



The Tastings Table at the September 13th Charnews Farm Open House was a delectable reminder that farm-fresh food is not only good for you, but heavenly to the palate. Many thanks to our generous chefs, professional and amateur alike, who made the day such a savory success!

The following is a small trove of their delicious recipes for you to try at home - inspired by the best Mother Nature has to offer and grown right here on the East End.

Bon Appetite!

Peach Pizza

Shannon Simon, New Suffolk

The peaches and honey used in this recipe came from Wickham's Fruit Farm, Cutchogue.

- 1 ¼ cups flour
- 1 stick butter
- 1 tsp sugar
- 3 tbsp ice water
- ½ cup almonds, chopped fine
- 2 tbsp flour
- 2 tbsp sugar
- 4-5 good sized ripe peaches, sliced
- 2 tbsp honey
- 1 tbsp lemon juice

Mix the flour, butter, and 1 tsp sugar together with a fork. Dribble in water and mix until a ball forms. Chill dough for half an hour, then roll and place on baking sheet (round pizza pan, if possible). Turn up outer edge, then chill again for half an hour.

To assemble, sprinkle almonds, flour and 2 tbsp honey onto pie dough. Arrange peaches in spiraling, overlapping layers to cover the pie dough. Combine honey and lemon juice, and sprinkle over peaches. Bake at 375 for 30 minutes, until crust is golden.

Hot-Smoked Salmon

Deborah Rivera, La Cuvée, Greenport

You can “hot smoke” salmon by using a stove top box smoker or your grill along with some foil and your favorite wood chips. Hickory or Cherry wood chips are good for oilier fish like salmon or trout. You can use any number of other smoke conductors, like black teas and dried herbal branches to smoke poultry, pork, venison and vegetables, especially mushrooms.

Grill-Top Smoking:

On a wooden cutting board, prepare whole or partial side Salmon fillet (skin on) by rubbing with salt and pepper to taste. Keep your seasoning basic as you want to showcase the smokey flavor of wood chips and the freshness of salmon. The cutting board may be used again as a nice way to present the fish at the table.

Start by cutting two 12-inch pieces of aluminum foil. Prick tiny holes with a toothpick throughout one foil sheet. Sprinkle at least one quarter cup of wood chips evenly on first sheet and place sheet with holes on top of wood chips. Seal edges so as to ensure that the wood chips don't fall out of the sides. Brush top of the pricked sheet with olive oil and place the fish on it, skin down.

Take another foot of foil and prick with toothpick all around and place on top of fillet and fasten edges, making a neat package. Using oven mitts and a large spatula, transfer the fish package onto the grill. Place a cookie sheet over this package and smoke for 15 minutes on high. Resist the temptation to leave on longer as the fish will become too dry. Remember that the fish will continue to cook in the foil while cooling down. Cool package for at least a half hour before opening.

Before serving, peel away the foil and present the fish on your wooden cutting board. Garnish with fresh herbs from your garden like fennel, chives or Lavender. Rosemary or Sage will over power this dish.

Box Smoking:

Start with same preparation as for grill smoking. A whole Salmon side won't fit in most box smokers so use a half side or a few filets with skin on. Remove grill insert from box and set aside. Remove bottom tray and wrap with foil for easy clean up. Add wood chips in bottom of smoke box and place foil-wrapped tray on top of chips. Brush the tray with olive oil and place fillet on top. Slide smoker top on top of smoker and cook on medium gas flame for no more than 15 minutes. For medium rare, cook no more than 10 minutes.

For more recipes, visit www.seasonedfork.com

Beetroot and Goat Cheese Salad with Wild Raspberry Vinaigrette
Michelle Myers, Greenport

A delicious combination of local ingredients from Latham Farm and Nick's Farm Stand, Greenport; goat cheese from Catapano Farm, Peconic, and Verjus wine from Wölffer Estate Vineyard, Sagaponack.

Three bunches beetroot
Two red onions
1lb Chèvre
1 cup wild raspberries
1 cup Verjus
½ cup canola oil
½ cup extra virgin olive oil
1 tsp. fresh lemon juice
Fresh thyme

Bring raspberries to boil with verjus, turn off heat and allow to steep overnight. Strain juice and incorporate some of the pulp.

Cook, peel and slice beetroot. Thinly slice red onion and chèvre and arrange all three ingredients on a platter with sprigs of fresh thyme.

Whisk raspberry verjus with oil and lemon juice and drizzle over platter.

GEORGE MENDES' AMAZING GAZPACHO
Sylvia Lehrer

This chef- inspired soup is simply one of the best tomato gazpachos I've had. The simplicity of preparation makes it especially appealing.

4 large ripe tomatoes, peeled, seeded and chopped coarsely, about 3 cups
1 Kirby cucumber, peeled, seeded and cut coarsely
1 medium red bell pepper, cored, seeds removed and chopped coarsely
1/2 medium onion, peeled and chopped coarsely
3 cloves garlic, peeled and chopped coarsely
1 cup cubed day old crusty bread
1/4 cup extra-virgin olive oil
2 Tbs. sherry vinegar
2 Tbs. raspberry vinegar

Coarse (kosher) salt and freshly ground pepper to taste
Tiny cubes brioche toasted for garnish

1. Rinse tomatoes, cut a crisscross on the rounded side and blanch them in boiling water for 30-40 seconds until the skins loosen. Cool under running water then peel and seed the tomatoes. Chop coarsely and place them in a large bowl. Rinse and prep cucumber, bell pepper, onion and garlic. Add to the tomatoes. Top with the cubed bread, the olive oil, and vinegars. Carefully stir to mix and season with salt and pepper to taste. Cover the bowl securely and refrigerate for 24 hours or longer.

