



**FARMS** at the Y  
Focus on Agriculture in Rural Maine Schools

# FARMS FAMILY NIGHT

## Mardi Gras Slaw



### Directions:

- Combine the first 5 ingredients in a large bowl, stirring with a whisk.
- Add remaining ingredients, and toss to coat.

### Ingredients:

- 1/3 cup canola mayonnaise
- 2 tablespoons cider vinegar
- 1 teaspoon mustard seeds
- 1/2 teaspoon kosher salt
- 1/8 teaspoon ground red pepper
- 4 cups very thinly sliced green cabbage
- 1 cup very thinly sliced red cabbage
- 1/2 cup shredded carrot (1 medium)
- 3 thinly sliced green onions



**Total Time:**  
10 Minutes



**Serves:**  
6



**Prep Time:**  
8 Minutes

# Red Beans and Rice



**Prep Time:**  
20 Minutes



**Total Time:**  
40 Minutes



**Serves:**  
6



## Ingredients:

- 1 pound dry kidney beans
- 1/4 cup olive oil
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 2 tablespoons minced garlic
- 2 stalks celery, chopped
- 6 cups water
- 2 bay leaves
- 1/2 tsp cayenne pepper
- 1 tsp dried thyme
- 1/4 tsp dried sage
- 1 Tbsp dried parsley
- 1 tsp Cajun seasoning
- 1 pound andouille sausage, sliced
- 4 cups water
- 2 cups long grain white rice

## Fried Garlic Directions:

- Rinse beans and soak in a large pot of water overnight.
- In a skillet, heat oil over medium heat. Cook onion, bell pepper, garlic, and celery in olive oil for 3 to 4 minutes.
- Rinse beans, and transfer to a large pot with 6 cups water. Stir cooked vegetables into beans. Season with bay leaves, cayenne pepper, thyme, sage, parsley, and Cajun seasoning. Bring to a boil, and then reduce heat to medium-low. Simmer for 2 1/2 hours.
- Stir sausage into beans, and continue to simmer for 30 minutes.
- Meanwhile, prepare the rice. In a saucepan, bring water and rice to a boil. Reduce heat, cover, and simmer for 20 minutes. Serve beans over steamed white rice.



# Beignets



**Prep Time:**  
20 Minutes



**Total Time:**  
20 Minutes



**Serves:**  
4

## Ingredients:

- 3 cups flour
- 1 cup buttermilk
- $\frac{1}{3}$  cup sugar
- $\frac{1}{3}$  cup water
- 2 tsp baking powder
- 1 egg, beaten
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp vanilla extract
- $\frac{1}{2}$  tsp salt Vegetable oil for frying
- $\frac{1}{2}$  tsp nutmeg
- Confectioners' sugar for dusting



## Directions:

- In a medium bowl, combine 2  $\frac{3}{4}$  cups of flour with sugar, baking powder, baking soda, salt and nutmeg.
- Whisk everything together.
- In a large bowl, whisk buttermilk, water, egg and vanilla.
- Stir in the flour mixture.
- Use some of the remaining flour to dust your work surface. Place the dough on it and pat it into a large  $\frac{1}{2}$  inch thick square. Dust the top with more flour if it gets sticky.
- Slice the dough into 2  $\frac{1}{2}$  inch squares.
- Heat 2 inches of vegetable oil in a heavy saucepan to 325 with a deep-fat thermometer.
- Carefully drop 3 dough squares at a time into the hot oil.
- Fry them for 3 minutes, turn them over and continue frying for 3 more minutes.
- Use a slotted spoon to transfer the beignets to a wire rack set atop paper towels to drain.
- Dust the beignets with confectioners' sugar and enjoy!