



Welcome to the Think Globally, Eat Locally Festival, a celebration of local foods. Thanks to the generous efforts of local farmers, restaurants, chefs, and winemakers, and a SARE (Sustainable Agriculture Research and Education) grant, this afternoon you will have the opportunity to taste foods made with vegetables grown here on our farm, sample wine produced at a nearby vineyard, and enjoy ice cream from a local creamery. I hope you enjoy the bounty our region produces.

As anyone who has eaten a field ripened summer tomato can attest, eating locally grown produce means eating well; however, supporting local agriculture offers many other important benefits. It enables local farmers to continue farming, thus preserving open spaces in areas threatened by sprawl. It conserves fossil fuels needed to ship produce across the country or even around the world. It creates healthy local economies where small farms provide area residents with food, and residents in turn support their local farmers.

In a community-supported farm such as Charlestown Cooperative Farm, subscribers purchase a share in the output of the farm at the beginning of each growing season and visit the farm weekly to pick up their shares of the farm's production. This arrangement gives consumers a connection to their food, allowing them to see the plants on which their produce grows and to learn how the farmer manages the land. In a model where small farms provide area residents with food, farmers and consumers become neighbors. To be a good neighbor, a farmer must preserve common resources, and farm using sustainable methods, such as enriching the soil with natural compost and green manures rather than with petroleum based fertilizers that can pollute groundwater. The chefs and restaurants participating in today's festival, Greg Ling from Rx, Amanda MacWilliams from Bella, Amy Naulty from Cosmic Catering, and Sean Weinberg from Rose Tattoo, are helping create a network of small local farms by using their products in their own kitchens.

I hope you enjoy today's event. We've worked hard to bring you a wide range of local products to taste. Where else will you be able to try vegetable dishes from four Philadelphia restaurants, wine from French Creek Ridge Vineyard, Peach Ice Cream from the Creamery, and Heirloom tomatoes from Charlestown Cooperative Farm all in the same day? Please take advantage of this golden opportunity to learn how to use fresh locally grown vegetables, as well as try outstanding local fare. We have award-winning products and restaurants in our backyard; why not appreciate them in the easiest way possible – by eating and drinking! We can't thank the participants enough for donating their time and effort to this event, and we hope you thank them too. Thanks for coming to "Think Globally, Eat Locally" 2003!

Best Regards,

Katy Andersen  
Festival Coordinator



*Bella, an American Bistro*

A Late Summer Evening with Friends from

Bella, an American Bistro

2000 Lombard Street

Philadelphia, PA

(215) 985-3222

[www.bellaepicura.com](http://www.bellaepicura.com)

Chef: Amanda MacWilliams

Owner: Ali Waks

*Menu*

Watermelon Aqua Fresca\*

Local Goat Cheese & Fresh Whole Grain Bread

Sweet Corn Flan\*

Heirloom Tomatoes w. Olive oil & Sea Salt

Grilled Chicken Provencal w. Basil Mash\*

Fresh Summer Fruit w. Vanilla Ice Cream

Bandol Rose or Bonny Doon Pink Wine

### Grilled Chicken Provençal w. Basil Mash

This simple dish highlights the most prolific of summer's bounty: late season tomatoes and the ubiquitous zucchini.

*Serves 4.*

*Special equipment: Ricer/food mill or potato masher.*

#### **Timing:**

Prepare Basil Mash through Step 6

Prepare Chicken through Step 4

Complete Potato recipe

Complete Chicken

Plate as noted

#### *Grilled Chicken*

Four (4) boneless chicken breast halves approximately 6-8 oz each

One (1) medium size or two (2) small zucchini sliced on a bias (approx 1 cup)

One (1) cup pitted halved kalamata olives

Two (2) cups tomatoes peeled & chopped (red or yellow)

One (1) medium sized red onion sliced

Two (2) cloves garlic sliced

3 tbs Olive oil

1. Preheat grill till coals are hot & fire has died down
2. Brush Chicken with olive oil, season with salt & pepper
3. Grill 10 minutes on each till done (grill temperature vary)
4. Set aside on a warm plate
5. Using a heavy bottomed sauce pan sauté onion and garlic and garlic over medium heat till translucent.
6. Add zucchini, tomatoes & olives and sauté approximately 2-3 minutes till heated through. Zucchini should remain slightly crisp.