2. Next day Place the ingredients, in batches as necessary, and blend at high speed until mixture is a smooth, but slightly thickened consistency. Taste to adjust seasoning as necessary. Can be prepared ahead and refrigerated up to 2-3 days. Serve cold with brioche garnish

Serves 6-8

Caponata Cartoceto
Ann Howard, Cutchogue

Recipe from Axel Bach, Chef and Slow Food member
Osteria del Cardinale
Villa Cartoceto B&B and Cooking Classes, Cutchogue
www.villacartoceto.com
www.osteriadelcardinale.it

1 zucchini, cut into small cubes
1 medium eggplant, cut into small cubes
1 tablespoon pine nuts
½ cup olive oil
3 garlic cloves, minced
1 onion, cut into very fine cubes
1 Tbs. capers
2 teaspoons sugar
1 Tbs. red wine vinegar
2 well ripened tomatoes, cut into small cubes and drained
Pepper and salt

Place the cut-up zucchini and eggplant on paper towels. Salt well and leave for about 10 minutes to reduce moisture. Dry with paper towels.

Roast the pine nuts in a dry pan, just until they begin to brown and become fragrant. Stir and watch carefully. Remove from pan as soon as lightly browned.

Heat a pan with the olive oil and cook the garlic and onions for 2 minutes. Add the zucchini and eggplant. Mix in the pine nuts, capers, sugar and vinegar. Bring to a boil and cook for about 3-4 minutes. Vegetables should be tender but retain their shape and color. Add the tomatoes and season with fresh pepper and salt.

Service and presentation:

Take a lightly warm large bowl and mix the dish with two spoons. Arrange it on a plate and finish with some olive oil. This dish can be served as a cold antipasto. Be sure remove from the refrigerator at least one hour before serving.

Makes 4 appetizer-sized servings

Curried Corn with Peppers **Dinni Gordon, Cutchogue**

4 ears corn
1 green pepper
2 Tbs. butter (or 1 Tbs. butter and 1 Tbs. peanut or canola oil)
1 Tbs. curry powder or garam masala
¼ cup cream or crème fraîche
Salt to taste

Put ears of corn in a pot with cold water and bring to a boil. Remove immediately from water. While corn is cooling remove stem and seeds from pepper and chop it into ½-inch dice. Strip corn kernels from cobs. Heat butter until it begins to froth and sauté peppers until they are softening. Add corn kernels and mix in curry powder. Add cream. Stir only until cream is thoroughly mixed in and corn has been heated. Add salt. Serve warm or at room temperature.

Serves 4.

Arugula Pesto
Linda Lacchia, East Hampton

3 cups of arugula (3/4 lbs)
1/3 cup pine nuts, toasted
1/2 cup parmesan cheese
1 large clove garlic
3 Tbs. olive oil
1/4 cup hot water
salt and pepper

Place arugula, pine nuts, cheese and garlic in bowl of food processor and process until smooth. Gradually add the olive oil and water until desired consistency for dipping is achieved.

Charnews Farm Basil Pesto
Rona Smith, Orient

Pesto is a terrific addition to soups, stews, grain pilafs, hot and cold pasta concoctions, etc. As a seasoning ingredient, sometimes only a tablespoon is enough. The basil used in this recipe came from Charnews Farm.

2 cups fresh basil (pick basil stems that do not have flowers), rinsed and dried
½ cup pignoli (pine) or walnuts
½ cup parmesan cheese finely grated
4 Tbs. olive oil (often recipes use much more, but I don't find it affects finished product enough to compensate for the extra calories)
2 cloves fresh garlic (optional)

Put all in food processor and pulse (on/off until the texture is appealing to you. It can be a little bit chunky or very smooth the more you pulse.

If you use this as a pasta sauce, use some of the pasta cooking water to thin it a bit as it's too dense to stir in as is. Otherwise, freeze in small quantities so it's always easily available for a fresh basil taste in other recipes.

Heirloom Tomato and Corn Salad

Donnell Brown, Greenport

I recommend making this recipe in season, when the corn is sweet and juicy (you'll be using it raw), and the tomatoes are most flavorful. Use multiple varieties of the heirloom tomatoes for a colorful dish. Ingredients are: corn from Sep's, East Marion; heirloom tomatoes from Latham Farm, Orient and Sang Lee Farm, Peconic, and vinegar from A Taste of the North Fork, Peconic.

3 ears local corn
2 good-sized heirloom tomatoes
3 good-sized shallots (Sep's, East Marion)
1 bunch fresh basil (My own garden)
1/4 white wine vinegar (Taste of the North Fork)
Salt to taste

- 1) In a large mixing bowl, clean raw corn kernels from cobs, discard cobs.
- 2) Cut tomatoes into bite-sized chunks, add to bowl.
- 3) Dice or slice shallots, add to bowl.
- 4) Shred basil and toss with other ingredients in bowl.
- 5) Add vinegar and salt, and toss again. Let salad sit for at least 10-15 minutes so flavors can mingle.

Enjoy! Serves 4