



Quick Chicken Soup

Featuring: Otto's Chicken

Ingredients:

- 1 boneless chicken breast half, cooked and diced
- 2 c. water
- 2 carrots, chopped
- 1 zucchini, diced
- 1 clove garlic, minced
- 1/2 tsp. chicken broth base

Directions:

- Put cooked chicken meat and water in a large pot and bring to a boil.
- Add the carrots, zucchini and garlic and simmer all together for 5-10 minutes.
- Add the chicken broth and simmer for an additional 5 minutes.
- Serve.

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Gravlax

Featuring: City Fish

Ingredients:

- 1/3 c. salt
- 1/2 c. sugar
- 3-4 tsp. crushed white peppercorns
- 3-4 lbs. salmon fillet, preferably the middle cut, skin on
- fresh dill sprigs, reserve some to chop
- 6 Tbsp. Swedish style mustard
(or 3 Tbsp. American mustard and 3 Tbsp. Dijon mustard)
- 4 Tbsp. sugar
- 1-2 Tbsp. red wine vinegar
- 3/4 c. pure vegetable oil
- Salt and white pepper

Directions:

- Mix salt, sugar and pepper together. Coat the fish with the mixture.
- Place dill on top of fish. Wrap fillets in foil, put on a dish and place a light weight on the fillets (a book on an old plate works well). Refrigerate for 36 to 48 hours, turning the salmon several times.
- Before serving, scrape off the dill and seasoning and cut into thin slices on the diagonal. Serve with Hovmastarsas, a sweet dill and mustard sauce. (Recipe following.)

Hovmastarsas Sweet Dill and Mustard Sauce:

- Whisk together mustard, sugar and vinegar. Add salt and pepper to taste. Add the oil in a thin stream, stirring constantly. Add the chopped dill. Store in refrigerator

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For your safety you should freeze the salmon for up to 7 days and then let it thaw completely before using it. This will kill any parasites that naturally reside in salmon.

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

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