

THE
Locavore's
Kitchen

MARILOU K. SUSZKO

*A Cook's Guide
to Seasonal Eating
and Preserving*

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that come from the garden, the farm stand, or local farmers markets through

cooking and preserving the freshest ingredients. In more than 200 recipes that

highlight seasonal flavors, Marilou K. Suszko inspires cooks to keep local flavors

in the kitchen year round. She helps readers learn what to look for when buying

seasonal homegrown or locally grown foods as well as how to store fresh foods and

which cooking methods bring out fresh flavors and colors. Suszko shares tips and

techniques for extending seasonal flavors with detailed instructions on canning,

freezing, and dehydrating and which methods work best for preserving texture and

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*To farmers, artisans, and producers
everywhere. Your work
is a locavore's*

passionate pursuit.

*To family and friends who respect
my quest for the best
in the food we share.*

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Locavore's Kitchen

The

local

pertaining to

a city, town, or

small district

In 2007, the *Oxford American Dictionary* became longer by one curious yet satisfying word: locavore.

+ vore

a combining

Tucked among the more than a quarter million other words we

form meaning

use in daily conversation appeared this fresh term coined by Jessica

“one that eats”

Prentice, a chef and local foods advocate from the San Francisco Bay

= locavore

area. She created it in a pressure moment to kick off an “Eat Local

Challenge” designed to inspire others in her community to think,

act, and live as locavores—people passionate about buying, cooking, and eating food

grown, raised, or produced close to home, usually within 100 miles of their kitchens.

The call to “eat local” quickly evolved into a national movement encouraging people to buy from farmers markets and local farms, join community-supported agriculture programs (CSAs), and grow their own food.

“Locavore” is the perfect label for a new generation of cooks and consumers. It comes with more honor than “foodie” and less pretense than “food snob.”

Locavores rally around wonderful food finds and want them served up closer

to home with sides of social, economic, and environmental consciousness.

Locavores want to know if the food they are buying and eating is good for all:

their families, the farmers, the land, and the environment. The word arrives

with perfect timing, as cooks and consumers alike have turned some serious

attention to what is on their dinner plates.

While the word “locavore” has made our vocabularies one word richer, and

the principle behind it has made our culinary lives all the better, the truth is

that there is nothing new or revolutionary about this way of living or eating.

It's simply a new spin on the way that generations ate and enjoyed food—

fresh food—before the market on the corner turned into a supermarket and

improved transportation and distribution systems changed the way we ate for

good. For *good*?

While it does allow us to stock our

pantries with cinnamon, chocolate, bananas, and other ingredients that can't be grown locally—things we consider essentials or staples—the same system also fills the produce section of grocery stores with fruits and vegetables, meats and poultry, cheeses, and even honey from other parts of the country, the same ones we grow or produce in our own communities. We have to remind ourselves not to let the convenience factor overshadow what we could logically

and

easily get from our own regions. It doesn't make sense to watch local

apple orchards go out of business while supermarkets stock apples that

come from thousands of miles away. Do we really want to be knee deep

is tasteless strawberries in December; stringy, tough asparagus in August; and rock-

hard peaches in April? It's all there in the produce department—but it doesn't come

with the flavor, quality, and nutritional value to make it worth the convenience.

These days, we're concerned with food safety, the cost of food, and the ways our food

distribution systems tax the environment. We're looking to put flavor and quality

back into what nourishes us. Our own gardens, roadside stands, farmers markets,

and CSAs represent a victory over tasteless, nutrition-poor, and tired-looking pro-

duce as well as over cost and are a step

in the right direction for conserving energy,

protecting the environment, and encouraging self-reliance.

Even if this is the first time you've heard this word "locavore," you can't miss the fact

that more than 4,800 farmers markets set up all across the nation on a weekly basis

throughout the growing season, some even through the winter months. Have you

noticed that more and more of your

neighbors and friends are planting tomatoes,

growing their own salad greens, and sharing their overabundance of zucchini with

you and others in the neighborhood?

And instead of just watching someone cook a meal on television, one that we can

neither taste nor smell, we're returning to the kitchen to learn, relearn, or hone our

cooking skills—and we're finding that it's fun, rewarding, economical, easy,

and

most of all delicious—simply delicious.
When we eat locally and with the
seasons,

the kitchen is a constantly evolving place
that keeps pace with the harvest—one
week

it's fresh peas, the next it's chard. A few
weeks down the road, it will be green
beans

and cucumbers. Eating with the seasons
keeps our kitchen fresh in so many ways.

We're also finding out that it's not
always about the recipe, but about the

ingredients.

Simple fresh ingredients don't need much help to make simply wonderful dishes.

This book presents an opportunity for you think and act like a locavore in your own

kitchen with information about what you choose to eat—from fruits and vegetables

to meat and poultry, dairy products, and much more—plus delicious recipes that

make the best of what is already a good thing.

Do you have what it takes to become a locavore? Of course. Everyone who craves

fresh food with flavor and better nutrition and who in any measure aims to keep

food dollars close to home by supporting local farmers markets and small family

farms or by growing food at home is a locavore.

the Locavore's Kitchen

Where Locavores Shop





Where Locavores Shop

Locavores embrace shopping for their food. For them, it's

not a chore, it's a pleasure, an adventure, and often a wel-

come challenge with delicious rewards. What's not to love

about shopping at a farmers market,
strolling the aisles in

search of the next great flavor of the
season and shaking hands

with the farmer who grows your food?
The adventure comes when

you stumble across a great find when
you least expect it, like exotic wild
mushrooms

or whole milk with a plug of cream at
the top. The challenge presents itself
when

you're determined to find a local source
for an ingredient you keep as a staple in

your cupboard, like locally grown and milled wheat or spelt. So where do you go to

find this kind of fun?

First, make it a point to talk with other people you know who seek out locally grown

foods. They are valuable resources to lead you to the great ingredients and foods

they gather from local sources. There are no secrets between locavores. Sharing

information is good for all, especially the farmers who appreciate

opportunities to
expand their market.

Here are a few likely places where
locavores shop to find fresh, seasonal,
and local

food. Looking for places like these close
to where you live? Go to the Resources
sec-

tion on page 241, which will point you
in the right direction.

Farmers Markets

No doubt if you're living the life of a
locavore already, you know what a

farmers

market is. These public, mostly outdoor venues pop up on a weekly basis when the

local harvest season begins. Typically amidst a lively, energetic atmosphere, you'll

find multiple farmers from a specific region selling their products directly to consumers.

The selection at farmers markets is characterized by a wide array of fresh

and diverse local food—freshly harvested, in-season produce, pasture-

raised meats,

poultry and eggs, artisan cheeses, maple syrups, hand-harvested honey, and more.

This is where the consumer can get the freshest local and seasonal products and

where farmers can get the best price for their good work. It brings the two together

in a setting where they can exchange information about the products and develop a

friendship over food.

Farm Market or On-Farm Market

For the most direct route from the field to the customer, some farms create a farm

market, also called an on-farm market, where they sell what is produced on that

farm. Like a farmers market, the selection changes as the season moves from one

fruit or vegetable to the next. To round out their selection and broaden the shopping

experience for their customers, many will feature other local and regional products,

such as honey, syrup, and produce or products from neighboring farms.

Roadside Stands

There's usually nothing fancy about roadside stands, humble little structures found

along country roads that open with the first pickings of asparagus and close with the

last pumpkin out of the field. They are simple but most effective in their marketing

approach—local, fresh, seasonal produce catches the eye of the passerby,

making it

hard to resist. As the term implies, the stands are located along the road where it's

convenient for customers to purchase produce on their way home. And fresh? It's not

likely to get better than this.

Community-Supported Agriculture
(CSAs)

CSAs are becoming a popular way for anyone to buy local, seasonal food directly

from a farmer. If you don't have a garden or like to work in the first, CSAs are the perfect solution for staying connected to locally grown, seasonal foods. Here's how

one works. Farmers sell seasonal shares or subscriptions to their CSAs to the public.

For that investment, you will get a regular delivery to feed your family, usually once a

week while the harvest is on. The farmers benefit from this arrangement by creating

a demand for their harvest before work in the field begins and by developing rela-

tionships with those for whom they grow. The buyers get the freshest, most nutri-

tious food possible and are often introduced to a variety of new vegetables and ways

to prepare them. Knowing the farmer adds a level of confidence for the consumer.

Produce is the main attraction, yet some CSAs broaden the selection by offering

eggs, meats, poultry, cheese, fruits and flowers, honey and maple syrup. When you

join a CSA, you assume some risk. If it's a bad year in the field for greens, you lack

an abundance of salad, but if it's a banner year for tomatoes, think salsa, pasta sauce,

juice, chutney, ketchup, and more!

Community Gardens

In neighborhoods and cities all over the country, community gardens are springing

up. While there's no one model of what makes a community garden, it's basically a

joint effort of a group of neighbors to turn an open space, which could be a field,

empty parking lot, even rooftop, into a productive garden to feed people in the community.

The harvest can be shared among those who work the garden, or participants

can have their own dedicated plots. A community garden can produce foods

that are as diverse as its community of gardeners and can provide wonderful social

benefits like getting to know your neighbors.

Grocery Stores

Over the past ten years, the focus on local foods has encouraged people to get out of

the aisles of traditional grocery stores where the “fresh” produce selection was

neither seasonal nor locally grown and sometimes not very fresh. Today’s indepen-

dent grocers and supermarket chains
have stepped up to the demands and
desires of

local food enthusiasts and often stock
their bins with fresh, seasonal produce
from

the Locavore's Kitchen

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local producers, clearly identifying the local source with special signage. If you're

curious about the sources of certain produce, ask the produce manager. Sometimes

you'll be surprised that the green beans or potatoes are from close by.

