



THE
KERBER'S
FARM
COOKBOOK

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A Year's Worth of Seasonal
Country Cooking

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Lemon Scones

{ MAKES 12 SCONES }

Our scones have become legendary over the past several years, and we make countless varieties using the same basic recipe, with only slight variations for different flavors. Below is the recipe for our lemon scones, with modifications to make blueberry or chocolate chip scones listed on the following page.



FOR THE SCONES:

6 cups all-purpose flour
¼ cup granulated sugar
3 tablespoons baking powder
2 teaspoons salt
2 tablespoons lemon zest
8 tablespoons (1 stick) unsalted butter, cut into ½-inch chunks and chilled
2 cups heavy cream

FOR THE GLAZE:

2 cups powdered sugar
1½ teaspoons lemon zest
2 tablespoons lemon juice (from 2 lemons)
1 tablespoon corn syrup
½ teaspoon vanilla extract
Pinch of salt

SPECIAL EQUIPMENT:

¾-inch biscuit cutter

Preheat the oven to 350°F. Line a baking sheet with parchment paper or grease lightly.

To make the scones, add the flour, sugar, baking powder, salt, and lemon zest to a small bowl. Whisk to combine.

Add the butter to the flour mixture. Using a pastry cutter or your fingers, knead the butter chunks into the flour until they are reduced to pea-sized pieces. Add the heavy cream and mix until just combined.

Place the dough on a lightly floured surface and knead a few times just until the dough is not too wet, taking care not to overknead. Using a rolling pin, roll the dough out to a 1-inch thickness. Dip the biscuit cutter into flour and then cut out the scones, using only an up-and-down motion. Avoid twisting the cutter to get the scones out (this will prevent the scones from rising as high).

Gently lift the scones and place them on the prepared baking sheet. Gently re-roll the dough until all of it is used. Bake the scones for 20 to 25 minutes.

Make the glaze as the scones are baking. In a small bowl, add the powdered sugar, zest, lemon juice, corn syrup, vanilla, and salt. Whisk until mixed well. Once the scones are baked, remove them from the oven and let cool slightly. Cover generously with the glaze while the scones are still warm. Let the glaze set at room temperature.



Lemon Chicken Orzo

{ S E R V E S 4 T O 6 }

This recipe is inspired by the classic Greek lemon chicken soup *avgolemeno*, which I ate as a child in Greek diners around New York City. The soup is filled with chunks of chicken and vegetables, as well as orzo pasta. The delicious broth is hearty with a great lemony flavor, staying true to its name with the zest and juice from a whole lemon.



Preheat the oven to 350°F.

In a small bowl, add the sliced chicken, olive oil, rosemary, brown sugar, pepper, and salt. Mix to coat the chicken. Place the chicken slices on a rimmed baking sheet and bake for 20 minutes or until the chicken is cooked through. Let them cool slightly. Reserve the cooking juices.

In a medium pot, add the chicken juices and place over medium-high heat. Add the onions, carrots, and celery. Sauté for approximately 5 minutes until the onions are translucent and the vegetables are slightly browned.

Add the chicken broth, stirring to incorporate any browned bits at the bottom of the pot. Bring to a boil. Once it boils, reduce the heat to medium and add the lemon zest and juice, parsley, garlic powder, and orzo. Cook until the orzo is tender, approximately 15 minutes, and stir occasionally. While the orzo is cooking, chop the chicken breast into small cubes and add to the soup.

**1 pound chicken breast,
cut into thin slices**

2 tablespoons olive oil

**1 tablespoon finely
chopped rosemary**

**1 teaspoon light brown
sugar**

1 teaspoon pepper

1 teaspoon salt

½ cup diced onion

1 cup diced carrots

½ cup diced celery

8 cups chicken broth

**Zest and juice from 1
lemon**

**1 teaspoon chopped
parsley leaves**

**1 teaspoon garlic
powder**

¾ cup orzo



Quiche

{ MAKES ONE 9-INCH QUICHE }

Since Kerber's Farm was originally a poultry farm producing lots and lots of eggs, homemade quiche has always been a popular menu item. This is an easy-to-prepare recipe that makes a nice lunch if served with a cup of soup or small salad.



Preheat the oven to 350°F.