#### *Basil Mash*

Two (2) pounds new potatoes, quartered

Two (2) tbs butter

½ cup half & half or whole milk

Salt & Pepper

One (2) bunch basil gently chopped (save the prettiest leaves for garnish)

1. Place potatoes in large sauce pan
2. Add enough water to just cover
3. Add approximately 2 tsps salt
4. Bring to a boil
5. Boil approximately 10 minutes or until tender ( a fork should go through easily)
6. Drain and return to saucepan
7. Heat milk & butter together to a low simmer
8. Mash the potatoes with a potato masher or a large fork (if you have a ricer or food mill by all means use that, but do not put the potatoes in a food processor the metal blades will alter the starch and make them gluey)
9. Add warm milk/ butter mixture & salt & pepper to taste
10. Fold in basil

#### **Plating:**

Place a dollop of potatoes towards the middle of the plate

Place chicken breast half on half off potatoes

Pour vegetables over chicken

Garnish with the prettiest leaves



### Watermelon Aqua Fresca

Sweetly refreshing, this summer cooler is a superb pick-me-up after a long sweltering day and makes a fantastic cocktail hour treat.

Serves 6 - 8

*Special equipment: food processor*

One (1) watermelon approximately Seven (7) pounds

Two (2) cups water\*\*

Juice from one (1) lime

Sugar to taste\*

One (1) lime sliced into thin rounds

Fresh mint leaves

1. Cut watermelon in to chunks, approximately 2 inches, discard rind
2. Pulse watermelon in food processor in very short bursts several times (keeping seeds intact)
3. You may need to this several times in order to get through the entire melon
4. Strain juice into a large pitcher ( should have @ 5 ½ cups of juice)
5. Mix with water & lime juice
6. Taste, add sugar if needed
7. Serve over ice with lime rounds & mint leaves

\*You may choose to serve this with simple syrup on the side so guests can adjust sweetness as desired, simple syrup is simply (no pun intended) sugar water. Dissolve one (1)cup of sugar into one and half (1 ½) cups of water then cool. This can be kept in the refrigerator and used with iced beverages

\*\* To make an adult version you can substitute vodka or tequila for the water. You should use a quality product such as Stolli Vodka or El tresoro tequila since the flavor will be very prominent.



## Sweet Corn Flan

A graceful luscious dish, it's creamed corn for grown-ups!

*Special equipment: 2 quart oven ready ceramic dish*

Six (6) ears of corn

One (1) quart heavy cream

Eight (8) eggs

3 Tbs butter

Salt & Pepper

1. Husk corn
2. Cut each ear of corn in half using a very sharp knife ( it is very important to use a very sharp knife, you are more likely to get hurt using a dull knife, really you are) so the bottom is flat
3. Placing flat end down on a cutting board, slowly slice from top to bottom of ear removing corn kernels
4. Sauté corn with butter and all the "corn juice" left on cutting board in a heavy bottomed pan till soft
5. Add Salt & pepper to taste
6. Allow to cool
7. Preheat oven to 300
8. Butter ceramic dish
9. Whisk heavy cream & eggs non reactive bowl till foamy  
Fold in cooled corn
10. Pour in to prepared dish
11. Place ceramic dish in a baking pan filled  $\frac{3}{4}$  of the way with boiling water (this is called a water bath, it aids the cooking process by providing indirect heat which prevents the eggs from scrambling)
12. Bake approximately 30 minutes or until center is no longer liquid

Serve as a first course w. sliced heirloom tomatoes drizzled with extra virgin olive oil & sprinkled w. chives, garnish w. edible flowers

As a side dish with grilled fish, lamb chops, or roast chicken

As a vegetarian main course w. sautéed zucchini, tomatoes & red peppers Crusty bread & a salad w. goat cheese & roasted beets

Cosmic Catering

Chestnut Hill Farmer's Market

8229 Germantown Avenue

Philadelphia, PA 19118

(215) 753-1991

cheffbuggy@aol.com

Chef: Amy Naulty

Owner: Peg Botto

*Menu*

Watermelon Salsa and Tortilla Chips

Marinated Grilled Chicken Breast and Rice

Balsamic Mixed Greens and Grilled Vegetables



### Watermelon Salsa and Tortilla Chips

Diced watermelon  
Scallion  
Garlic  
Cucumber  
Yellow & red peppers  
Red onion  
Hot pepper (jalapeno or habanera depending on your taste)  
Salt, pepper, sugar to the taste

(This recipe is on a one to one fruit/vegetable. So if you use one watermelon you would use 1 cucumber, 1 yellow pepper, 1 red pepper, etc. Garlic and the hot pepper should be added to the taste.)