Food Cooperatives

These are grocery stores that are community supported, community owned, and

typically filled with foods that are local, organic, vegan, or grass-fed and with other

foods that appeal to locavores and ecologically conscious eaters. To shop there, you

usually have to be a member. That means you pay a fee or buy a share, much like

buying stock in the stock market.

Membership not only gets you through the door

with convenient access to local foods but gives you a vote on matters that affect the

operation of the coop.

Pick Your Own

Some orchards and berry farms invite the customers into the fields to pick their own

apples, pears, stone fruits, strawberries, raspberries, blueberries, and more, typically

at a discount over the price at the market stand since you're doing some of the work.

Not only is it a delightful way to spend a few hours, but it doesn't get any fresher than

when you pick your own.

Home Gardens

Whether it's your own or your neighbor's, home vegetable gardening has enjoyed a re-

vival as we prime our taste buds for great local flavors. The garden can be any size, from

a half acre to a raised bed to maybe a few pots on the patio. How enthusiastic you are

about growing your own foods depends on space, time, and desire. Today's gardeners

are getting more creative about incorporating edibles into their landscaping, making

the most productive use of the space that surrounds them. Horseradish sends up big,

beautiful foliage; chard makes for an interesting border plant; herbs fill plenty of blank

spots; and pots can be used to plant tomatoes, lettuces, herbs, and more.

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Where Locavores shop

Creating the Locavore's Kitchen,

Creating the Locavore's Kitchen,

or How to Use This Book

Buying, growing, cooking, and preserving locally grown food is not a fad or a trend.

It's a lifestyle that can be lived in any measure. Whether you call yourself a

locavore

or just someone who prefers to eat fresh seasonal food, you'll find inspiration in this

book to make the most of locally grown and raised foods and seasonal flavors. The

goal is to fill your plate and kitchen with foods you can easily find at farmers mar-

kets, at local farms, and out of your own garden. But beware: one great flavor of the

season will lead to the next, and before you know it, you'll find yourself

passionately

pursuing the goal of putting seasonal flavors on the table year round. This book will

make it an attainable goal by arming you with knowledge, encouraging you to think

ahead, and creating the desire to seize the moment in the harvest.

That's how you can begin to use this book: in the moment. If it's spring and asparagus

season is upon us, start at the beginning of this book with recipes that make the

most of

the flavor that launches the growing season. Perhaps it's the end of summer heading into

fall, and the local apple harvest is in full swing; the middle of the book will put you in the

middle of orchard fruits—pears and apples. Make an apple pie or pear sauce, slice the

fruit and use in a salad, or simply eat them out of hand. If it's the middle of winter and

the seasonal harvest is long over, there

are still ways to begin putting local ingredients on

the table with locally raised meats and poultry, dairy products, grains, and more that you

can find locally and at late-season farmers markets. It's never too late in the year or too

early in the season to think about how you can create a locavore's kitchen.

In Season

Throughout this book, you'll find plenty of foods in the sections called "In Season."

These sections follow the natural rhythm of the season by reminding you what pop-

ular and commonly found fruits and vegetables are coming out of the garden, farm-

ers markets, or local farms during the growing seasons—spring, summer, and fall.

For each “In Season” selection, you’ll learn in “Choosing the Best” how to recognize

signs of peak ripeness and quality, while “How to Store Fresh” introduces ways to

extend the useful life of fresh food as well as the best flavor and texture. “To Prepare

for Cooking” includes information important for preparing a recipe or for enjoying

produce out of hand; and “Pick or Buy Now, Enjoy Later” introduces ways to pre-

serve the same flavors and textures you enjoy now for later.

Once you know this, dive into the recipes that feature these seasonal foods. More

than 275 recipes throughout the book focus on seasonal, local foods—simple recipes

that put flavors at the center of attention. It's natural that “things that grow together,

go together,” and you'll often find this to be true with the other ingredients featured

in a recipe. You'll find that when you use fresh, local, seasonal foods at their peak

flavor, the simplest recipes can have the most complex flavors.

Local Flavor

As you follow this book from one delicious season to the next, you'll find sections

called "Local Flavor" where the spotlight is on easy-to-find local foods like meats

and poultry, dairy products, maple syrup and honey, wines, and more—foods that

you can reasonably rely on finding throughout your region year round, whether directly

at the farm or at farmers markets. While produce has seasons that come and go,

many of these foods can add that local component to the table any time of year.

Making Your Own

One of the most fun and rewarding aspects of a locavore's kitchen is the opportunity

to say, "I did it myself!" This book has more than a dozen "Making Your Own"

projects that turn one fabulous local ingredient into another. If you've found whole-

some dairy products, turn them into thick, refreshing yogurt, sweet butter, or tangy

crème fraîche, even ricotta cheese. Turn the cabbage harvest into sauerkraut and

freshly milled grain into a loaf of wholesome wheat bread that can be your family's

everyday loaf. Learn to make a basic piecrust that will follow you from pie to pie

throughout the local growing season. Each project is simple, requiring little or no

special equipment or unusual ingredients.

The time to think about preserving the

flavors of the season is while you're enjoying

them. Canning and preserving foods is becoming more popular as an inexpensive

and effective way to capture seasonal flavors and introduce them to your menus

off season, when the taste of local blackberries or green beans could brighten up a

winter meal. "Preserving the Harvest in the Locavore's Kitchen" will show you the

simplest and most inexpensive ways to stock up on the flavors you love now but will

appreciate in the winter as well.

Asparagus in season? Freeze a stash for winter soups.

More tomatoes than you bargained for from your garden? Think canned tomatoes,

salsa, and sauce, or oven-dried tomatoes, a respect-

able cousin of sun-dried. Herbs galore? It's easy and

efficient to air-dry this harvest of flavor

to keep the

Whether you're completely

spice cabinet stocked until next growing season.

new to canning, thinking

about reviving your skills,

Preserving the Harvest

or a seasoned canning

enthusiast, the time to think

You'll also find more than 25 recipes that preserve

about preserving the harvest

seasonal ingredients by turning them into
deli-

is before it happens. Gather

cious sauces, salsa, chutneys, jams,
jellies, and pre-

your recipes and sharpen

your skills before the harvest

serves as well as by canning whole
fruits, classic

comes on. be sure to

pickles, and pickled vegetables. Sure, it takes some

capture foods you intend to

work. But it's *delicious* work with great fringe ben-

preserve at their peak flavor

efits, namely seasonal flavors remembered from

and texture. For information

last spring, summer, and fall. Think about it. Start

about preserving seasonal

small with one recipe and you'll see.
There's a feel-

foods through canning and

ing of great accomplishment and
satisfaction when

freezing, read "preserving

you open your cupboard or freezer in
February

the harvest in the Locavore's

and know that locally grown food will
be featured

Kitchen" on page 215.

on your menu that day.

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hoW to use this booK

Dedicating your household to eating locally grown, homegrown foods during the

harvest season should be a joy, not a chore, and the journey to create a locavore's

kitchen does not happen overnight. Pick and choose the ways you want to start in-

corporating locally grown and seasonal

food into your life or adding even more local

components to your kitchen. Do what you can in any measure to bring local flavors

back into your kitchen. Your efforts will pay off in many ways: taste, fresh and nutri-

tious food, and goodwill in supporting small family farms and local agriculture.

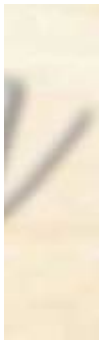
Let the harvest begin!

the Locavore's Kitchen

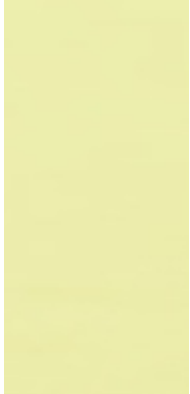












Spring is nature's wake-up call to tell us
that another growing season is

upon us. Some call it a rebirth, others a
renewal, and then there are those

who consider it a reward for waiting
patiently for the return of great sea-

sonal flavors. The harvest begins gradually with thick, succulent stalks

of asparagus, spicy radishes, bouquets of salad greens, bright-stemmed

chards, rosy rhubarb, and aromatic herbs. Spring foods are the “appetiz-

ers” to the abundance that awaits in the summer and fall.

Even though cold weather is just behind us, spring is the time to think

about ways to translate some of what we enjoy now by preserving

through canning and freezing so that the

taste of spring is no further than
our own kitchen when that's all we need
to get us through the winter.



in se

aspa















in season...

asparagus

Ah, asparagus! The green soldiers of spring. When sturdy shoots begin to pop

up in the fields, it's

Mother Nature's signal that another harvest season is under way and better eating is ahead. Get your fill of the

juicy, toothsome, homegrown spears while you can because an early blast of summer heat can cut the season

short, leaving you wanting more.

While asparagus makes an appearance year round in grocery stores, it can't compare with the flavor and texture

of fresh picked. Asparagus has a naturally high sugar content and once picked begins to turn to starch and a

tough, stringy chew. After a few days, the tender spears lose their snap, tenderness, and sweet flavor.

Choosing the Best. Spears should be straight, a bright grassy green color, and firm to the touch. The tips

should be tightly closed with a dark green or purplish tinge, a sign of good quality. Yellowed or dried tips mean

the asparagus is too old, and if the tips look like they are opening up, the asparagus is past its prime.

How to Store Fresh. It's best to use fresh asparagus the same day you buy it, but you can store it for up

to four days and still anticipate good taste. Trim the stalks by snapping or cutting off the tough bottoms. Wrap

a wet paper towel around the bottoms and place the bundle in a plastic bag. Store in the coldest part of the

refrigerator, preferably the crisper.

