

RECIPES

QUAIL HILL FARM E-News, No. 2, late June 2009

compiled by Jane Weissman

ASPARAGUS

PERFECT ASPARAGUS

contributed by **Anita and Alan Sosne**

Anita & Alan write: Asparagus—green and purple, tender and succulent--not a bountiful, but a wonderful, visitor to our farm stand in early summer. Come early if you want some. Trim **stalks** to 8 or 10 inches, peel ends (if needed) and cook quickly, gently in a pan with **a few Tbs. water**, no more than 3 minutes. Do not overcook! Refresh under cold water, return to warm pan. A touch of **salt** and **butter**.

ASPARAGUS WITH POACHED EGG AND PROSCIUTTO

contributed by **Hilary Leff**

Hilary writes: *Just returned from a week in cooking school in Provence, brimming with recipes and ideas. This recipe isn't something we actually made, but it appeared on menus at several restaurants where we had dinner and is a wonderful combination of flavors and textures. Serves 4 as an appetizer. Trim **24 asparagus** of woody end and place on baking sheet. Dribble on a little **olive oil** and some **salt** and **pepper** and roast in 400 degree oven for about 10-15 minutes until slightly toasty and cooked through. Set aside. In the meantime, poach **4 eggs** in boiling water. Be sure to swirl the water as you put the eggs in to keep them compact. Place 6 asparagus spears on each plate, take one of **4 slices prosciutto** and enfold the egg in it. Place on the stalk end of the asparagus. Repeat with remaining slices. Sprinkle freshly grated **Parmigiano cheese**, drizzle with your **best olive oil**, and season liberally with **salt** and coarse **black pepper**. *Editor's note:* Continued recipes from Hilary might be the only way to overcome our collective jealousy at what must have been a wonderful week – with Patricia Wells! ☺*

ASPARAGUS, HAKUREI TURNIPS & GARLIC SCAPES

contributed by **Jane Weissman**

Trim **10 stalks asparagus** and cut into 1½ inch lengths. Steam a few minutes until bright green. Immediately plunge asparagus in cold water (to stop the cooking and to retain the nice color) and set aside. Snip off stringy part of **20 garlic scapes**. Cut just under the bulbs, and the remaining stalk into 1½ inch lengths. Trim ends of **12 hakurei** and cut crosswise into ¼ inch slices. Heat **3 Tbs. olive oil** in pan. Add scapes and hakurei and sauté over medium heat until just heated through. Add asparagus, toss. Season with **salt** and **pepper**. Cook for a minute or two more and serve. Serves 6.

GARLIC SCAPES

GARLIC SCAPE PASTE

contributed by **Linda Lacchia**

Linda writes: Instead of eating the whole scape, I save some of the tender stem below the bud for a garlic paste. Cut up the scapes into 2-inch lengths and put them in a food processor or blender with enough olive oil to make a paste. Store in glass jars in the refrigerator, adding a little oil every time you take out some paste. Try it in sautés, marinades, dressings and rubs. Make enough to use long after the scapes' season is over.

SKORTHALIA

contributed by **Judy Freeman**

Try this variation of **Skordalia**, a Greek sauce traditionally made with garlic and thickened with potatoes, nuts, or bread. Peel and cook **2 medium potatoes**. Blend together $\frac{3}{4}$ c **garlic scapes** (cut into 2 inch lengths), $\frac{1}{2}$ c. **water**, $\frac{1}{2}$ c. **olive oil**, dash **lemon juice**, **salt** and **pepper** to taste. Rice or mash the potatoes while hot. Add garlic mix. Use as a dip for bread and veggies. Or, put it on a pita or crusty bread and top with fried zucchini or eggplant.

HERBS

CHIVE, MUSTARD, LEMON VINAIGRETTE (corrected recipe)

from *Babbo Cookbook* by Mario Batali
contributed by **Richard Simpson**

Combine **1 Tbs. Dijon mustard**, **3 Tbs. lemon juice**, freshly squeezed, and $\frac{1}{4}$ c. **extra virgin olive oil** in a bowl and whisk to emulsify. Whisk in **1 bunch chives**, chopped fine. Season with **salt** and **pepper** to taste. Serve. Try it on fish, arugula salad, and warm roasted fingerling potatoes.

