



# Recipes from the 2020 Quail Hill Farm e-newsletters

Edited by Jane Weissman



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## ARTICHOKES

### ROASTED ARTICHOKES A LA MARFA, TX

Contributed by **Jane Weissman**

Inspired by those served at Stellina Restaurant

Trim the **artichokes**, cutting off the leaves' pointy tops and enough of the stem so artichokes can stand up nestled in a pot of boiling water (that covers their lower half). Par boil the artichokes. Drain, let cool, and cut in half lengthwise. Remove the choke if necessary, not always required with QHF's small fruit. Dress with a little **olive oil, salt, pepper** and **herbs** (*rosemary, parsley and/or chives*). Bake in a 375° oven until they are cooked thru and a bit browned. Serve as is or with an **aioli sauce** (*3 Tbs. mayonnaise, 1 Tbs. Dijon mustard, and a few garlic cloves squeezed through a press*).

### CARCIOFI CON PATATE IN UMIDO (Stewed Artichokes with Potatoes)

Contributed by **Jane Weissman**

A Sardinian dish adapted from *Recipes from an Italian Farmhouse* by Valentina Harris

Trim the **artichokes**, cutting off the stems and leaves' pointy tops, and peeling off any tough outer leaves. Cut lengthwise into quarters (or more, depending on their size) and drop into a basin of cold water mixed with **lemon juice** until you're ready to cook them.



Heat a little **olive oil** in a large pan. Add a few cloves of chopped **garlic** and a handful of finely chopped **parsley**, and cook for a minute. Add the artichokes and brown them all over. Add a little water, season with **salt** and **pepper** and cover. Cook very gently until nearly done.

In the meantime, thickly slice **potatoes** crosswise. Place them in a separate pan, cover with water, bring to boil, then simmer for a few minutes until they can be pierced with the point of a sharp knife. Drain and add the potatoes to the artichokes. Add a little more olive oil and sauté until done. Add a little water if necessary, but the finished dish should be dry and a little crispy.

## **BEETS**

### **RED BEET & ARUGULA RISOTTO**

Contributed by **Ranjana Armstrong**

From *Vibrant Food* by Kimberley Hasselbrink

Prepare **1 c. beets** (wrapped in aluminum foil and roasted in a 400°F oven for 1 hour until fork-tender, skinned and diced into ¼-inch squares). Prepare the risotto: melt **1 Tbs. unsalted butter** in a large pot over medium-low heat. Add **½ small red onion**, diced, and sauté until translucent, 4-5 minutes. Add **1 c. sweet brown rice** (or traditional **Arborio rice**) and toast for 5 minutes until it appears translucent around the edges. Add **1 c. vegetable broth** that's been heated and kept warm in a separate pot. Stir until the broth is nearly absorbed (*5 c. will be used overall*). Continue adding the broth in ½-cup increments, stirring regularly and adding the next ½-cup when most of the broth has been absorbed. The rice is done when it's creamy, but still firm and chewy. Remove from the heat. Add **2 oz. soft goat cheese**, **¼ c. grated Parmesan cheese**, and **salt** and **pepper** to taste. Stir to combine. Add the diced beets and stir vigorously until the risotto absorbs the juices of the beets and turns a bright shade of pink. Add **1 c. arugula**, leaves loosely packed, and mix again. Serve warm, garnished with **more arugula** and ground **pepper**.

## **CABBAGE**

### **RUSSIAN CABBAGE & BEET BORSCHT**

From *Moosewood Cookbook* by Mollie Katzen

In a large pot, bring **4 c. vegetable stock**, **1 c. raw beets**, peeled and diced, and **1½ c. potatoes, diced**, to a boil. Cover, reduce heat, and simmer until tender, about 12-15 minutes. (It's OK if the potatoes are a bit more tender than the beets.) Drain, reserving the stock, and set aside. In the same pot, heat **2 Tbsp. butter** over medium heat. Add **1½ c. yellow onions**, chopped, **1 tsp. caraway seeds** and **1 tsp salt**, and sauté until the onion is translucent, about 3-4 minutes. Add **1 large carrot**, coined, **1 stalk celery**, coined, **3 c. cabbage** (preferably red), chopped, and *reserved vegetable stock*. Cover and simmer until all the vegetables are tender, about 10 minutes. Stir in potatoes, beets, and **1 c. tomato purée**, **1 tsp. apple cider vinegar**, and **1 Tbsp. honey**. Cover and simmer on low heat for 30 minutes. Taste and add more salt if desired. Serve immediately, top with **chopped fresh tomatoes**, **Greek yogurt** (or sour cream), and a sprinkle of **fresh dill**.

## CAULIFLOWER

### **PASTA WITH CAULIFLOWER, BREAD CRUMBS & PARMESAN**

Contributed by **Nina Cobb**

A combination of three recipes, one from Marcella Hazan

Coat **1 cauliflower**, cut into small pieces, with **2 Tbsp. olive oil**, **salt** and **pepper**, and roast on a sheet pan in 400°F oven for 20-30 minutes. In a sauté pan large enough to contain the entire sauce, sauté **3 garlic cloves**, minced, in **2 Tbsp. olive oil** until golden. Add **2-3 anchovies**, minced, and cook until they almost disintegrate. Toast **¼ c. bread crumbs** separately. Toast **2 Tbsp. pine nuts** separately. Cook **8 oz. penne** (or other short pasta) until *al dente* (about 11 minutes for penne) and drain, reserving **1 c. pasta water**. Add the pasta water to the olive oil-garlic- anchovy mixture. Add roasted cauliflower and pine nuts to mixture. Place pasta in a large serving dish and pour the sauce over it, scattering the bread crumbs over the top. Serve with **½ c. Parmesan** (or Romano) **cheese** and chopped **parsley**. *Optional add-ins to the sauce:* red pepper flakes, lemon zest, and/or capers.



