

Cook # _____
(To be filled out at Event)

100 MILE POTLUCK

COOK INFORMATION

Name:

Street Address:

City:

State: _____ **Zip:** _____

Phone: _____ / _____

Email Address:

Is the Cook Under Age 14? (Y/N) _____

RELEASE

I give and grant permission to the 100 Mile Potluck Committee, a co-venture of the Bardstown Road Farmers' Market, the Eco-Stewardship Committee of the Bardstown Road Presbyterian Church and the Deer Park Baptist Church in Louisville, Kentucky, to use my or my family's photograph, likeness, voice and/or recipe in any way that would reasonably and properly portray the 100 Mile Potluck. And I further release the 100 Mile Potluck Committee, their affiliate organizations and volunteers from any damages in using my or my family's likeness, photograph, voice and/or recipe. I do further certify that I am of full legal capacity to execute the foregoing authorization and release.

Name of Cook, or Parent of Cook if under age 18

Date Signed

RECIPE

Name of Dish:

Is the Dish Vegetarian? (Y/N) _____ **Vegan? (Y/N)** _____

Ingredients:

Please list all ingredients, quantities, and if grown or prepared locally, where you obtained it. (See the suggested recipe format below.)

Method:

Please describe how to prepare your dish. (See the suggested recipe format below.)

Notes:

Anything else you'd like to tell us about your recipe?

SUGGESTED RECIPE FORMAT

Name of Dish: Cheddar-Broccoli Millet Pie

Is the Dish Vegetarian? (Y/N) Yes **Vegan? (Y/N)** No

Ingredients:

3 cups onion, chopped (Harvesthyme Farm)
2 medium carrots, chopped (Facing West Farm)
3 cups broccoli florets, cut into small pieces (Field Day Family Farms)
8 ounces sharp cheddar cheese, shredded (Kenny's Country Cheese)
2 large eggs (Dreamcatcher Farm)
1 tbsp extra virgin olive oil
1 cup millet, soaked overnight
3 cups vegetable or chicken stock
1/2 tsp salt
2 tsps. dried thyme
Olive oil for pan

Method:

Drain millet well (make sure colander holes aren't too big) and set aside.

Heat a 2-quart heavy saucepan over medium-high heat for a few seconds, then add the oil. Add the onions and saute', lowering the heat as they soften. Cook until golden and sweet. Add the millet and stir, cooking until the grains are hot to the touch and fragrant. Add the stock, salt, thyme and carrot, and bring to a boil. Cover tightly and lower heat to the lowest setting. Cook 30 minutes, then quickly add broccoli to the pan, cover again, and let stand for five minutes. Uncover and fluff, let cool.

Preheat oven to 400 degrees. In a large bowl, stir the millet with the cheese and eggs and scrape into greased pie pan. Bake 45 minutes, until golden on top and firm to the touch. Slice and serve warm. Serves 6.

Notes:

This gluten-free recipe was adapted from one in a Mother Earth News article on millet this past winter. It's a great way to introduce this uncommon grain to your family. We served it to houseguests during the ice storm and they gobbled it right up.