To Prepare for Cooking. Asparagus tips trap sand as they grow. To clean, hold the bunch upside down

and swish gently in cold water. Snap off the tough, woody bottoms by bending each stalk at the natural breaking

point, where the color changes from

white to green, about an inch from the base. Some prefer to trim the tiny

scales along the shaft of the asparagus, but when the asparagus is truly fresh, that's a step you can skip.

Pick or Buy Now, Enjoy Later.

Blanching and freezing asparagus or pickling in vinegar brine are the

best ways to help the spears retain their bright green color and delicate flavor. Some of the toothy texture will be

sacrificed in freezing, so don't expect the same bite or firmness as fresh asparagus. Frozen asparagus is best used

in baked casseroles and in egg dishes, or pureed into soups like Asparagus Soup with Blue Cheese on page 205.

Freeze this season's asparagus! To learn how, go to page 218. or preserve the seasonal

flavor of asparagus with Pickled asparagus spears on page 6.

The Locavore's KiTchen

2

Asparagus Frittata with Spring Mint

Mint is a vibrant yet Makes 6 to 8 servings

subtle companion to

the first pickings of 4 large fresh eggs

asparagus. And because 1

*mint and asparagus are 1/3 cup ricotta
cheese or softened goat cheese*

*among the first vegetables 1½
tablespoons chopped fresh mint*

*and herbs to be harvested ¼ teaspoon
salt*

in the spring, they give

*credence to the saying ¼ teaspoon
freshly ground black pepper*

“What grows together, 3 tablespoons
grated Parmesan cheese, divided use

goes together.” 2 tablespoons unsalted
butter

1 pound slender asparagus spears,
trimmed, cut into ½-inch pieces

3 scallions, green part only, thinly sliced

Preheat the broiler.

Whisk the first 5 ingredients and 2
tablespoons of the Parmesan in a
medium bowl to

blend. set aside.

heat the butter in a medium nonstick
broiler-proof skillet over medium heat.
add the

asparagus and toss to coat. cover the
skillet; cook until the asparagus is crisp-
tender,

about 4 minutes. add the scallions; stir
30 seconds. stir in the egg mixture.
cover,

reduce the heat to low, and cook until
almost set on top, about 4 to 5 minutes.

sprinkle the frittata with the remaining 1
tablespoon Parmesan. Place under the
broiler

until the top is set and starts to brown, about 2 minutes. Use a spatula around the edges

of the frittata to loosen. slide out onto a serving plate and serve.

all that's asparagus is not green

Green is the most common color of asparagus you'll find at farmers markets, but once in a

while a creative farmer will slip in some purple or white asparagus just to keep you on your

toes and pique your interest. What's the difference?

Purple varieties of asparagus are sweeter and more tender than their green counterparts. A

showpiece for salads, purple asparagus is best in recipes where it's used raw or lightly steamed.

It will lose its purple color when overcooked.

White asparagus is grown in the dark, under mounds of soil, so it lacks the chlorophyll that

would make it green. It doesn't see the light until it is harvested. It is milder in flavor and more

tender than green asparagus and often costs more.

a mint of mints

With more than two hundred varieties of garden mint found in home gardens, deciding which

to use is a matter of taste, but consider this rule of thumb. Use spearmint for warm dishes

and peppermint for cool or uncooked dishes. By and large, these basic varieties of mint are

interchangeable in recipes if you don't have the choice. Reserve specialty mints

like chocolate,

orange, or pineapple mint for recipes where the leaf is used whole or as an edible garnish

where unique taste can be fully appreciated.

3

sPring

Spring Soup

A freezer stocked with Makes 4 to 6 servings

asparagus and peas is

your ticket to this luscious 5 cups rich
chicken stock or vegetable broth

Spring Soup any time 3 small shallots,
minced

of year, but try it fresh

first! The simplicity of the 1 clove
garlic, minced

ingredients is intentional. 2 pounds
peas in the pod, shelled, about 2 cups,
divided use

Trust them to shine

without competing with 1 pound fresh
asparagus, trimmed, cut into 1-inch

pieces, tips reserved for garnish

1

other seasonings. /3 cup long-grain white rice, cooked, divided use

½ tablespoon kosher salt

Freshly ground black pepper, to taste

Bring the chicken broth to a boil in a medium-sized saucepan. add the shallots,

garlic, and half of the peas. simmer for 5 minutes. Puree the mixture along with

3 tablespoons of the cooked rice in a

blender. return to the saucepan, taste, and

season with salt and pepper.

return the soup to a boil over medium heat. stir in the remaining peas and cook

until tender, about 3 minutes. add the asparagus and remaining rice and cook for

an additional 2 minutes. Ladle into warm soup bowls and garnish with the reserved

asparagus tips.

Beer-Battered Asparagus Spears

*This is one of those Makes 10 to 12
appetizer servings*

recipes that disappear

*almost as fast as they 2 pounds fresh
asparagus, washed, dried, tough ends
trimmed*

come out of the pan. Use

*thicker spears of fresh 1½ cups all-
purpose flour*

*homegrown asparagus, 1½ teaspoons
garlic powder*

*tender to begin with. 1 teaspoon kosher
salt*

A quick bath in the hot oil

makes them almost melt 1 teaspoon
freshly ground black pepper

in your mouth . . . and 1½ cups beer (or
1 12-ounce bottle)

using beer from a local

microbrewery keeps it all canola or
vegetable oil, for frying

in the local family.

in a shallow baking dish, combine the
flour and the seasonings. slowly stir in
the beer

until the batter is smooth and thick enough to cling to the asparagus (using all of the beer

may not be necessary).

how do you know if the

oil is hot enough? Place a heat about 1 inch of oil in a large frying pan over medium-high heat. Dredge the

drop of batter in the oil. if asparagus through the batter, coating each stalk completely. Fry in the hot oil until golden

it sizzles immediately,

it's ready! Too hot? and puffy, about 4 minutes, turning once. if the spears are browning too quickly, reduce

The oil smokes. the heat a little.

Drain the spears on a paper towel-lined tray before serving.

The Locavore's KiTchen

4

Asparagus Pesto Pizza

While thicker asparagus Yields enough for two 12-inch pizzas

is more toothsome than

thin, sometimes you end Asparagus
Pesto:

up with slender spears, 1 pound
asparagus, tough ends trimmed

often pencil thin, that

find a great home in this $\frac{1}{2}$ cup plus 2
tablespoons extra virgin olive oil

recipe. Use this pesto for 2 cloves
garlic

a fresh, seasonal twist on

the classic pizza, or tossed $\frac{1}{2}$ cup
packed fresh basil leaves, plus extra for
garnish

with hot pasta, or stirred 2 tablespoons
nuts (walnuts, pine nuts, or pecans)

into scrambled eggs. $\frac{3}{4}$ cup grated
romano cheese, divided use

salt and freshly ground black pepper

To save some of the 2 prepared 12-inch
pizza shells

asparagus pesto for

later, simply freeze small 2 cups
crumbled goat or feta cheese

portions in freezer-proof

containers for up to 6 To make the pesto,

preheat the oven to 425°F. Drizzle the 2 tablespoons of oil over the

months. come winter, asparagus and toss to coat evenly. spread in a single layer on a baking sheet and roast

you'll be glad you

made the effort. for 10 minutes, or until the spears are just tender and lightly browned. remove from the

oven and let cool slightly.

Place the garlic, basil leaves, and nuts in the bowl of a food processor. Pulse until ground

to a fine texture. add the cooled asparagus and ½ cup of the romano cheese and pulse

until coarsely chopped. With the motor running, slowly add the ½ cup of olive oil until

smooth and emulsified. season to taste with salt and pepper. (Pesto can be divided into

smaller portions and frozen at this point if it is not to be used immediately.)

To assemble the pizzas, put the pizza shells on baking trays. Divide the asparagus

pesto between the two shells, spreading evenly to an inch from the edge. sprinkle the

remaining romano cheese followed by the goat cheese evenly over both pizzas.

Bake for 10 to 12 minutes or until the cheese is softened and very lightly browned. Let

cool for a few minutes and serve.

Chilled Asparagus and Red Onion Salad

While thicker spears are Makes 6 to 8 servings

certainly meatier and

*better for recipes that call 1 pound
fresh asparagus, trimmed*

*for high temperatures, 1 small red
onion, finely diced*

here is a special place for

*thinner, more delicate 1 cup coarsely
grated Parmesan or romano cheese*

*spears. The vinegar does ½ cup red
wine vinegar*

the work to “cook” or

tenderize the asparagus 2 tablespoons

extra virgin olive oil

in the hour it sits coarse sea salt

before serving. cracked black pepper, to taste

slice the asparagus spears crosswise on the diagonal into very thin slices, about 1/8 inch

thick. Place in a medium bowl and add the red onion and cheese, tossing to combine.

add the red wine vinegar and oil and toss again. set aside for one hour, tossing once

or twice, to allow the flavors to meld.
When ready to serve, sprinkle with sea
salt and

cracked black pepper, to taste.

5

sPring



Contrary to what you **Crunchy**
Asparagus Spears

may have heard in the

past, thick spears are Makes 6 servings

better than thin . . . and

freshly picked trump them $\frac{1}{4}$ cup
mayonnaise

both! Rolled in panko, a

very crunchy Japanese 2 tablespoons
Dijon mustard

breadcrumb, these spears 1 teaspoon
fresh lemon juice

make a nice side dish ½ teaspoon
coarse salt

or can be served as an

appetizer with a mustard ¼ teaspoon
freshly ground black pepper

dipping sauce. Simply mix 1 cup panko
crumbs

the mustard of your choice

with some crème fraîche 2 tablespoons
extra virgin olive oil, divided use

or sour cream thinned 1 pound thick
asparagus, tough ends trimmed

with a little milk. Learn

to make your own crème Preheat the oven to 450°F.

fraîche on page 50.

