

## **Basic Method for Cooking Artichokes**

Cooked artichoke stems are delicious. Do not detach them until after cooking, and use them in salads or as an appetizer.

To prepare for cooking, peel the coarse fibers from the artichoke stem. Remove the tough bottom leaves, then slice off about an inch from the leaves at the top. With scissors, snip off the prickly tops of the remaining side leaves. Plunge the artichokes into a very large pot filled with boiling water and boil gently until done. Allow 25-40 minutes: they are done when an outer leaf pulls off easily and the bottom is tender when pierced with a fork. Drain them upside down. Serve them hot or warm.

## **Cooking Stock for 8 Artichoke Bottoms**

3 cups water  
1 tablespoon flour  
2 tablespoons peanut oil  
1/4 cup lemon juice  
1/2 tsp. salt

Combine the cooking stock ingredients thoroughly, making sure the flour is dissolved and add the bottoms. Bring to a boil and boil gently for 20 to 25 minutes, until the bottoms are tender but still firm to the touch. Let cool in the liquid. When cold enough to handle, remove the chokes from the bottoms and place the bottoms back in the cooking liquid until ready to be used.

## **Florentine Artichoke Bottoms Mornay**

Yield: 6 servings

6 artichoke bottoms, cleaned and kept warm in the stock  
Mornay sauce

### Spinach with brown butter

1-1/2 lb. spinach, cleaned (about 1-1/4 lb.)  
1/4 tsp. freshly ground black pepper  
1/2 tsp. salt  
2 tablespoons butter

### Mornay sauce

2 tsp. butter  
2 tsp. flour  
1 cup milk  
1/4 tsp. salt  
1/8 tsp. pepper  
Dash grated nutmeg  
1/4 cup grated Swiss cheese  
1/4 cup heavy cream  
1 egg yolk  
1 tablespoon grated Parmesan cheese

Place about 1/2 inch of water in a stainless-steel skill, add a dash of salt, and bring to a boil. Add the spinach and cook 4 to 5 minutes, stirring until wilted and soft. Drain, cool under cold water, and press into a ball. Chop the spinach coarse and sprinkle with pepper and salt. Melt the butter in a skillet and, when it turns dark brown, add the spinach. Break up with a fork and sauté the spinach just to heat through. Spoon equal portions of the spinach into the artichoke bottoms.

For the Mornay sauce: Melt the butter in a heavy saucepan and add the flour. Mix well with a whisk and continue cooking over medium heat for 30 seconds. Add the milk all at once and mix well with the whisk. Add salt, pepper, and nutmeg, and keep mixing and stirring until the mixture comes to a boil. Boil gently for 30 seconds and add the Swiss cheese. Mix well until it melts. Remove from the heat. Mix the cream and yolk together thoroughly with a fork. Add to the hot sauce all at once, stirring with a whisk.

Coat the filled artichoke bottoms with the sauce. Sprinkle with the Parmesan cheese, and place under the broiler for 3 to 4 minutes, until browned.

The artichoke bottoms are ready to serve.

### **Basil: Pesto**

2 cups fresh basil, packed  
1/2 cup each fresh parsley, grated parmesan cheese and pine nuts  
1/4 cup each melted butter and olive oil  
1 or 2 cloves fresh garlic.

Put all in a food processor until till slightly course. Serve over hot, cooked pasta, mixing in thoroughly.

## **Basil: Pesto Grilled Vegetables**

Pesto Sauce:

2 cups fresh basil leaves  
3/4 cup olive oil  
3 tablespoons soft butter  
2 tablespoons pine nuts (optional)  
3/4 cup Parmesan cheese  
3 cloves garlic  
1 teaspoon salt  
Freshly ground pepper

Grind all of the above ingredients in a blender or food processor. The sauce will keep in the refrigerator for about three days. Do not freeze.

Preparing vegetables for the grill:

1 huge red onion, halved  
2 Anaheim or California green chiles, whole  
3 green peppers, halved  
4 small zucchini, halved  
4 small tomatoes, whole  
4 ears corn, silks removed, but green husks intact (optional)

Place the vegetables on the grill, over whitened coals, in the order given (except the fresh corn). The onion, peppers, bell peppers and corn require the most time -- at least 20 minutes. While grilling, brush with pesto sauce. Keep turning the vegetables so they cook evenly. The oil will cause the surface to char a little, but that is what we like.

## **Beets: Basic Cooking Method**

1 pound beets  
Butter  
Salt  
Freshly ground pepper  
Chopped parsley

Cut off all but 1 inch of the beet tops; do not pare or remove the roots. Drop the beets into enough boiling water to cover them, and cook them, uncovered, until they are tender, allowing 30 minutes to 1 hour, depending on the age of the beets. Drain the beets, drop them in cold water for a minute or two to cool them slightly, then slip off the skins. Leave them whole or quarter them, or slice them with an egg slicer. Toss them with butter, salt and pepper to taste, and some chopped parsley, and reheat them, if necessary, before serving.

### **Beets: Sugared**

Toss each pound (about 2 cups) of sliced, cooked beets with 2 tablespoons butter, 1 teaspoon sugar, and 1/2 teaspoon salt. Reheat, if necessary, before serving.

### **Beets: Pickled**

Mix 1/2 cup vinegar with 1/4 cup sugar and boil for 5 minutes. Add 1 teaspoon caraway seeds and 1/4 teaspoon salt. Pour over 1 pound (about 2 cups) of sliced cooked beets and serve cold or at room temperature.

### **Beets: Baked**

1 pound beets  
Salt  
2 tablespoons butter

Preheat the oven to 375°F. Butter a baking dish that will hold the beets in a single layer. Wash and trim the beets. Put them into the baking dish and sprinkle salt and bits of butter on top. Cover and bake for 1—1-1/2 hours. If the skins are tough or unattractive, slip them off before serving.

### **Beets: Shredded**

1 pound young beets  
3 tablespoons butter  
1 tablespoon lemon juice  
Salt  
Freshly ground pepper

Shred the beets by rubbing them against the large holes of a grater or in a food processor. Heat the butter in a skillet. Add the shredded beets, toss, then add the lemon juice and 1 tablespoon of water. Cover and cook over moderate heat, stirring frequently, for 5 minutes or until tender. Season to taste and serve hot.

## **Beets and Greens**

Use very young beets, the size of marbles, and cook them with their tender leaves.

About 12-15 tiny beets and leaves

Butter

Salt

Freshly ground pepper

Wash the beets and leaves thoroughly and cut off the roots. Cut the leaves coarsely. Bring about 1/2 inch water to a boil in a pot or skillet. Add the beets and greens, cover, and boil gently for 20-30 minutes, taking care that they do not burn. When the beets can be pierced easily with a fork, they are done. Drain. Toss with lots of butter, season to taste, and serve immediately.

## **Broccoli with Spicy Balsamic Dressing and Black Olives (serves 4)**

2 teaspoons balsamic vinegar

2 teaspoons red wine vinegar

1 medium garlic clove, minced

½ teaspoon hot red pepper flakes, or to taste

¼ teaspoon salt

¼ cup extra-virgin olive oil

1 head of broccoli, floretted and steamed

12 large black olives, such as Kalamata or Gaeta, pitted and quartered

Whisk first 5 ingredients in small bowl; whisk in oil until dressing is smooth. Gently toss steamed broccoli with dressing and olives. Adjust seasonings; serve hot or at room temperature.

