

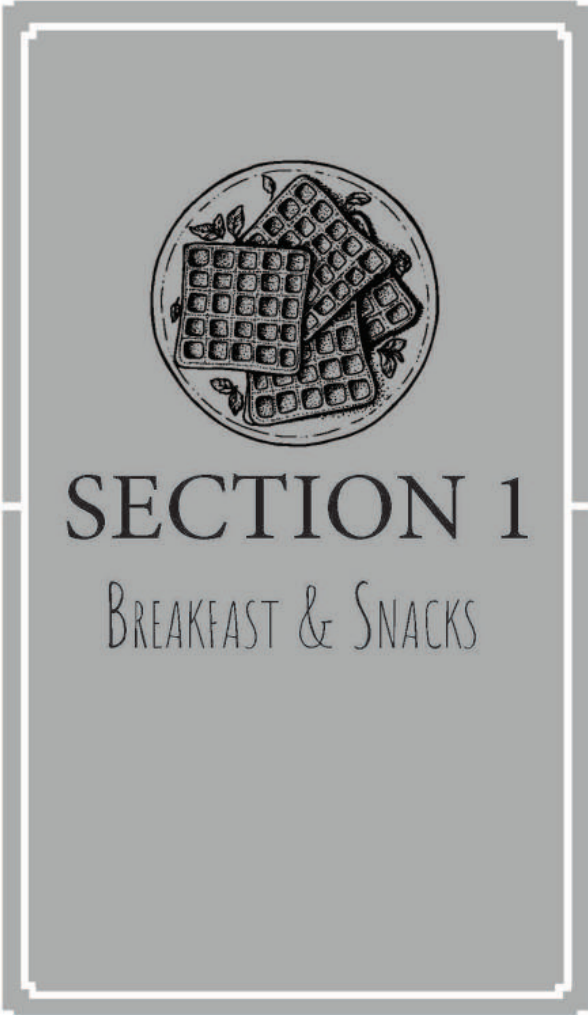
Citizens For Easton Anniversary Cookbook Debuts

It's here! The long-awaited CFE Cookbook is now available.



Many Easton traditions were undermined by the Covid-19 pandemic last year and one of the most popular, the Citizens for Easton (CFE) Farm Tour, was among them. A popular draw on the second Saturday in August, the event was created to attract crowds to participating farms and to pay homage to the town's thriving agricultural life. The event will be an annual thank you to Easton's farmers for many years to come.

The challenge for CFE was to find another way to benefit local farms and to join the 175th anniversary initiative led by Selectman Bob Lessler. The anniversary celebrations is ongoing. Visit [Easton 175](#) to find out more.

Members of the CFE board decided to underwrite and produce a cookbook and subsequently solicited recipes and photos from those who live or work in Easton. The contributions offered an array of local culinary favorites, highlighting produce from local farmers. The preface was written by Easton historian, Bruce Nelson, Director of Research for the Historical Society of Easton, who generously provided a look into the culinary habits of our Easton ancestors.




SECTION 1
BREAKFAST & SNACKS

 **RECIPE** 

This recipe shall be known as
BLUEBERRY MUFFINS

From the kitchen of Jeannie Gay

<p><u>INGREDIENTS</u></p> <ul style="list-style-type: none">• ¾ Stick (6 Tbsp) Unsalted Butter• ½ Cup Whole Milk• 1 Whole Large Egg• 1 Whole Large Yolk• ¾ Tsp Vanilla• Zest of 1 Lemon• 1 ½ Cups All Purpose Flour• ¾ Cup Sugar• 1 ½ Tsp Baking Powder• ¾ Tsp Salt• 2 Cups Fresh Blueberries (12 Oz) 	<p><u>DIRECTIONS</u></p> <p>PUT OVEN RACK IN MIDDLE OF OVEN AND PREHEAT TO 375°. LINE MUFFIN TIN WITH PAPER BAKING CUPS.</p> <ol style="list-style-type: none">1. MELT BUTTER IN A SMALL SAUCEPAN OVER MODERATELY LOW HEAT, THEN REMOVE FROM HEAT. WHISK IN MILK, THEN WHISK IN WHOLE EGG, YOLK, LEMON ZEST, AND VANILLA UNTIL COMBINED WELL.2. WHISK TOGETHER FLOUR, SUGAR, BAKING POWDER, AND SALT IN A BOWL, THEN ADD MILK MIXTURE AND STIR UNTIL JUST COMBINED. FOLD IN BLUEBERRIES GENTLY BUT THOROUGHLY.3. DIVIDE BATTER AMONG 12 MUFFIN CUPS, SPREADING EVENLY.4. BAKE UNTIL GOLDEN AND A WOODEN PICK OR SKEWER INSERTED INTO THE CENTER OF THE MUFFIN COMES OUT CLEAN, 25 TO 30 MINUTES.5. COOL IN PAN ON A RACK 10 MINUTES, THEN RUN A KNIFE AROUND THE EDGE OF EACH MUFFIN AND CAREFULLY REMOVE FROM CUPS. <p>SERVE WARM OR AT ROOM TEMPERATURE.</p>
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The cookbook print run was recently completed and now distribution has begun. Local farmers were given a copy so they can determine if they would like to offer it to

shoppers for a suggested donation of \$10. The majority of the proceeds will accrue to the farmers.