Cut the pie dough in half. Wrap half and save it for later use. On a lightly floured surface, take the pie dough and roll it into a 10-inch circle. Carefully lift the dough and place it into a 9-inch pie plate. Tuck any excess crust underneath the edges and crimp with your fingers or a fork if desired.

In a saucepan set over medium-high heat, warm the olive oil. Then add the onions, ham, and mushrooms. Cook for approximately 5 minutes while stirring constantly until the onions are translucent and the mushrooms are cooked. Set aside to cool.

In a medium bowl, whisk the eggs and heavy cream together. Add the salt, sugar, and cayenne pepper and mix well. Put the onions, ham, mushrooms, and ½ cup cheddar cheese on the crust in the pan, spreading evenly. Pour the egg and cream mixture into the crust and mix slightly using a spoon. Top with the remaining cheddar ¼ cup cheese.

Bake for 40 to 45 minutes until the middle is slightly jiggly and a toothpick inserted in the center comes out clean. Allow to cool for a few minutes and then serve. It can be enjoyed hot, cold, or at room temperature.



1 pie crust dough
(see page 52)
2 tablespoons olive oil
¼ cup chopped onions
½ cup chopped ham
3 cups sliced mushrooms
2 eggs
1 cup heavy cream
½ teaspoon salt
¼ teaspoon granulated sugar
Pinch of ground cayenne pepper
½ cup shredded cheddar cheese, plus ¼ cup for topping

Pie Crust Dough

{ MAKES 2 CRUSTS }

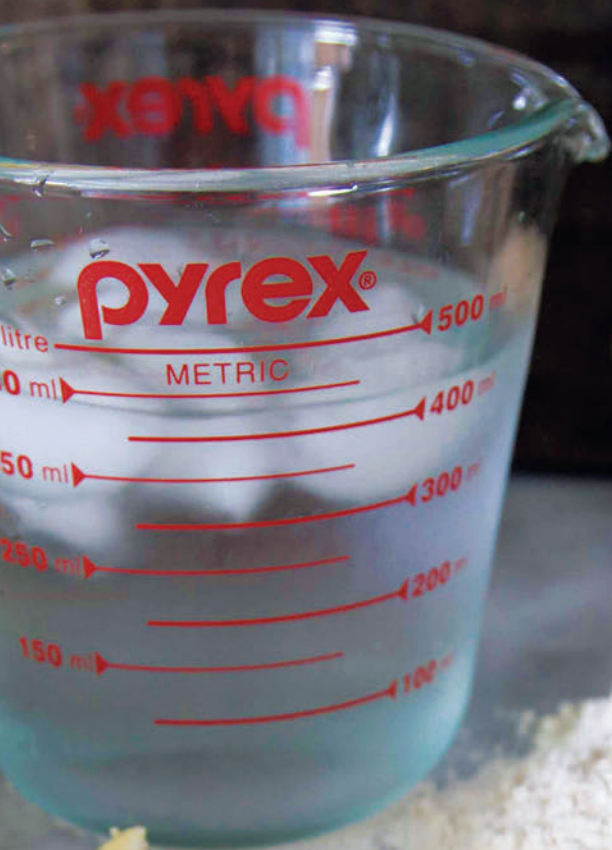
This recipe is our go-to pie crust dough for most of our pies. It makes enough for one apple pie or chicken pot pie (which have two layers of crust) or two other pies. For a vegan option, substitute a plant-based buttery spread such as Earth Balance for the butter. The dough can last for up to three days in the fridge or can be frozen for up to six months.



2½ cups all-purpose
flour
2 tablespoons
granulated sugar
1 teaspoon salt
16 tablespoons (2 sticks)
unsalted butter, cut into
1-inch pieces and chilled
¾ cup ice-cold water

Add the flour, sugar, and salt to a food processor.* Gently pulse to combine. Add the chilled butter and pulse three times. Very gradually add the ice-cold water to the crust mix while pulsing. Continue to pulse until you have added all of the water. Do not overblend. You should still see small pieces of butter the size of peas when finished, and the dough should be crumbly. (It is important to not add all the water at once or the dough will become very wet.) Wrap the dough tightly in plastic wrap and chill in the fridge for 20 minutes or until ready to use.