Seed and dice the watermelon into small cubes. Place in a large bowl. Take the skin off of the cucumber and cut the cucumber around the seeded area to avoid using the middle with the seeds. You should be left with the seeded middle and the outside should be diced. Dice the scallion, Cucumber, Yellow and Red Pepper, and onion and add to the bowl. Take the garlic and mince to a fine small ground consistency and add to the bowl. Do the same for the hot pepper. Please remember to add the garlic and the hot pepper to the taste. This means that you add small amounts of hot pepper at a time and taste it before adding more. You can make something spicier, but it is usually more difficult to reduce spiciness. Finally add salt and pepper to the taste. You may also add a touch of sugar to bring out the sweetness of the watermelon. Let the salsa sit for two hours before serving. If the salsa is watery after sitting b/c of the watermelon juice, you can strain it and place it back in the bowl.



### Marinated Grilled Chicken Breast and Rice

Raw Chicken Breast

Leeks

Scallion

Herbs

Soy sauce

Orange juice

Carrots

Leeks

Garlic

(ginger – you can add ginger which would be a great compliment but I am withholding it for Sunday's event b/c individuals tend to be allergic to it and as a precaution)

white, brown, or wild rice

chicken stock

olive oil or peanut oil

corn starch

The first part of the dish to prepare would be the rice. Dice the carrots and leeks and start to sauté in butter. Mince the garlic (2 cloves) and add to the sautéing vegetables. Once the vegetables are starting to sweat, add the rice and the water. (It is a two to one ratio – water to rice). Also add salt to the taste. You should taste the rice water and taste a little salt. Bring to a boil. Once boiling, cover the pot and put on low. Check in 20 min. Rice should be tender and water should be evaporated.

The second part should be marinating the chicken for grilling/ baking

You can use steak or chicken for this dish. You would just substitute chicken stock/broth for beef stock/broth.

Take a ½ cup of soy sauce and pour into a bowl. Dice scallions and some herbs such as cilantro, parsley, and/or basil and add to the soy sauce. Add 1 ½ cup orange juice. Add a tablespoon of olive oil, peanut oil, or your preference of oil to the bowl and mix. Add your chicken. Allow chicken to marinate for an hour. For best results, marinate overnight.

Finally grill or bake your chicken to the desired temperature. Take the drippings from cooking the meat and add to a sauté pan. Add beef stock and some diced scallion and allow the sauce to boil. Taste the sauce. If it is bland and not salty, add a touch of soy sauce. Take a tablespoon of corn starch and put it in a small bowl. Add water until it is of milky consistency. While sauce is boiling, add the milky corn starch while continuing to stir. If sauce is not thick enough to your liking, add another tablespoon of corn starch using the same method. (If you prefer to thicken with flour, you may use that method as a substitute for the corn starch).

Place the rice in the center of the plate. Then fan your chicken around it, and pour the sauce around the edge of the plate over the chicken.



### Balsamic Mixed Greens and Grilled Vegetables

Zucchini, Bell Peppers, Onion  
Scallion  
Tomato  
Basil  
Shaved Parmesan or fresh mozzarella  
Cucumber  
Lettuce  
Balsamic Vinegar  
Salt and pepper  
Garlic  
Olive oil

Cut off each end of the zucchini and split it. This will make it easier for grilling. Take 3/4 cup balsamic vinegar and place in a mixing bowl. Lightly mince the basil and add to the vinegar. Finely mince 2 cloves of garlic and add it to the bowl. Take 1/2 cup of olive oil and while whisking the vinegar mixture, slowly add the olive oil. Put your vegetables in an empty bowl add some of the vinaigrette to the bowl to marinate the vegetables. The rest of the vinaigrette will be your dressing.

Grill the vegetables. Allow the zucchini to still be crunchy b/c it will continue to cook after you remove it from the grill. These vegetables will be served cool so you do not want them too mushy. Slice the tomato, scallion, and cucumber and clean the mixed greens if they need it. In a large bowl, add the mixed greens followed by the tomatoes and cucumber. Once the zucchini is cool, slice the zucchini strips in about 1/2 inch thickness and add to the greens. Add the onions and your cheese of choice. Add the dressing directly to the salad or serve on the side.



Rose Tattoo

19<sup>th</sup> and Callowhill St.

