

- 1/2 c sunflower oil
- Juice of 1 large tomato (chop tomato roughly and strain through a fine sieve)
- 1 Tbsp chopped oregano
- 1/2 Tbsp chopped thyme
- 2 Tbsps grated Parmesan cheese



Herbal Tea using Fresh Herbs

- 1/2 bunch herbs such as peppermint, spearmint, lemon balm, marjoram, catnip, lavender, or a mixture of any of these.

Instructions

Rinse herbs and remove the leaves from the stems. Bring two cups of water to a simmer in a small pot. Turn off heat and add leaves to the water. Use a long spoon to gently bruise the herbs. Cover the pot and allow to steep for 5 minutes. Strain the tea into a cup and enjoy. You can also make a large batch and chill for iced tea.



Ingredients

Peel eggs and slice in half lengthwise. Scoop out yolks and place them in a mixing bowl. Add mayonnaise and mix thoroughly. Check for taste and texture and add more mayo if desired. Arrange egg whites tastefully on a platter. Spoon yolk mixture into the whites, dividing it evenly between all of them. Garnish with cherry tomatoes and basil.

1 green onion, minced
1 Tbsp chopped fresh parsley

Ingredients

Mix all ingredients well by hand or in a food processor. Chill and serve.

Instructions

Whisk ingredients together, pour over salad, and serve.

Applesauce

- 2 lb apples. Soft varieties like Golden Delicious, Jonagold, or Macintosh work best.
- Maple syrup if desired.

Instructions

Core apples and peel if desired. Cut into quarters. Place apples in a heavy bottomed pot with about ½ inch of water at the bottom. Cook over low heat for 30-45 minutes, until desired consistency. Add maple syrup to taste.



Potato Pancakes

- 2 lb Russet or golden potatoes, shredded
- 1 medium onion, shredded
- 1 egg
- Sunflower oil for frying

Instructions

Place the shredded potato and onion in fine sieve or a tea towel and squeeze out as much liquid as possible. Mix shredded vegetables and egg. If the mixture seems too dry, add another egg. Fry pancakes in a skillet with sunflower oil until golden brown and tender. Serve with applesauce and sour cream. You



Baked Eggplant a la Wisconsin

This recipe is based on the classic Greek dish, Mousakka. It's been simplified in order to work as an easy weeknight meal.

- 1 lb ground lamb or beef
- 4-5 large ripe tomatoes
- ¼ c fresh oregano, chopped
- 4-5 cloves garlic, minced
- 2 large eggplant, sliced into ½ inch thick rounds
- 2 c shredded mozzarella cheese
- Sunflower oil



Gazpacho

- 6 large ripe heirloom tomatoes of varying colors, roughly chopped
- 1 small red onion, peeled and chopped
- 1 cucumber, peeled and chopped
- 1 red or yellow bell pepper, cored and chopped
- 1 jalapeno pepper, seeded and finely diced (omit if you don't like spice)
- 2 Tbsps parsley leaves, finely chopped
- 1 Tbsps chives, chopped
- ¼ c sunflower oil



can experiment with this recipe by using other root vegetables instead of or in addition to the potato. Rutabagas, parsnips, turnips and carrots all work well.

Instructions

Combine all ingredients in a blender or food processor and process lightly. This cold soup tastes better if you chill overnight before serving to allow the flavors to meld.

Instructions

Preheat oven to 450°. Prepare the tomato sauce: Brown the meat in the bottom of a heavy saucepan. Meanwhile, core and roughly chop the tomatoes. When the meat is mostly cooked, add the onion and garlic and sauté a few minutes longer. Add the tomatoes and herbs. Bring to a simmer and then turn the heat down to low. Simmer for about 20-25 minutes, until the mixture is a nice saucy consistency. If needed, you can drain a little of the liquid out.

While the sauce is cooking, brush the eggplant slices with sunflower oil. Place on a cookie sheet and bake for about 6 minutes, until tender. Turn oven down to 375°. Lightly oil the bottom of a large casserole dish. Place a layer of eggplant slices on the bottom, and cover with a thick layer of sauce, and then a layer of cheese. Continue layering eggplant, sauce, and cheese until all ingredients are used up. End with a thick layer of cheese. Bake for 45 minutes or until the cheese is melted and the casserole is bubbling.