LETTUCE

ROMAINE LETTUCE AND FAVA BEANS

contributed by **Liadain Smith**

Shuck **12 pods fava beans**; blanch for 30 seconds and peel by slipping thumbnail under skin. Or use a handful of **shucking peas**. Wash and dry **2 medium heads of romaine lettuce** and dress with **4-5 Tbs. olive oil** and **2 Tbs. lemon juice**. Add half of $\frac{1}{4}$ c. **grated Pecorino Romano cheese** and toss again. Add **remaining cheese, fava beans** or **peas, salt** and **pepper**. Toss lightly and serve.

PEAS

MUSHY PEAS

contributed by **Richard Simpson**

A slightly 'fancied up' version of an English street food classic. Sweat **1 shallot** (or small onion), chopped, and **1-2 cloves garlic**, chopped, in a little hot olive oil for a few minutes to soften, but not brown. Shell **1½ lb. peas**. Add peas to oil and stir to coat. Add **chicken stock** to barely cover. Simmer for 10 minutes or until peas are just soft. Add a little more stock if needed, but at the end of the cooking time the liquid should be below the top of the peas. Use a stick blender to puree into a course puree. The idea is to 'mush' the peas so that most are pureed but there are some pieces of pea visible. Add a little more stock if needed (dry mushy peas are the scourge of English children). Season with **salt** and **pepper**. Keep warm until ready to serve. Garnish with **mint** or **thyme**. Serves 3 to 4 as a side.

PEA SHOOTS AND GARLIC SCAPES

contributed by **Jerry Pluenneke**

Jerry writes: At the farm stand last Saturday, **Peter Cobb** mentioned that pea shoots are wonderful stir-fried in a little oil and garlic, a dish he's tasted in Chinese restaurants. I tried sautéing chopped up garlic scapes until they softened and colored slightly, then adding the pea shoots and stirring until they wilted—wonderful.

SUGAR SNAP PEA SALAD WITH RADISHES, MINT AND RICOTTA SALATA

from *The New York Times*, June 17, 2009

contributed by **Brande Stellings**

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

WHEAT BERRY SALAD WITH SUGAR SNAP PEAS AND CHERRY TOMATOES

from Silvia Lehrer, *Dan's Papers*, June, 23, 2006

contributed by **Ursula Lee**

For the wheat berries: Toast **1 c. whole wheat berries** in a skillet over medium heat about 5 minutes, gently shaking pan occasionally until kernels give off a pleasant aroma. Transfer to a strainer and rinse under cold running water. Put the wheat berries in a saucepan with the water and let sit at room temperature for 1 hour. After, place the pan containing wheat berries and **2½ c. water** over high heat, add **coarse salt** (kosher) to taste, cover pan and bring to a boil. Adjust heat to a brisk simmer and cook for 1 hour or longer just until grains are tender. Check the water level near the end of their cooking time to be certain the water doesn't evaporate before the berries are done. Add more water if necessary. When done, remove from heat, let rest for a few minutes, then turn into a large strainer to cool. Transfer to a salad bowl. **For the salad:** Add to the wheat berries **4 large scallions**, trimmed & thinly sliced, **2 Tbs. chives**, snipped, **2 Tbs. flat-leaf Italian parsley**, chopped, **2 Tbs. fresh cilantro**, chopped, about $\frac{3}{4}$ c. **sugar snap peas**, stemmed and cut in thirds, **8 cherry tomatoes**, rinsed and halved. Season with coarse **salt** and freshly ground **pepper**. Add **3 Tbs. olive oil** and **1 Tbs. balsamic vinegar**. Toss gently to mix and taste to adjust seasoning to taste. *Note:* The salad may be prepared up to one day in advance, stored covered in the refrigerator. When ready to serve, bring to room temperature. *Optional:* Arrange washed and dried whole leaves of lettuce on serving plates and spoon equal amounts of salad over the leaves.

