

Brighton Food Co-op Newsletter

October 2019

Hi Members!

Distribution went well. Our new driver Bob arrived in a timely manner and unloaded the truck for us. Can't beat that! Not a lot of news this month but here's what I've got.

Plan Ahead

As we mentioned last month, our January distribution is scheduled for January 1 so it will be canceled. Who wants to show up at distribution the morning after New Year's Eve?

December 4 will be the last distribution before January 29 so you may need to plan to stock up.

Outside Vendors:

Albanese - I'm sure the weather will cooperate by being cool enough to order chocolate and other candy from Albanese. They carry a lot of holiday candy so you might check that out.

Zingerman's - If you haven't tried their pumpkin pie, oh my goodness you should! So delicious! It's really nice to be able to order it in either the small or the large size, depending on the size of your household (or your appetite!)



Recipe: Thai Inspired Chicken Breasts

I made this recipe from the New York Times last week and it was so good!

INGREDIENTS

- 4 boneless, skinless chicken cutlets (6 to 8 ounces each)
- Kosher salt
- 2 tablespoons neutral oil, such as vegetable, canola or grapeseed oil
- 1 large shallot, peeled and thinly sliced into rings
- 1 large or 2 small garlic cloves, finely grated
- 1 (2-inch) piece fresh ginger, finely grated (about 1 1/2 tablespoons)
- 1 small serrano chile or jalapeño, finely chopped, or more to taste
- 1/2 cup chicken stock
- 1 (14-ounce) can unsweetened, full-fat coconut milk
- 6 ounces green beans, trimmed and halved crosswise
- 1 ear fresh corn, kernels removed, or 1 cup frozen corn kernels
- 1/4 cup chopped fresh cilantro, plus more for garnish
- 2 limes (1 zested and juiced; 1 cut into wedges)
- Fish sauce (optional)
- Jasmine rice, for serving

PREPARATION

1. Season chicken breasts on both sides with salt. In a large (12-inch) lidded skillet, heat the oil over medium-low. Add the chicken, turn to coat with the oil, cover and cook until the thickest part feels springy to the touch, 4 to 5 minutes per side. (Do not overcook; you'll be cooking it more later.) Set the chicken aside on a warm plate, leaving any liquid in the skillet, and cover the chicken with foil.
2. Heat the skillet over medium. Add shallot and cook until softened, 2 to 3 minutes. Add garlic, ginger and chile, and cook for 1 minute. Add stock, raise heat to high and cook, scraping the bottom of the skillet with a wooden spoon, until thick and syrupy, about 1 minute.
3. Add the coconut milk and 1/2 teaspoon salt and bring to a boil. Stir in green beans and corn, and lower heat to medium-high for a steady simmer. Cover and cook until beans are crisp-tender but still bright, and coconut milk is slightly reduced, 3 to 4 minutes.

4. Add chopped cilantro and grated zest of the lime (saving a bit for the top), then season to taste with fish sauce, if using, and salt. Return chicken to the sauce, turning to coat, cover and cook until warmed and cooked through, 2 to 3 minutes. Add 1 tablespoon of the lime juice.
5. Slice each chicken breast. Serve over jasmine rice, then spoon the vegetables and sauce on top. Sprinkle with remaining lime zest, and garnish with tomatoes and cilantro leaves. Serve with lime wedges.

Next Distribution: Nov 2019

- OV/Frontier Order Due: Oct 23
- OV Filled Cases Due: Oct 26
- Creswick Order Due: Oct 27
- UNFI Order Due: Oct 30
- Creswick Delivery: Nov 4
- Distribution: Nov 6

Here are some things to keep in mind when ordering:

- ❖ Check, check and double check your **UNFI** order to **make sure you check "split"** if you do not want an entire case of a certain item. This is **REALLY** important!
- ❖ If you have an issue with any product you ordered through the co-op be sure to notify the board immediately. Copy your email to all three of us:
 - ❖ Amy: amrmom70@gmail.com
 - ❖ Dolores: doloresjohnson68@gmail.com
 - ❖ Marilyn: mmitchell1945@aol.com

As always, if you have a comment or suggestion about co-op please contact Marilyn. The board is always looking for ways to improve the co-op experience for our members!