Philadelphia, PA 19130

(215) 569-8939

contactus@rosetattoocafe.com

www.rosetattoocafe.com

Chef: Sean Weinberg

Owners: Michael & Helene Weinberg

*Menu*

Andalucian Gazpacho

Beet Salad

Charmoula Vegetable Skewers with Coconut Cous Cous

Cucumber Salad

Bagna Cauda



### Andalucian Gazpacho

8 large tomatoes ( cored and quartered)  
3 cucumbers ( peeled and cut in three)  
1 red onion  
2 cloves of garlic  
1 red bell pepper (diced)  
2 Tbl. basil  
1/4 cup sherry vinegar  
1/2 cup extra virgin olive oil  
salt and pepper to taste

1. Add all ingredients into blender and puree until smooth.
  2. You may small dice some cucumber and red onion to garnish the top of the soup.
- \*-HINT: It is very important to have nice tomatoes – without them, it is impossible to have a nice soup. Keep in mind a tomato that is blemished and can be trimmed up is better than one that is not quite ripe.
- F.Y.I: This recipe is in the style of gazpacho from Andalucia in southern Spain. It is a region rich in food culture influenced heavily by its proximity to northern Africa.

### Beet Salad

2 bunches beets  
8 oz. fresh goat cheese  
3 Tbl. toasted pine nuts  
1 red onion  
1 cup sherry vinegar  
2 cups extra virgin olive oil

1. To roast beets cut off top and bottom and place in shallow baking pan.
2. Add water to pan until beets are one quarter covered.
3. Cover with aluminium foil and place in a 350 degree oven for 20 to 45 minutes depending on size.
4. Allow to cool covered.
5. Peel under cool water and cut beets into quarters or slices.
6. Toss with vinaigrette, and sprinkle toasted pine nuts and crumbled goat cheese on top.

### *Vinaigrette*

1. Slice and grill red onion until nice and charred.( you may use a mix of different onions)
  2. Place in blender with sherry vinegar salt and pepper.
  3. Slowly add olive oil while blending.
- add fresh herbs if desired( basil, chervil and thyme all work well)



### Charmoula Vegetable Skewers with Coconut Cous Cous

#### *Charmoula Marinade* ( for vegetable skewers)

2 cups olive oil  
2/3 cup fresh lime juice  
3 tsp. salt  
1 tsp. black pepper  
3 Tbl. toasted cumin\*  
1 Tbl. paprika  
1 Jalapeno (seeded and chopped)  
1 bunch chopped cilantro  
2 Tbl. chopped garlic

1. Place all ingredients in blender except for the olive oil.
2. Slowly add oil while blending
3. Brush vegetable skewers and grill for approximately 2 minutes on each side.

\*Toast whole cumin seed then smash it with the back of a knife or place it in a coffee bean grinder. If need be you can substitute non-toasted cumin powder.

\*\* HINT- Do not expect marinade to taste good on its own.

- This marinade also makes a great sauce when mixed with yogurt for grilled lamb, poultry and round fish such as tuna and swordfish.

F.Y.I: Charmoula is a staple in Morrocan cooking used to marinate street vendor food that is grilled over an open fire.

#### *Coconut Cous Cous*

2 cups morrocan cous cous  
1 cup unsweetened coconut milk  
1 cup chicken stock or water  
1 Tbl. chopped cilantro  
1 Tbl. chopped scallion  
salt and pepper to taste

1. Place cous cous in a baking dish or flat bottomed pot with sides at least 2 inches high.
2. Bring liquids to a boil with a pinch of salt and pepper.
3. Add to cous cous and cover immediately with plastic wrap.
4. Let sit for 10 to 15 minutes while cous cous absorbs liquid.
5. Fluff with a fork , fold in chopped herbs and adjust seasoning.

### Cucumber Salad

3 cucumbers (peeled and seeded)  
2 red bell peppers  
1 Tbl. chiffonade of basil  
8 oz. fresh mozzarella cheese ( small diced)  
splash of balsamic vinegar  
splash of extra virgin olive oil  
salt and pepper to taste

1. Rub peppers with olive oil, salt and pepper.
2. Place on open fire or in oven and cook until skin is charred.
3. Place in plastic container or bowl and immediately cover with plastic wrap . Let sit for 15 to 20 minutes.
4. Peel and discard seeds under cold running water.
5. Slice cucumbers, peppers and basil. mix with mozzarella, vinegar and olive oil.