** If you don't have a food processor, this recipe can also be made by hand. Whisk together the flour, sugar, and salt. Add the butter and cut with a pastry cutter or two knives into pea-sized pieces. Slowly add the water, stirring all the while, until the dough just comes together in your hand.*





Spinach Pie

{ S E R V E S 4 T O 6 }

My mother used to make this recipe for my family when I was growing up, and being of Greek descent, it is something I have always loved. The flakiness and crispness of the phyllo dough complements the warm and melted cheeses within. The taste of fresh dill is what makes it really special.



Preheat the oven to 375°F.

Heat a pan on medium-high heat and add the oil. Sauté the scallions for 5 minutes until fully cooked. Set aside to cool.

In a medium bowl, add the spinach, cheeses, eggs, dill, lemon juice, spices, and flour. Mix to combine well. Add the cooled scallions and mix again.

Brush the bottom of a 9-by-13-inch baking pan with some of the melted butter. Lay one sheet of phyllo dough in the bottom, and brush the top with butter. Add another sheet of phyllo, leaving some hanging over the sides of the pan, and brush with more butter. Repeat until only half of the phyllo dough remains.

Add the spinach mixture to the pan, spreading evenly, and then lift the overhanging edges of the phyllo dough so it can partially cover the mixture. Continue to add phyllo sheets, brushing with butter, until all sheets have been used. Once finished, brush the top with butter and place the pan in the oven.

Bake for approximately 45 minutes until golden brown. Let cool to room temperature and then cut to serve.



1 teaspoon olive oil
1 cup chopped scallions
3 (16-ounce) bags frozen spinach, defrosted and strained to remove excess water
2½ cups crumbled feta
1 cup cottage cheese
1¼ cups cream cheese, softened
5 eggs
2 tablespoons chopped fresh dill
2 teaspoons lemon juice
1 tablespoon salt
1 tablespoon pepper
1½ teaspoons garlic powder
1 tablespoon all-purpose flour
16 tablespoons (2 sticks) salted butter, melted
1 (16-ounce) package phyllo dough (14 by 18 inches), defrosted



Risotto with Asparagus and Mushrooms

{ S E R V E S 4 }

This hearty recipe is a one-dish meal perfect for when it is chilly outside. The cream and chicken stock work in harmony to accentuate the wonderful flavors of the mushrooms and asparagus. Serve with a salad if desired.



In a large, deep frying pan or saucepan, bring 2 cups of the chicken stock to a simmer over medium heat. Meanwhile, create an ice-water bath and set aside.

Add the asparagus and cook for 3 to 5 minutes, until it is bright green and slightly tender. Quickly remove the asparagus from the stock and place it in the ice-water bath to stop the cooking process. Once cool, cut into 1-inch pieces and discard the ends.

Transfer the chicken stock to a measuring cup and reserve. Set the pan on medium heat, melt the butter, and cook the onions until they are transparent. Add the rice to the pan, stirring and mixing until the onions and rice are slightly browned. Next, stir in the mushrooms and cook until they are tender.

Add the reserved stock to the rice and cover, stirring every few minutes. Once the stock is absorbed, add the remaining 4 cups stock and switch to low heat, stirring occasionally. When all of the stock has been absorbed and the rice is tender, add the cheese, cream, parsley, sugar, and pepper. Gently mix in the asparagus, taking care not to damage the delicate tips.

6 cups chicken stock
1 pound asparagus
2 tablespoons (¼ stick) salted butter
1 cup chopped onion
2 cups Arborio rice
3 cups sliced mushrooms (preferably shiitake)
¼ cup grated parmesan cheese
½ cup heavy cream
2 tablespoons chopped parsley leaves
¼ teaspoon granulated sugar
1 teaspoon pepper



S T A G E S O F S E E D L I N G S

Growing plants at home and starting from just seeds can be a very rewarding and economical practice. Early each spring at Kerber's Farm, we purchase a variety of seeds and plant them in biodegradable trays indoors. We fill each hole of the tray with potting soil, leaving about 1/4 inch of space at the top. Typically, we place two or three seeds in each hole, pushing them down slightly below the surface. Some larger plants only require one seed, such as cucumber, pumpkin, and melon. The trays are kept in a warm area, such as near a window with sunlight or under a heat lamp. Depending on the type of

plant, the seeds typically germinate in 10 to 14 days and we soon see sprouting above the soil surface. When the seedlings have several true leaves on them, they can be transplanted outside in the garden. Most vegetable plants are ready for harvest in 90 to 100 days, while tomatoes are much faster at 60 to 70 days. The illustrations below show the stages of seedling growth.

