



Fogwood Food Recipes
June 22, 2014

Stuffed Mushrooms

Fill Shiitake mushroom caps with Chevre (*Sleepy Goat Farm*). Top with chopped bell peppers (or other veggie of choice). Bake 350 about 12 minutes until tops begin to brown.

** This works great with rehydrated mushroom caps or fresh caps.

Healthy Meatballs

Enriched with Shiitake Mushrooms and Organic Pea Shoots

Mix one pound ground beef (*Rolling Ridge Angus*), one tablespoon Fogwood Shiitake mushroom powder, one tablespoon *Smith Farms* Organic dehydrated pea shoots, and ½ teaspoon *Running Pine Herb Farm* bread dipping herbs. Shape into about 20 meatballs. (NOTE: This makes delicious burgers for grilling, too!)

Cook meatballs in iron skillet about 12 minutes over medium/low heat until done. Cover with prepared glaze.

Glaze: Mix 8 ounces *Fogwood Food* Spiced Tomato Jam with 2 tablespoons white vinegar and ¼ teaspoon of red pepper flakes. Melt in saucepan over low heat. Then pour over meatballs.

Fogwood Strawberry Salad Dressing

Shake together in cruet ½ cup *Fogwood Food* Strawberry Syrup, ¼ cup white vinegar, and 2 tablespoons olive oil.

** Delicious to also use *Fogwood Food* Ginger Syrup, Blueberry Syrup, Buttered Pecan Syrup or any combinations!!

Mini Cheese “cake” Bites

Fill mini phyllo shells with ½” cube of *Sleepy Goat Boucheron* (or 1 teaspoon Chevre). Top with ½ teaspoon of your favorite *Fogwood Food* jam. Bake at 350 for 7 minutes (until cheese has melted).

Gluten-Free Oatmeal/Jam Bars

Mix together 1 ½ cups oatmeal, 1 ½ cups gluten-free baking mix, 1 cup brown sugar, 1 teaspoon baking powder, and ¼ teaspoon salt. Work in 1 ¾ stick butter, cut into pieces, until crumbly.

Spray 9 x 13 baking dish with Pam. Sprinkle half the mixture into the baking dish and press evenly over the bottom. Top with one 8-ounce jar of your favorite *Fogwood Food* jam—spreading evenly. Sprinkle the remaining half of the oatmeal mixture over the top and pat lightly.

Bake in 350 oven 35-40 minutes until lightly browned. Let cool before cutting into squares.

Mushroom Pinwheels

Filling: Cook one pound Shiitake mushroom pieces and one cup chopped sweet onion in one cup chicken broth until onions are translucent and most of the liquid is absorbed by mushrooms. Put all into food processor with 8 ounces Chevre (*Sleepy Goat Farm*) and process until smooth.

Spread filling onto wraps of choice, and roll up—moistening edges to seal. Cut into slices about ½” thick, and refrigerate until ready to serve.