### *Fresh Mozzarella Cheese*

1 lb mozzarella curd\*  
1 gallon 180 degree water seasoned with 1/2 cup kosher salt

1. Break curd up with your hands into large chunks.
2. Add curd to water and stir with wooden spoon.
3. When curd appears to be melted half way, strain into collander and immediately begin stretching with spoon.
4. When cheese is formed roll into balls and place in an Ice water bath. Store in buttermilk.

\*Mozzarella curd can be purchased at the *Dibrunos Brothers' House of Cheese* and *Claudio's* both on 9 Street in the Italian market .You can also find it at *Carlino's* market in Ardmore and on the web at [www.mozzco.com](http://www.mozzco.com).

\*\*Don't be intimidated to try this . After a few attemps I promise you will get the hang of it. Homemade mozzarella is great to have around during tomato season.

### Bagna Cauda ( hot bath)

-This is a wonderful olive oil dip for fresh raw vegetables, especially fennel.  
Simply take 3 cups of olive oil, 5 cloves of smashed garlic, and 4 salted anchovies and bring to a soft simmer for 5 minutes, then allow to cool until lukewarm.  
- If desired you may add 1 cup of heavy cream and puree ingredients for a creamier (nontraditional) version.



Rx

4443 Spruce Street  
University City, PA  
(215) 222-9590  
Chef: Greg Ling  
Owner: Greg Salisbury

*Menu*

Heirloom Tomato-Roasted Beet Pave  
Beet Vinaigrette  
Chilled Melon Soup with Tomato-Watermelon Salad  
Grilled Vegetable Cannelloni with Spicy Tomato Coulis  
Pumpkinseed-cruste Soft-shell Crab with Sweet Corn and Huitlacoche Vinaigrette

### Heirloom Tomato-Roasted Beet Pave

For this dish, you will need to purchase one four-inch ring mold; alternatively, you can use a clear plastic takeout container (like one from a Chinese restaurant)

- 2 large beets, roasted
- 1 pound assorted heirloom tomatoes, sliced 1/4-inch thickness
- 1 red onion, thinly sliced
- 4 ounces fresh goat cheese at room temperature
- 4 tablespoons beet vinaigrette (recipe follows)
- 2 ounces assorted lettuces or picked herbs
- Kosher salt and freshly ground pepper to taste
- 1 orange, peeled and sliced horizontally

1. Toss beets in a little oil of your choosing. Wrap in foil and roast in a 350 degree oven for 35 minutes. Let cool for 10 minutes, then slice to 1/4-inch thickness.
2. On a chilled plate, put ingredients into the ring mold in this order: beet, goat cheese, red onion, tomato. Season each layer with salt and pepper. Repeat series once.
3. Top with orange slice and remove ring mold.
4. Arrange greens in a pile next to pave. Drizzle beet vinaigrette over pave and greens.

#### *Beet Vinaigrette*

- 1 medium chioggia beet, peeled and cut into 1/4-inch dice
- 1 shallot, minced
- 2 cups cider vinegar
- 1 tablespoon turbinado sugar
- Kosher salt and freshly ground pepper to taste
- 1 cup extra virgin olive oil

1. In a non-reactive saucepan, bring first four ingredients to a simmer over medium heat. Turn off heat.
2. Let mixture cool, then incorporate last two ingredients. Store in an airtight container until ready to use. Keeps for two weeks in a refrigerator.

### Chilled Melon Soup with Tomato-Watermelon Salad

#### *For the soup:*

- 2 melons (cantaloupe, honeydew, etc.), peeled, seeded and cut into rough chop
- 2 cups spring water

1. Puree melons with water. Reserve.

#### *For the salad:*

- 1 cup watermelon, cut into 1/2-inch dice
- 1 cup tomato, cut into 1/2-inch dice
- 1/2 cup mint leaves
- 1 tablespoon honey

1. Combine all ingredients in a mixing bowl. Reserve.

#### To serve:

2. Pour puree into chilled soup bowl. Spoon salad into the center and serve.



Grilled vegetable cannelloni with spicy tomato coulis*Filling:*

- 2 ears corn, shucked
- 1 medium zucchini, halved and seeded
- 1 medium yellow squash, halved and seeded
- 1 medium eggplant, peeled and sliced
- 1 sweet onion (Walla Walla, Vidalia, etc.), sliced
- 6 ounces fresh mozzarella, cut into 1/2-inch dice

Place vegetables in marinade (recipe below) for five minutes (vegetables will soften too much if left in longer).