RHUBARB

FLO'S RHUBARB COMPOTE

contributed by **Flo Stoll**

Wash and trim (peel if needed) **2½ c. red rhubarb** (8 stalks) and cut into $\frac{1}{2}$ inch chunks. Add **6 strawberries**, sliced, $\frac{1}{2}$ c. **water** and $\frac{1}{2}$ c. **sugar**. Cook on medium heat until tender. Allow to cool. Perfect side to chicken or beef entrees. Simple and delicious.

ROASTED RHUBARB COMPOTE

from *Chow.com*

contributed by **Susan Cook**

Trim **1 lb. rhubarb** and cut stalks in half lengthwise and then crosswise into 1-inch pieces. In an 8" x 8" glass baking dish, toss rhubarb with **1 Tbs. orange zest**, **3 Tbs. orange juice** (fresh squeezed) and **½ c. sugar**. Cover with aluminum foil and bake about 35 minutes at 350 degrees until the rhubarb has released a lot of juice and the mixture is bubbling. Remove foil and continue the baking until the juices are slightly thickened, about 20 minutes.

RHUBARB BUTTERSCOTCH SAUCE

from *The New York Times*, June 10, 2009

contributed by **Brande Stellings**

In a medium saucepan over low heat, combine **1 lb. rhubarb**, trimmed and sliced 1/2-inch thick (about 4 cups), **½ c. dark brown sugar**, **2 Tbs. unsalted butter**, and a **pinch kosher salt**. Cover and cook, stirring occasionally, until rhubarb breaks down, 15 to 20 minutes. Yield: 2 cups. Try this sauce over yogurt, ice cream, pancakes or sliced strawberries.

CARAMELIZED RHUBARB PORK STIR-FRY

from Rosanna Nafziger, *About.com: Local Foods*

contributed by **Brande Stellings**

This quick and easy rhubarb and pork stir-fry looks lovely with red onions and the brightest rhubarb you can find. Caramelizing the rhubarb separately keeps it from falling apart. For the rhubarb: Put **2 c. rhubarb**, chopped in 1/2-inch pieces on the bias (3-4 stalks), and ½ c. sugar in a heavy stainless-steel or enamel pan over medium high heat and stir occasionally until the rhubarb is just-tender, the sugar melts and the resulting syrup bubbles vigorously, 5 minutes or so. Remove from heat and set aside. For the stir fry: heat **1 Tbs. vegetable or canola oil** in a heavy skillet over medium-high heat. When hot, add pieces of **1 pork tenderloin, cut into 1/2-inch slices** in a single layer and brown without disturbing for several minutes. Flip pork and when it is golden-brown all over, add **1 red onion**, **2 c. vegetables** (*asparagus, broccoli, bok choy, cabbage, etc.*) coarsely chopped, **1 Tbs. ginger**, minced, **2 cloves garlic**, **2 Tbs. cider vinegar**, **2 Tbs. soy sauce** and **salt** and freshly ground **black pepper** to taste. Cover and cook until vegetables are barely tender, about 5 minutes. Reduce heat and add reserved rhubarb and sugar syrup. Stir to combine. Serve hot, perhaps over rice. Serves 4.

SPINACH

SPINACH POTATO GRATIN

from Silvia Lehrer, *Dan's Papers*, June 11, 2004

contributed by **Ursula Lee**

Preheat oven to 350 degrees. Cut stems from **1 lb. spinach** right up to the leaves and discard. Soak leaves in a couple of changes of lukewarm water and drain. Pat dry with paper towels and put into a large mixing bowl. Peel **3 large russet potatoes** and slice about ¼ inch thick. Add potatoes to spinach along with **2 cloves garlic**, finely chopped, **½ tsp. nutmeg**, freshly grated, **½ tsp. coarse salt** (kosher) and freshly ground **pepper**. Add **4 to 5 tsp. olive oil** and gently toss with a large rubber spatula. Place the contents in a shallow baking/serving dish. Bake 30 - 35 minutes until potatoes are tender and slightly crisp. Serve hot.