## **Carrots with Bercy butter (about 1/2 cup)**

4 teaspoons finely chopped shallots

1-1/3 cup dry white wine

8 tablespoons butter

4 teaspoons finely chopped parsley

Cook together the shallots and wine until reduced to about 1/4 the original volume. Cool. Cream the butter and add the chopped parsley. Combine the two mixtures and season to taste.

### **Carrots Vichy [to serve 4]**

Scrape, wash, and cut into 1-1/2 inch lengths enough young carrots to make 2 cupfuls. If you have the time and patience, trim the carrots into small, olive-shaped cylinders (*carottes en olive*).

In a large enamel frying pan you can cover, melt 2 tablespoons of butter in 1/2 cup of water or chicken stock. Stir in 1 tablespoon of granulated sugar and 1/4 teaspoon of salt, and bring to a boil. Add the carrots, turn them about in the liquid a bit, cover the pan tightly, and reduce the heat to the barest simmer. Cook slowly, shaking the pan occasionally and checking to see if the liquid has evaporated, in which event add a couple of tablespoons of stock or water.

The carrots should be tender within 20 minutes to half an hour and the liquid reduced to a syrup. If it seems too thin, boil it down before pouring it over the carrots in a serving dish. Sprinkle with a little finely chopped mint, if you can get it, or finely chopped parsley. These go particularly well with roasts and broiled meats.

### **Carrots Vichy [to serve 8]**

4 cups carrots peeled and cut into cylinders  
4 tablespoons butter  
1 cup chicken stock  
2 tablespoons granulated sugar  
1/2 teaspoon salt  
Mint or parsley, finely chopped

Scrape, wash, and cut into 1-1/2 inch lengths enough young carrots to make 2 cupfuls. If you have the time and patience, trim the carrots into small, olive-shaped cylinders (*carottes en olive*).

In a large enamel frying pan you can cover, melt 2 tablespoons of butter in 1/2 cup of water or chicken stock. Stir in 1 tablespoon of granulated sugar and 1/4 teaspoon of salt, and bring to a boil. Add the carrots, turn them about in the liquid a bit, cover the pan tightly, and reduce the heat to the barest simmer. Cook slowly, shaking the pan occasionally and checking to see if the liquid has evaporated, in which event add a couple of tablespoons of stock or water.

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### **Braised Celery with Vermouth-Butter Glaze (serves 4)**

1/2 cup dry vermouth  
3 tablespoon unsalted butter, cut into small pieces  
1/4 teaspoon salt  
1/4 teaspoon celery seed  
1/8 teaspoon ground black pepper  
1 head celery (1-1/2 pounds), leaves trimmed and reserved; stalks separated, rinsed and outer fibers removed with a vegetable peeler; each stalk halved lengthwise and cut on an angle into 2-inch lengths  
2 tablespoons minced celery leaves  
2 tablespoons minced parsley leaves (optional)

Bring 1 cup water and vermouth, butter, salt, celery seed, pepper and celery to boil in medium sauté pan, covering surface of celery with parchment or waxed paper circle. (Liquid should come about 3/4 of the way up the celery pieces.) Reduce heat to simmer; cook until celery is tender, but not mushy, 15 to 20 minutes. Remove paper; stir in celery leaves. Continue to simmer until broth reduces to light glaze, 5 to 7 minutes. Sprinkle with optional parsley, adjust seasonings, and serve.

### **Glazed Celery with Parmesan Cheese**

Follow recipe for Braised Celery with Vermouth-Butter Glaze, adjusting oven rack to upper middle position and heating broiler. Transfer glazed celery to ovenproof dish, sprinkle with 1/4 cup grated Parmesan cheese and broil until cheese browns, 1 to 3 minutes, depending on broiler.

### **Chard: Chard and Turnip Greens with Salt Pork**

6 ounces salt pork  
2 cups water  
8 ounces turnip greens, rinsed, stems removed  
8 ounces Swiss chard, rinsed  
1 teaspoon sugar  
2 fresh hot chile peppers (Fresno, jalapeño, or chimaya), trimmed, seeds removed if desired, finely chopped  
Salt and freshly ground black pepper

Cut the salt pork into bite-size pieces. Bring a small pot of water to a boil, and blanch the salt pork for 5 minutes. Drain and pat dry.

In a large skillet without any oil, cook the salt pork over medium-high heat until golden, about 5 minutes. Add the 2 cups water, turnip greens, chard, sugar, and chile peppers, and stir. Reduce the heat to medium-low, cover, and cook until the greens are tender, about 20 minutes. Season to taste, and serve immediately. 4 servings

### **Celery Root (Celeriac): Gratin Potatoes with Celery Root**

2 pounds potatoes  
1 pound celery root  
2 cups chicken broth  
Freshly grated nutmeg  
Salt and freshly ground pepper  
1 cup Swiss cheese, grated (about 1/4 pound)

Preheat the oven to 375°

Peel the potatoes and prepare celery root. Cut off the celery root top and end. The peel with a paring knife and make sure to cut out the pitted spots. Cut into slices somewhere between 1/8 and 1/16" thick. Drop the slices in cold water as you go, including a little lemon juice in the water to keep the slices from turning brown. This should yield 6 to 7 cups of slices.

Select a shallow baking dish (an oval gratin 8 x 14 x 2 inches is ideal). Put the chicken broth in a saucepan and add several gratings of nutmeg. Bring to a simmer. Meanwhile, drain the potatoes and celery root well and layer them in the dish, seasoning each layer with salt and pepper. Strain the chicken broth over the slices and sprinkle with the grated Swiss cheese.

Bake for about 1 hour, or until the broth is absorbed and the top is nicely browned. Remove from the oven and let set for 10 or 15 minutes before serving.

Serves at least 8.

### **Celery Root (Celeriac): Braised Celery Root**

1 pound celery root  
2 tablespoon butter  
About 2 cups beef bouillon  
2 tablespoons minced parsley

Peel the celery root and cut into 1/4-inch slices. Arrange in a skillet—preferably not iron because it is apt to discolor the celery root—dot with butter, add the bouillon, and cook over medium high heat with cover askew until slices tender, but not mushy, about 8-12 minutes. Then remove the celery root with a slotted spoon to a serving dish and keep warm while you boil down the remaining liquid until it is almost syrupy. Pour over the celery root and sprinkle with parsley.



## **Colache**

4 tablespoon olive oil  
2 medium onions, chopped  
1-2 cloves, garlic, minced  
2 to 2-1/2 pounds zucchini, sliced thickly  
2 tomatoes, peeled, seeded, chopped  
3 or 4 ears sweet corn cut into 3 inch pieces  
6 leaves fresh, sweet basil, snipped  
or: 1 teaspoon dry basil  
Salt and freshly ground pepper  
A handful of Romano or Parmesan cheese

Sauté onions and garlic in olive oil until golden (about 10 minutes). Push aside in pot and add zucchini slices and herbs. Sauté for 10 minutes. Add tomatoes, salt and pepper. Cover and simmer slowly about 45 minutes, checking frequently to make sure the mixture is not sticking or becoming too dry. Stir in the cheese and place the pieces of corn within the vegetables. Cook for 15 more minutes. (Serves 4).

## **Collards: Braised Collards**

1 pound collards (or other greens)  
1/4 cup olive oil  
1-2 cloves garlic, minced  
Salt  
Freshly ground pepper

Wash the greens well, removing all sand, in several changes of cold water. Remove any tough ribs, then cut or tear into small pieces. Drop the greens into a large pot of boiling water and blanch them for about 10 minutes; remove and drain well. Put the olive oil and garlic in a pan, add the blanched, drained greens, cover, and cook over low heat for 20-30 minutes. Season with a little salt and pepper, if necessary.

