



REGEN

RECIPE GUIDE:

FOODS TO SUSTAIN YOU AND THE PLANET

Cooking is as much a part of our genetic makeup as agriculture. We use food as a form of nourishment, cultural expression and a gesture of welcome. The methodology by which we procure our food can have adverse impacts on the environment and affect nutrient density in foods. Enter regenerative agriculture and RegenMarket.

Born right here under the big skies of Montana, RegenMarket is an online, membership-based market connecting consumers with Montana producers working to grow food with the planet's future in mind. All RegenMarket producers use regenerative agriculture practices to provide the highest quality, natural and healthy food without stripping nutrients from the soil or producing excessive emissions and by applying traditional knowledge to the land.

Regenerative food fosters connection. Here are a few of our favorite recipes, inspired by RegenMarket—chefs, producers, growers, cultivators of the land we call home.

Learn more about RegenMarket producers, products and memberships at regenmarket.com



OUTLAW PARTNERS PHOTO

ROAST PORK CHOP WITH ROASTED GRAPES

BY CHEF LIZZIE PEYTON

A recipe borrowed from Italian grandmothers, roasting the grapes intensifies their sweetness, complementing the pork perfectly. Wonderful with any woody herbs from the garden, this is a quick and delicious weeknight meal that will leave your family wanting more.

Prep time: 2 hours

Cook time: 1 hour

Serves: 2

2 pork chops, 6-10 oz. each

2 tablespoons canola or grapeseed oil (or enough to just cover the base of your skillet)

1 tablespoon bacon fat

1 bunch red grapes

1 sprig rosemary

Salt and freshly ground pepper, to taste

One to two hours prior to cooking, remove the pork chop from the fridge to temper and bring to room temperature prior to cooking. Season all sides generously with salt. Pre-seasoning will allow the flavor to penetrate deeper into the meat and help in maintaining moisture.

Preheat oven to 400 F. Place red grapes onto a sheet pan and toss with a sprig of fresh rosemary, oil and salt. Roast in the oven for 10-15 minutes until the grapes are kissed with the golden brown, starting to shrivel, and releasing a bit of juice (save the juice for serving).

Place a 10-12 inch skillet over high heat on the stovetop. Add just enough canola oil to barely cover the bottom. When the oil is shimmering and just beginning to smoke, lower the heat to medium high. Gently place the pork chop on the skillet. Sear the first side for 3 minutes. Gently flip the meat to sear the other side. (If the cut is very thick you can also give a little love to the thick sides with fat to help render and give extra browning for 1-2 minutes.)

Place a knob of bacon fat onto the chop and put the skillet into the 400 F oven for 5-10 minutes for a perfect doneness, with an internal temperature of 135-140 F. The temperature will continue rising another 5-10 degrees once you take the meat out of the oven. Remove and let rest for 10 minutes prior to digging in.

Plate with grapes, rosemary and grape juices. Freshly crack pepper over the dish and enjoy.



PAN-SEARED RIBEYE WITH SALSA VERDE

BY CHEF LIZZIE PEYTON

A classic for warm summer days with a fresh tomato basil salad from the garden or cool winter night with your favorite potato, kamut, or lentil dish—this ribeye is one you can enjoy year round. The pat of butter helps add a little extra luxury when you bite in.

Prep time: 2 hours

Cook time: 20 minutes

Serves: 2

1 16 oz. ribeye
2 tablespoons canola or grapeseed oil (enough to cover the base of your skillet)
Salt and freshly ground pepper, to taste
1 tablespoon butter (or bacon fat)

One to two hours prior to cooking, remove the ribeye from the fridge to temper and bring to room temperature. Season all sides generously with salt. Pre-seasoning will allow the flavor to penetrate deeper into the meat and help in maintaining moisture.

Preheat the oven to 400 F. Place a 10-12 inch skillet over high heat on the stovetop. Add just enough canola oil to barely cover the bottom. When the oil is shimmering and just beginning to smoke, gently place

the ribeye on the skillet. Sear the first side for 3 minutes. Gently flip the meat to sear the other side. (If the cut is very thick you can also give a little love to the thick sides with fat to help render and give extra browning for 1-2 minutes.)

Place 1 tablespoon of butter onto meat and put the skillet into the 400 F oven for 3 minutes for a perfect medium rare, with an internal temperature of 125 F. Remove and let rest for 10 minutes prior to slicing.

Finish with freshly cracked pepper and serve with salsa verde.

