



A Thanksgiving to Remember - Menu and Recipes from the Davis Farmers Market Cookbook, Revised Edition, by Ann M. Evans, Elderflower Press, 2016

Available in local stores in Davis, Winters, Sacramento, Clarksburg, at the Davis Farmers Market, and on line.

Ann M. Evans draws a Thanksgiving to Remember from a menu and recipes in her Davis Farmers Market Cookbook, Revised Edition. The menu is appropriate for any time in the late fall but was especially put together for Thanksgiving. The book has a year of monthly menus with recipes that draw on fresh produce available throughout Northern California and always found at the Davis Farmers Market. Each menu includes an appetizer or two, a main dish, a side dish, and a dessert.

Serve beverages that will appeal to everyone at the table, and feel free to add or substitute other dishes to make the menu one your family will cherish. Decorate your table with elements of the seasonal garden.

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Author Appearances: *Ann Evans will be signing her book at the Davis Farmers Market on Wednesday, November 22, 12 pm – 2 pm; Saturdays – November 25, 9:30 am – 11:00 am, December 2, 8:30 am – 10:30 pm and December 16, 10:30 am – 12:30 pm. See her website, www.annmevans.com for more information.*

A Thanksgiving to Remember

Recipes in the menu with an asterisk are standard and can easily be found online. In some cases, the yields for the recipes in a menu differ, so you will need to adjust the quantities in the recipes to ensure you have enough servings of each dish for all of the diners.

Grilled Persimmon Crostini with Farmer Cheese
 Roasted Beet Salad with Fresh Cheese, Toasted Pistachios, and Pistachio Oil
 Musquée de Provence with New Crop Walnuts
 Roast Turkey* with Favorite Corn Bread and dried fruit stuffing*
 Fall Fruit Chutney
 Oven-Roasted Brussels Sprouts with Thyme Butter
 Basic Roasted Vegetables Recipe with Winter Vegetables
 Basic Vegetable Fricassee Recipe with Corn and Sweet Pepper
 Persimmon Flan
 Old-Fashioned Pumpkin Pie*

Grilled Persimmon Crostini with Farmer Cheese



Photo by Craig Lee

Grilling the Fuyu persimmon gives it a sweet, caramelized flavor that pairs well with tangy, soft farmer cheese, made from cow's milk, or with fresh goat cheese.

4 Fuyu persimmons
2 tablespoons extra-virgin olive oil, plus more for brushing
4 to 5 ounces farmer cheese or soft fresh goat cheese, at room temperature
24 baguette slices, cut on the diagonal about 3/8 inch thick
Fresh thyme leaves for garnish

Prepare a medium-hot fire in a wood or charcoal grill or preheat a gas grill to medium-high.

Working with 1 persimmon at a time, cut away the stem, then cut in half through the stem end. Cut each half lengthwise into 3 slices and discard any seeds. You should have 24 slices total. Place the slices in a single layer in a shallow dish, drizzle with the olive oil, and turn the slices to coat on both sides. Set aside.

In a bowl, using a fork, mash the cheese so it is soft and spreadable. Set aside.

Lightly brush both sides of each baguette slice with olive oil. Place the slices directly over the fire and grill until golden on the first side, 1 to 2 minutes. Turn and grill on the second side until golden, 1 to 2 minutes longer. Transfer the toasts to a work surface.

Arrange the persimmon slices directly over the fire and grill, turning once, until the flesh starts to glisten and lightly char, 1 to 1 1/2 minutes on each side.

Alternatively, preheat the oven to 350°F, brush the baguette slices with olive oil as directed, arrange on a large baking sheet, and toast in the oven, turning once, until golden on both sides, about 5 minutes on each side. Raise the oven temperature to

450°F, arrange the persimmon slices in a baking dish, and roast in the oven, turning several times, until the flesh is shiny and starts to color, 4 to 5 minutes total.

Spread each toast with about 2 teaspoons of the cheese and top with a grilled persimmon slice. Garnish each crostino with a few thyme leaves. Serve at once.

Makes 24 crostini; serves 8 to 10

Roasted Beet Salad with Fresh Cheese, Toasted Pistachios, and Pistachio Oil

The sweet, earthy taste of freshly harvested beets, roasted until their edges begin to caramelize, combined with the subtle yet sharp tang of fresh goat cheese and the distinctive essence of pistachios creates a simple and delicious salad. Beet varieties are plentiful in the market, any one of which would be good here, and La Tourangelle, in nearby Woodland, bottles a fine artisanal pistachio oil from locally grown nuts which is sold in the local food co-op as well as traditional fine grocery stores.

6 beets with greens
2 tablespoons extra-virgin olive oil
1/2 teaspoon coarse sea or kosher salt
12 to 15 young arugula leaves
3 to 4 ounces soft fresh goat cheese
1/4 cup pistachio nuts, toasted and coarsely chopped
3 tablespoons pistachio oil
Coarse sea salt to finish

Preheat the oven to 350°F.