## **Cucumbers: Butter Braised Cucumbers**

2 large cucumbers  
6 tablespoons butter  
1/2 teaspoon chervil, crumbled  
Salt

Peel the cucumbers, slice lengthwise, scoop out the seeds, and cut into 1/2-inch slices. Put in a heavy -bottomed pan with a lid; add 1 cup water, 4 tablespoons of the butter, and the chervil. Cover and gently simmer for 8-10 minutes. Drain, then add salt to taste and the remaining 2 tablespoons of butter. Serve hot.

## **Cucumbers: Malaysian Cucumber Pickle Salad (Achar Timun)**

Sunset Magazine, April, 1994

1-1/2 lb. cucumbers, rinsed  
4 fresh red chilies (each 2-3 inches in length), stemmed and seeded  
1 tablespoon salt  
2 teaspoons sugar  
1/4 cup sesame seed  
1/4 cup salad oil  
4 cloves garlic, sliced lengthwise  
1/4 cup thinly sliced ginger  
1/2 teaspoon ground turmeric  
1/2 cup white distilled vinegar

Cut cucumbers into 1-1/2 inch strips. Cut chilies into 1/4 inch strips. Mix cucumbers, chilies with the salt. Drain in a colander approximately 15 minutes. Rinse and drain. Stir sesame seed in frying pan over medium-low heat until golden (approximately 10 minutes). Remove from heat, cool and set aside (up to 1 day). Pour oil in pan over high heat; add garlic and ginger to hot oil and cook until golden (approximately 7 minutes). Remove from pan, set aside (up to 1 day). In same pan combine turmeric, vinegar, 1/2 cup water and sugar. Bring to a boil, stirring. Let cool. In a big bowl combine cucumbers, chilies and cool vinegar solution. Cover and chill at least 1 hour, or up to a day. Serve the cucumbers topped with the ginger/sesame mix. Good with mild curry dishes.

## **Eggplant Mayonnaise**

1 large eggplant  
2 cloves garlic  
1 tablespoon parsley  
Salt and pepper to taste  
1 cup olive oil  
1 tablespoon lemon juice

Turn oven to 350°F. Pierce eggplant in several places, place in oven in a baking dish, and roast for about 1 hour, or until soft. Remove from oven and allow to cool. Cut off top and peel. Cut open and remove seeds (optional) and place into a blender with garlic cloves and lemon juice. Add parsley, salt and pepper. Blend at full speed until thoroughly mixed. Slowly drizzle in the olive oil until thick and creamy. Refrigerate.

## **Eggplant with Shrimp** (serves 10)

2 large eggplants  
1 pound headless shrimp, cut in half or into thirds  
4 to 5 strips bacon, fried crisp  
1 medium-large onion, diced (about 1 cup)  
2 stalks of celery, diced  
½ large green bell pepper, diced  
4 toes garlic, crushed  
Salt  
Pepper  
Thyme  
2 bay leaves  
2 beaten eggs

Peel and dice eggplant. Boil until tender. Drain. Dice 4 or 5 strips bacon and fry until crisp. Add onion, celery, bell pepper and garlic to pan. If there is not enough bacon grease, add a little butter. Fry until soft. Add shrimp and fry until pink. Add eggplant, and mash until eggplant is desired consistency. Season with salt, pepper, thyme and bay leaves. Fry down until all excess liquid is gone. Remove from heat. Cool, add eggs, mix and pour into casserole. Sprinkle top with seasoned bread crumbs and bake in 350F oven for 30 minutes.

## **Braised Fennel**

1 pound fennel  
2 tablespoon butter  
Chicken broth  
Salt  
Freshly ground pepper

Wash the fennel and remove any tough or discolored outer parts. Slice the bulb in to 1/2-inch pieces, the tender p-art of the stems into smaller. Sauté in the butter in a skillet for about 5 minutes, then add about 1/2 inch of broth, enough so that the fennel does not burn. Cover and simmer over low heat until tender, about 15-20 minutes. Arrange the fennel in a serving dish. Boil the cooking liquid down to just a few tablespoons, and season to taste. Arrange the cooked fennel in a shallow baking dish and pour a little of the pan juices over it. Sprinkle generously with freshly grated Parmesan cheese and put under the broiler until the cheese has melted.

## **Garden Gazpacho**

### Herbal Base:

2 garlic cloves mashed with 1/2 teaspoon salt  
1 tablespoon chives, snipped  
5 leaves fresh basil, snipped  
OR: use 2 teaspoons Basil Oil  
2 tablespoons parsley, chopped  
2 scallions, chopped  
Juice from 1 lemon  
1/4 cup olive oil  
Freshly ground pepper to taste  
Tabasco sauce to taste  
reserve 4-5 cups chilled tomato juice

Place all of the above ingredients except tomato juice into a blender and roughly purée to form the herbal base. Then add 4-5 cups of chilled tomato juice.

### Gazpacho Vegetables:

3 ripe tomatoes (peeled, seeded, chopped)  
2 cucumbers, peeled and chopped  
1 red Spanish onion, chopped finely  
1 avocado, diced (optional)  
1 zucchini, diced

Stir the chopped vegetables into the liquid base. Place the gazpacho in a glass, or better yet, a crystal bowl and sprinkle with more minced herbs such as parsley or chives. If you have leftover tomato juice, you may pour it into an ice cube tray and freeze. Float the tomato cubes in the gazpacho when serving. Migas are a lovely accompaniment to this chilled soup-salad, which you could also pack to a picnic in glass jars.

## **Green Bean Bundles**

1 large carrot, peeled  
1-1/2 lb green beans, trimmed  
3 tablespoons unsalted butter  
2 garlic cloves, minced  
Red bell pepper strips (optional)  
Lemon peel strips (optional)

Using vegetable peeler, scrape 8 long strips from carrot. Bring large pot of water to boil. Add carrot strips and cook until limp, about 45 seconds. Transfer carrot to work surface; cool. Add beans to same pot and boil until crisp-tender, about 5 minutes. Drain. Refresh under cold water and drain again.

Using heavy large knife, trim sides of each carrot strip to even. Gather 8 to 12 green beans in bundle. Wrap 1 carrot strip around bundle and tie in knot. Trim carrot ends if necessary. Repeat with remaining beans and carrot strips. (Can be made 8 hours ahead. Cover and refrigerate.)

Place green bean bundles in steamer and heat through. Melt butter in heavy small skillet over medium heat. Add garlic; sauté 30 seconds. Place bundles on platter. Brush with butter. Season with salt and pepper. Garnish with bell pepper and lemon.

## **Green Beans with Celery and Water Chestnuts (Serves 8)**

Good with roast spring lamb or roast chicken with rosemary.

1 lb small, tender green beans of uniform size, trimmed and cut in half lengthwise  
8 large, tender inner celery stalks, trimmed and thinly sliced crosswise  
1 cup thinly sliced water chestnuts  
½ (1 cup) olive oil  
6 tablespoons red wine vinegar  
Dash soy sauce  
2 tablespoons heavy cream  
Salt and freshly ground black pepper

Fill a saucepan with just enough water to cover the beans once they are added. Bring to a boil. Add the beans, cover and cook over medium heat until barely tender, 6-7 minutes. Drain the beans.

