

QUAIL HILL FARM E-NEWS

June 2008

RECIPES

BROCCOLI RAAB

ORRECCHIETTE WITH BROCCOLI DI RAPE

from *Lidia's Italian Table* by Lidia Matticchio Bastianich
contributed by Kathy Masters

Use the tender leaves and flower buds of **2 lbs. broccoli di rape** as well as the peeled stems, cut into 1½ to 2 inch pieces. Wash the broccoli and dry it well. Remove the casing from ½ **lb. sweet Italian sausage** and crumble it. Cook until no longer pink in a large skillet over medium high heat with about **1 Tbs. olive oil** and **3 large garlic cloves**, crushed. Drain the fat, add about ¼ **cup extra virgin olive oil** and the broccoli, cover the pan and cook until wilted and bright green. Add **salt** and ¼ **tsp pepperoncino flakes** and **1 c. chicken stock** and bring to a boil. Boil gently until the broccoli rape is tender, add **1 Tbs. unsalted butter** (more if you like) and correct the seasoning. Cook a box of **orrecchiette** as directed on the package, drain and toss with the sauce. Sprinkle with grated **pecorino Romano or Parmigiano cheese**.

PEAS

Unless indicated otherwise, each of these recipes can be made with just shucking peas, snow peas (trimmed) or sugar snaps (unzipped) or in combination with each other.

SPRING PEAS WITH MINT OR THYME

contributed by Linda Lacchia

This simple recipe is not only light and wonderful but also uses lettuce that is "past it's prime."

Bring ½ **c. chicken broth** to a boil. Add **2 c. peas** and simmer until heated through, about 4 minutes. Sitr in **1 c. thinly sliced romaine lettuce** (or a variety with milk in its leaves) and **3 Tbs. fresh mint or thyme**. Season to taste with **salt**.

PEAS WITH SPRING ONIONS, LETTUCE AND HERBS

from *Chez Panisse Vegetables* by Alice Waters (Harper Collins, 1996)
contributed by Sybil Schacht

Thinly slice **spring onions**, or leave whole if they are very small. Gently stew the onions and separated tender leaves of **lettuce** in **butter** and a little **water** with a sprig of **thyme**, until the onions begin to soften. Add shelled sweet **peas** and cook until just tender. Season and finish with a little butter and some finely chopped **chervil** and **chives**.

MARY'S MARVELOUS! SPRING PEA SOUP

a seasonal favorite at Mary Schoenlein's popular Amagansett eatery.
contributed by Jerry Pluenneke

Slice, then sweat **1 large onion** in **4 Tbs. butter** for 8 to 10 minutes to soften, but not color. Add **8 c. water or**, even better, **vegetable stock**, cover and cook until very soft. Uncover, raise heat to a boil and add **4 c. peas**. Cook about three minutes, no more than five, so the peas remain a vibrant green. Blend in a blender – this yields a light, silky texture that simply doesn't emerge in a food processor – adding liquid to desired consistency. Strain through a sieve to catch stray fibers. Season with **salt and pepper** to taste. Serve hot or cold garnished with **1 Tbs. fresh mint leaves**, finely sliced.

NEAR-INSTANT SNOW OR SUGAR SNAP PEA SOUP

adapted from *The Vegetable Book* by Colin Spencer (Rizzoli, 1996)
contributed by Jerry Pluenneke

Cook **4 c. of snow or sugar snap peas** in water or stock for 3 or 4 minutes. In a blender, puree peas and **1¼ c. buttermilk or thinned sour cream**. Strain through a sieve to catch stray fibers. Refrigerate for two hours. Garnish with **mint or lovage leaves**

PEA AND SPINACH SOUP

from *Local Flavors Cookbook*, by Deborah Madison
contributed by Hilary Leff

Melt **2 Tbs. butter**, add **2 Tbs. Basmati rice**, **2 c. thinly sliced white onions**, **1 1/2 tsp. curry powder**, **4 cilantro sprigs** and **1 cup water**. Simmer over medium heat for 12 minutes. Meanwhile, shuck **1½ to 2 lbs. shucking peas** and wash and coarsely chop **4 c. spinach**. Add the peas and spinach to the pot, along with **1 qt. vegetable or chicken stock**. Bring to a boil and cook 3 minutes. Turn off heat and add **coconut milk**. Puree about a cup of the soup in a blender and return it to the pot, season with **salt** and **pepper** and garnish with cilantro leaves. Alternatively you can puree all the soup and pass it through a strainer for a more refined broth.

PEAS SHOOTS

Pea shoots can be sautéed with peas and the flowers make a lovely addition to a green salad.