The cookbook was designed by M3 Media Productions and funded in part by Newman's Own.

A list of farms offering the cookbook will be updated periodically. At present, copies are available at Aspetuck Valley Orchard, Greiser's Coffee & Market, Pond View Farm, Gold Rush Farm, Slady's Christmas Tree Farm, Sport Hill Farm, as well as the Easton Public Library and the Easton Senior Center.



RECIPE

This recipe shall be known as

APRICOT ROSEMARY CHICKEN

By FRANCES TOWNER GIEDT

From Sal Gilbertie's book

"KITCHEN HERBS The Art and Enjoyment of Growing Herbs and Cooking with Them"
REPRINTED WITH PERMISSION FROM SAL GILBERTIE

INGREDIENTS

- 4 Tbsps (½ Stick) Unsalted Butter
- 2 Whole Chicken Breasts, Boned, Skin Removed, and Cut in Half
- 4 Fresh Apricots, Cut in Half and Pitted
(If Fresh Apricots Are Not Available, Use 4 Dried Apricots That Have Been Soaked in a Little White Wine For 30 Minutes)
- 2 Ounces Prosciutto, Finely Minced
- 2 Sprigs of Fresh Rosemary, Lightly Bruised
- 1 Tsp Chopped Fresh Sage
- 1 Garlic Clove, Sliced Paper-Thin
- Salt and Freshly Ground Black Pepper, to Taste
- 1 Fresh Lemon

DIRECTIONS

PREHEAT OVEN TO 350°

1. CUT TWO CIRCLES OF PARCHMENT PAPER 18 INCHES IN DIAMETER. BUTTER ONE SIDE OF EACH CIRCLE. LAY EACH CHICKEN BREAST ON ONE HALF OF THE BUTTERED SIDE OF THE PARCHMENT CIRCLES. THINLY SLICE APRICOTS. ARRANGE APRICOTS, PROSCIUTTO, ROSEMARY, SAGE, AND GARLIC OVER THE CHICKEN. SPRINKLE WITH SALT AND PEPPER, TO TASTE. DOT WITH REMAINING BUTTER. SQUEEZE LEMON JUICE OVER EACH BREAST.
2. FOLD OVER PARCHMENT AND CRIMP THE EDGES TO SEAL. PLACE ON BAKING SHEET AND BAKE FOR 45 MINUTES. PLACE PARCHMENT PACKETS ON SERVING PLATES; BREAK OPEN AND SERVE IMMEDIATELY.



RECIPE

This recipe shall be known as

PIZZA A LA BOB

From the kitchen of

Bob Lessler

INGREDIENTS

- 1 Package of Active Dry Yeast
- 1 Cup of Lukewarm Water
- Pinch of Sugar
- 2-2 ½ Cups of Flour
- 2 Tbsp Vegetable Oil
- 2-3 Shakes of Salt

DIRECTIONS

PREHEAT OVEN TO 450°

1. DISSOLVE ONE PACKET OF ACTIVE DRY YEAST INTO ONE CUP OF LUKEWARM WATER.
2. ADD A PINCH OF SUGAR.
3. LET STAND FOR FIVE TO TEN MINUTES.
4. ADD TWO CUPS OF FLOUR, VEGETABLE OIL AND A LITTLE SALT.
5. KNEAD FOR FIVE TO TEN MINUTES, ADDING A LITTLE FLOUR IF IT IS TOO WET AND STICKY.
6. LET RISE FOR ONE AND A HALF HOURS, LOOSELY COVERED WITH A CLEAN DISH TOWEL.
7. PLACE ON A WARM SURFACE (I SET THE TOASTER OVEN TO 150° AND PUT THE DOUGH IN AN ALUMINUM MIXING BOWL ON TOP OF THE WARM TOASTER OVEN).
8. KNEAD FOR FIVE MINUTES OR LESS.
9. ROLL OUT FLAT AND PUT ON A PIZZA PEEL OR OTHER FLAT TRAY SO YOU CAN EASILY SLIDE IT OFF.
10. PLACE ON A PRE-HEATED PIZZA STONE (IF YOU DON'T HAVE ONE, THE FLAT TRAY WILL DO).
11. ADD PIZZA SAUCE, CHEESE, TOPPINGS. IF I HAVE THE TIME, I MAKE MY OWN TOMATO SAUCE BUT THAT'S A DIFFERENT RECIPE.
12. BAKE FOR 10-15 MINUTES.