Combine the beans, celery and water chestnuts in a serving bowl. In a small bowl, whisk together the olive oil, vinegar, soy sauce, cream and salt and pepper to taste. Pour the dressing over the vegetables and toss well. Serve at room temperature.

### **Green Beans Braised in Tomatoes (serves 4 to 6)**

This Italian recipe uses a simple tomato sauce flavored with onions and garlic as the braising medium. Add the parsley (or basil) at the end of cooking for extra color.

2 tablespoons olive oil  
1 small onion, diced  
2 medium garlic cloves, minced  
1 cup chopped canned tomatoes  
1 pound green beans, ends snapped off  
Salt and ground black pepper  
2 tablespoons minced fresh parsley leaves

Heat oil in large sauté pan over medium heat. Add onion; cook until softened, about 5 minutes. Add garlic and continue cooking another minute. Add tomatoes; simmer until juices thicken slightly, about 5 minutes.

Add green beans, 1/4 teaspoon salt, and a few grindings of pepper to pan. Stir well, cover, and cook, stirring occasionally, until beans are tender but still offer some resistance to the bite, about 20 minutes. Stir in parsley and adjust seasonings. Serve immediately.

### **Green Beans Braised in Tomatoes (serves 8 to 12)**

Add the parsley (or basil) at the end of cooking for extra color.

4 tablespoons olive oil  
2 small onions, diced  
4 medium garlic cloves, minced  
2 cups chopped canned tomatoes  
2 pounds green beans, ends snapped off  
Salt and ground black pepper  
4 tablespoons minced fresh parsley leaves

Heat oil in large sauté pan over medium heat. Add onion; cook until softened, about 5 minutes. Add garlic and continue cooking another minute. Add tomatoes; simmer until juices thicken slightly, about 5 minutes.

Add green beans, 1/4 teaspoon salt, and a few grindings of pepper to pan. Stir well, cover, and cook, stirring occasionally, until beans are tender but still offer some resistance to the bite, about 20 minutes. Stir in parsley and adjust seasonings. Serve immediately.

## **Greek Summer Salad in the Classic Style**

4 cups fresh young black-eyed peas, blanched  
2 large tomatoes, diced  
1 red onion, diced finely  
2 tablespoons fresh parsley, chopped  
2 teaspoons dried oregano  
1/4 cup olive oil  
3 tablespoons lemon juice  
Salt and pepper to taste

Toss all ingredients together in a bowl. Set aside and allow flavors to blend for about an hour.

## **Herbs: Feta Dip with Herbs**

by Ron Tyni

New Times, March 1, 1995

4 cups Feta cheese  
1/4 cup olive oil  
4 tablespoons lemon juice  
2 tablespoons minced oregano  
2 tablespoons (or more?) fresh basil, minced  
2 tablespoons chives, chopped  
1/2 teaspoon black pepper

Toss all ingredients into a blender or food processor. Heap into many small bowls or one big tub. Serve with raw vegetables.

### **Horsebeans (Fava's): Fava Salad**

1 pound shelled horsebeans (if the beans are large and meaty, peel off the outer covering and use the smaller bean inside)

Olive oil (no substitute)

Wine vinegar

1 clove garlic, minced

2 green onions, minced

1/4 cup cilantro, minced

Remove the horsebeans from their long pods. If the beans are small you will not need to remove the outer covering. Simmer in a couple inches of boiling water for about 10 minutes. Check by biting into one because the beans are quite grainy if underdone. Drain. While horsebeans are warm, dress with the olive oil and wine vinegar to your taste. Add the minced garlic, onion and cilantro. Season with salt or garlic salt. Serve as a salad course.

Note: Always choose the smaller and narrower pods as they will contain the tenderest beans.

### **Kohlrabi: Buttered**

1 pound kohlrabi

Melted butter

Salt

Freshly ground pepper

Cut off the tops of the kohlrabi and peel and slice the globes. Cook, uncovered, in boiling, salted water until tender, about 20-30 minutes (cook less if the kohlrabi are very small). Or steam on a rack, over boiling, water, covered for about 15 minutes until tender. Drain. Toss with melted butter and season to taste.

If the kohlrabi tops are young and tender, cook them separately in boiling salted water, drain and chop them, and add them to the cooked kohlrabi "root."

### **Kohlrabi: au Gratin**

Put the cooked, seasoned kohlrabi in a shallow, buttered baking dish. Sprinkle with 1/2 cup freshly grated Parmesan cheese and put under the broiler until the cheese has melted.



## **Kohlrabi: with Buttered Bread Crumbs**

1 cup fresh bread crumbs  
2 tablespoons butter, melted

Put the bread crumbs into a small bowl, pour the melted butter over, and using a fork, toss until the crumbs are coated. These may be frozen for later use.

Sprinkle the cooked, seasoned kohlrabi with Buttered Bread Crumbs just before serving.

## **Leeks: Leeks and Cabbage on a Bed of Wild Rice**

1 cup wild rice  
3 cups chicken stock or good-quality canned broth  
Grated zest of 1 lemon  
1 tablespoon freshly squeezed lemon juice  
1-1/2 teaspoons loosely packed saffron threads  
Salt and freshly ground black pepper  
2 tablespoons olive oil  
4 medium leeks, trimmed and well rinsed, white and green parts cut into 1/4-inch-thick rounds  
1 medium green cabbage, cored and cut into 1/8-inch-thick slices  
4 thin slices (about 3 ounces) prosciutto, cut into 1/4-inch-wide ribbons

Combine the wild rice and the chicken stock in a medium-size heavy saucepan over medium-high heat, cover, and bring to a boil. Add the lemon zest, lemon juice, and saffron threads. Reduce the heat to medium, cover, and cook until half the rice kernels have split, 45 to 50 minutes. Season to taste with salt and pepper, if desired. Most likely there will still be some cooking liquid left. Remove from the heat and keep warm.

While the rice is cooking, heat the oil in a large skillet over medium-high heat. Add the leeks, and toss so they are coated with the oil. Cover, reduce the heat to medium, and cook until they are slightly softened, about 5 minutes.

Add the cabbage to the leeks, toss so they are well mixed, season with salt and pepper, and cook until the cabbage is slightly softened and has turned bright green, about 8 minutes. Taste and adjust the seasoning.

Mound the rice in the center of a warmed serving platter, pouring any remaining rice cooking liquid over it. Arrange the cabbage and leek mixture around the rice. Sprinkle the prosciutto over the cabbage mixture, and serve immediately.

6 servings.

## **Lentil Stew**

Judith Musafia

New Times, December 14, 1994

1 lb. dried lentils  
1 large sweet onion, diced  
3-4 carrots (medium to large), diced  
2 cups diced green beans (fresh or frozen)  
1/2 lb. fresh mushrooms, chopped  
2 cups freshly chopped tomatoes (in a pinch you can use tomato sauce)  
Salt and pepper to taste  
1 cup minced parsley or cilantro  
1 teaspoon cumin  
1 teaspoon dry Italian herbs  
2-3 cloves garlic, minced  
1/2 teaspoon chili powder  
1 teaspoon blackstrap molasses

Clean lentils and place in large soup pot; rinse twice and bring to a boil; turn off heat and let stand 1 hour. Meanwhile prepare vegetables. Bring lentils to a boil again with more water; simmer 1/2 hour. Add vegetables except for tomatoes. Add water to cover vegetables; simmer some more. When lentils begin to fall apart and thicken the stew, add tomatoes and seasonings, including garlic and cilantro. When using fresh tomatoes, simmer till tender, otherwise simmer to set flavor, adjusting seasonings as necessary. This dish is easily frozen and reheated as necessary.