SALSA VERDE

1 bunch of parsley
2-3 cloves of garlic, minced
1 tablespoon capers
1-3 anchovy fillets, to taste
1 tablespoon sherry vinegar
1 lemon, zest and juice
1 teaspoon crushed red pepper
¼ cup olive oil
Salt and pepper, to taste

Remove parsley leaves from stems. Place leaves into the bowl of a food processor with garlic, capers, anchovy, vinegar, lemon, olive oil, salt and peppers. Pulse in 1-2 second bursts until parsley and anchovies are well chopped. Taste for seasoning. Can be stored in the fridge for 5 days, and frozen if covered with a little additional olive oil.

Lizzie Peyton has lived in Montana for over a decade and believes in the connective power of food.

PHOTO BY PETER LOBOZZO



CHEF LIZZIE PEYTON

A recipe borrowed from Italian grandmothers, roasting the grapes intensifies their sweetness, complementing the pork perfectly. Wonderful with any woody herbs from the garden, this is a quick and delicious weeknight meal that will leave your family wanting more.

BLACK GODDESS PUMPKIN HUMMUS

BY CLAUDIA'S MESA

The combination of black kabuli chickpeas, pumpkin, cacao and smoked paprika makes this hummus a favorite at the table. Use it as a dipper, spread on sandwiches, or as a Meze item along with roasted garlic, roasted eggplant, olives and pita bread. We love our eggplant chips and they are as easy to make as they come.

Prep time: 30 minutes

Cook time: 1.5 hours

Serves: 16-20

2 cups of dried black kabuli, soaked overnight
Water

1 tablespoon of Kosher salt

1 15-oz. can organic pumpkin puree

1 tablespoon olive oil

2 tablespoons tahini

3 large cloves garlic

¾ teaspoon of salt, or to taste

1 teaspoon organic cacao

1 teaspoon smoked paprika

½ teaspoon cumin

½ teaspoon cayenne

1 large eggplant, sliced very thin

In a 4-quart pot, add chickpeas. Add enough water to cover over 3 inches of chickpeas.

Add 1 tablespoon of Kosher salt and cook for about 1 hour. Keep an eye on the pot and add water as needed.

When the chickpeas are soft-to-the-bite, remove from the pot and strain.

Place in a bowl and allow to cool off.

Meanwhile, in a food processor, pulse tahini, garlic, and salt, until smooth.

Add the chickpeas, olive oil, cacao, paprika, cumin, and cayenne, until well blended.

Transfer hummus to a large bowl and refrigerate for a couple of hours so ingredients settle.

Before serving incorporate the pumpkin puree and garnish with cacao and a few whole, cooked chickpeas.

FOR THE EGGPLANT CHIPS

Salt the eggplant so as to release any bitterness.

Preheat the oven to 200 F.

Line a cookie sheet with parchment paper.

Bake for an hour or until crispy.

As they cook, they will dehydrate, and shrink a bit.



This hummus is made with black chickpeas, giving it a rich, dark color

PHOTO COURTESY OF TIMELESS FOOD

CHOCOLATE CHIP LENTIL COOKIES

BY TIMELESS FOODS

Prep time: 20 minutes

Cook time: 30 minutes

Serves: 7 dozen cookies

1 ½ cups butter

2 ½ cups packed brown sugar

1 cup white sugar

4 teaspoons vanilla

5 eggs

4 cups all-purpose flour

1 teaspoon baking soda

1 teaspoon salt

¾ cups Timeless French Style

Lentils, thoroughly cooked in 2
cups water, drained, pureed

3 cups old-fashioned rolled oats

2 cups semi-sweet chocolate chips

2 cups chopped walnuts

Preheat oven to 375 F.

In a large mixing bowl, cream together butter, brown sugar and white sugar. Add vanilla and eggs; beat until smooth. Add lentil puree to butter mixture.

In a separate bowl, sift together flour, salt and baking soda. Add to creamed mixture and blend lightly.

Gently blend in oatmeal, chocolate chips and nuts until evenly mixed. Chill dough until ready for handling. Drop dough in rounded tablespoons onto an ungreased cookie sheet. Bake 5 minutes; turn pan and bake another 5 minutes, or until cookies are lightly browned.



PHOTO COURTESY OF CLAUDIA'S MESA

CLAUDIA KREVAT

is a Colombian-born Montana chef specializing in global cuisine through her pop-up dinners, cooking classes, catering events and retail products. She is a recipe designer for Timeless Foods and the Montana Department of Agriculture. She is completing her cookbook, *The Montana Lentil Table: Anecdotes, Recipes, and Gatherings in the Highlands.*