Whisk together the mayonnaise, mustard, lemon juice, salt, and pepper in a shallow

a suitable substitute baking dish, wide enough to dip the spears in the mixture.

for the panko would spread the breadcrumbs on a rimmed baking sheet. oil another rimmed baking sheet

be fresh breadcrumbs, with 1 tablespoon

of the oil.

lightly toasted. To make

the crunchiest possible roll each stalk of asparagus in the mayonnaise mixture. roll in the breadcrumbs until coated.

breadcrumbs, remove the

crusts from slices of bread Transfer to the oiled baking sheet. repeat with the remaining spears. sprinkle the

and process into coarse remaining tablespoon of oil over the top.

crumbs in a food processor

fitted with the steel blade. roast the asparagus 13 to 15 minutes, until the crumbs are golden and the asparagus is spread on a baking sheet crisp-tender. serve immediately.

and place in a 400°F oven until dry and lightly toasted. Make extra and

store in a sealed container. **Pickled Asparagus Spears**

Makes 6 pint jars

5 pounds fresh asparagus, washed and

tough bottoms trimmed

1 large red onion, thinly sliced

6 cloves garlic, peeled and crushed

4 cups distilled white vinegar

4 cups water

6 tablespoons pickling salt or kosher salt

3 teaspoons dill seed or 6 sprigs of fresh dill

Pickled asparagus

is a delicious way to cut the asparagus spears to 4-inch lengths to fit in 6 wide-

mouthed pint jars. (reserve the

bring spring into your trimmed portions for another use.) Pack jars with asparagus (tips pointing up), onion, and

kitchen any time of the

year. While it might be a clove of garlic in each.

tempting to dive into combine the vinegar, water, pickling salt, and dill seed in a medium saucepan and bring

these slender green gems to a boil. Pour the hot liquid into the jars to within $\frac{1}{2}$ inch of the rim (leaving headspace),

right away, give them at

least five days to bathe in making sure
that the spears are covered. seal and
process for 20 minutes.

their vinegary brine to

develop the best flavor.

new to pickling? For a step-by-step
guide to the basics, see

Then use them in salads

“Pickled vegetables, relishes, and
salsas” on page 239.

or as a snack.

The Locavore's KiTchen

6



in season
rhubarb



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in season ...

rhubarb

It's a sure sign of spring when rhubarb emerges from its long winter's nap. Rhubarb is the “tart”

of the garden, teasing us into thinking it's a fruit by headlining in pies, cobblers, and jams, in the company of a

hefty measure of sugar to tame its sour disposition. In reality, rhubarb is an uncommon vegetable that doesn't

often find its way into savory dishes but should! Some flavors are flattered by the sourness of rhubarb, so you'll

often find it teamed with sugary ripe strawberries or spiced with ginger.

Rhubarb is largely water, breaking down easily and quickly in sauces and jams, but perhaps too quickly when a

chunky texture is desired—so some recipes benefit from a watchful eye. Highly acidic, rhubarb turns a murky

brown when cooked in copper, aluminum, or cast iron, so choose nonreactive cookware.

Choosing the Best. Whether you're preparing to pick rhubarb straight from the garden or buying a bundle

at a farmers market, choose firm, straight stalks (also called *petioles*) with smooth, shiny patinas. For all rhubarb,

only the stalks are used, as the leaves are highly toxic. Between varieties, the color of the stalks varies from an

intense ruby red to a soft speckled pink to a light green with a hint of blush. The redder stalks offer the best

flavor and are more likely to maintain their rosy hue when cooked.

How to Store Fresh. When properly stored, fresh rhubarb can be kept for up to three weeks in the

refrigerator. Cut off the leaves and discard them. Brush off any soil that clings to the stalks, but save washing for

later. Store in a plastic bag in the coolest part of the refrigerator, preferably the crisper.

To Prepare for Cooking. Rinse stalks stored in the refrigerator and refresh them by trimming $\frac{1}{4}$ inch

from each end. Let stand in cold water for an hour before using. Peeling the rhubarb is often unnecessary, but

larger stalks often have a stringy covering running down the back that can be stripped off. A pound of rhubarb

yields about 3 cups chopped or $\frac{3}{4}$ cup cooked.

Pick or Buy Now, Enjoy Later. Rhubarb freezes beautifully with little fuss. Come fall and winter, frozen

rhubarb can be baked into pies, breads, and desserts or stirred into stews and soups like the Savory Lentil and

Rhubarb Soup on page 206.

Freeze this season's rhubarb! To learn how, go to page 218.

or preserve the seasonal flavor of rhubarb in grilled rhubarb and Lemon Preserves on page 10.

7

sPring

Ginger Rhubarb Crisp

Aside from pies, rhubarb Makes 8 servings

is traditionally found in

crisps and cobblers. The 1 cup old-fashioned rolled oats

ingredients in this recipe $\frac{3}{4}$ cup packed dark brown sugar

are what you expect in

a cobbler, but add just $\frac{1}{2}$ cup all-purpose flour

a couple of tablespoons $\frac{1}{2}$ teaspoon salt

of candied ginger and $\frac{1}{2}$ cup unsalted butter, cut into small pieces and chilled

wow! Let's just say this 4 cups chopped rhubarb, 1-inch pieces

isn't your grandmother's

*rhubarb crisp! It's a 2 tablespoons
finely chopped candied ginger*

perfect union of tart ½ cup sugar

*and sweet . . . with a vanilla ice cream,
to accompany*

delightful, spicy kick!

Preheat the oven to 350°F. grease an 8-
inch square baking dish.

if candied ginger is combine the oats,
brown sugar, flour, and salt in a medium
bowl. cut the butter into the

not available, add 1½ dry ingredients using a pastry blender until the mixture is crumbly

teaspoons of ground

. Place half of the mixture

ginger to the dry into the baking dish, pressing gently to form a bottom crust. Top with the rhubarb and

ingredients. sprinkle with the chopped ginger and sugar. Top with the remaining oatmeal mixture.

Bake for about 45 minutes or until the rhubarb is tender and the crust is brown. serve

with a scoop of vanilla ice cream.

Rhubarb Coffee Cake

The combination of Makes two 8-inch square cakes

cherry-red stalks of

rhubarb and the brown 1½ cups packed dark brown sugar

sugar batter makes this 2/3 cup vegetable oil

coffee cake wonderfully

moist. It's a special treat 1 large egg

warm from the oven, 1 cup buttermilk

slathered with real butter, 2½ cups all-purpose flour

and enjoyed with a cup of

hot coffee in the morning. 1 teaspoon baking soda

Serve it as a cake after 1 teaspoon salt

dinner with a dollop 1 teaspoon pure vanilla extract

of lightly sweetened 2 cups diced rhubarb, about ½-inch pieces

whipped cream or a scoop

of vanilla ice cream. ½ cup coarsely
chopped walnuts

1 tablespoon unsalted butter, at room
temperature

This coffee cake feeds ¼ cup granulated
sugar

a crowd, but if you're

lacking a crowd at the Preheat the oven
to 350°F. grease or butter two 8-inch
square baking pans.

moment, wrap the cooled Mix the brown
sugar and vegetable oil together in a
large bowl until smooth. add the

cake tightly in foil and egg, buttermilk, flour, baking soda, salt, and vanilla.

Blend until moist. Fold in the rhubarb

freeze for up to 3 months. and walnuts.

Divide the batter evenly between the pans.

in a food processor, combine the butter and sugar until the mixture resembles wet sand.

scatter evenly over the surface of the batter.

Bake for 40 to 45 minutes, or until a toothpick inserted in the center comes out clean. Let

cool in pan for 5 minutes before turning out onto a baking rack.

serve warm or let cool completely before serving.

The Locavore's Kitchen

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Rhubarb and Strawberry Compote over Rustic Cornmeal Shortcakes

Rhubarb's most constant Makes 8
servings

companion is the Compote

strawberry. Not only

do they come in season 1 pound
strawberries, washed and hulled

at the same time, but 1 pound rhubarb
stalks, cut into $\frac{3}{4}$ -inch pieces

their bright flavors— 1 teaspoon grated
lemon zest

one tart, the other

sweet—are the perfect 1 tablespoon
freshly squeezed lemon juice

springtime complement $\frac{3}{4}$ cup sugar

to each other. Spoon this

combination over these Cornmeal Shortcakes

rustic shortcakes. 1½ cups all-purpose flour

½ cup coarsely ground cornmeal

3 tablespoons poppy seeds

1 tablespoon plus 1 teaspoon baking powder

¼ teaspoon kosher salt

4 tablespoons sugar, divided use

4 tablespoons cold unsalted butter, cut into small cubes

1 cup heavy cream, plus extra for brushing

Lightly sweetened whipped cream, to accompany

To prepare the compote, cut the strawberries into quarters. set aside 1 cup. Place the

remaining berries in a medium saucepan. add the rhubarb pieces. add the lemon zest

and lemon juice to the pan. add the sugar and stir to coat.

cook over medium-high heat, stirring occasionally to dissolve the sugar. The

fruit will

release a lot of liquid. Boil for 5 to 7 minutes until the rhubarb is softened. remove

from the heat and stir in the reserved strawberries. cool to room temperature and then

refrigerate in a covered container until chilled.

Preheat the oven to 425°F.

To prepare the shortcakes, place the flour, cornmeal, poppy seeds, baking powder, salt,

and 3 tablespoons of sugar in a food processor. Pulse to combine. add the butter and

pulse until the mixture resembles coarse meal. With the machine running, quickly pour in

the cup of cream. When the dough begins to come together, stop the machine.