## **CHILIES**

### **CREAMY JALAPEÑO SAUCE**

Contributed by **Cheyenne Morris**

From

<https://www.epicurious.com/recipes/food/views/creamy-jalapeno-sauce-56389516>

*A spicy condiment ubiquitous at Tex-Mex restaurants and taco trucks throughout Texas.*



Pulse **5-6 jalapeños**, stemmed, seeded, coarsely chopped, **4 cloves garlic**, peeled, **5 Tbsp. fresh lime juice**, and **1 tsp. kosher salt** in a blender or food processor until puréed. With motor running, slowly drizzle in  $\frac{1}{2}$  c **neutral vegetable oil** (e.g., grapeseed) until a thick sauce forms. Add  $\frac{3}{4}$  c. **cilantro** (packed with leaves and tender stems) and pulse a few times chopped and incorporated. Taste and add more jalapeño, if necessary. Yields  $1\frac{1}{4}$  cup.

### **JALAPEÑO JELLY**

From <http://www.evaminette.net/recipe/jalapeno-jelly-no-pectin/>

In a food processor, place  $\frac{3}{4}$  c. **Jalapeño peppers**, roughly chopped and keeping the seeds,  $\frac{1}{2}$  c. **green bell pepper**, roughly chopped, and  $\frac{1}{2}$  **green apple**, cored and cut into chunks. Blend for about 1 minute until the mixture is almost like a paste. Put this mixture, along with  $\frac{1}{2}$  c. **white vinegar** and **1 c. white sugar**, into a tall-sided sauce pan. Bring to a boil over medium high heat. Continue cooking for about 15 minutes, stirring occasionally. Once thickened, remove from heat. Put the jelly into a sterilized glass jar and let cool at room temperature. Then store in the refrigerator for up to one month. Yields  $1\frac{1}{2}$  cup.

### **PICKLED CHILES**

Contributed by **Barbara DiLorenzo**

From <http://www.foodandwine.com/recipes/sausages-peaches-and-pickled-chiles>

In a 1-quart jar, combine  $\frac{1}{4}$  c. **apple cider vinegar** and  $\frac{1}{4}$  c. **white vinegar**, **3 Tbs. sorghum syrup** or **molasses** (or  $2\frac{1}{2}$  Tbs. *brown sugar*), **1½ tsp. kosher salt** and  $\frac{1}{2}$  c. **water**, and shake until the salt dissolves. Add **2 jalapeños**, seeded and thinly sliced and **1 small onion**, thinly sliced. Cover and let stand at room temperature for at least 1 hour.

## CUCUMBERS

### **BRENDAN'S DILL PICKLES**

Contributed by QHF field manager **Brendan McMullen**

In a gallon container, place as many **cucumbers** that will fit. Best for pickling are immature cucumbers, their sides a bit sunken, not fully filled out. They make pickles that are less watery and more crunchy. Add **1 large head of garlic**, a big bunch of **dill**, and (optional) a handful of **grape leaves** which are said to make a firmer pickle. Add enough salty water (**3 Tbsp. salt per quart of water**) to cover the cukes, et. al. To ensure that the cukes stay submerged, put a weight on top (e.g., a can of beans on a plate) that fits into your container. Place the cukes in a place (cool and dry is good) where you won't forget about it – perhaps your kitchen counter by the coffee pot. Check the cukes every day or every other day until things get tangy and good inside. In August, that usually takes about a week. There's no need to add water. Instead, you'll probably need to remove some. Water in the cucumbers gets released into the brine, and you don't want the crock to overflow. When pickled, the cukes can be put in sterilized jars and stored in the fridge where they will last for a few months. Somehow they always taste a little better after they've been in the fridge for a week or so, the flavors improving after their room temperature fermentation.

**Important:** The cukes need to remain fully submerged or they will rot/mold. If mold does form on the surface of the water – often the result of a dill sprig escaping from the bunch – just skim it. The mold isn't harmful, but it's a good reason to check the crock every day or so. Felix Sandor Katz, pickle maven and author of *Wild Fermentation*, says to skim the mold and eat the pickles.

**Note re containers:** You can use a food-grade PVC bucket or a crock

### **CUCUMBER AND LEMON SALAD**

Contributed by **Barbara DiLorenzo**

adapted from Elizabeth Minchilli / instagram-IGTV eminchilli

Peel the skin and remove all the white pith from 1 or 2 juicy **lemons**. Cut the lemon in chunks and place in a small bowl. (You can supreme the lemon if you have time). Add **½ tsp. salt** to the lemons. Cut up a small/medium **onion**. Add the onion to the bowl and let macerate at least 5 minutes. Smash several salty **black olives** to remove pits and roughly chop. Slice 1-2 **cucumbers**; scatter them on a plate and lightly salt. Spoon lemon mixture over the cukes. Scatter the olives on top, and drizzle with **olive oil**.



## TUMERIC CROSSCUT PICKLE SLICES

Contributed by **Peter Cobb**

From his friend Mary Ann Mailman

*Peter writes that the amounts below "scale fine" for making  $\frac{1}{3}$  or  $\frac{1}{2}$  of the recipe.*

Slice thoroughly washed medium sized **unpeeled cucumbers** (6 pounds/4 quarts) into  $\frac{1}{8}$ -inch to  $\frac{1}{4}$ -inch slices. Add **1½ c. sliced small white onions** (12- 15 small bulbs) and **2 large garlic cloves**. Add **½ c. salt** and mix thoroughly. Cover with **crushed ice** (2 quarts) or **ice cubes** (2 trays) and let stand 3 hours. Drain thoroughly and remove garlic cloves. Combine **4½ c. sugar** (decrease amount for a less sweet pickle), **1½ tsp. turmeric**, **1½ tsp. celery seed**, **2 Tbsp. mustard seed**, and **3 c. white vinegar**. Heat just to boiling. Add drained cucumber and onion slices and simmer 5 minutes. Pack hot pickles loosely into clean, hot pint jars to  $\frac{1}{2}$  inch of top. Adjust jar lids. Process in boiling water for 5 minutes (starting the time as soon as water returns to boiling). Remove jars and set jars upright to cool.

