



# the **CONNECTICUT** **FARM TABLE** **COOKBOOK**

*150 Home-Grown Recipes  
from the Nutmeg State*

**TRACEY MEDEIROS**  
*and* **CHRISTY COLASURDO**

*Photographs by* **Oliver Parini**

## DIRT ROAD FARM

Dirt Road Farm is a small farm located on a homestead dating back to the 1830s in Weston. Phoebe Cole-Smith, a farm-to-table private chef, and her husband, Mike Smith, a hockey consultant, keep chickens and bees, grow vegetables, herbs, flowers, and fruit, and harvest maple syrup from their 5 1/2 rocky, hilly acres.

Phoebe adds value to the farm business through the sale of fresh eggs, honey, and maple syrup, as well as homemade pickles and preserves. Beyond what Dirt Road Farm supplies for Phoebe's cooking jobs, she also sources directly from nearby farms, farmers' markets, and purveyors of locally grown, raised and crafted goods, supporting local farmers and producers like herself.

## Maple-Cardamom Pots de Crème with Crème Fraîche and Fleur de Sel

### SERVES 6

Cardamom lends an exotic note to this creamy, dreamy maple concoction. A garnish of crème fraîche and sea salt balances the sweetness.

- 1 tablespoon green cardamom pods, or to taste
- 1 1/4 cups heavy cream
- 1 cup whole milk
- 3/4 cup pure maple syrup, preferably Grade B
- 1/4 teaspoon kosher salt

- 7 large egg yolks, beaten
- Crème fraîche
- Sea salt flakes, such as Maldon
- Ground cinnamon

1. Preheat the oven to 300°F. Coat six 6-ounce ovenproof ramekins with butter or nonstick cooking spray. Place the ramekins in a small roasting pan and set aside.

2. Place the cardamom pods on a clean work surface, and using the bottom of a small skillet or rolling pin, crush the pods to split them open. Place the cardamom pods into a large saucepan and add the cream, milk, maple syrup, and salt. Bring to a simmer over medium-low heat. Remove from the heat and let stand for 30 minutes. Strain the mixture through a fine-mesh strainer into a bowl.

3. Whisk the egg yolks in a large bowl until pale yellow but not frothy. Add the cream mixture a little at a time, whisking continually. Ladle the mixture into the prepared ramekins. Skim off any foam. Add enough hot water to the roasting pan to come halfway up the sides of the ramekins.

4. Cover the pan with foil, poking two holes in two opposite corners. Bake until the custards are set but still wiggly in the center when gently shaken, about 45 minutes. Remove the pan from the oven and let the custards sit in the hot water bath for about 10 minutes. Remove the foil and ramekins from the pan and refrigerate for at least 40 minutes. Garnish with a dollop of crème fraîche and a sprinkle of sea salt flakes and cinnamon.

*Dirt Road Farm*