PROSCIUTTO + PEA SHOOTS = ROSES

a simple, elegant appetizer from www.thekitchn.com
contributed by Kathy Masters

Take a slice of prosciutto and roll it up lengthwise, from bottom to top. Wrap/roll some pea shoots around the prosciutto, securing them with a toothpick. The result looks like a rose. For a photo, scroll down to the blog posting for May 19th in www.thekitchn.com.

RHUBARB

BASIC STEWED RHUBARB

contributed by Ursula Lee

Peel & chop **rhubarb**. Place in saucepan over low heat & stir until rhubarb juices appear. Add peeled & chopped/grated **ginger** (*1 Tbsp chopped ginger per pint of rhubarb*) and **sugar** (to taste) and cook approximately 20 minutes until very soft. Enjoy on its own or over ice cream or in a pie (see below). Rhubarb prepared this way freezes well for later use.

RHUBARB PIE WITH STREUSEL CRUMBLE

A streusel topping adds sweetness to the tart/tanginess of the rhubarb filling. for 10" diameter pan:
Knead all ingredients together: **1 c. flour**, **1/3 c. sugar**, **3.3 oz soft butter** cut into small pieces, **¼ tsp. vanilla**, and **cinnamon** to taste. Distribute crumble over rhubarb. The pie shell should be pre-baked for 10 minutes in order to form some crust, otherwise the rhubarb will soak thru.

STRAWBERRY RHUBARB COBBLER

contributed by Jane Weissman

Chop **6 stalks rhubarb** and combine with **2 to 3 c. strawberries**, sliced, **sugar** to taste, juice of **1 lime** and **2 Tbs. Triple Sec**. Make topping for 9 inch square pan – combine **1½ c. flour**, **2 Tbs. sugar**, **1 Tbs. baking powder**; cut in **4 Tbs. butter**; add **1 c. milk or cream**. Optional: try adding chopped **lime zest** and **rosemary** to the dough. Mix only until all ingredients are combined. Spoon dollops onto fruit and bake at 375 degrees for 35 to 40 minutes until cobbler is browned and fruit is bubbling.

SPINACH

SAUTEED SPINACH

contributed by Ursula Lee

Heat a generous amount of **olive oil** in lidded pan. Add **minced garlic** and cook until golden. Add **spinach**, turning it with tongs until coated. Add freshly ground **pepper**. Place lid on pan, turn off heat and let wilt for 10 minutes. Optional: grate **nutmeg** or squeeze **lemon juice** on spinach.

SPINACH ROMAN STYLE WITH RAISINS AND PINE NUTS

adapted from *Chez Panisse Vegetables* by Alice Waters (Harper Collins, 1996)

contributed by Sybil Schacht

Toast the **pine nuts** in a dry sauté pan or in the oven (or toaster oven) until they are golden brown and aromatic. Watch carefully as they can burn quickly. Put a handful of **raisins** in a bowl, just cover with boiling water, let stand 10 minutes or so until plump, and drain. Heat a large sauté pan, pour in just enough pure **olive oil** to coat the bottom of the pan, heat the oil, and add the cleaned and dried **spinach**. When the spinach has collapsed and wilted, add the raisins and the toasted pine nuts. Toss and warm through, and season with **salt and pepper**. Add a splash of **balsamic or sherry wine vinegar**, Serve hot.

SPINACH SALAD

contributed by Sybil Schacht,

Make a **DRESSING** of **shallots**, **balsamic vinegar**, and extra-virgin **olive oil**. Put a stainless steel bowl over simmering water, add the **spinach** and enough dressing to coat the leaves, and when the spinach begins to wilt, add the **raisins** and toasted **pine nuts**, season and serve. Variation: try diced **apple**, **fresh figs** or **dried cranberries** instead of the raisins.

SPINACH & INDIAN RICE

contributed by Sigun Coyle

Prepare **Basmati rice** as if you were making risotto. Sauté a small minced **onion** and minced **garlic sprouts** (if available!) or a **clove or two of fresh garlic**, minced, in **2 Tbs. butter** (or olive oil). When slightly golden, add **2 to 3 cups of rice** (*I always make extra -- it is great reheated and keeps for a week in the fridge*). Sauté until the rice kernels have absorbed the butter or oil. Add **salt**, **pepper**, and **½ tsp. of cumin** (roasted and freshly ground, if possible), **½ tsp of black mustard seeds**, and **¼ tsp of cinnamon**. Add heated **chicken broth**. Continue adding chicken broth until rice is done, but still al dente. At that moment add finely shredded fresh **spinach**, stir so that the spinach is wilted. Just before serving, add **1 small container of Greek yoghurt**. This rice can be made ahead of time and quickly reheated before serving. If you do it ahead of time, add the yoghurt after reheating the rice. I often add **blond raisins** and **roasted pine nuts** to the rice.