



New Hampshire Eat Local Month Recipes

Thanks for your interest in New Hampshire Eat Local Month and our recipes that use dairy to elevate local harvests to new levels. Find out more about New Hampshire Eat Local Month at www.nheatlocal.com and our dairy farmers at www.NewEnglandDairy.com

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Cold Brew Coffee

Makes about 16-20, 4oz (1/2 cup) servings



Inspired by: NH Coffee Roasters and the Dairy Farmers of New Hampshire

Ingredients

1 ½ cups coarse ground coffee

8-10 cups cold water (depending on how strong you like it)

For service- per serving

½ cup milk (low fat, fat free, whole, you choose!)

¼ - ½ teaspoon maple syrup

Ice

To make cold brew coffee

- Place coffee grounds in a large container with closable lid.
- Add cold water and mix together.
- Let sit at room temperature or in refrigerator for 24 hours. Stirring 3-4 times during this time.
- Strain liquid through fine mesh strainer into clean pitcher or carafe.

To serve

- Place ice in tall clear glass.
- Pour ½ cup of cold brew coffee over ice.
- Add maple syrup, stir to mix.
- Top with milk (and watch the cascade!)
- Enjoy!

Local Fish Chowder

Serves 4-6



Inspired by: [Simmering the Sea](#) and the New Hampshire Fishing Community

Ingredients

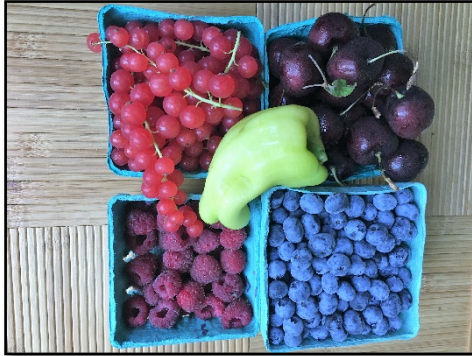
- 2 tablespoons butter
- 2 large potatoes diced into 1/2" pieces
- 1 large onion (1 cup) chopped
- 1½ pounds of boned fish fillet flounder
- 3 cups whole milk
- 1 teaspoon thyme or 3-4 sprigs fresh thyme
- Salt and pepper to taste
- Half and half cream and sweet paprika for serving
- Optional: oyster crackers or crusty whole grain bread

Directions

- Melt the butter in a large saucepan. Add the chopped onions and cook until the onions are golden.
- Put the diced potatoes on top of the onions and add water to just cover.
- Lay the fish on the potatoes and add water to just cover.
- Bring to a boil and simmer until the potatoes are cooked through, 10 to 15 minutes; the fish will be cooked at this point, too. Take a fork and stir the soup, breaking up the fish.
- Add milk and stir to blend. Season to taste with salt, pepper and thyme.
- Heat just to a simmer, but don't let the soup boil. Let it sit for 10 minutes to let flavors blend. Serve hot, with a pat of butter on top and crackers or crusty bread.

Fruit Gazpacho with Feta

Serves 4



Inspired by: [DairyGoodness](#), [Vickery Orchards](#), [Tendercrop Farm](#), and [Hollister Family Farm](#)

Note: Peaches weren't ready yet so we substituted currants because they were something new to try! They are small so we left them whole.

Ingredients

- ¼ onion, coarsely chopped
- ½ red pepper, coarsely chopped
- 1 cups strawberries, pitted, divided
- ½ cup cherries, pitted, divided
- 1 peach, pitted
- ½ cup raspberries
- 1 tablespoon honey
- ½ tablespoon white balsamic vinegar
- Freshly ground pepper
- 2 teaspoon olive oil
- 1-2 tablespoon fresh basil, coarsely chopped
- 4 oz New Hampshire-made cow's milk feta, crumbled

Directions

- In a food processor or blender, purée onion and pepper.
- Finely chop half the strawberries and cherries. Stir into puréed mixture.
- Dice remaining strawberries, peaches and quarter the remaining cherries.
- Transfer all fruits including whole raspberries to an airtight container.
- Mix honey and vinegar together, and add to fruit.
- Season with salt and pepper.
- Refrigerate, covered, for about 2 hours.
- To serve- stir in oil before dividing gazpacho among glass dishes.
- Garnish with basil and feta. Serve immediately.

White Bean, Pea and Ricotta Open-face Sandwich

Serves 6



Inspired by: [DairyGoodness](#), Root Cellar LLC of Nottingham, NH, [Hollister Family Farm](#), [Tendercrop Farm](#), and my own garden.

White bean spread:

4 tablespoons butter, melted

1 large clove garlic, minced

1 ½ cups canned white beans, drained, liquid reserved or ¾ cup dry beans cooked

½ cup fresh peas, boiled 3 minutes in water and drained

2 tablespoons cider vinegar or lemon juice

2 tablespoons fresh parsley, chopped

2/3 cup cow's milk ricotta- [Try making your own sometime!](#)

2 tablespoon fresh chives, finely chopped

3 cups arugula, very roughly chopped

6 slices of country bread

1 clove garlic, halved

Freshly ground salt and pepper, to taste

Directions

- In a food processor, combine melted butter, minced garlic clove, canned (or cooked) beans, cooked peas, salt, pepper, vinegar/ lemon juice and parsley.
- Blend until smooth and set aside.
- Combine ricotta and chives together in a small bowl.
- Toast bread slices and rub with garlic.
- Spread white bean and pea puree on each slice.
- Top with a few dollops of herb ricotta, evenly distributing among toasts.
- Arrange arugula on top and sprinkle with salt and pepper to taste before serving.

Fruit au Gratin with Honey and Cinnamon

Serves 4



Inspired by: [DairyGoodness](#), [Vickery Orchards](#), [Tendercrop Farm](#)

Note: It was a bit too early for apples, pears and peaches when we first made this recipe so we went with blueberries. It was a hit! We will try this again later this season with apples, peaches, or pears!

Ingredients

2 cups sliced fruit your choice (or whatever is in-season)

*Recipe works well with apples, pears, strawberries, peaches, apricots, blueberries

5 oz Swiss cheese, sliced

1/4 cup honey

1/4 teaspoon ground cinnamon and or nutmeg

Directions

- Preheat oven to 450°F.
- Divide sliced fruit among four au gratin dishes or ramekins.
- Cover with cheese slices.
- Drizzle 1 tablespoon honey over each dish and spring with cinnamon.
- Brown in the oven.
- Serve as is or with shortbread or other fine cookies.