The Farm Newsletter

USU Student Organic Farm

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the Farm Newsletter

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In The Box

Chard
Beets
Basil
Cucumbers
Radishes
Garlic
Mint

Coming Soon...
Zucchini
Lettuce
Coriander Beet Chips
by NakedBeet, https://food52.com

2-4 servings

Ingredients
✓ 3 medium beets, peeled
✓ 4+ cups high smoke oil (peanut or grapeseed)
✓ 1/2 teaspoon salt
✓ 1/2 teaspoon ground coriander
✓ 1/2 teaspoon thyme

Directions

1. Grind up the salt, thyme and coriander in a coffee grinder or with a mortar and pestle. Set aside for sprinkling later.
2. With a mandoline or a sharp knife, cut beets very thinly.
3. In a pot, bring your oil between 320°-375°. It’s a good idea to attach a thermometer to the side of the pan as the temperature will fluctuate as you take the beets in and out of the oil. Once your oil temperature is within the specified range, drop in a few beet slices at a time without crowding the pot. Leave them in the oil for approximately 2-3 minutes. Remove them when they start losing their burgundy red color and become orange red instead, but before the edges start turning brown.
4. Thicker slices might need more time, so take them out a few at a time as you see them turning the desired color. They will not be crisp like regular potato chips, but they will firm up slightly as you let them air dry. Drain the chips on a paper towel and while they’re still warm, sprinkle the chips with the coriander thyme salt.
5. If you have any left before you’re done frying them, store them in a covered container or a paper bag, where they will remain crisp for a little while. If they wilt, you can recrisp them in the oven on low for no more than 10 minutes.