

POMEGRANATE HONEY POACHED PEARS (ADAPTED)

Serves 6

1 oz (by weight) dried hibiscus flowers
2 whole star anise
1 cinnamon stick
½ cup honey
4 cups water
1 cup pomegranate juice
4 slices (1 inch) fresh ginger

8 strips fresh lemon peel (from 1 lemon)
8 whole black peppercorns
¼ cup sweet red or sweet white wine
6 medium Asian pears or 3 large Asian pears,
peeled, cored (and sometimes halved, if they are
giant)

PREPARATION

1. Combine all ingredients except for pears, bring to a boil, then reduce to a simmer for 10 minutes so the flavors develop.
2. Add prepared pears and gently simmer for 30 minutes, turning very gently. Pears should be soft enough to be eaten with a spoon, but not falling apart. You may need to cook them longer, depending on the ripeness of the pears.
3. Remove from heat and allow pears to cool in poaching liquid, turning for even color.
4. Remove pears from poaching liquid, strain the liquid and serve with the pears.
5. Serve with favorite accompaniments, such as shortbread crumble, nuts, whipped cream, etc.
6. Heat oven to 375 degrees

QUINCE SUNCHOKE AND SWISS CHARD HASH

2.5 pounds large sunchokes, peeled and cut into 2
inch pieces
1 pound Swiss chard, tough stems discarded, rough
chopped
1 small red onion, sliced ¼ inch thick

3 Tb olive oil blended with 3 TB vegetable oil
1 Tb butter
½ pound quince, peeled, cored, cubed
Salt and pepper, to taste

Optional Garnishes: Chopped Nuts, Quinoa or Farro, Pomegranate Seeds, Poached or Soft Boiled Eggs, etc.

PREPARATION

1. Place the oils and butter in a heavy bottomed skillet over medium-high heat. Add the sunchokes and quince and a generous pinch of kosher salt, toss well to coat. Cover the skillet with a tight fitting lid and cook for at least 10 minutes, tossing or flipping occasionally to ensure that all sides of the sunchokes are browning and getting crisp.
2. Add the onions and cook until softened, 4-5 minutes.
3. Add the Swiss chard and cook briefly until it wilts slightly. Remove from the heat and sprinkle in spices, black pepper, and additional salt to taste. Serve immediately with your favorite garnishes.

QUINCE DRESSING

3 ounces roasted quince, cut into small pieces, no core (about a half quince), skin OK
1 tablespoon balsamic vinegar
3 ounces extra-virgin olive oil

4 garlic cloves, smashed
Salt and freshly ground pepper, to taste
Honey, to taste

PREPARATION

Throw all the ingredients into a blender or food processor and process until smooth

SHOPPING LIST – MAIN STREET FARMERS MARKET VENDORS

- Pomegranate juice, 1 cup – McFarlin Family Farms
- Fresh ginger – Vang Farm
- 1 small red onion – Vang Farm
- 4 garlic cloves – Vang Farm
- 6 medium or 3 large Asian pears – Terry Ranch
- ½ pound quince – Terry Ranch
- lemon peel – Valley Center Orchard
- 2.5 pounds large sunchokes – Weiser Family Farms
- 1 pound Swiss chard – Anna's Organic Farm
- Honey – Honey Pacifica / Energy Bee Farm
- Olive oil – Buon Gusto

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