## **Oaxacan Mole**

### 1. Roasting the chiles

1/2 lb. (16) dried Mulato chiles  
1/4 lb. (8) dried Ancho chiles  
2 oz. (3) dried pasilla chiles  
1 dried Chipolte chile (or 2 teaspoons minced canned chipolte chiles)

(Variation of the ingredients: California chiles and chile arboles instead of Mulata and Ancho chiles, respectively)

Lay dried Mulato a, Ancho, Pasilla and Chipolte chiles in a single layer, in a 10 X 15" pan(s) (add canned chipolte later). Bake in a 300°F oven until chiles smell lightly toasted and are flexible (approx. 5-8 minutes). While warm, discard stems and shake out seeds.

Rinse chiles and put in a large bowl; add 8 cups of boiling water. Let stand until soft (20-30 minutes). Drain and save liquid. Smoothly purée chiles (and canned

chipolte), a portion at a time, in blender. Add a total of 2 cups of the reserved liquid. Rub firmly through a fine strainer into a bowl. Discard residue.

## 2. Roasting the vegetables

2 large white onions, quartered  
1 mid-size tomato  
1/2 lb. tomatillos, husked and rinsed  
1 medium-size head of garlic cut in half horizontally  
2 corn tortillas (7 inches)

In a 10 X 15" pan, combine onions, tomato, tomatillos, garlic (cut side down) and tortillas. Bake in a 450°F oven, turning occasionally until the vegetables and tortillas have dark brown spots on edges. Let cool. Pull off vegetable skins and discard skins.

Smoothly puree mixture; add a total of 1 cup of the previously reserved liquid. Rub firmly through a fine strainer into a bowl; discard residue.

## 3. Cook the seasonings and thickeners

1 cup sesame seeds  
2 tablespoons salad oil  
1 small ripe plantain, sliced  
1/2 cup each: dry-roasted almonds and peanuts  
1/2 cup chopped, pitted prunes  
1/3 cup raisins  
2 sticks cinnamon (2-inch length, each)  
1 teaspoon each: Coriander seed and anise seed

In a 10 X 12" frying pan, over medium flame, stir sesame seed until toasted (approximately 4 minutes). Set aside.

In another pan, add oil, plantain, almonds, peanuts, prunes, raisins, cinnamon, coriander and anise. Stir often over medium flame until richly browned (approx. 10-15 minutes). Purée mixture and sesame seed. Add remaining reserved chile soaking liquid. Do not strain.

## 4. Assembling the mole

Roasted chiles  
Roasted vegetables  
Seasoning and thickeners  
2 cups of chicken broth  
4 oz. Mexican chocolate (Ibarra brand)

In a 5-6 quart pan, mix the above ingredients except chocolate. Bring to simmer and over for 2 hours stirring often.

Chop chocolate and mix into mixture until melted. Done!

Mole keeps frozen up to 3 months. Great with chicken and chile rellenos.

### **Rutabaga Teriyaki**

This recipe can be made in advance and chilled until served. Try serving as a salad, then follow with chicken, stewed tomatoes and fresh bread.

4 cups young rutabagas, peeled and thinly sliced  
1 cup carrots, thinly sliced  
1 tablespoon soy sauce  
1/2 cup vinegar  
1 tablespoon honey  
1 teaspoon fresh ginger root, grated

In a bowl, mix soy sauce, vinegar and honey. Add vegetables; stir well. Chill in the refrigerator until served. Just before serving, add ginger. Yields 6 servings.

### **Spinach Frittata**

6 eggs, beaten  
1/2 cup sour cream  
4 oz. Feta cheese, crumbled  
1 lb. spinach, chopped  
4 green onions, chopped  
1 pkg. turkey sausage  
Salt and pepper to taste

Set oven to 350°F. Butter a 10" quiche dish or an 8 x 8" baking dish. In a skillet, cook sausage, then chop it up and put in the bottom of the baking dish. Sauté onions in the skillet and add them to the baking dish. Add spinach to skillet and sauté quickly until it just wilts. Mix spinach into dish. Beat eggs with sour cream, salt and pepper, and pour on top of spinach mixture. Top with Feta cheese. Bake until set, about 30 min. Serve hot or cold.

## **Spinach with Garlic Chips and Pepper Flakes (serves 6 to 8)**

Do not heat the oil before adding the garlic; heating them together over gentle heat helps reduce the risk of burnt, bitter garlic.

3 tablespoons olive oil

6 medium garlic cloves, sliced very thinly (about 1/4 cup)

1/4 teaspoon red pepper flakes

3 bags spinach (10 ounces each), stemmed, washed thoroughly, and partially dried, with some water left cling to leave

Salt and ground black pepper

Heat oil and garlic in large Dutch oven or stockpot over medium heat; cook, stirring occasionally, until garlic is golden and very crisp, 10 to 12 minutes. Remove garlic chips with slotted spoon to paper towel-lined plate. Add pepper flakes to oil; sauté until oil is flavored and fragrant, about 1 minute. Add spinach; toss to combine with oil. Cover pot, increase heat to medium-high, and cook, stirring occasionally, until spinach is tender and wilted but still bright green, 3 to 5 minutes. Off heat, season with salt and pepper, and toss with reserved garlic chips. [Sprinkle with 1 tablespoon balsamic vinegar.]

## **Spinach: Spanakorizo (Spinach/Swiss chard and Rice Skillet Dish)**

2 lb. spinach or Swiss chard, cleaned and chopped

1 yellow onion, diced

1/2 cup parsley, chopped

1 tablespoon olive oil

2 cups brown rice

3 cups hot water

2 cups tomato sauce

Salt and pepper to taste

In a large skillet, heat oil. Sauté onion until translucent. Add spinach and parsley and “sweat” until limp. Stir in rice and sauté until it starts to pop or turn golden. Add water and tomato sauce, salt and pepper, heat to boiling, cover and turn down to a simmer. Cook, stirring occasionally, for about 30 minutes, or until rice is done.

## **Sweet Corn: Rainbow Inca Sweet Corn and Quinoa with Pesto Sauce**

2 tablespoons safflower or sesame oil  
1 large sweet onion, chopped  
3 cloves garlic, chopped  
3 cups Rainbow Inca sweet corn kernels  
1 cup quinoa, rinsed well  
3-1/2 cups water  
1/2 teaspoon salt  
1/2 cup Red (Ruffled Pimiento) sweet pepper, finely diced  
Garnish: 1/4 Red (Ruffled Pimiento) sweet pepper, sliced very thin

### **Pesto Sauce:**

1/2 almonds or sunflower seeds  
4 to 8 cloves garlic, to taste  
2 cups large leaf or lemon basil  
1/2 cup arugula  
1 cup flat Italian parsley  
1 cup virgin olive oil  
1 tablespoon soy sauce

Heat the oil in a soup pot. Sauté the onion and garlic until clear, then add corn and quinoa. Stir to coat the grains for a few more minutes over a low flame. Add water and salt and bring to a boil. Cover and simmer over a low heat for 30 minutes, until texture is like a thick stew. Add chopped sweet pepper, and simmer for another 5 minutes. Combine all Pesto ingredients together in blender. Serve in dinner bowls, spooning pesto into the centers. Garnish with sweet pepper slices.