Trim off the greens and the roots from the beets. Trim the leaves, reserving a few of the smallest leaves to use in the salad. Reserve the larger leaves for another use. They are excellent braised, for example. Quarter the beets through the stem end, then halve each quarter. The pieces should be about bite size. Select a baking dish just large enough to hold the beet pieces snugly in a single layer and arrange the beets in the dish. Drizzle them with the olive oil and sprinkle with the salt.

Roast the beets, turning them several times, until they are tender when pierced with a fork and crisped a bit on the edges, 45 minutes to 1 hour. Let cool to room temperature.

Arrange the arugula and reserved small beet leaves on individual plates, dividing them evenly. Divide the cooled beets evenly among the plates, and crumble the goat cheese over the top. Scatter the nuts across the salads, then drizzle each salad with about 1/2 tablespoon of the pistachio oil. Finish with a sprinkle of coarse salt and serve at once. Serves 4

Musquée de Provence with New Crop Walnuts



Photo by Craig Lee

The Musquée de Provence pumpkin, sometimes called the Fairy Tale pumpkin, is deeply lobed, with skin that ranges from buff to almost burnished copper and with dark orange flesh that is dense, meaty, and full of flavor. Market vendor Robert and Bernice Hatfield, Food Tree Field Organic Farm, sell it in wedges, just like it is sold in France. The Musquée de Provence and other pumpkins appear in the market at about the same time as the new crop of walnuts, which are moist and sweet with fresh oil. Michael McDonald, McDonald Orchards, sells his Capay Valley grown walnuts at the market.

8 (1-inch-thick) slices Musquée de Provence pumpkin
1/4 cup extra-virgin olive oil
2 teaspoons ground cumin
Sea salt and freshly ground black pepper
1 cup coarsely chopped walnuts
2 tablespoons walnut oil

Preheat the oven to 350°F.

Place the squash slices in a bowl or baking dish and toss with the olive oil, coating them evenly on both sides. Arrange the slices in a single on two baking sheets and sprinkle with the cumin, salt, and pepper.

Roast for 15 minutes, then sprinkle with the walnuts. Continue to roast until tender when pierced with a fork, about 30 minutes.

Transfer to a large warmed platter or individual plates and drizzle each slice with a little walnut oil. Serve hot.

Serves 8

Fall Fruit Chutney



Photo by Craig Lee

Chutneys are essentially fruit pickles that often include vegetables and spices as well. They can be sweet or hot and they vary from country to country. In fall, the market is filled with both late-summer and early-fall fruits and vegetables, making it a perfect time for chutney making. For the best flavor, chutneys should age for at least a month before they are served, so putting up some now ensures they'll be ready for your holiday table. They can be served as a side to roast meats, soups, or stews, to accompany cheeses, as a sandwich spread, or as part of a condiment tray.

- 2 pounds stone fruits such as plums, nectarines, or Pluots, pitted and coarsely chopped
- 1 pound apples, cored and coarsely chopped
- 8 ounces yellow onions, coarsely chopped
- 4 cloves garlic, minced
- 1/3 cup firmly packed light brown sugar
- 2-inch piece fresh ginger, peeled and minced (about 2 tablespoons)
- 1 teaspoon sea or kosher salt
- 1 cinnamon stick, about 2 inches long
- 2 teaspoons minced lemon zest
- 1 cup cider vinegar
- 1/2 green jalapeño or other hot chile, seeded and finely chopped
- 1 tablespoon black peppercorns

You will need two pint canning jars with lids and rings, a canning kettle with a rack and cover (or a large, wide pot with a wire rack) for the water bath, a large, heavy nonreactive pot for cooking the chutney, canning tongs, and a ladle.

In the large, heavy nonreactive pot, combine all of the ingredients and bring to a boil over medium heat. Reduce the heat to low and cook, stirring occasionally to prevent

scorching, until all of the ingredients are soft and blended, about 3 hours. Once the mixture starts to thicken, stir more frequently to prevent burning.

Meanwhile, set up the water bath. Fill the canning kettle with water (the water must be deep enough to cover the jars by 1 to 2 inches) and bring to a boil over high heat. If you don't have a canning kettle, use a large, wide pot and put a wire rack in the bottom of the pot before you fill it with water. Once the water boils, you can turn off the heat and then return it to the boil just before you put the jars in the kettle.

Wash the canning jars in hot, soapy water and rinse well. Place the jars in a saucepan, add water to cover generously, and bring to a boil over medium-high heat. Boil for 15 minutes, then turn off the heat and leave the jars in the hot water until you are ready to fill them. Fill another saucepan half full with water and bring to a boil over medium-high heat. Add the canning lids and rings and boil for 5 minutes. Turn off the heat and leave the lids and rings in the hot water until needed.