## QUICK PICKLES

Contributed by **Jane Weissman**

Adapted from *Vegetable Cooking for Everyone* by Deborah Madison

Fill  $\frac{3}{4}$  of a large yogurt container (1 quart) with thinly **sliced cucumbers**. Add **2 cloves garlic**, chopped, **1 small-medium onion**, red or white and chopped, **salt, pepper** (peppercorns or ground), and **3 Tbsp. chopped herbs** (*dill, dill flowers/seeds or parsley*). Add **1 part sugar to 3 parts white vinegar** –  $1\frac{1}{2}$  c. vinegar for this container – and stir thoroughly before adding to the cucumber mixture. Cover container and shake to combine all ingredients. Let sit at room temperature for 4-5 hours.

## WATERMELON & CUCUMBER POPS

Contributed by **Ranjana Armstrong**

From *People's Pops* by Nathalie Jordi, David Carrell & Joel Horowitz

Purée  $\frac{1}{2}$  **lb. cucumber** (1 small) in a food processor. Transfer to a bowl or pitcher with a pour spout. Peel and coarsely chop **18 oz. watermelon** (to yield 1 qt. of pieces). Purée leaving some chunks, but small enough to pour into the pop molds; this will yield about 12 fl. oz. Add the watermelon to the cucumber, and mix in **simple syrup** to desired sweetness. Pour mixture into the molds, leaving room at the top for expansion. Insert sticks and freeze until solid.



**Note:** to make simple syrup, bring  $\frac{2}{3}$  c. *sugar* and  $\frac{2}{3}$  c. *water* to simmer over medium heat, and stir until sugar dissolves and mixture is transparent. Yield: 1 cup.

## EGGPLANTS

### EGGPLANT AND SUMMER VEGETABLE GRATIN

contributed by **Barbara DiLorenzo**

Adapted from Deborah Madison's *Vegetarian Cooking for Everyone*

Slice **2- 2½ lbs. globe eggplant** into rounds ½ inch thick (no need to salt if freshly picked). Brush both sides of each piece with **olive oil**. Place on a sheet pan and bake in an oven preheated to 425° F until browned and tender on both sides, about 15 minutes. Season with **salt** and **pepper** and set aside. Reduce heat to 325° F. Heat **3 Tbsp. olive oil** in a wide skillet, add **2 large onions**, finely diced, and **3 cloves garlic**, chopped. Cook over medium heat until limp, about 8 minutes. Raise the heat a little, add **1 large bell pepper**, finely diced, and **2 large tomatoes**, chopped, (more if you have them). Continue cooking, stirring occasionally, until everything is soft and thickened to a jam, about 20 minutes. Raise the temperature at the end to reduce the juices. Add **10 large basil leaves**, torn into small pieces, and season to taste with **salt** and **pepper**. Lightly oil a 2-quart gratin dish. Make a layer of eggplant in the bottom and spread a third of the tomato-onion mixture over it, followed by another layer of eggplant, half the remaining sauce, then the rest of the eggplant. End with the remaining sauce on top. Cover the dish and bake for 25 minutes in an oven preheated to 425° F. Meanwhile, toss **1 c. bread crumbs** with **olive oil** to moisten and add **¼ c. Parmesan cheese**, grated. Remove the cover, add the bread crumbs and cheese, raise the oven temperature to 375° F, and bake until the crumbs are nicely browned and crisp on top, about 15 minutes.



## EGGPLANT AND ZUCCHINI PASTA WITH FETA AND DILL

Contributed by **Nina Cobb**

<https://cooking.nytimes.com/recipes/1020441-eggplant-and-zucchini-pasta-with-feta-and-dill?searchResultPosition=1>

Heat **3 Tbsp olive oil** (you'll be using a total of 6 Tbsp oil) in a large nonstick skillet over medium heat. Add **1lb. eggplant** (2 small eggplants / about 7 c.) cut into 1-inch cubes. Season with **salt** and **pepper** and cook, stirring occasionally, until golden and tender, about 10 minutes. Eggplant tends to absorb oil, so sauté it slowly until it softens and caramelizes. Transfer eggplant to a bowl. Add to the pan an additional **2 Tbps oil** and **1lb. zucchini or summer squash**, halved lengthwise and sliced into half-moons  $\frac{1}{4}$ " thick (about 5 c.). Season with salt and pepper. Cook, stirring occasionally, until tender but not mushy, about 5 minutes. While the vegetables cook, cook **1lb. mezze rigatoni** (or any short pasta) until *al dente*. Reserve **1½ c. cooking water** and drain pasta. Return pasta and reserved cooking water to pot over medium heat. Add remaining **1 Tbsp. oil** and **1 c. crumbled feta** (an additional  $\frac{1}{2}$  c. feta goes on the table). Cook, stirring about 2 minutes. The feta does double duty—creating a creamy sauce and adding bright tang to the dish. Stir in zucchini, eggplant and  $\frac{1}{4}$ c. **chopped fresh dill** (or *basil* or *parsley*). Season with salt and pepper. Serve topped with remaining cheese.

