

# Pantry News

July 2020 Issue # 6

We hope you have been enjoying the *Pantry News*. A newsletter designed for you! We like to share information to our pantry members regarding the items you will receive in your pantry bag and some wonderful recipes to help you enjoy them.

This week's vegetables came from Willow Wisp Organic Farm in Damascus and The Anthill Farm in Dyberry. Jane Bollinger has provided us with some very tasty kale recipes. Make sure to check out the back page for ways to preserve fresh eggs.

Kale is a popular vegetable and a member of the cabbage family. It is a cruciferous vegetable like cabbage, broccoli, cauliflower, collard greens and Brussels sprouts. There are many different types of kale. The leaves can be green or purple, and have either a smooth or curly shape. Kale's nutritional content: calcium, fiber, iron, potassium, vitamins A, C, K, and carotenoids.

## Easy Skillet Kale with Lemon & Garlic

### Ingredients:

1 bunch kale, any variety  
1 TB olive oil  
1 clove garlic, finely chopped  
Pinch red pepper (optional)  
1/4 tsp kosher salt, or more to taste  
Pinch freshly ground black pepper  
Juice of 1/2 small lemon



**Directions:** 1. Use your hands to pull the kale leaves from their stems. Discard the stems. Coarsely chop or tear the leaves into bite-size pieces. Rinse them, but do not dry. 2. Heat the oil in a large high sided sauté pan over medium heat until shimmering. Add garlic and red pepper flakes, if using. Cook, stirring, until fragrant, about 30-45 seconds (don't let the garlic brown). 4. Add the kale a handful at a time, stirring after each addition so that it starts to wilt. Once all of the kale is added and wilted, stir in the salt and pepper, and then cover and cook. Stir occasionally, until the kale is just tender, about 6 to 8 minutes. 5. Remove from the heat, stir in the lemon juice, and serve. *Chef's note— try adding a 1/4 cup of raisins during the last 5 minutes of cooking to add color & a little sweetness.*

## Sausage and Kale Soup

### Ingredients:

1/2 to 1 pound smoked kielbasa or any pork sausage cut into 1/4 inch slices	3 medium potatoes, chopped
1 medium onion, chopped	2 TB olive oil
1 bunch kale, (leaves only, discard stems) chopped or torn	2 garlic cloves, finely chopped
1/4 tsp pepper	1/4 tsp salt
1 can (14 1/2 oz) diced tomatoes, undrained	1 carton (32 oz.) chicken broth
1 can (15 oz) chickpeas or white beans, rinsed and drained	

### Directions:

In a soup pot, cook the sausage, potatoes and onions in oil over medium low heat for 5 minutes or until sausage is cooked, stirring occasionally.

Add the kale, cover and cook for 2-3 minutes or until kale is wilted.

Add garlic, and then cook 1 minute longer.

Add the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 9-12 minutes or until potatoes are tender.



# How to Freeze Eggs

*I can freeze eggs?? Who knew?? Eggs can usually be stored for a few weeks if covered in the refrigerator. However, sometimes you just have too many eggs to use before they go bad, or you have used the egg whites in a recipe but don't want to eat the egg yolk right away. Follow the instructions below to freeze these eggs safely without them losing their taste or texture.*

## Method 1– Freezing Whole Raw Eggs

**1**– Always begin by cracking the eggs into a large bowl or other container. Raw eggs, just like any material that contains significant amounts of water, will expand when frozen. If the eggs are frozen in the shell, this expansion could crack the egg, possibly mixing shell fragments into the edible part of the egg & introducing harmful bacteria from the outside of the shell. **2**. Beat the eggs together gently until well blended. Make sure to break the egg yolks to create a uniform mixture. Try not to beat too much air into the eggs. **3**. Add another ingredient to prevent graininess (recommended). Raw egg yolks tend to become gelatinous when frozen. When mixed with egg white, this can cause a grainy texture in the frozen egg mixture. There are two ways to prevent this, depending on your intended use for the eggs. If you are using them alone or in savory dishes, stir in 1/2 teaspoon salt for each cup of raw egg. If you are using them in sweet dishes, stir in 1 to 1 1/2 tablespoons of sugar, honey, or corn syrup. **4**. If you want the mixture more consistent and uniform, an optional step is to strain it through a sieve or colander over a clean bowl. This will also remove most shell fragments if any were mixed into the egg while cracking them. **5**. Pour the mixture into freezer-safe containers, leaving 1/2 inch of space between the egg mixture and the lid to allow for expansion. Tightly seal the containers. You can also freeze the egg mixture in clean ice cube trays first, then pop the cubes out into a larger, freezer safe container. This may make it easier to thaw the amount of egg you need. **6**. The eggs typically remain high quality for several months to a year, so it's important to label them rather than relying on your memory. Remember to include the date you froze them, the number of eggs you froze, and the additional ingredient you mixed in (if applicable). This helps avoid the unpleasant surprise of using salty eggs in a batch of brownies.

## Method 2– Freezing Separate Raw Egg Yolks and Whites

**1**. Separate the eggs. The most common way is to break the eggshell carefully in half over a clean bowl, without dropping any egg. Transfer the raw egg back and forth between the two halves, letting the white drip bit by bit into the bowl until only the yolk remains in the shell. **2. As in Step 3 above**, mix yolks with other ingredients to prevent gelling. Raw egg yolk will become gelatinous when frozen, making them unusable in most recipes and unpleasant for most people to eat. **3**. Freeze the yolks. Store the mixed yolk mixture in freezer-safe containers, leaving 1/2 inch of space between the yolks and the lid to allow for expansion. Seal the containers tightly before freezing, and label with the number of eggs used, the date frozen, and the type of mixture (savory or sweet). It's best to use the egg yolks within several months for best quality. **4**. Gently stir the egg whites together to create a more uniform mixture, without introducing too many air bubbles into the mixture. Unlike the egg yolks, raw egg white does not require any additional ingredient to maintain its quality in the freezer for several months. If the mixture is too chunky or uneven for your preference, strain it through a sieve over a clean bowl. **5**. Freeze the eggs whites. As with the yolks, these should be stored in specialized freezer-safe, rigid plastic or glass containers. Again, leave 1/2 inch of space to allow for expansion. Seal tightly and label with number of eggs and date frozen. Any type of raw egg can be poured into a clean ice cube tray first, then transferred to a sealed container in the freezer. This makes it easier to remove only the amount of egg you need for a given recipe.

## USING FROZEN EGGS

**1**. Thaw in refrigerator overnight. Whether raw or cooked, frozen eggs are best thawed overnight in a cold place like a refrigerator, to avoid being exposed to bacteria. Any temperature above 39 degrees Fahrenheit carries significant risk of bacterial contamination for thawing food. You may speed up the thawing process safely by placing the container under cold running water. Never attempt to cook frozen eggs directly on a frying pan or in a dish. **2**. Only use thawed eggs in well-cooked dishes. Insufficiently cooking thawed eggs can carry risk of bacteria. The internal temperature of the thawed egg or the food it is mixed into should reach at least 160 degrees Fahrenheit. **4**. Use 3 tablespoons thawed raw egg for each egg the recipe calls for. If the eggs were frozen separated, use 2 tablespoons thawed raw egg white instead of the white of one egg and 1 tablespoon thawed raw egg yolk instead of one egg yolk. Egg sizes vary greatly, so don't worry too much about the exact amount. If baking, you can adjust to a dry or wet dough by adding more wet or dry ingredients, respectively, to balance it out.