Turn the dough out onto a lightly floured surface. With floured hands, shape it into a

rough 6-inch circle, about $\frac{3}{4}$ inch thick. cut the round into 6 wedges. Place the wedges

on a baking sheet, brush each with cream, and sprinkle the remaining tablespoon of

sugar over the tops. Bake for 15 to 20 minutes, until the shortcakes are set and lightly

golden. cool to room temperature.

To serve, spoon the compote over the shortcake and top with a dollop of lightly

sweetened whipped cream.

rhubarb's identity crisis

Some fruits clearly fit our expectations

of what a fruit should be. They have seeds and they

are a product of a flower. So what's the story with rhubarb? We treat it as a fruit, all sugared

up, to add it to pies, baked goods, sauces, and jams. Yet botanically speaking, rhubarb is an

ornamental vegetable, of which the stalks are the only edible portions. Beware! The leaves are

toxic and should never be eaten.

sPring



Rhubarb Potato Salad with Balsamic Dressing

It's a rare moment Makes 6 to 8 servings

when a recipe featuring

rhubarb doesn't call for 1½ pounds

small red potatoes

large amounts of sugar to 1 cup
chopped rhubarb

balance the tart flavors.

Here, the tart tones are 2 tablespoons
water

encouraged to strut their 2 tablespoons
brown sugar

stuff with just a nudge

from brown sugar and 3 tablespoons
balsamic vinegar

balsamic vinegar. 2 tablespoons extra

virgin olive oil

salt and freshly ground black pepper

½ red onion, cut into small dice

Place the potatoes in a large pot and add water to cover one inch above the potatoes. Bring

to a boil and cook for 12 to 15 minutes until fork tender. Drain, let cool enough to handle,

and cut the potatoes into halves or quarters. Place in a large bowl, cover, and keep warm.

combine the rhubarb, water, and brown

sugar in a saucepan and cook over medium

heat, stirring frequently, until the rhubarb breaks up and softens. Mash the softened

rhubarb with a fork. add the balsamic vinegar and olive oil. reduce the heat to low and

warm the mixture through. season with salt and freshly ground black pepper.

While the dressing is still warm, pour it over the potatoes and toss gently. scatter the

onion over the potato salad and serve warm or at room temperature.

Grilled Rhubarb and Lemon Preserves

Makes 3 half-pint jars

3 pounds rhubarb stalks

vegetable or canola oil, for brushing

1½ cups sugar

4 tablespoons fresh lemon juice

A hot grill spikes sugars grated zest of 1
fresh lemon

and tames the acids in

rhubarb as well as adding Preheat the
grill or broiler to medium-high.

a subtle smoky flavor to

this jam. Can the jam in Lightly brush the rhubarb stalks with the oil. grill or broil until lightly charred, about 2 to

the spring and pull it from 3 minutes on each side. smaller stalks will likely break down from the heat. remove, let

the pantry on a snowy cool, and coarsely chop the stalks. set aside.

day. It's delightful over

a toasted English muffin combine the sugar and lemon juice in a large saucepan and cook over medium heat,

or served over thick slices stirring occasionally, until sugar just begins to dissolve, about 8 to 10 minutes. stir in the *of pound cake with a* chopped rhubarb and cook over medium heat, stirring occasionally, for 15 minutes or

dollop of lightly sweetened until most of the rhubarb breaks down yet a few chunks remain. remove from the heat and

whipped cream. perform a gel test (see page 238). if the gel stage has not been reached, return to the heat

and cook for a few minutes. repeat the test until the gel stage has been reached. once the

new to making jams, mixture has gelled,
skim off any foam that has developed.
stir in the lemon zest.

jellies, and preserves?

For a step-by-step guide Ladle the jam
into sterilized jars to within $\frac{1}{4}$ inch of
the rim (headspace), seal, and

to the basics, see “Jams, process for 10
minutes.

Jellies, and Preserves”

on page 237.

The Locavore's KiTchen



in sec
spin









in season ...

spinach

One of the most welcome sights, whether in the garden or at a farmers market, is spinach

in the spring . . . delicate, young, cool-weather-loving spinach. Spinach enjoys a long harvest from the spring into

the early summer, takes a few months off, and shows up again at farmers markets and roadside stands in the fall,

sturdier and strong-flavored but wonderful nonetheless. The main reason to seek out locally grown spinach in

the spring is its tender nature, which is preferred when using it raw in salads.

Attention to the fresh flavor of locally grown foods has put some less-than-popular foods of our childhood back

in the limelight. Spinach might be one, if you're willing to give it another try.

Choosing the Best. Looks are everything when it comes to choosing fresh spinach. Few vegetables are as

obvious about showing their age. Spinach should be bouncy and dark green. If it shows signs of wilting or brown

or yellow edges, it's past its prime and won't deliver a delicate crunch, buttery texture, or that fresh green flavor.

How to Store Fresh. Freshly picked spinach is likely to have a measure of dirt and grit. It also has a

naturally high water content, which makes it highly perishable. After picking or buying, it's best to refrigerate

spinach unwashed, even if some soil clings to the leaves, in a perforated sealable plastic bag or container, washing

just the amount you'll need at a time.

Spinach stores best in the crisper of the refrigerator where the temperature is cool and there is just a touch of

humidity. Handled correctly, it can be stored for up to five days.

To Prepare for Cooking. To clean spinach, plunge the leaves into a tub or sink of room-temperature

water and drain off as much water as possible. You may have to do this a few times, using clean water each time,

until a taste of a leaf reveals no grittiness. Drain off as much water as possible, then blot the excess with a paper

towel or use a salad spinner to do the job.

Use whole or chop as your recipe suggests. Use spinach with the stems intact as long as they have not become

tough and stringy. If that's the case, simply fold the leaf in half lengthwise with the underside of the stem facing

you and pull down on the stem to remove it.

Pick or Buy Now, Enjoy Later. Fresh spinach, whole or chopped, freezes beautifully and can be used

later in quiches, dips, or any recipe calling for cooked spinach like the Spinach Balls on page 204.

Freeze this season's spinach! To learn how, go to page 218.

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sPring

Savory Spinach Custard

Two pounds of spinach Makes 6 servings

looks like a mountain,

but as it cooks down and 2 tablespoons extra virgin olive oil

releases its water, you'll

wonder where it went. 1 medium onion,
chopped

To achieve a perfect 2 cloves garlic,
minced

finish on this egg-rich

dish, it's necessary and 2 pounds fresh
spinach, washed, dried, and trimmed, if
necessary

worth the effort to use a 4 fresh eggs

bain marie, a technique

that surrounds the $\frac{3}{4}$ cup milk or half-
and-half

*delicate contents of the $\frac{3}{4}$ cup romano
cheese*

baking dish with hot

*water to gently cook the $\frac{1}{2}$ teaspoon
crushed red pepper*

custard to perfection. 1 teaspoon salt

grating of nutmeg

Preheat the oven to 325°F. Lightly oil a
1½-quart baking dish.

heat the oil in a large sauté pan over
medium-high heat. add the onion and
sauté until

soft and fragrant, about 5 minutes. add the garlic and sauté for an additional minute.

add the spinach in batches, stirring occasionally, until the spinach cooks down. add

more spinach when the previous batch cooks down. When all the spinach has softened

and cooked down, remove from the heat and set aside to cool slightly.

Beat the eggs in a large mixing bowl until blended. stir in the milk. add the spinach

mixture, cheese, crushed red pepper, and salt and mix well. Transfer the mixture to the

prepared baking dish. sprinkle grated nutmeg over the top. Put the baking dish into a

9 x 13-inch pan and place on the oven rack. carefully pour very hot water into the pan

until it reaches halfway up the outside of the baking dish.

Bake until the custard is set, about 40 to 45 minutes, or until a knife inserted in the

center of the custard comes out clean.
Let the baking dish cool enough to
handle before

removing from the water bath.

To serve, cut the custard into squares or
scoop out with a spoon and serve
immediately.

Stir-Fried Spinach with Walnuts

The key to winning spinach Makes 4
servings

skeptics over is to pay

attention to cooking times. 3
tablespoons peanut oil

Cooked too long or left to

*sit, spinach diminishes in 2 tablespoons
coarsely chopped walnuts*

texture, color, flavor, and

*nutrients. Here's where stir- 2
tablespoons rice wine*

*frying, which calls for high 2 teaspoons
sugar*

heat and quick cooking,

*comes into play. A watchful 1 teaspoon
salt*

eye is important, too. This 2 cloves

garlic, minced

dish can go from soft and

succulent to a soggy mass in 1 pound
fresh spinach (about 6 cups packed),
washed and dried

a heartbeat, and the fresh

green flavor will be lost. Dark sesame
oil, to taste

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gently heat the peanut oil in a small
saucepan over high heat to hot but not

smoking. add

the walnuts, stir, and remove from the heat. allow to sit for 5 minutes or until the walnuts are

a golden brown. remove the walnuts to a paper towel to drain, reserving the oil.

combine the rice wine, sugar, and salt. set aside.

heat a wok or a large skillet over high heat (if the skillet is smaller than 16 inches, work

in two batches). add 2 tablespoons of the reserved oil to the wok. When it is hot, add

the garlic and stir-fry for 10 seconds,
then add the spinach. cook, stirring and
tossing

rapidly in the pan until the spinach is
coated with the oil, about 20 seconds.
add the

rice wine mixture and continue to cook,
tossing until the spinach begins to wilt.
remove

the wok from the heat, toss again, and
transfer to a warmed serving platter.

sprinkle the walnuts and the sesame oil
over the top and serve.