## GRILLED EGGPLANT WITH FRESH HOT SAUCE & CRISPY EGGS

Contributed by **Jane Weissman**

From [bonappetit.com/recipe/grilled-eggplant-with-fresh-hot-sauce-and-crispy-eggs](http://bonappetit.com/recipe/grilled-eggplant-with-fresh-hot-sauce-and-crispy-eggs)

To make the hot sauce, toss **2 hot chilies**, chopped and seeded, **1 clove garlic**, finely chopped, and a large pinch of **salt** in a small bowl. Let sit until just softened, 8–10 minutes, and then stir in **2 Tbs. red wine vinegar** and **1 Tbsp. honey**. Meanwhile, halve lengthwise **4 Japanese eggplants** (about 1¼ lbs.) and drizzle with **2 Tbsp. olive oil** and season with **salt** and **pepper**. Cook over medium heat on an outdoor grill or in a stovetop grill pan – turning occasionally until lightly charred and tender, 6–8 minutes. Cut eggplants on the diagonal into thick slices and toss in a large bowl with **3 scallions**, thinly sliced, and *half* the **hot sauce**, **1 c. cilantro** (leaves with tender stems) and **2 Tbsp. fresh dill**. Transfer to a platter. Heat *an additional* **2 Tbsp. oil** in a skillet over medium-high. Add **2 large eggs** and season with **salt** and **pepper**. Cook about 2 minutes – until whites are crisp at the edges and the yolk just set but still runny. Flip and cook about 30 seconds until the yokes have gently set. Cut eggs into strips and arrange over eggplants. Drizzle with *remaining hot sauce* and top with *an additional* **1 c. cilantro** and *an additional* **2 Tbsp. dill**.

## **PASTA ALLA NORMA**

Contributed by **Barbara DiLorenzo**

From *Simple* by Yotam Ottolenghi

Peel **3 eggplants** (about 2 pounds) in long alternating strips from top to bottom so they look striped. Slice into ¼ inch rounds, and place in a bowl with ½ c **olive oil**, ¾ **tsp. salt** and a generous grind of **pepper**. Mix well, then spread out on two large cookie sheets lined with baking paper. Roast for 30-35 minutes in an oven preheated to 425°F, until dark golden-brown. Remove and set aside to cool. Meanwhile, put **2 Tbsp. olive oil** into a frying pan heated to medium high. Add **5 garlic cloves**, thinly sliced, and **1-2 mild dried chilies** (seeded if you don't want the heat) or a pinch of dried flakes. Fry 1-2 minutes, stirring constantly, until the garlic is golden brown (but not burned). Add **2 large cans plum tomatoes**, **5 large oregano sprigs** or 1 **tsp. dried**, **1 tsp. sugar** (caster preferred), ½ **tsp. salt**, and a grind of **pepper**. Reduce the heat to medium low and cook for 10 minutes, until the sauce has thickened. Remove the oregano sprigs and stir in the eggplant. Cook **1 lb. spaghetti**, retaining some cooking water. Add the pasta to the eggplant/tomato sauce and mix well, adding **2 Tbsp. pecorino**. (If the sauce has become too thick, add a few tablespoons of the cooking water.) Divide between four bowls, topping each with an additional **1 Tbsp. pecorino** and **5 basil leaves**, torn.

## **KALE**

### **KALE SALAD WITH DRIED CHERRIES & TOASTED PECANS**

Contributed by **Ranjana Armstrong**

From *The Smitten Kitchen Cookbook* by Deb Perelman

Place **1 bunch kale**, stemmed and ribboned, into a large salad bowl. Add sliced **radishes**, ½ c. **dried cherries**, **2 oz. soft goat cheese**, broken into chunks, and ½ c. **pecans** that have been toasted for 5-10 minutes in a 350°F oven. Toss with the dressing: **3 Tbsp. olive oil**, **1½ Tbsp. white wine vinegar**, **1 Tbsp. Dijon mustard**, **1½ tsp. honey**, and **salt** and **pepper** to taste.

## GRILLED KALE SALAD WITH RICOTTA & PRUNE PLUMS

From <https://www.bonappetit.com/recipe/grilled-kale-salad-with-ricotta-and-plums>

Whisk **3 Tbsp. olive oil**, **3 Tbsp. balsamic vinegar**, **2 tsp. fresh thyme**, chopped, and **1 tsp. honey** in a medium bowl. Season vinaigrette to taste with **salt** and **pepper**. Add **4 medium prune plums**, halved, pitted, thinly sliced, to the vinaigrette and toss to coat; then transfer the mixture to a plate. Heat a gas grill to high. Brush **12 large or 16 small curly kale leaves** with *an additional* **1 Tbsp. olive oil**. Season kale with **salt**. Grill kale, turning once, until crispy and charred at edges, about 2 minutes. Transfer to a work surface; let stand until cool enough to handle. Remove large center stems with a knife and discard; from smaller, more stems, you only need to trim the tough ends. Divide  $\frac{3}{4}$  c. **fresh ricotta** among plates and season with **salt** and **pepper**. Tear larger kale leaves into pieces, leaving smaller leaves whole. Place leaves in a large bowl and toss with some of the vinaigrette. Divide leaves among plates. Top with plums and drizzle with the remaining vinaigrette over. Serves 4-6.