*Marinade:*

- 1 cup extra virgin olive oil
- 1 bunch scallions, chopped
- 6 cloves garlic
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper

Puree all ingredients in a food processor until smooth.

1. Take vegetables out of marinade and grill over a medium-hot fire for five minutes, until just charred.
2. Cut vegetables into 1/2-inch dice (for the corn, simply take off the cob with a paring knife).
3. Gently fold cheese into vegetable mixture. Reserve.

*Crepes:*

- 1/2 cup flour
- 3/4 cup milk
- 1 tablespoon melted butter
- 1 teaspoon fresh chives, snipped
- Pinch kosher salt

1. Combine all ingredients in a mixing bowl.
2. In an eight-inch nonstick skillet over medium heat, heat butter until foamy. Put 3 ounces batter into pan, swirling to cover pan. Using a heat-resistant rubber spatula, flip crepe after 30 seconds (edges will just begin to curl). Cook 10 seconds longer, then remove crepe to a dinner plate.
3. Repeat process until batter is finished.

*Coulis:*

- 2 large ripe tomatoes
- 2 cloves garlic
- 1 shallot, sliced
- 2 tablespoons extra virgin olive oil
- Juice of half a lemon
- Kosher salt and freshly ground pepper to taste

Roast ingredients in a 400 degree oven for 20 minutes. Remove from oven. Let cool for 10 minutes; puree in blender. Reserve.

*Cucumber-Tomato Salad:*

- 1/2 cucumber, peeled, seeded and cut into 1/2-inch dice
- 1 pint cherry tomatoes, halved
- 2 tablespoons basil, julienned
- 2 teaspoons extra virgin olive oil
- Kosher salt and freshly ground pepper to taste

Combine ingredients in a mixing bowl. Reserve.

*To plate:*

1. Fill each crepe with vegetable/mozzarella mixture (approximately 4 ounces' worth).
2. Bake cannelloni in oven at 400 degrees until cheese melts, about five minutes.
3. Place two cannelloni in center of the plate. Top with tomato coulis and cucumber salad.
4. Serve immediately.



## Pumpkinseed-cruste soft-shell crab with sweet corn and huitlacoche vinaigrette

### *For the batter*

- 1 cup pumpkinseeds
- 1 cup flour
- 1 cup corn meal
- 1 egg, beaten
- 2 bottles dark beer

Combine all ingredients in a mixing bowl. Set aside.

### *For the corn salad*

- 2 cups uncooked corn kernels
- 1 pint cherry tomatoes, halved
- 1 jalapeno, thinly sliced
- 2 tablespoons red onion, diced
- 1 tablespoon cilantro, chiffonade

### *For the vinaigrette*

- 1 clove garlic, minced
- 1 cup huitlacoche (a fungus otherwise known as corn smut)
- 1 shallot, minced
- 1/2 cup sherry vinegar
- 1 cup canola oil plus one tablespoon for sauteeing

1. Sauté first three ingredients in tablespoon of canola oil over medium-high heat for two minutes or until fragrant.
  2. Deglaze pan with vinegar.
  3. Place mixture in mixing bowl.
  4. Slowly drizzle in oil, whisking to incorporate.
- Reserve.

### *For the soft shell crabs*

- 4 soft shell crabs, aprons, faces and gills removed
- Batter
- 1 tablespoon butter

1. Dip the soft shell crabs in the batter, shaking off any excess.
2. In a large non-stick skillet, melt butter over medium high heat until it foams.
3. Sauté crabs for two minutes a side.

### *To Serve:*

While crabs are cooking, place corn salad in the center of the plate. When crabs are done, place on top of salad. Drizzle vinaigrette over the plate. Serve.



## About RX and Locally Produced Food

Rx is the abbreviation of the Latin word, *recipe*, which means recipe.

All of our seafood arrives daily from Samuels & Son, which is why you'll see things like day boat *calamari* (squid that was caught and shipped out the same day) and diver *scallops* (hand-harvested and dry-packed scallops), as opposed to the dredged and phosphate-preserved scallops, which are so prevalent on restaurant menus.

Prince Edward Island is in Canada, and is renowned for its *mussels*.

Hanger steak is also known as the hanging *tenderloin* (it comes from the chest area) and the butcher's cut: back when butchers would take care of their own steer, they would save this cut for themselves and their family. Full of flavor and texture, we don't recommend it cooked more than medium.

