

Carrboro Farmers' Market

SOUTHERN FARE

Featuring Farm Fresh Recipes from 6 Local Chefs
Who Regularly Shop at the Carrboro Farmers' Market!

Acme Butternut Squash and Goat Cheese Grits with Country Pork Sausage and Scuppernong and Heirloom Tomato Chutney

From
Kevin Callaghan

Acme – Carrboro

For the Grits

4 cups water
1 cup cream
3 sprigs fresh thyme*
1 cup stone ground grits
¼ lb. butter
local goat cheese* (to taste)
salt and pepper
2 lbs. butternut squash*, roasted and pureed
1 lb. high quality local country pork sausage*

Ahead of time:

Slice butternut squash in half and remove seeds. Rub with olive oil and roast (cut side down) on a baking sheet in a 375 degree oven until squash is tender (about 30 minutes). When cool, scoop out squash, discarding skin of the squash. Place in a food processor and puree. Set aside.

Crumble sausage into a cold, large cast iron skillet. Place over low heat and cook until fat begins to render. Bring heat to medium and cook, stirring regularly until sausage is browned completely, but not burned.

Grits:

In stainless saucepan, bring cream and thyme to a boil. Simmer for 3 minutes. Off heat, cover with plastic wrap and let sit for thirty minutes. Strain.

Continued on the back

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Southern Village Farmers' Market Thursday afternoons May 1 – August 28, 2008

Add to water and bring to a boil.

Very slowly add stone ground grits (any of the locals work fine) whisking the entire time. When fully incorporated, turn off heat and whisk an additional 5 minutes to let the grits relax and begin absorbing liquid, making sure that there are no lumps.

Return to very low heat. Do not allow the grits to boil (a few plops now and then isn't bad, just no real continuous boiling). Continue to whisk, as grits will want to settle. If they settle, grits will scorch, forming a rug on the bottom of the pot. If a rug forms, do not scrape it up! Change pots, leaving scorched part in old pot. If rug is allowed to sit, it will ruin the flavor of the grits.

Cook slowly until desired thickness is reached and grits are fully cooked with strong corn flavor.

Add butter, pepper and salt to taste.

Whisk until butter is not floating on top, but is thoroughly combined. Add butternut squash mixture and mix until thoroughly combined.

Turn off heat and add goat cheese and browned sausage, stirring to combine.

Heirloom Tomato and Scuppernong Chutney

4 onions*, chopped
¼ cup minced fresh ginger
2 tablespoons brown mustard seeds
zest of 2 lemons, finely chopped
clarified butter or canola oil
10 very ripe heirloom tomatoes*, peeled and chopped
1 cup fresh scuppernong* juice (see note)
1 cup apple cider vinegar
½ teaspoon red pepper flakes
2 bay leaves
sorghum molasses or brown sugar (to taste)
salt and pepper

Heat stainless steel pan over medium high heat. Add clarified butter or canola oil to coat. Add onions and pinch of salt, stirring to coat onions. Reduce heat to low. Add ginger, mustard seeds and lemon zest and cook slowly until onions are translucent. Add tomatoes, scuppernong juice, cider vinegar, red pepper flakes, and bay leaves. Bring to a boil and reduce heat. Cook for 1 hour or until chutney begins to thicken. Taste for salt and pepper. And taste to adjust sweetness, making sure not to mask the flavor of the scuppernongs.

May be served warm or cold.

Scuppernong Juice

Buy 1 qt. fresh scuppernongs at the market. Place in stainless pan with ½ cup water. Cover with lid and cook over very low heat. When scuppernongs have broken and released juice, place in a food processor and pulse for a few seconds. Strain the juice from pulsed grapes. Be careful not to push too hard on the skins and seeds as they can have bitter flavors. Can be made several days in advance.

* *Seasonal ingredients available at the Carrboro Farmers' Markets*

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