## WILD RICE GRATIN WITH KALE, CARAMELIZED ONIONS & SWISS CHEESE

Contributed by **Ranjana Armstrong**

From *The Smitten Kitchen Cookbook* by Deb Perelman

Cook **1 $\frac{3}{4}$  c. wild rice** – yielding 5 c. cooked – according to package directions. Heat **1 Tbsp. butter** and **1 Tbsp. olive oil** in a large skillet over medium-low heat. Add **2 large sweet onions**, halved and thinly sliced, a dash of **salt** and **pepper**, and cook until the onions are tender, stirring occasionally, about 30 minutes. Add **4 c. kale**, stemmed and ribboned, and cook until it wilts a bit, about 5 minutes. Place the onion-kale mixture, the wild rice and **1 c. grated Emmantaler** (or other Swiss cheese) in a large bowl and stir to combine. Season to taste with more **salt** and **pepper**. Spread the mixture into a **buttered (1 Tbsp.)** 2-quart baking dish and add  $\frac{3}{4}$  c. **chicken** (or vegetable) **broth**. Sprinkle an additional **1 c. cheese** over the gratin, followed by **1 c. bread crumbs** that have been tossed with **1 Tbsp. melted butter** and **salt** and **pepper** to taste. Bake 30-35 minutes in a preheated 375°F oven until it's bubbly and beginning to brown on top. Serves 10-12 as a side.

## BAKED IRISH MASH: POTATOES WITH KALE or CABBAGE

Contributed by **Ranjana Armstrong**

From *Seven Spoons* by Tara O'Grady

Place **2 lb. potatoes** in a large pot, cover with water and drop in a **1 clove garlic**, peeled, and some **salt**. When done, drain and let dry. While the potatoes are cooking, melt **8 Tbsp. butter** in a large skillet over medium heat. Sauté **1 bunch scallions**, white and green parts trimmed and cut crosswise, until soft (3-5 minutes). Add **½ bunch kale**, stemmed and torn into small pieces (or **4 c. Savoy cabbage**, shredded) to the pan with a generous pinch of **salt**. Cook stirring until the greens have collapsed and their liquid has cooked away, 5-7 minutes. Season well with **salt** and **pepper**. Pour in **¾ c. whole milk** (or cream). Turn the heat down and keep warm. Mash the potatoes (using a masher, ricer or food mill) and stir in the greens mixture and **¼ c. grated Parmesan** (or Gruyere) **cheese**. Transfer the mash to a 2-quart buttered casserole dish. Bake in an oven preheated to 375°F for about 20 minutes – until the potatoes are hot and the top has some color. Let stand 5 minutes before serving. Serves 4-6.



## PORTUGUESE FISHERMAN'S SOUP

Contributed by **Jane Weissman**

To **1 quart liquid** (*chicken or vegetable stock, or water*), add **6 small-medium potatoes**, cubed, a **medium onion**, chopped, **3 cloves garlic**, peeled and chopped, **3 large carrots**, coined, **1 hot pepper**, chopped and retaining some seeds, and **salt** and **pepper** to taste. Bring liquid to boil and reduce to a simmer. After ten minutes, add **1 c. tomato puree** and **1 bunch kale**, stemmed and ribboned. Continue cooking until vegetables are nearly tender. Ten minutes before serving, add **1 can cannelloni beans**, rinsed, and **2-3 oz. chorizo**, thinly sliced. Heat through, adjust seasonings, and serve.

## OKRA

### TUMERIC FRIED OKRA

Contributed by **Ranjana Armstrong**

From *Seven Spoons* by Tara O'Brady

Cut  $\frac{1}{2}$  lb. **okra** in half lengthwise and toss with enough **turmeric (2 tsp.)** so every piece is lightly dusted. Add enough **canola oil** in a pan to make a puddle and when hot (about 350°) carefully drop a few okra pieces in the oil. Cook, stirring, until the okra is golden brown and crisp, about 60-90 seconds. Transfer the fried okra to a colander lined with paper towels and season with fine grained **sea salt**. Move each batch from the colander to a serving dish before draining the next, and season as you go. Serve immediately.

### FRIED OKRA A LA MARCELA

Contributed by **Jane Weissman**

Inspired by Marcela Hazan

Make a *pastela* by adding enough **water** to  $\frac{1}{2}$  c. **flour** and stirring to make a batter the consistency of yogurt. Add **salt**, **black pepper** and **red pepper flakes**. Dip young **okra**, no longer than 3-4 inches, to the batter one at a time and then roll in **chopped parsley**. Add the herb coated okra – spaced apart – to very hot **canola oil** that just covers the bottom of a large skillet. Fry quickly until the batter hardens and lightly browns, about 1 minute. Turn okra and, when done, transfer to a plate lined with paper towels. Season with **sea salt**. Serve immediately.

**NOTE:** A *pastela* works well for frying up *zucchini* and *eggplant* slices as well as *zucchini flowers* (stuffed with goat or blue cheese and basil leaves).

## PEAS

### SUGAR SNAP PEA SALAD WITH RADISHES, MINT & RICOTTA SALATA

Contributed by **Elizabeth Jackson**

From [cooking.nytimes.com/recipes/1012582-sugar-snap-pea-salad-with-radishes-mint-and-ricotta-salata](https://cooking.nytimes.com/recipes/1012582-sugar-snap-pea-salad-with-radishes-mint-and-ricotta-salata)

In a large bowl, toss together  $\frac{3}{4}$  c. **radishes**, sliced, **1 $\frac{1}{4}$  c. raw sugar snap peas**, **1 c. ricotta salata**, crumbled, and  $\frac{1}{2}$  c. **mint leaves**, torn. For the dressing, make a paste of **1 clove garlic**, minced, and a pinch **kosher salt**, using a knife or a mortar and pestle. Place in a small bowl and add **1 Tbsp. lemon juice**, freshly squeezed, and **1 tsp. balsamic vinegar**, and stir well to combine. Drizzle in **3 Tbsp. olive oil** stirring constantly, and add **pepper** to taste. Pour over salad and toss well to combine.