Serves 4.

## **Sautéed Summer Squash**

3 cups any summer squash  
3 tablespoons butter or olive oil  
1 cup minced onion  
1/2 teaspoon salt  
1/4 teaspoon freshly ground white pepper

Wash and dice squash. Heat in a skillet the butter or olive oil. Add onion and sauté until golden. Add the squash and cover the pan and cook until tender, about 6 minutes, shaking the pan occasionally to prevent sticking. Remove lid and cook 3 minutes longer. Serve sprinkled with chopped parsley or basil or grated Parmesan cheese

## **Sweet Corn: Rainbow Inca Sweet Corn and Quinoa with Pesto Sauce**

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3 cloves garlic, chopped  
3 cups Rainbow Inca sweet corn kernels  
1 cup quinoa, rinsed well  
3-1/2 cups water  
1/2 teaspoon salt  
1/2 cup Red (Ruffled Pimiento) sweet pepper, finely diced  
Garnish: 1/4 Red (Ruffled Pimiento) sweet pepper, sliced very thin

### **Pesto Sauce:**

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4 to 8 cloves garlic, to taste  
2 cups large leaf or lemon basil  
1/2 cup arugula  
1 cup flat Italian parsley  
1 cup virgin olive oil  
1 tablespoon soy sauce

Heat the oil in a soup pot. Sauté the onion and garlic until clear, then add corn and quinoa. Stir to coat the grains for a few more minutes over a low flame. Add water and salt and bring to a boil. Cover and simmer over a low heat for 30 minutes, until texture is like a thick stew. Add chopped sweet pepper, and simmer for another 5 minutes. Combine all Pesto ingredients together in blender. Serve in dinner bowls, spooning pesto into the centers. Garnish with sweet pepper slices.

Serves 4.

## **Maple-glazed Sweet Potatoes and Apples (serves 8)**

3 pounds orange-fleshed sweet potatoes (about 3 very large), peeled, cut crosswise into 1/4-inch rounds  
1-3/4 pounds tart green apples, peeled, halved, cored, cut into 1/4-inch thick slices  
3/4 cup pure maple syrup  
1/4 cup apple cider  
1/4 cup (1/2 stick) unsalted butter, cut into pieces  
1/2 teaspoon salt

Preheat oven to 375°F. In a 13 x 9 x 2-inch glass baking dish, alternate potato and apple slices in rows, packing tightly. Combine remaining ingredients in heavy medium saucepan and bring to boil over high heat. Pour hot syrup over potatoes and apples. Cover dish tightly with foil and bake 1 hour. Uncover casserole. (Can be prepared 3 hours ahead. Let stand at room temperature, basting occasionally with pan juices.)

Reduce temperature to 350°F. Bake until potatoes and apples are very tender and syrup is reduced to thick glaze, basting occasionally, about 45 minutes. Let stand 10 minutes.

## **Tomatillo Sauce**

The main ingredient of this sauce is tomatillos, which are small, round, light green, slightly sour fruits with a distinctive flavor. They turn yellow when they ripen but are usually used green. Tomatillos are becoming more readily available in large grocery stores or specialty markets where they might be called Mexican green tomatoes, tomates verdes, tomates de cascara, or fresadillas. You can buy extra and freeze them for future use after puréeing.

12-14 fresh tomatillos  
1 small onion chopped (about 1/2 cup)  
1 large garlic clove, minced or pressed  
1 serrano or other chile, minced (or to taste)  
1 teaspoon ground coriander seeds  
2 tablespoons vegetable oil  
1/4 teaspoon sugar  
1 teaspoon chopped fresh cilantro  
Salt to taste

Remove the papery husks from the tomatillos and rinse. Place them in a medium saucepan and cover them with cold water. Bring to a boil, reduce the heat, and simmer gently for about 5 minutes or until the tomatillos are tender and can be easily pierced with a fork. Drain. Purée the tomatillos in a blender or food processor.

In a small cast-iron skillet, sauté the onions, garlic, chile, and coriander in the oil for 5 to 10 minutes, until the onions are very soft. Stir in the puréed tomatillos and cook gently for 5 minutes more. Add the sugar and cilantro. Salt to taste.



## **Tomatoes: Fried Green**

Use only tomatoes that are entirely green and unripe.

3 large or 4 medium unripe tomatoes (very green -- not red at all)  
Salt and freshly ground black pepper to taste  
Cayenne, Tabasco, or other hot sauce (optional)  
1/3 cup unbleached white flour  
2 tablespoons white or yellow cornmeal  
1/4 cup vegetable oil

Slice the tomatoes into quarter-inch slices. Discard the ends. Spread the slices out on a platter or cutting board and sprinkle generously with salt, black pepper, and, if desired, cayenne or Tabasco. Turn the slices over and season the other sides.

In a shallow bowl, combine the flour and cornmeal. Dredge the tomato slices in the flour mixture, one at a time, covering each side thoroughly. I find using 2 forks to do this job keeps your hands neat. Shake any excess flour off the tomato slices.

Heat the oil in a heavy frying pan, preferably well-seasoned cast iron. When the oil is hot but not smoking, fry the slices in batches; don't overcrowd the pan. Fry for about 3 or 4 minute on each side or until golden brown. Drain on paper towels. Serve immediately.

## **Turnips: Turnip Greens and Chard with Salt Pork**

6 ounces salt pork  
2 cups water  
8 ounces turnip greens, rinsed, stems removed  
8 ounces Swiss chard, rinsed  
1 teaspoon sugar  
2 fresh hot chile peppers (Fresno, jalapeño, or chimaya), trimmed, seeds removed if desired, finely chopped  
Salt and freshly ground black pepper

Cut the salt pork into bite-size pieces. Bring a small pot of water to a boil, and blanch the salt pork for 5 minutes. Drain and pat dry.

In a large skillet without any oil, cook the salt pork over medium-high heat until golden, about 5 minutes. Add the 2 cups water, turnip greens, chard, sugar, and chile peppers, and stir. Reduce the heat to medium-low, cover, and cook until the greens are tender, about 20 minutes. Season to taste, and serve immediately.

4 servings

## **Turnips in Mustard Sauce**

1 tablespoon extra-virgin olive oil  
3 pounds turnips  
1 cup chicken or vegetable stock  
2 teaspoons cornstarch  
3 tablespoons Dijon mustard  
1/4 cup freshly chopped parsley leaves  
salt and freshly ground black pepper to taste

Place oil in a large, deep skillet that can later be covered and turn heat to medium. A minute later, add turnips, salt and pepper and cook, stirring occasionally, until turnips begin to brown, about 10 minutes. Add stock, cover, and simmer 10-15 minutes. Remove turnips to a serving bowl; keep warm. Mix the cornstarch into the mustard and stir mixture into the pan juices. Cook over low heat until lightly thickened, a minute or two longer. Pour sauce over turnips, garnish and serve.

## **Julienned Zucchini, Crookneck Squash and Carrots with Garlic and Herbs**

Use any fresh herb on hand, varying the amount depending on its intensity. For instance, use two tablespoons of basil, parsley or chives but just one tablespoon of oregano, thyme or tarragon.