Glenn Brendle, of Green Meadow Farms, provides us with all sorts of produce, from *herbs* to *scapes* to *apples* to *grass-fed ribeye*. He also brings us the best of breakfast: free-range *eggs* and a double-thick, double-smoked preservative-free *bacon* prepared especially for us.

We get organic *baby arugula*, BGH-free *dairy products*, organic free-range *chicken* and some produce from Lancaster County's Farm Fresh to Chefs.

Oley Valley (PA) Mushrooms grows organic *shiitake* and *oyster 'shrooms*.

Overbrook farms (of Lansdale) grows our *herbs*, as well as *microgreens*.

Halteman's Poultry, long a mainstay of Reading Terminal Market, grinds *fresh turkey* so we can make our sausage.

Country Time Farm provides us with natural-feed *pork chops* and *ham*.

B&L farms raises the best-tasting free-range natural-feed *lamb* we've had.

Todd Kovich, a University City resident, makes our two kinds of *granola*.

Dave Trickett supplies us with *honey* from apiaries right here in University City, and it is amazing (Ask for a taste).

We get all of our *breadstuffs* from Metropolitan, including the brioche (a very rich bread) we use for French Toast and bread pudding.

Our bagels come from Philadelphia Bagel Company. If you know anything about *bagels*, you know that this is a very good thing.

We use Acme, one of the finest smokers in the country, for *smoked fish*.

Citron tea is a Korean specialty. Made from the citron fruit (also known as yuzu) into a marmalade, it's hard to describe but delicious to drink. The stainless steel mug you drink your citron tea, or coffee, out of comes from [Firstline.com](http://Firstline.com). You can buy them here for \$25 (they're \$32 online).

**About the desserts:** Freddi is my mom, and she makes the best *Key Lime Pie* north of Joe's Stone Crabs. Roz owns **Homemade Goodies** by Roz on 5th St. between South and Lombard. Charlie is a chef who makes amazing *cheesecakes* in his spare time. **Chilly Philly** is a local two-person operation. Similar to Ben and Jerry's, Chilly Philly is all natural and donates 7% of profits to charity.



Rx Menu for August 22, 2003

- Rx salad: organic mixed greens, goat cheese, sweet-spicy nuts, tomatoes \$6  
 Pave: roasted beets, heirloom tomatoes, fresh goat cheese 7  
 Fresh summer truffles: escargot, peas 9  
 Heirloom tomato salad: bibb lettuce, buttermilk dressing, blue cheese 8  
 Whitewater mussels: white wine, garlic, herbs 8  
 Stir fried gulf shrimp: asparagus, jalapenos, ginger, scallions 9  
 Fried oysters: chicken salad, organic greens 8  
 Roasted clams: sweet onions, peppers, oregano 8  
 Grilled calamari: mediterranean accompaniments 8  
 Pan-fried soft shell: avocado puree, grapefruit, spicy tomato vinaigrette 11
- Country Times Farms pork chop: corncob, chorizo hash, chipotle sauce 17  
 OFR roasted chicken: garlic spinach, corn flan, truffle potato puree 17  
 Green Meadow Farm Grassfed ribeye: rainbow chard, frites 21  
 Roast wild halibut: tomato confit, asparagus, purslane salad 18  
 Big-ass crabcake: summer vegetable fricasee, lemon vinaigrette 21  
 Barramundi: cipollini-fava-shiitake ragout, glace de viande 19  
 Crispy whole red snapper: crab fried rice, coconut-lemongrass broth 20  
 Opah: spicy shrimp stir-fry, noodles, cucumber sambal, peanut satay 18  
 Bluefin Tuna: merques sausage, clams, citrus, chiles, tomato confit 19  
 Aioli: fresh summer vegetables, couscous, garlic sauce 15  
*A certain side dish sound appealing to you? It's yours for an additional \$5*

Ben's Iced tea of the day \$2

San Benedetto, sparkling or still 5

Sodas: the usual suspects 2

Our fish is served slightly underdone to emphasize freshness and taste.

Tuesday through Thursday prix fixe: for \$25, choose an appetizer, entrée and dessert (\$5 supplement for whole fish hand ribeye; \$2 supplement for cheesecake), please let your server know that you want it, or you will be charged full price!

There is a \$14 per person minimum.

We apologize if we run out of anything;

focusing on seasonal/local ingredients means short supplies

Executive chef: Greg Ling