Spinach Salad with Strawberries,

Nuts, and Blue Cheese

When spring hands you Makes 4 servings

tiny, tender spinach

leaves, rush them into ½ pound fresh baby spinach, rinsed and dried

this salad with seasonal

strawberries. After a long 1 to 1½ cups sliced strawberries

winter, a salad of fresh

tender spring spinach can ½ cup pecan or walnut halves, lightly toasted

really hit the spot. 3 to 4 ounces
crumbled blue cheese (feta or goat
cheese can be substituted)

2 tablespoons balsamic vinegar or fruit
vinegar

½ tablespoon minced shallot

1 tablespoon honey

1 teaspoon fresh thyme leaves

1/8 teaspoon dry mustard

¼ cup mild salad oil

salt and freshly ground black pepper, to
taste

Toss spinach with sliced strawberries, pecans, and cheese in a large salad bowl.

combine the vinegar, shallot, honey, thyme, and mustard in a blender. Blend for 30

seconds. add the oil, salt, and pepper and blend for another 30 seconds.

Drizzle over

the salad and toss until the leaves are coated. serve immediately.

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sPring

Creamed Spinach with a

Buttered Breadcrumb Crust

This recipe bathes Makes 8 to 10 servings

tender spinach in a silky

combination of eggs, ¼ cup unsalted butter

milk, and sour cream for

a rich, heavenly effect, 2 cups fresh breadcrumbs

and the buttery crumb 3 pounds young fresh spinach

topping brings a welcome 1 cup whole milk

crunchy contrast to the

smooth, velvety spinach. 2 cups sour cream

1 cup grated Parmesan cheese

1 small onion, minced

Freshly grated nutmeg

2 large eggs, beaten

salt and freshly ground black pepper, to taste

Melt the butter in a large skillet over medium heat. add the breadcrumbs and sauté until

golden, about 3 to 4 minutes. set aside to cool.

cook the spinach in 2 batches in a large pot of boiling salted water, stirring constantly

until wilted, about 2 minutes. Drain in a colander and rinse with cold water to halt the

cooking. squeeze the spinach to remove as much moisture as possible. coarsely chop.

Preheat the oven to 350°F. Butter an 8-inch square baking dish.

in a large bowl, mix the spinach, milk, sour cream, cheese, onion, and nutmeg. add

the eggs and stir until combined. season with salt and pepper. Pour the mixture into

the prepared baking dish. Top with the breadcrumb mixture and bake until set, about

30 minutes.

The Locavore's KiTchen



Making Your Own: Whole Wheat Bread

Before jam and jelly season arrives, make sure you're ready with one reliable recipe

for a hardy sandwich loaf worthy of any fruit spread made with perfect, in-season local

fruits. it should be a recipe you look forward to making at the beginning of the week and

watching disappear in sandwiches, as breakfast toast, or grilled with some fresh locally

produced cheese together with a cup of homemade tomato soup for lunch.

if you're fortunate enough to find locally grown and milled flours at farmers markets, buy

them in quantities you'll use within 6 to 8 weeks. Freshly milled whole wheat flours have

shorter shelf lives than refined flours. The wonderful wheat germ, bran, and middling that

account for most of its nutritional value can turn rancid when the oils from these components

begin to break down, leaving a bitter taste in the finished loaf.

Everyday Whole Wheat Bread

While this recipe works Yields 2 loaves perfectly in a heavy-duty

stand mixer, there's some 2 1/3 cups warm water (about 110°F)

satisfaction in crafting it 1½
tablespoons active dry yeast

by hand, familiarizing

yourself with the way ¼ cup local honey

the dough looks, feels, 4 tablespoons
unsalted butter, melted and cooled

and smells as the recipe

moves along. 2½ teaspoons salt

¼ cup rye flour

Variations: To give this ½ cup cracked
wheat flour

bread some added texture 3 cups whole wheat flour

and nutritional benefits, 2³/₄ cups all-purpose flour, plus extra for kneading, if necessary

experiment by adding up

to ½ cup of coarse seeds Mix the water, yeast, honey, and butter in a large bowl. Let stand for 10 minutes until

or grains such as flax

seeds, wheat berries, or foamy. add the salt, rye flour, cracked wheat flour, and one cup each of the whole

wheat kernels. wheat and all-purpose flour until the mixture resembles a batter. combine the remaining

flours in a separate bowl.

Using a wooden spoon, mix in some of the remaining flour mixture, bit by bit, until the

dough becomes too stiff to stir. Turn the dough out onto a surface floured with the some

Finished dough is tacky,

not sticky. The difference? of the remaining flour mixture. Knead in the remaining flours, a little at a time.

continue

sticky dough comes away kneading the dough for 8 to 10 minutes until it is smooth and elastic, cool to the touch,

from the dough mass and tacky but not sticky.

sticks to your hands. Tacky

dough is cool but not Place the dough in a lightly oiled bowl. cover with plastic wrap or a damp towel and let

dry and won't leave rise in a warm, draft-free area until the dough has doubled in volume, about one hour.

traces on your hands Preheat the oven to 375°F.

when kneading.

gently press down on the dough and divide into two equal pieces. Press and shape

each into a rectangle, 1 inch thick and about 9 inches long.

roll the dough into a cylinder, pressing down gently. Pinch the seam side closed. Place

each loaf in a lightly greased 9 x 5-inch loaf pan, seam side down. cover and let rise

until doubled in volume, 35 to 40 minutes.

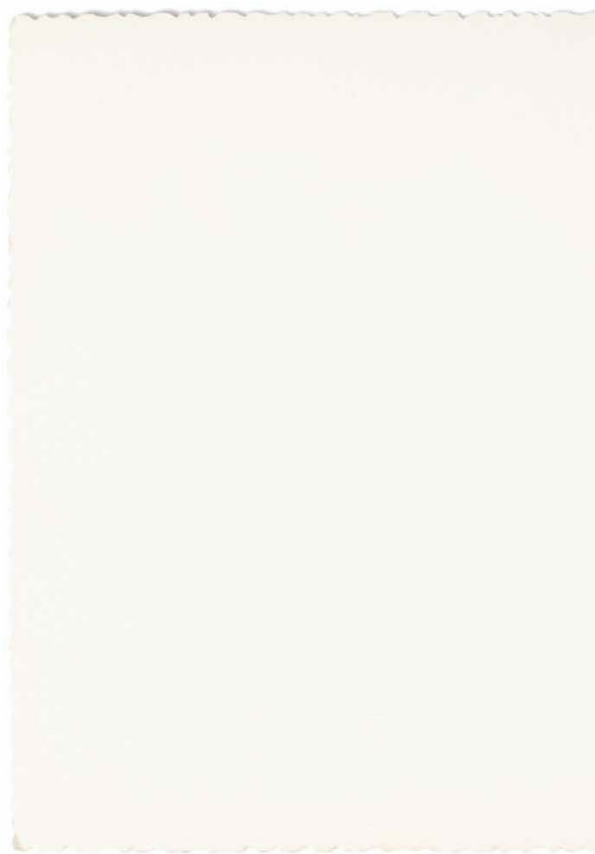
Bake for 35 to 40 minutes or until browned on the top. (an instant-read thermometer

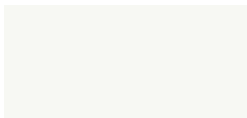
inserted into the center should read 205°F.) remove from the loaf pans and transfer to a

baking rack. cool to room temperature.

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sPring





Local

Flavor

If you've heard the phrase "the cream rises to the top,"

Some dairies milk only one breed of cows prized for

take it as a compliment. But if you've never experi-

specific milk qualities, while others keep diversified

enced that particular quality in milk, start looking

herds and blend the milk to achieve a uniquely rich

for the return of milk and dairy products from local

flavor. The milk may be from Holsteins, prolific milk

and regional dairies, and the origin of this popular

producers, or the familiar brown-eyed Jerseys that

expression will become apparent.

yield milk high in butterfat. Milk from Guernseys is

richly flavored milk, while Brown Swiss milk has a

Midsized or micro dairies, those that keep smaller

desirable ratio of butterfat to protein.

herds on lush green pastures, are part of the local

Most of the milk you'll find in the grocery's dairy

food culture in many regions throughout the coun-

case is ultrapasteurized, meaning the milk is steril-

try. Committed to keeping a closer connection to the

ized at 280°F, a process that trades flavor for long-

finished product, they enjoy a strong following of

distance marketing and a long shelf life. Smaller dair-

local and loyal customers who care about quality and

ies use slower, more deliberate methods to preserve

animal welfare, appreciate the value of a local milk

the genuine taste and nutritional value of

the milk.

supply, and savor the genuine taste of milk—full,

They lightly pasteurize, heating the milk to a lower

creamy, and sweet—where the cream did indeed rise

temperature for a longer period of times to eliminate

to the top.

harmful bacteria, then cooling it quickly to maintain

the genuine flavor of the milk. Most do not homog-

Many dairies, regardless of size and whether they

enize their milk, which means the cream remains

produce milk organically or otherwise, now produce

and rises to the top, a prize for the first to uncap the

milk free of antibiotics and growth hormones, and

bottle or open the container. From the

cow to the

that's good for all. Smaller dairies
capture locavores'

dairy case—and into your glass—it can
be a matter

attention to flavor.

of twenty-four hours.



Hot Milk Cakes with Peaches and Cream

Any type of milk will Makes 6 servings

work in this recipe, but

the richer the milk, the 5 tablespoons
unsalted butter

richer the cake. This cake 2

can follow you throughout 1/3 cup whole
milk

the year using any 2 eggs

seasonal berry or simply 1 cup sugar

enjoyed plain. 1 cup plus 2 tablespoons
all-purpose flour

1 ¼ teaspoons baking powder

½ teaspoon vanilla

4 ripe peaches, peeled, pitted, and
sliced

Lightly sweetened whipped cream

Preheat the oven to 425°F. Butter and
flour six ¾-cup ramekins or 6 muffin tin
cups.

in a small saucepan, gently warm the
butter and milk until the butter is melted.

set aside.