6 tablespoons olive oil  
6 medium zucchini cut into julienne  
6 yellow crookneck squash, cut into julienne  
4 medium carrots, peeled and cut into julienne  
6 tablespoons olive oil  
4 medium garlic cloves, minced  
2-4 tablespoons minced parsley  
Salt and ground black pepper

Steam carrots until semi-cooked (hard tender). Wrap zucchini and squash julienne in a towel and gentle squeeze to dry and to express some internal water. Heat oil in 10-inch (preferably nonstick) skillet over medium-high heat. Add carrots, zucchini and crookneck squash with garlic; cook, stirring occasionally, until all are tender, about 7 minutes. Stir in parsley and salt and pepper to taste. Serve immediately.

## **Butternut Squash Soup** (serves 4 to 6)

Some nice accompaniments are lightly toasted pumpkins seeds, a drizzle of aged balsamic vinegar or a sprinkle of paprika

4 tablespoons unsalted butter

1 large shallot, chopped fine

3 pounds butternut squash (about 1 large squash), cut in half lengthwise and each half cut in half widthwise; seeds and strings scraped out and reserved (about ¼ cup)

6 cups water

Salt

½ cup heavy cream

1 teaspoon dark brown sugar

Pinch freshly grated nutmeg

Melt the butter in a large Dutch oven over medium-low heat until foaming. Add the shallot and cook, stirring frequently, until translucent, about 3 minutes. Add the squash scrapings and seeds, and cook, stirring occasionally, until the butter turns saffron color, about 4 minutes.

Add water and 1 teaspoon salt to the pot and bring to a boil over high heat. Reduce the heat to medium-low, place the squash cut-side down in a steamer basket, and lower the basket into the pot. Cover and steam until the squash is completely tender, about 30 minutes. Take the pot off the heat, and use tongs to transfer the squash to a rimmed baking sheet. When cool enough to handle, use a large spoon to scrape the flesh from the skin. Reserve the squash flesh in a bowl and discard the skins.

Strain the steaming liquid through a mesh strainer into a second bowl; discard the solids in the strainer. (You should have 2.5 to 3 cups of liquid.) Rinse and dry the pot.

Puree the squash in batches in a blender, pulsing on low and adding enough reserved steaming liquid to obtain a smooth consistency. Transfer the puree to the pot and stir in the remaining steaming liquid, cream, and brown sugar. Warm the soup over medium-low heat until hot, about 3 minutes. Stir in the nutmeg and adjust the seasonings, adding salt to taste. Serve immediately. (Soup can be refrigerated in an airtight container for several days. Warm over low heat until hot; do not boil.)

## Fresh Chicken Stock

(To make about 3 quarts)

4- to 5-pound fowl, washed and trussed

*Optional:* 1 veal knuckle, cut up and cracked

2 medium onions, peeled and halved

1 large carrot, cut into 3-inch chunks

3 stalks celery and their leaves

*Optional:* one 2-inch slice each of turnip and parsnip

2 cloves unpeeled garlic

2 large leeks, white part only

A bouquet consisting of 6 sprigs parsley and a small bay leaf, tied together

10 whole peppercorns

1 tablespoon salt

4 quarts cold water, approximately

1 teaspoon thyme

In a large stock pot, combine all the above ingredients except the thyme. Add the 4 quarts of water last and, if the fowl isn't quite covered, add a little more. Over high heat, bring the water to a boil and, with a slotted spoon or skimmer, thoroughly skim off all the scum as it rises to the surface. Reduce the heat so that the liquid barely moves, add the thyme, and simmer, half covered, for at least 4 hours.

Remove the chicken and the veal bones, and strain the finished stock through a fine sieve. If it is to be used at once, let it rest a few moments, then with a large spoon skim off as much of the surface fat as you can. If the flavor of the stock isn't intense enough at this point, return it to the heat and boil it rapidly until it becomes more concentrated. Refrigerate it uncovered.

Afterthoughts:

This stock will keep in the refrigerator about three days, possibly four; at that point, either bring it to a boil and refrigerate it again for the same length of time, or freeze it in small batches to be used as you need it.

To shorten the cooking time of the stock somewhat, have the fowl cut up before cooking.

Make it a practice when you are sautéing a cut-up chicken to save and freeze bits of the uncooked chicken such as the wing tips, gizzard, heart and neck. For added flavor add them, without defrosting, to the stock pot.

For a brown chicken stock, to use in dishes such as *coq au vin*, first brown the trussed fowl and the carrots and onions in a large frying pan in a little combined butter and vegetable oil. Put the chicken and vegetables in the stock pot, then deglaze the frying pan with a little cold water, bring this to a boil, and scrape up all the brown sediment. Pour this liquid into the pot with the other ingredients, and proceed as described before.

If you plan to use the cooked fowl for another purpose, remove it from the stock when it has simmered for 2-1/2 to 3 hours; it should be thoroughly cooked but not falling apart. Continue to cook the veal knuckle and vegetables, however, for as long thereafter as you wish; and the longer the better.

## **Farmhouse Butternut Squash Soup (serves 6)**

Green apple and a dash of cider vinegar provide just the right amount of tart balance in this slightly sweet, down-home soup topped with homemade bacon bits.

### **Ingredients**

- 4 bacon slices
- 4 large garlic cloves, chopped
- 1 teaspoon caraway seeds
- 2 pounds butternut squash, peeled, seeded, and chopped
- 1/2 pounds carrots, chopped
- 1 Granny Smith apple, peeled, cored, and chopped
- 3 thyme sprigs
- 2 Turkish bay leaves or 1 California
- 3 1/2 cups reduced-sodium chicken broth
- 2 cups water
- 1 to 1 1/2 teaspoons cider vinegar

### **Preparation**

Cook bacon in a 4-to 6-quart heavy pot over medium heat until crisp. Transfer bacon to paper towels to drain.

Add garlic and caraway seeds to fat in pot and cook, stirring occasionally, until garlic is pale golden, about 1 minute. Add squash, carrots, apple, thyme, bay leaves, broth, water, 3/4 teaspoon salt, and 1/2 teaspoon pepper and boil, uncovered, until vegetables are tender, 15 to 20 minutes. Discard thyme and bay leaves.

Purée about 4 cups soup in a blender, in batches if necessary, until smooth (use caution when blending hot liquids). Return to pot and season with salt, pepper, and vinegar. Serve topped with crumbled bacon.

## **Savoy Cabbage Soup** (serves 4 to 6 as a main course)

If you cannot find savoy cabbage at your market, regular green cabbage will suffice, but the soup's flavor will not be as delicate. Italian fontina cheese is buttery and nutty-tasting. It has a much better flavor than rubbery, bland Danish fontina. Taleggio, another semisoft cheese from northern Italy, is a better substitute. To thinly slice the cabbage, cut the cabbage head into quarters, remove the core, and separate the quarters into stacks of leaves. Press down on the stack with your free hand and slice the leaves into thin strips with a chef's knife.

2 tablespoons unsalted butter  
2 medium onions, halved and sliced thinly  
4 ounces pancetta, chopped fine  
4 medium cloves garlic, sliced thinly  
1 medium head savoy cabbage (about 1.5 pounds), cored and sliced thinly  
4 cups homemade chicken stock or canned low-sodium chicken broth  
2 bay leaves  
1 tablespoon minced fresh parsley leaves  
Ground black pepper  
6 ounces Italian fontina cheese, shredded (about 1-1/2 cups)  
Garlic  
Extra-virgin olive oil  
Baguette

Melt the butter in a heavy-bottomed 6-quart Dutch oven over medium heat. Once the butter stops foaming, add the onions, pancetta, and 1 teaspoon salt. Cook, stirring occasionally, until the onions are completely soft and beginning to brown lightly, about 20 minutes. Add the garlic and cook until fragrant, about 30 seconds. Add the cabbage and cook, stirring occasionally, until it is completely wilted, about 10 minutes.