### SPRING PEA SALAD & BURRATA CROSTINI

Contributed by **Pam Choy**

Source unknown



Thinly slice crosswise  $\frac{1}{2}$  lb. **snow peas**, trimmed and set aside. Bring large pot of salted water to a boil and add **1 lb. sugar snap peas**, trimmed, and cook for 6 minutes. Remove with a slotted spoon, chill under cold running water, pat dry and set aside. Boil  $\frac{3}{4}$  lb. **shelled peas** (2 lbs. in the pod) for 4 minutes. Strain through a colander, rinse with cold water, and pat dry. *For the crostini:* cut **1 large French baguette** into  $\frac{1}{2}$  inch slices and brush both sides with **3 Tbsp. olive oil**. Place on a baking sheet and bake until golden brown, about 6 minutes. In a medium bowl with a fork, mash **10 oz. fresh burrata cheese** with  $\frac{1}{2}$  c. **of the boiled shelled peas**, **1 Tbsp. mint**,  $\frac{1}{2}$  tsp. **freshly grated lemon zest**, and **salt** and **pepper** to taste. Spread onto toasts.

*For the salad:* Add **1 c. wheatberries**, rinsed, to 3 c. water brought to a boil in a medium saucepan. Reduce the heat and simmer until tender, checking periodically for doneness, starting at the 25 minute mark and continuing every 10-15 minutes. When the wheatberries are soft, drain any excess water. (They can be kept for up to 4 days in the fridge stored in an airtight container.) In a small bowl, make a vinaigrette by whisking together the juice of **2 lemons**, **1 Tbsp. Dijon mustard**, *an additional*  $\frac{1}{2}$  c **olive oil**, and **salt** and **pepper** to taste. In a large bowl, toss to combine the cooked wheatberries with the **peas** (sugar snap peas, snow and remaining shelled), an additional **2 Tbsp. mint**,  $\frac{1}{4}$  c **preserved lemon rind**, chopped, **4 c arugula**, and **1 bunch red radishes**, trimmed and thinly sliced. Serves 10.

## POTATOES

### **BAKED POTATOES, ONIONS, AND TOMATOES, APULIAN STYLE**

Contributed by **Barbara DiLorenzo**

From *Essentials of Classic Italian Cooking* by Marcella Hazan

Slice **2 lbs. potatoes** no thicker than  $\frac{1}{4}$ -inch. Put them in a bowl with **2 c. onions**, sliced very thin, **1 lb. tomatoes**, diced small,  $\frac{3}{4}$  c. **Romano cheese**, **1½ tsp. Fresh oregano**, salt and pepper to taste, and  $\frac{1}{2}$  c. **water**. Toss and mix well. Turn out potato mixture into a lightly oiled (1 Tbsp.) pan. Smooth the top and add  $\frac{1}{4}$  olive oil. *Place on topmost rack* in oven preheated to 420° F and bake for about an hour – turning the potatoes every twenty or so minutes – until potatoes become very tender. Remove from oven and let rest for at least ten minutes. The potatoes should be served warm, not scalding hot.

## RADISHES

### **RADISH LEAF PESTO**

From <https://www.davidlebovitz.com/pistou-radish-leaf-pesto-recipe/>

Coarsely chop **8 c. young radish leaves** and put them in the bowl of a food processor along with **2-3 cloves garlic**, peeled and sliced,  $\frac{1}{4}$  c. **olive oil**,  $\frac{1}{2}$  c. **grated Parmesan cheese**,  $\frac{1}{3}$  c. **whole almonds**, unroasted and coarsely chopped (*or pignoli nuts*), and  $\frac{3}{4}$  **tsp. salt**. Pulse the ingredients in the food processor, scraping down the sides until the ingredients come together in a cohesive paste. Don't over purée; it's good when the paste is a little chunky. For a smoother, moister paste, add an additional **1-2 Tbsp. olive oil**.

Use on pasta (you might need to pour on more olive oil), as a spread on crackers, or a dip for crudité. Yield 1 cup.



## SPINACH

### ONE-PAN ORZO WITH SPINACH & FETA

Contributed by **Pam Choy**

From Melissa Clark / *The New York Times*

Melt **2 Tbsp. butter** for 30-60 seconds in a 10-inch skillet over medium heat. Stir in **4 large scallions**, trimmed and thinly sliced (saving some green parts for garnish), and **2 large cloves garlic**, minced, and cook until softened, stirring frequently, about 3 minutes. Stir in **8 c. spinach**, coarsely chopped (adding in batches if necessary), and **½ tsp. salt**. Continue to cook, stirring occasionally, until spinach is wilted, about 5 minutes. Stir in **1¾ c. low-sodium chicken (or vegetable) stock** and bring to a simmer. Stir in **1 c. orzo**, **1 tsp. lemon zest** (from 1 lemon, finely grated), and *an additional* **½ tsp. salt**. Cover and simmer over medium low heat until orzo is nearly cooked through and most of the liquid is absorbed, 10-14 minutes, stirring once or twice. Stir in **¾ c. crumbled feta cheese**, **½ c. peas** (*optional* – frozen now or fresh when made in June!), and **1 c. chopped fresh dill**. Cover the pan and cook for another 1 minute to finish cooking (*and warm the peas*). To serve, sprinkle with *more cheese* and the *reserved scallions*.

## TOMATOES

### MALAGA GAZPACHO

Contributed by **Nina Cobb**

<https://cooking.nytimes.com/recipes/9755-1968-malaga-gazpacho>

Combine in the container of an electric blender **3 c. tomatoes**, cored, coarsely chopped, **1½ c. cucumber**, peeled and coarsely chopped, **1 green pepper**, cored, seeded and coarsely chopped, **1 clove garlic**, sliced, **½ c. water** (or juice from the tomatoes), **5 Tbsp. olive oil**, **¼ c. wine vinegar** (red or white), **salt** to taste, and (optional) **2 slices fresh white bread**, untrimmed and cubed. Blend at high speed, pausing now and then to scrape down with a rubber spatula as necessary. Pour the mixture through a large sieve placed inside a mixing bowl. Press and stir with a wooden spoon to extract as much liquid as possible. Discard the solids. Taste soup for seasoning and add more salt and vinegar if desired. Chill thoroughly before serving.

