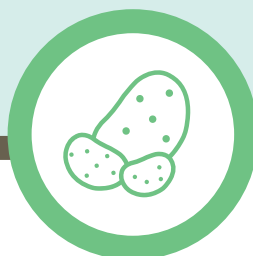
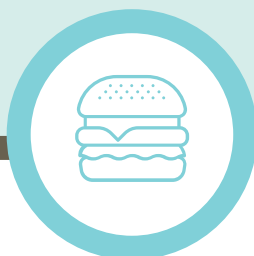


*Farm Aid's*  
**HOMEGROWN**  
*Recipes*



Farm Aid serves **HOMEGROWN Concessions®** at our events and you can enjoy it at home. Sonya Dagovitz, Farm Aid's Culinary Director, put together some recipes and how-tos for you to enjoy at home during Farm Aid 2020 On the Road.

### *Suggested Menu*

**Corn Dogs**

**Elotés**

**Tofu Burgers**

**Grassfed, Organic, Humanely  
Raised Burgers Grilled However  
You Like Them!**

**Potato Salad**

**Salad in a Cup**

**Fresh Fruits  
and Vegetables**





**HOMEGROWN** food means food from family farms, grown with practices that care for the soil and water and that reflect a fair price for the farmers. Knowing the source of our food and the farmers and ranchers who made it possible makes us participants in the culture of agriculture.

For more information on where you can find local food in your area, please visit [farmaid.org](http://farmaid.org).





*Prep Time:* 10 MINS

*Cook Time:* 3 MINS

*Total Time:* 13 MINS

## *Ingredients*

3/4 cup yellow cornmeal  
3/4 cup all purpose flour  
1.5 tsp baking powder  
1/2 tsp baking soda  
1 tsp sugar  
1/2 tsp salt  
1/8 tsp nutmeg  
3/4 cup buttermilk  
2 eggs  
4 hot dogs  
All purpose flour for rolling  
Vegetable or peanut oil for frying

## *Directions*

Farm Aid is famous for its corn dogs, served by Jalepeno Corn Dogs. The organic dogs are hugged by a hearty artisanal non-GMO cornmeal dip, and of course, topped off with tangy mustard!

1. Mix together the dry ingredients, which include cornmeal, flour, leavening, sugar, salt, and a little nutmeg.
2. Always give the dry ingredients a little whisk to combine and evenly distribute the ingredients.
3. Mix the dry ingredients with buttermilk and eggs, and stir until the flour disappears. It's okay to leave some lumps in there, as you want to keep from overmixing.
4. Skewer your hot dogs on wooden sticks and roll the hot dogs in flour. Shake off any excess.
5. Transfer the cornbread batter to a tall glass and dip the floured hot dogs into the batter, coating them all over.
6. Fry the corn dogs at 350 degrees F for 3 minutes and serve alongside your favorite ketchup or mustard!





SERVINGS: 4

**Prep Time:** 15 MINS

**Cook Time:** 45 MINS

**Total Time:** 1 HOUR

## Ingredients

4 ears of corn

Butter

Salt

Pepper

### TOPPING

¼ cup Mexican crema or sour cream

¼ cup mayonnaise

1 small lime, juiced

¼ cup Cotija cheese crumbled or Parmesan

Ground red pepper

Ground cumin

## Directions

This classic roasted Mexican street corn is a tasty treat that is easy to prepare, in season, and perfect for individual servings.

1. Husk and clean 4 ears of corn.
2. Place on baking sheet, rub butter all over each ear, salt and pepper. Pop in 400° oven and roast, turn to brown for approximately 45 minutes to 1 hour.
3. While corn is roasting, mix the crema, mayonnaise and lime juice in a flat dish, such as a pie plate.
4. When corn is done slather each ear with Topping and cheese. Sprinkle with red pepper, cumin or your favorite mix. Chopped fresh cilantro works well here.



Recipe from Sonya Dagovitz



SERVINGS: 7-8 BURGERS

*Prep Time:* 15 MINS

*Cook Time:* 20 MINS

*Total Time:* 35 MINS

## *Ingredients*

- 1 pound organic tofu (drained)
- ¼ cup fresh bread crumbs\*
- ¼ cup minced sweet onion
- 1 large or 2 small garlic cloves pressed
- ¼ cup freshly chopped herbs
- 1 egg or 1 tablespoon arrowroot powder
- ¼ teaspoon salt
- Pepper freshly ground to taste

## *Directions*

While there are plenty of plant-based burgers on the market today, there's nothing like handmade, small batch veggie burgers. The recipe shown is a Basic Burger, but Tofu is extremely versatile, lending itself well to variations and additions... so make it your own... and enjoy!

1. Drain the tofu well.
2. Make fresh breadcrumbs.
3. Chop your favorite fresh herbs.
4. Crumble drained tofu into mixing bowl, and add onions, garlic, herbs, egg, salt & pepper and mix well.
5. Heat a 10 or 12-inch cast iron skillet until it's hot, then add 2 tablespoons of extra virgin olive oil. Keep heat at medium.
6. Form the tofu mixture into balls and flatten the bottom of each before placing into pan. Take your time and allow the flattened bottoms to become crispy.
7. Flip the burgers and press down gently to make circles. Draw any wandering bits back into each burger and sear until crispy.  
Optional: top with cheese while hot.

\* Gluten free breadcrumbs will work fine.





SERVINGS: 8

*Prep Time:* 15 MINS

*Cook Time:* 45 MINS

*Total Time:* 1 HOUR

## *Ingredients*

- 3 pounds Yukon Gold potatoes
- 1 bunch of green onions or 8 ounces of onion tops
- 8 tbsp olive oil, divided
- ¼ tsp salt
- ¼ black pepper
- 1 tbsp Sherry vinegar
- 2 tbsp capers
- ¼ cup chopped parsley

## *Directions*

Hopefully you've had the time to grow some produce in your garden this year. This recipe works great with home grown potatoes and onions.

1. Boil the potatoes, skin on, in a large pot. While the potatoes are boiling, use 2 tbsp of olive oil on the green onions with the salt and pepper. Cook them on a hot grill or broil in an oven until the onions are cooked through and charred around the edges.
2. Blend together the onions, remaining olive oil, vinegar and capers adding water if necessary.
3. When the potatoes are done cooking, strain them in colander and allow them to dry and cool slightly. Peel the potatoes and cut into ½ inch pieces into a serving dish.
4. Toss the potatoes with the dressing and chopped parsley. Adjust seasoning of salt, pepper and vinegar. Enjoy!

Recipe from Mark Shusterman  
Keyboardist, Nathaniel Rateliff & The Night Sweats