Add the chicken stock, bay leaves, and 3 cups water and increase the heat to medium-high. Once boiling, partially cover the pot and reduce the heat to medium-low. Simmer until the flavors are fully blended, 1 to 1-1/4 hours. Stir in the parsley and adjust the seasonings with salt and pepper to taste.

When the soup is nearly done, prepare the crostini. Rub the crostini with a raw garlic clove and drizzle with extra-virgin olive oil. Sprinkle fontina cheese evenly over the crostini and return them (on a baking sheet) to the middle rack of a 400 degree oven. Bake until the cheese is fully melted, about 5 minutes.

Ladle the soup into warmed shallow bowls. Float one crostini, cheese side up, in each bowl. Serve immediately, passing the remaining crostini at the table.

## **French Onion Soup Gratinée (serves 6)**

Tie the parsley and thyme sprigs together with kitchen twine so they will be easy to retrieve from the soup pot. Slicing the baguette on the bias will yield slices shaped to fill the mouths of the bowls. For a soup that is resplendent with deep, rich flavors, use the Rich Beef Broth from the January/February 1998 issue in place of the canned chicken and beef broths and red wine.

2 tablespoons unsalted butter  
5 medium red onions (about 3 pounds), sliced thinly  
Salt  
6 cups low-sodium canned chicken broth  
1-3/4 cups low-sodium canned beef broth  
¼ cup dry red wine  
2 springs fresh parsley  
1 sprig fresh thyme  
1 bay leaf  
1 tablespoon balsamic vinegar  
Ground black pepper

1 baguette, cut on the bias into ¾-inch slices (2 slices per serving)  
4-1/2 ounces Swiss cheese, sliced 1/16-inch thick  
3 ounces Asiago cheese, grated

Melt butter in large soup kettle or Dutch oven over medium-high heat; add sliced onions and ½ teaspoon salt and stir to coat onions thoroughly with butter. Cook, stirring frequently, until onions are reduced and syrupy and inside of pot is coated with very deep brown crust, 30 to 35 minutes. Stir in the chicken and beef broths, red wine, parsley, thyme, and bay leaf, scraping pot bottom with wooden spoon to loosen browned bits, and bring to simmer. Simmer to blend flavors, about 20 minutes, and discard herbs. Stir in balsamic vinegar and adjust seasonings with salt and pepper. (Can be cooled to room temperature and refrigerated in airtight container up to 2 days; return to simmer before finishing soup with croutons and cheese).

To serve, adjust oven rack to upper middle position, heat broiler. Set serving bowls on baking sheet and fill each with about 1-1/2 cups soup. Top each bowl with 2 baguette slices and divide Swiss cheese slices, layering them in a single layer, if possible, on the bread. Sprinkle with about 2 tablespoons grated Asiago cheese and broil until well browned and bubbly, about 10 minutes. Cool 5 minutes and serve.



## **Spaghetti Squash with Pomodoro Sauce**

Makes 4 servings

1 spaghetti squash (about 1 1/2 lb)  
Vegetable-oil cooking spray  
2 cloves garlic, peeled and minced  
1 small onion, finely chopped  
2 tsp olive oil  
1 can (28 oz) diced plum tomatoes  
3 tbsp tomato paste  
1 tsp white wine vinegar  
1 tsp dried oregano  
1 tsp dried basil  
1/2 tsp red pepper flakes  
Fresh basil

Preheat oven to 375°F. Halve squash lengthwise and scoop out seeds. Coat a baking sheet with cooking spray; lay halves, flesh side down, on sheet. Bake 35 minutes or until you can easily pierce shell. While squash bakes, sauté garlic and onion in oil over medium heat 5 minutes. Add remaining ingredients except fresh basil and cook, stirring occasionally, for 30 minutes. Lower heat if sauce begins to boil. Remove squash from oven. Scrape crosswise to pull strands from shell. Place in nonmetal serving bowl. Pour sauce over squash and garnish with basil.

Nutritional analysis per serving: 179 calories, 3 g fat (1 g saturated fat), 33 g carbohydrates, 5 g protein

## **Spaghetti Squash "Carbonara"**

**Recipe courtesy of Emeril Lagasse**

Yield: 4 servings

2 teaspoons salt  
1 1/4 teaspoons fresh cracked black pepper  
1 large spaghetti squash (about 2 pounds), halved and seeded  
1/2 pound bacon or pancetta, cut into small strips crosswise  
1 tablespoon minced shallot  
2 teaspoons minced garlic  
1/4 cup white wine  
2 egg yolks plus 1 whole egg  
1 cup freshly grated Parmigiano-Reggiano  
2 tablespoons chopped parsley leaves

Preheat the oven to 375 degrees F.

Sprinkle the bottom of a large, shallow baking dish with 1 teaspoon salt and 3/4 teaspoons pepper. Place the squash flesh side down in the pan and add enough water to come up about 1/4-inch. Cover tightly with aluminum foil and cook in the oven until the squash is just fork tender, 1 to 1 1/2 hours. Shred the squash with a fork and transfer to a large heat proof bowl.

In a large sauté pan, over medium heat, cook the bacon until it becomes a light brown but is not yet crispy. Pour off most of the fat and then add the shallots and garlic. Sauté for 1 minute until the garlic and shallots are fragrant and begin to caramelize. Add the white wine and cook until the liquid has completely evaporated.

In a medium bowl, whisk the eggs together with the cheese and the parsley. Season with the remaining salt and pepper. Combine the eggs with the bacon mixture, warming the eggs in the pan. (Do not let the eggs cook through.) Add the spaghetti squash and toss to thoroughly combine and until squash is heated through. Adjust seasoning, if necessary and serve immediately.

## Roasted Squash with Brown Butter and Sage (serves 4)

Peeling butternut squash requires a sturdy, very sharp vegetable peeler. If your model has a thin blade, you might have better luck with a very sharp knife. To cut the squash in half, place the bottom on a cutting board and cut toward the board. Be careful; it can be slippery work. While dried sage can be successfully used in some recipes, this is not one of them. Fresh leaves are critical for both flavor and texture; the crispy strips add a pleasing contrast to the creamy squash.

1 large butternut squash (3-1/2 to 4 pounds), peeled, seeded and cut into 1-inch cubes  
5 tablespoons unsalted butter, 2 tablespoons melted  
Salt and ground black pepper  
2 tablespoons thinly sliced fresh sage leaves  
1 teaspoon balsamic vinegar

Adjust an oven rack to the lower middle position and heat the oven to 475 degrees. In a large mixing bowl, combine the squash, melted butter, 1/2 teaspoon salt, and 1/4 teaspoon pepper and toss with a rubber spatula to uniformly coat the cubes of squash. Arrange the 4 cubes on a rimmed baking sheet in a single layer. Roast until they are lightly browned and can be pierced easily with the tip of a knife, about 40 minutes. Remove the pan from the oven.

Melt the remaining butter in a large skillet over medium-high heat and cook until golden brown, about 2 minutes. Stir in the sage and squash and cook, stirring frequently, until the squash is evenly coated with the sage and glossy, about 1 minute more. Sprinkle with the vinegar, toss to coat, and season with salt and pepper to taste. Serve immediately.