## PASTA WITH SUN GOLD TOMATOES

Contributed by **Peter Cobb**

A Mario Batali recipe from *Bon Appetit* (May 2011)

Heat **3 Tbsp. olive oil** in large skillet over medium heat. Add **8 oz. sun gold** or other tomatoes, **2 garlic cloves**, thinly sliced, and **¼ tsp. red pepper flakes**, crushed. Season with **salt**. Cook, partly covered and swirling the pan often, until tomatoes blister and burst, about 10-12 minutes. Remove from heat and set aside. Meanwhile, cook **6 oz. pasta** (spaghetti, bucatini, capellini) in salted water until about 2 minutes from *al dente*. Drain pasta and *reserve 1 c. pasta water*. Transfer pasta to skillet with tomatoes and cook over high heat. Add **½ c. pasta water**. Cook, stirring and tossing until the sauce thickens and begins to coat the pasta, about 1 minute. Stir in an *additional 1 Tbsp. olive oil*, **¾ c. grated Pecorino or Parmesan cheese**, and **4 basil leaves**, torn into pieces. Toss until the sauce coats pasta and pasta is *al dente*. (Add more pasta water if pasta seems dry. Add an *additional 4 basil leaves*, season with **salt** and, if desired, top with **breadcrumbs**. Serves 2.

## SHRIMP SCAMPI WITH TOMATOES AND CORN

Contributed by **Peter Cobb**

From <https://cooking.nytimes.com/recipes/9101-classic-shrimp-scampi>

Wash and pat until dry **1 lb. large shrimp**, peeled and deveined, and season with **salt** and **black pepper** (S&P). In a large skillet, heat **2 Tbsp. olive oil** over medium-high heat. Add the shrimp and cook until pink and lightly golden in spots, 1-2 minutes per side. Using a slotted spoon, transfer the shrimp to a plate. Add **1 pt. cherry tomatoes** to the skillet and season with *S&P*, and cook, stirring once or twice, until they start to blister in spots, 3-4 minutes. Add **2 c. corn kernels** (4 ears) and season with *S&P*. Cook, stirring once or twice, until the tomatoes burst and the corn is golden in spots, 3-4 minutes. Add **5 garlic cloves**, minced, and **½ tsp. red pepper flakes**, and cook until you smell the garlic, about 1 minute. Reduce heat to medium and add **¼ c. dry white wine** and **2 Tbsp. fresh lemon juice**. Scraping any brown bits from the bottom of the pan, cook until the liquid is nearly evaporated. Add **5 Tbsp. unsalted butter**, cut into 1-inch pieces, and stir until melted. Add the shrimp and its juices, and stir until warmed through. (If sauce breaks and looks greasy, add 1-2 tsp water and stir until emulsified.) Remove from heat and add **3 Tbsp. herbs** (*parsley*, chopped, or *chives*, or torn *basil leaves*). Season with *S&P* to taste and, if desired, squeeze **lemon** over top. Serves 4.



## STEWED GREEN TOMATOES WITH RED JALAPEÑOS

Contributed by **Jane Weissman**

From *The New Vegetarian Epicure* by Anna Thomas

Heat **2 cloves garlic** and **3 yellow onions**, chopped, in **olive oil** on medium heat until onions are translucent. Add **10-12 green tomatoes**, blanched, cored, skinned and roughly chopped. Add **2-3 red jalapeños**, trimmed, seeds scraped out, finely chopped, **1 bunch cilantro**, stemmed, and **1 tsp. salt** to tomatoes. Simmer until tomatoes are soft and most of the liquid is cooked off. Serves 8-10.

## TOMATO JAM

Contributed by **Carol Steinberg**

From <https://cooking.nytimes.com/recipes/1017532-tomato-jam?smid=ck-recipe-iOS-share>

In a heavy, medium-sized saucepan, combine **1½ lb. tomatoes** (Roma or another paste are best), cored and coarsely chopped, **1 c. sugar**, **2 Tbsp. lime juice**, freshly squeezed, **1 Tbsp. ginger**, fresh grated or minced, **1 tsp. cumin**, **¼ tsp. cinnamon**, **½ tsp. ground cloves**, **1 tsp. salt**, and **1 jalapeño**, stemmed, seeded and minced (*or red pepper flakes or cayenne* to taste). Bring to a boil over medium heat, stirring often. Reduce heat and simmer, stirring occasionally, until mixture has consistency of thick jam, about 1 hour 15 minutes. Taste and adjust seasoning. Cool and refrigerate until ready to use; this will keep at least a week. Yield: about 2 pints.

*(Reader suggestions: Too much sugar; use ¼ to ½ cup. Reduce cooking time to 40 minutes or until a path scraped across the bottom doesn't fill in. Pack jam into sterilized jars and, to seal, put in oven preheated at 325° for 15 minutes.*

## **WINTER SQUASH**

### **BUTTERNUT SQUASH PURÉE**

Contributed by **Elizabeth Jackson**

From <https://www.mybakingaddiction.com/butternut-squash-bread/>

Halve and remove seeds from **1 large butternut squash**. Sprinkle **6 Tbsp. unsalted butter** (diced) and **2 Tbsp. brown sugar** on both halves, and roast in an oven preheated to 350°F for 45-60 minutes or until the squash can easily be pierced with a knife. Allow to cool for about 10 minutes and then scoop out the flesh and butter-sugar liquid place into a food processor or blender. Add **½ tsp. ground cinnamon**, **¼ tsp ground nutmeg** and **¼ teaspoon kosher salt** and pulse until you reach a creamy consistency. Serve as a simple side dish, adjusting the seasonings to taste and tossing in 2 more Tbsp. unsalted butter. If making **Butternut Squash Bread** (below) leave the puree as written.