Using an electric mixer, beat the eggs on high speed until thick, about 5

minutes. gradually add the sugar and beat an additional 2 minutes. in a

separate bowl, combine the flour and baking powder. add to the egg mixture

and beat until smooth, about 2 minutes. add the milk mixture and vanilla and

beat an additional 2 minutes.

Divide between the prepared ramekins. Bake for 16 to 18 minutes, until pale

gold and firm to the touch.

cool for 20 minutes before removing from the ramekins.

To serve, split the cakes in half horizontally. Place the bottom half in a shallow bowl

or plate and spoon peaches over the top with a dollop of the whipped cream.

Top

with the remaining cake and a dollop of whipped cream. serve immediately.

shake things up

Nonhomogenized milk might look

strange at first, but one taste can lead to a seriously wonderful addiction. Shake

the milk before each serving to disperse the cream. While the little flecks of butterfat never quite disappear, the

taste it delivers is smooth, creamy, and flavorful. The plug of cream that rises to the top? Shake it to blend or scoop

it off and stir it into hot coffee or lightly whip to top off a serving or two of fresh berries.

about raw milk

All over the United States, there has been a renewed interest in raw milk,

unprocessed milk straight from the source. Raw milk was made illegal through much of the country in the days when cows frequently had tuberculosis. Today's raw milk enthusiasts believe that knowing the source, the dairyman, the farming methods, and the care

the herd receives makes the risk minimal or nonexistent. The taste and desire for raw milk are back, and it is legal

in some states. How about where you live? If you're not sure about the regulations, go to realmilk.com to find out.



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radishes

The radish is a zesty, often harsh, little number that often gets passed up or dismissed as

disagreeable. That's a shame, because a properly harvested radish delivers a wonderful peppery sensation that

spices up a recipe without much outside help. Radishes are a cool-weather vegetable and one of the first to green up the garden or appear at farmers markets in the spring.

Radishes come in a number of varieties ranging in color from red to purple, pink to white and in shapes from

small and round to long and oval. The most common radishes are the round, intensely flavored, red-skinned

variety, about the size of a cherry tomato. A milder option is the distinctive Daikon, a long, white, cylindrical

Japanese variety. For the most part, depending on the desired results, varieties can be swapped out in any recipe.

Choosing the Best. Smaller—about an inch in diameter—is better when it comes to choosing radishes,

but size is not the only indicator of good taste. A gentle squeeze should find them firm and sturdy, and the roots

should be crisp and no more than an inch long. The skin should be smooth and free of cracks, and the leaves

should be intact, bright green, and fresh looking. Radishes that are too big or too

old have a pithy texture and
a bitter, hot taste.

How to Store Fresh. Radishes are best when used within two weeks of harvest. Rinse off any dirt and

remove the leafy tops but keep the roots intact, removing when ready to use. Blot dry before storing in a sealable

plastic bag. If using the tops, store separately.

To Prepare for Cooking. Cooking or roasting will mellow out the peppery flavor of radishes. If using raw,

an hour's soak in lightly salted water also draws out some of the spiciness. Drain, rinse, and pat dry before using.

Typically, radishes are not peeled, but both the roots and leaves should be removed before cooking.

Pick or Buy Now, Enjoy Later. Because of their high water content, radishes will not retain their

classic crunch once frozen and thawed. To enjoy them out of season, consider recipes that preserve the

vegetable's satisfying crunch by pickling and refrigerating. Subjecting radishes to canning methods will void

the expected crunch.

Preserve the seasonal flavor of radishes
with gingery Pickled radishes on page
21.

The Locavore's KiTchen

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Minty Radish Tea Sandwiches

Cooling mint is the Makes 24
sandwiches

perfect counterbalance

to the peppery radish . . . 1 cup
mayonnaise

and on a warm day, this 2 tablespoons
sour cream

dainty sandwich and

a tall glass of iced tea 1 tablespoon
freshly grated lemon zest

make a delightful way to 2 teaspoons
fresh lemon juice, more or less to taste

cool off. 2 teaspoons grainy mustard

salt and freshly ground black pepper, to
taste

24 thin slices of white bread

1 cup fresh mint leaves

16 radishes, trimmed and thinly sliced
in a small bowl, combine the
mayonnaise, sour cream, lemon zest,
lemon juice, and

mustard. season with salt and pepper, to
taste.

spread each of the bread slices with a
thin layer of the mayonnaise mixture.
Top with a

layer of the mint leaves and a layer of
the sliced radishes. Top with the
remaining bread

slice and press gently together. Trim the
crusts and cut the sandwiches in half

diagonally.

Wrap in plastic wrap and refrigerate for at least 2 hours before serving.

Radishes with Goat Cheese and Honey

Easy to make, complex Makes 24 appetizers

in flavor, this appetizer

features three wonderful ½ cup soft, mild goat cheese, softened

sensations in each bite:

spicy (radish), tangy 3 tablespoons

honey

(goat cheese), and sweet salt and freshly ground black pepper

(honey). If the green tops 12 large radishes, leafy greens trimmed to ½ inch and halved

are tiny and in perfect

condition, leave them 3 tablespoons chopped fresh chives or flat-leaf parsley

attached to the radish.

in a small bowl, stir together the goat cheese and honey. season to taste with salt and

pepper. (can be made 2 days ahead of time. Bring to room temperature before using.)

arrange the radishes cut side up on a large platter and spoon a small dollop of the goat

cheese mixture on the top of each. garnish with the chopped chives before serving.

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sPring

Radish Salad with Feta and

Pickled Red Spring Onions

This peppery salad is a Makes 6
servings

variation on a classic

*Greek radish salad. Add 4 bunches fresh
young radishes, leaves intact*

pitted olives, if you like

. . . either way, the taste ½ teaspoon salt

is fresh and evocative of ½ teaspoon
freshly ground black pepper

spring. Freshly chopped ½ teaspoon
sugar

flat-leaf parsley can be

substituted for the ½ cup crumbled feta cheese

radish greens, too. ½ cup pickled red spring onions (recipe on page 43)

1 tablespoon red wine vinegar

3 tablespoons extra virgin olive oil

Trim the tops and roots from the radishes, reserving the leaves. Thinly slice the radishes

and set aside. Wash and dry the leaves, removing any that appear damaged or wilted,

and tear them into bite-sized pieces.

Toss the radishes and leaves together in a salad bowl. season with salt, pepper, and

sugar. Toss in the cheese. Top with the pickled red onions, sprinkle with the vinegar, and

drizzle the olive oil over the top. serve immediately.

Soy Roasted Radishes

All root vegetables benefit Makes 4 servings

from a little roasting

time, so why not radishes? 2 bunches

radishes, cleaned, trimmed, and halved

The oven's heat will

mellow the sharp tones 1½ tablespoons
canola oil

and soften the crunchy 2 tablespoons
soy sauce

orbs to a buttery texture. 2 scallions,
thinly sliced

Forget the salt . . . the soy

sauce will do the honors. 1 tablespoon
sesame seeds, toasted

Preheat the oven to 425°F.

Toss the radishes with the oil to coat.
spread the radishes in a single layer on a
sturdy

baking sheet. roast, turning once or
twice, until the radishes are tender and
just

beginning to brown, about 20 to 25
minutes.

sprinkle with the soy sauce and scatter
the scallions over the radishes. roast for
an

additional 3 to 5 minutes.

Transfer the radishes and any liquid to a
serving bowl and sprinkle with the

sesame seeds.

To toast sesame seeds: Place the sesame seeds in a large frying pan. heat the seeds

over medium heat, shaking the pan frequently to prevent burning. When the seeds begin

to darken and become fragrant, remove from the heat. immediately transfer the seeds to

a bowl and cool.

The Locavore's KiTchen



Gingery Pickled Radishes

Makes 3 cups

1½ pounds Daikon radish, peeled,
halved vertically, and cut crosswise into
thin slices

10 red radishes, thinly sliced

1 tablespoon kosher salt

¼ cup rice vinegar

¼ cup sugar

Daikon radishes are 1-inch knob ginger, peeled and thinly sliced

a good choice for this

tangy relish. Long, white, in a large bowl, toss the radish slices with the salt. Let stand at room temperature for

and carrot shaped,

they are crisper, juicier, 1 hour. Drain, rinse, and return to the bowl.

and milder than their in a small
saucepan, combine the vinegar, sugar,
and ginger. Place over low heat

ruby-hued cousins. and stir occasionally
until the sugar has dissolved. remove
from heat and cool

This relish is a delicious

companion to thin slices to room
temperature.

of grilled rare beef. A Place the
radishes in a container, preferably a
large jar that has a tight-fitting lid.

friendly warning: the

aroma when opening the (radishes and vinegar can also be divided between smaller jars.) add the vinegar

container can be quite mixture. chill for a minimum of 12 hours, shaking occasionally. This will keep for 2

sharp. Sniff with caution!

months refrigerated.