Just before the chutney is ready, using tongs, transfer the jars to a work surface. Return the water in the canning kettle to a boil. Ladle the hot chutney into the hot, sterilized jars, filling them to within 1/2 inch of the rim. With a clean, damp cloth, wipe the rim of each jar. Place a lid on the rim and then screw on a ring, being careful not to screw it on too tightly. Using canning tongs, put the filled jars into rack of the canner and lower the rack into the boiling water. If you are using a large, wide pot, use the canning tongs to lower the jars onto the rack in the bottom of the pot, making sure the jars do not touch. Return the water to a rolling boil, reduce the heat slightly, cover, and boil for 10 minutes.

Cover a work surface with a folded towel. Using the canning tongs, transfer the jars to the towel, spacing them a few inches apart. As the jars begin to cool, you may hear popping sounds, which is the sound of the lids sealing. The lids should be indented. When the jars are completely cool, after at least 12 hours, check the seal on each jar by pressing on the center of the lid. If it remains indented, the seal is good. If it does not, refrigerate the jar and use the chutney within 1 month.

Label the jars with the contents and date and store in a cool, dry place for up 1 year.

Makes 2 pints

Oven-Roasted Brussels Sprouts with Thyme Butter

Brussels sprouts, which thrive in the cool climate of California's Central Coast, often arrive at the market on their stalks, and roasting them encourages them to develop a sweet flavor. For an extra-rich dish, roast heads of garlic at the same time, then squeeze out the caramelized pulp from its papery sleeves and mix it with the sprouts.

2 pounds Brussels sprouts, stems trimmed and tough outer leaves removed
2 heads garlic
2 or 3 tablespoons extra-virgin olive oil
4 tablespoons unsalted butter, at room temperature
1 tablespoon fresh thyme leaves
½ teaspoon sea or kosher salt
½ teaspoon freshly cracked black pepper

Preheat the oven to 400° F.

Place the Brussels sprouts in a single layer in a shallow baking dish. If using the garlic heads, cut off the top 1/2 inch from each head to expose the cloves and add the heads to the dish. Drizzle the sprouts with 2 tablespoons olive oil, or drizzle the sprouts and garlic with 3 tablespoons olive oil. Turn to coat evenly, then sprinkle with the salt and pepper.

Roast, stirring every 5 to 10 minutes, until the sprouts have some golden color, about 40 minutes. If roasting garlic heads, they should give a little to the touch.

Meanwhile, in a small bowl, mash the butter. Add the thyme and mix thoroughly. Set aside.

When the sprouts are ready, remove the dish from the oven. If you have roasted garlic heads, remove them from the dish and let them cool until they can be handled. Remove the garlic cloves from their skins by gently squeezing each clove. Transfer the sprouts to a serving dish, add the garlic cloves, and stir to combine. Add the thyme butter and stir just to coat the Brussels sprouts with the butter. Serve at once.

Serves 4 to 6

ROASTED VEGETABLES

Roots, tubers, and squashes, coated with extra-virgin olive oil laced with chopped fresh herbs such as rosemary, thyme, and sage, are wonderful roasted in a hot oven. Whole or chopped garlic cloves deepen the flavor of whatever you are roasting, and the longer you roast the garlic, the more likely it is to caramelize, making it sweet and soft. Choose a deep, medium-size baking dish of glass, ceramic, or earthenware or a baking pan of enameled cast iron or other heavy material. Most vegetables are ready in about an hour.

SEASONAL VARIATIONS

Spring: Beets, young carrots, fennel, young turnips, or new potatoes. Summer:

Eggplants, summer squashes, or sweet potatoes.

Fall: Winter squashes, beets, carrots, or celery root.

Winter: Turnips, rutabagas, parsnips, or yams.

Basic Roasted Vegetable Recipe with Winter Vegetables

1 bunch turnips

1 rutabaga

1 bunch parsnips

2 yams

2 yellow onions, quartered through the stem end

15 cloves garlic, peeled but left whole

1/3 to 1/2 cup extra-virgin olive oil

1 to 2 teaspoons sea salt

Leaves from 1 fresh rosemary sprig, about 5 inches long, finely chopped (about 2 teaspoons.)

Preheat the oven to 400°F.

Trim off the green tops of the turnips and parsnips. Discard the parsnip tops and reserve the turnip tops for another use. Peel the rutabaga. Chop the turnips, rutabaga, parsnips and yams into bite-size pieces and put into a large bowl. Add the onions and garlic and mix well. Add the olive oil and toss to coat the vegetables evenly. Season with the salt and rosemary and toss again. Transfer the vegetables to a heavy baking dish or pan large enough to accommodate them in a snug single layer.