### **BUTTERNUT SQUASH BREAD**

Contributed by **Elizabeth Jackson**

From <https://www.mybakingaddiction.com/butternut-squash-bread/>

In a large bowl, mix together **1 c. butternut squash puree**, **2 eggs**, **½ c. vegetable oil**, **¼ c water**, **1 c. white sugar**, and **½ c. brown sugar** until thoroughly combined. In a separate bowl, whisk together **1¾ c. all-purpose flour**, **1 tsp. baking soda**, **½ tsp. kosher salt**, **2 tsp. ground cinnamon**, **½ tsp. ground nutmeg** and **½ tsp. ground cardamom**. Stir the dry ingredients into the squash mixture, combining until just incorporated; do not over mix. Pour the batter into a buttered and floured 8.5 x 4.5 x 2.5 inch loaf pan, and bake in an oven preheated to 350°F for 55-65 minutes or until a wood toothpick inserted into the center of the loaf comes out clean. *Optional:* add some mini semi-sweet chocolate chips, white chocolate, nuts, or dried cranberries to the batter before baking.

## BUTTERNUT SQUASH SOUP WITH APPLE CONFIT

Contributed by **Jane Weissman**

From *Fields of Greens* by Annie Somerville

Heat **1 Tbsp. olive oil** in a soup pot. Add **1 medium yellow onion**, sliced (about 2 c.), and season with **salt** and **pepper**. Sauté onions over medium heat until slightly caramelized, about 15 minutes, adding a little stock and scraping with a wooden spoon if they start sticking to the pan. Add **2 Tbsp. Calvados** and cook for 1-2 minutes, until the pan is almost dry. Add **4 lb. butternut squash**, peeled, seeded and cut into large cubes (about 6 c.) to the pot along with **1 tsp. salt**. Add **2 c. vegetable (or chicken) stock**, barely covering the squash which will break down and release its own liquid as it cooks. Cover the pot and cook over medium heat for 20-30 minutes, until the squash is very soft. Puree the soup, and thin it with an additional **1 c. stock** until you reach the desired consistency. Return the soup to the stove and cook over low heat for 30 minutes to further develop the flavors.



For the the apple confit, melt **1 Tbsp. unsalted butter** in a medium-size sauté pan and add **2 apples**, peeled, cored, and sliced (about 2½ c.). Sauté over medium-high heat, stirring to coat apples with the butter. When apples are heated through, add an additional **1 Tbsp. Calvados** and cook until the pan is almost dry. Add **½ c. apple juice**, cover the pan, and cook over medium heat for 15-20 minutes, until soft. Then cook, uncovered, for 8-10 minutes to reduce the liquid. Mash the apples, making sure the confit retains some texture. Stir half the confit into the soup, saving the rest to stir into each serving along with a swirl of **crème fraiche or Greek yogurt**. Season the soup with **salt** and **pepper** to taste.

## **ZUCCHINI**

### **ZUCCHINI PARMIGIANA**

Contributed by **Barbara DiLorenzo**

Adapted from Elizabeth Minchilli on Instagram: [eminchilli](#)

Slice 2 medium large **zucchini** lengthwise in thinnish slices ( $\frac{1}{4}$ " or less). Salt and place in a colander to drain for 30 minutes. Pat dry with towels. Place strips in a large bowl, add **olive oil**, a little **salt**, and **pepper** and toss lightly. Spread slices in a single layer on a baking sheet(s). Bake in a 400° oven for 12 or so minutes until some browning occurs.

Lightly oil a baking dish. Place a layer of zucchini strips on the bottom. Follow with layers of freshly grated **Parmigiano cheese** (generous handfuls), **basil leaves**, *either* **mozzarella** and **prosciutto** *or* **Scarmorza** (an aged smoked mozzarella; if you use this, there's no need for prosciutto), and **zucchini flowers**, (pistils removed and cut so they lay out flat in one layer). Finish with strips of zucchini topped by the flowers, a generous handful of Parmigiano and a drizzle of olive oil. Depending on the dish you should get 2 to 3 layers. Bake in a 350° oven for 20-30 minutes — this depends on its size — until slightly brown and bubbly. Let rest for 10 minutes before serving. It's also good at room temperature.

### **ROASTED SUMMER SQUASH / ZUCCHINI**

Contributed by **Phyllis Schlessel**

Source unknown

Chunk some **summer squash** and/or **zucchini** and place in a baking dish. Toss lightly with **salt**, **pepper**, **lemon zest**, **lemon juice** and **red pepper flakes**. Top with grated **Parmigiano cheese**. Bake in a 425° oven 20-30 minutes or until soft. Leftovers are great with pasta.

### **SAUTÉED ZUCCHINI**

Contributed by **Jane Weissman**

A traditional Italian preparation shared by a counter seatmate at a NYC oyster bar

Cut **zucchini** into  $\frac{1}{4}$ " rounds. Place a scant 1 Tbsp. **olive oil** in a pan — the result should be dry, not oily. Add the zucchini and sauté very slowly over low heat, turning midway, until they are lightly browned and easily pierced by a sharp knife.

*JW additions:* When done, spray on a little **balsamic vinegar** and remove to a serving plate. Over the top, sprinkle some **sea salt**, chopped **herbs** (e.g., *parsley, oregano, or chives*), and the yellow and orange petals of two **calendula flowers**.



**Thank you to Jane Weissman for collecting, contributing and editing the recipes!**

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- **Carol Steinberg**



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