Roast the vegetables for 15 minutes. With a spatula, scrape the bottom of the baking dish to ensure nothing is burning or sticking. Reduce the oven temperature to 350°F and continue to roast until the vegetables are tender when pierced with a fork, 45 minutes to 1 hour. Every 20 minutes or so, check the baking dish to make sure the vegetables are not sticking, scraping the bottom again with the spatula. Serve hot or at room temperature.

Serves 6 to 8

VEGETABLE FRICASSEE

A classic fricassee is made with pieces of chicken that are cooked but not browned in oil or butter and then finished by simmering in a white sauce, with or without vegetables. A vegetable fricassee, however, can be as simple as cooking one or more vegetables, chopped, sliced, or slivered, in oil or butter and seasoning with herbs, salt, and pepper. They can be served on their own as a main dish, or as a base for fish, meat, or poultry.

SEASONAL VARIATIONS

Spring: Morel mushrooms, peas, and asparagus (optional heavy cream); or fava beans, green garlic, and artichoke hearts.

Summer: Zucchini and corn; or corn and okra; or green beans, corn, and oyster mushrooms. Fall: Fresh shelling beans and green beans; or butternut squash and sweet peppers.

Winter: Brussels sprouts, walnuts, and cabbage; or red cabbage and chestnuts; or kale, chard, and collards with cream and red pepper flakes.

Basic Vegetable Fricassee Recipe with Corn and Sweet Pepper

Basic Vegetable Fricassee Recipe with Corn and Sweet Pepper

2 to 3 tablespoons extra-virgin olive oil

1 clove garlic, chopped

2 tablespoons chopped yellow onion

2 cups corn kernels

1 red sweet pepper, seeded and chopped

1 teaspoon chopped fresh oregano

1/2 teaspoon sea or kosher salt

¼ teaspoon freshly ground black pepper

In a frying pan over medium heat, warm the olive oil. When it is hot, add the garlic and onion and cook, stirring, until the onion is translucent, 2 to 3 minutes. Add the corn and red pepper and cook, stirring, until the pepper is tender, about 2 minutes. Stir in the oregano, salt, and pepper and mix well. Serve hot.

Serves 2 or 3

Persimmon Flan



Photo by Craig Lee

I first learned about Hachiya persimmons in college from my friend Jean. I had never eaten a persimmon before she made a persimmon pudding for Thanksgiving and then a batch of persimmon cookies. I later learned to fashion the fruits into *hoshigaki*, a Japanese delicacy made by gently massaging them as they hang from a bamboo rod. This flan, which uses the fully ripe pulp of the burnt orange Hachiya, has one layer of dense persimmon that sinks into the caramelized sugar and one layer of sweet custard.

1 cup sugar
2 or 3 very ripe, soft Hachiya persimmons, peeled, seeded, and cut into 1 1/2-inch pieces
2 cups heavy cream
1 cup whole milk
6 eggs
1/2 teaspoon fine sea or kosher salt
1 teaspoon vanilla extract

Spread 1/2 cup of the sugar in an 8-inch metal pie pan and place it over medium heat. Holding the edge of the pan with a hot pad, tilt the pan from side to side as the sugar melts and caramelizes so that the bottom as well as the sides is coated with the syrup. When all of the sugar has melted into a golden to dark brown liquid, remove the pan from the stove. Set aside.

In a saucepan over medium-high heat, cook the persimmon pieces, stirring often to prevent sticking or burning, until they release some of their moisture and thicken a bit, about 5 minutes. Remove from the heat and let cool slightly.

Transfer the persimmons to a blender and purée until smooth. Pass the purée through a chinois or a fine-mesh sieve. You should have about 3/4 cup purée.

Preheat the oven to 325°F. Fill a teakettle with water and bring the water to a boil.

In a saucepan over medium heat, combine the cream and milk and heat until small bubbles form around the edges of the pan. Remove from the heat. In a large bowl, whisk the eggs just until blended, then add the remaining 1/2 cup sugar, the salt, and the vanilla and whisk until thoroughly combined. Slowly pour the hot milk-cream mixture into the eggs while whisking or stirring continuously. Stir in the puréed fruit.

Place the caramel-lined pie pan in a shallow roasting pan just large enough to hold it. Pour the custard mixture into the pie pan, filling it to the rim. Pour the boiling water into the roasting pan to reach halfway up the sides of the pie pan.

Bake the flan until a knife inserted into the middle comes out clean, 35 to 45 minutes.

Remove the roasting pan from the oven, then remove the flan from the roasting pan. Let cool to room temperature. At this point, the flan can be refrigerated for up to several hours.

To unmold the flan, slide a knife blade or thin metal spatula around the inside edge of the pan to loosen the flan sides. Invert a shallow serving plate on top of the pan and, holding the pan and the plate firmly together, flip them. Lift off the flan pan. To serve, cut into wedges.

Serves 8 to 10