radishes: now and later

As a cool-weather vegetable, radishes appear in both the spring and the fall, but there is a

difference to note. Spring radishes are

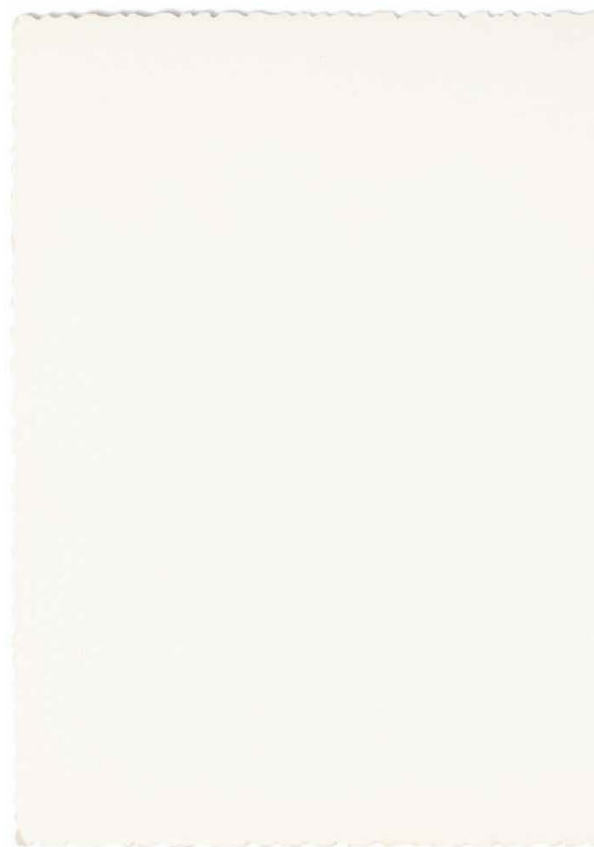
mild and enjoyed as a raw ingredient in recipes. The

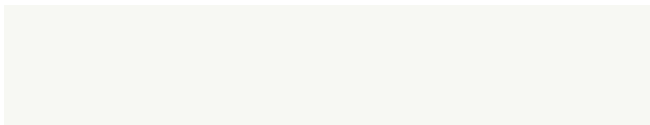
fall or winter varieties are stronger tasting and are better prepared cooked, either braised or

roasted, to mellow the flavor.

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sPring





Local

Flavor

There's a legion of cooks and locavores armed with an ad-

lambs on grains like corn and alfalfa, which will add mar-

venturous nature and a commitment to locally grown food,

bling and create a more subtle flavor and a mild aroma, one

yet when it comes to lamb, some harbor old and outdated

that appeals to a different palate. It's both a matter of prefer-

misconceptions. Many have neither cooked nor tasted lamb,

ence for the producer and a matter of taste for the customer.

and their reasons include thinking that lamb and mutton

are one and the same or that lamb is gamey and hard to

Producers also choose heritage breeds specifically suited

prepare. In many cases their experience has been limited to

to the local palate as well as to the

agricultural personality

commercially raised lamb, which sometimes can be fatty and

of the region. For example, Cotswolds are efficient graz-

strongly flavored. Among their many jobs on the farm, local

ers and excellent foragers, while Poll Dorsets grow rapidly,

lamb producers gladly take on one more—that of “educa-

adapt well to seasonal conditions, and are highly suited for

tor,” unraveling long-standing notions about the tender and

meat production. Southdowns are hardy under all condi-

richly flavored lamb they take great care to raise.

tions, do well in large or small flocks, and have high meat-

to-bone and flesh-to-fat ratios, which means less waste.

As some of the best and most dedicated stewards of our

farmlands, lamb producers know that

raising flocks on pas-

Lamb is meat from sheep that have reached 120 to 135

ture is better for the environment and the animal. These

pounds and are butchered before their first year. This is

farmers manage their pastures as a sustainable resource,

when the animal develops a high ratio of meat to bone and

using rotational grazing practices so that the land can con-

yields cuts that are substantial, meatier,
mildly flavored,

stantly renew itself and provide the best
possible nutrition

and still tender because the lamb hasn't
developed much

source for the animal. Maintaining high-
quality natural re-

muscle or an excess of fat. Mutton, on
the other hand, is

sources results in a healthier animal and
better-tasting, more

meat harvested from sheep older than a

year. It has a stron-

nutritious lamb. While a lamb's life is short, it is well lived.

ger flavor, darker color, and a tougher texture. Inexpensive

and available in great quantity a half-century ago, its less

The label "grass-fed" is an increasingly familiar one that

than optimal taste was compounded by overcooking in the

requires a bit of explanation, since there exists no official

hope of making it more tender.

regulation for what it really means.

Some producers raise

their flocks strictly on a “pasture salad”—grazing on natural

If you’re thinking about giving lamb a chance or another

grasses, legumes, and herbs. The result is an animal whose

try (and you should be), find local lamb producers at farm-

lean meat will have a pleasant “grassy” aroma and will be

ers markets, a great “classroom” for enlightening potential

lower in fat, saturated fat, cholesterol, and calories. Some

customers about the ways lamb is raised and why it makes

producers supplement the grazing with grain or finish the

a difference in each wonderful bite.



Rosemary and Mint Lamb Chops

This recipe assumes that the chops are small

and that 2 (about 8 ounces) will serve 1 guest.

Makes 6 servings

Use your own judgment. If the chops are on the

hefty side, 1 per guest will be sufficient.

12 lamb loin chops, cut 1½ inches thick
salt and freshly ground black pepper, to

season

tips for cooking

1 cup red wine

pastured lamb

½ cup balsamic vinegar

½ cup hot pepper jelly

- Don't overcook. Grass-fed meats are lean

½ cup freshly chopped rosemary

and usually don't have too much fat, so

¼ cup freshly chopped mint

they will cook faster. Lower heat, such as roasting at 325°F for cuts like a leg extra virgin olive oil, for brushing of lamb, and longer cooking times are recommended.

season both sides of the chops liberally with salt and pepper.

set aside.

- Remove the lamb from the oven or grill

just before it reaches the desired internal
in a large mixing bowl (large enough to
hold the chops), combine

temperature, usually between 125°F and
the red wine, balsamic vinegar, jelly,
and chopped herbs, stirring

135°F for most cuts of lamb. As it rests,
it

to dissolve the jelly. add the chops,
turning to coat with the

will continue to cook. Lamb achieves its
mixture. set aside at room temperature

for 1 hour. (The chops can

fullest flavor when cooked to medium rare.

also be refrigerated for up to 8 hours).

- Use a meat thermometer to test the internal

Preheat the broiler to high.

temperature on thick cuts of lamb such as the leg and thick-cut chops, inserting it

remove the chops from the marinade, reserving the marinade.

into the thickest part.

Use a paper towel to blot the surface of the chops dry. Lightly

brush both sides of the chops with the olive oil. arrange the chops

- Allow the meat to rest (10 to 15 minutes

on the rack of a broiler pan about 3 inches from the heat source

for thicker cuts) after cooking before

and broil until well seared on both sides, about 4 minutes per

serving to give the natural juices a chance

side, and done to medium rare (130°F internal temperature). For

to redistribute throughout the meat.

a medium finish, broil the chops 5 to 6 minutes per side (135°F

internal temperature). remove from the broiler and set aside to rest

Internal Temperatures for Leg of Lamb
for 5 minutes.

(Bone in or Boneless) and Thick Chops

Meanwhile, pour about a cup of the reserved marinade into a

Rare 125°F

saucepan and bring to a boil. Boil for 5 minutes or until reduced and

Medium Rare 130°F

slightly syrupy. Brush on the chops before serving.

Medium 135°F



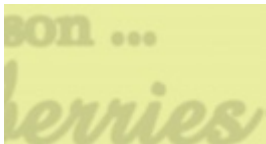
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in season ...

strawberries

When it comes to homegrown strawberries, there is no equal, no match, and

certainly no substitute. When strawberries come on in the garden or come in from the fields, we rush to add them to salads, cobbler, pies, and

parfaits; blend them into smoothies, shakes, and ice cream; top off shortcake, roll into a crepe, spoon over pancakes . . . the possibilities are endless and delicious.

Although you'll find lots of recipes that essentially "gild the lily," fresh local berries need little embellishment to be spectacular. Isn't this what you expect of homegrown, locally grown foods?

Choosing the Best . To tell how a strawberry will taste, follow your nose. If it smells like a delicious

strawberry, it's going to taste like a delicious strawberry. As a general rule of thumb, choose smaller berries

rather than overly large ones that have a tendency to be dry and hollow inside.

Look for an all-over, perfectly

glossy red color and fresh, bright green hulls. Berries with white patches were picked underripe, and once

picked, berries do not continue to ripen.

How to Store Fresh. Excess moisture is a strawberry's biggest foe, so store them unwashed with the caps

intact. Place the strawberries in single

layers separated by paper towels in a plastic container or a sealable plastic bag and refrigerate for 3 to 5 days. Bruised, moldy, or crushed fruit will spoil an entire batch, so remove them before storing.

To Prepare for Cooking. Rinse strawberries with a shower of cool water just before using. Remove the hulls and the pale flesh just underneath with the tip of a sharp paring knife. Blot dry with a paper towel, then halve, slice, or crush.

Pick or Buy Now, Enjoy Later. Freezing is the best way to preserve cleaned and trimmed whole or

sliced strawberries, but because of the high water content they won't hold their shape or have the same texture

as fresh when they are thawed. The upside is that the flavor is still there, and you'll swear you're in the middle of

the real strawberry season. Another delicious way to preserve strawberries and capture the flavor and color is in

jams, great with the "Bring on the Jam" Muffins on page 209.

Freeze this season's strawberries! To learn how, go to page 221. or preserve the seasonal flavor of

strawberries with strawberry Preserves on page 28.

The Locavore's Kitchen

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Roasted Strawberries with Cornmeal Pound Cake

Fresh strawberries Makes 8 to 10 servings

are wonderful.

Roasted strawberries? 1 cup all-purpose flour

Outstanding! The sweet, 1 cup medium grind yellow cornmeal

warm fruit is the perfect

adornment for this $\frac{1}{2}$ teaspoon salt

coarse-textured cornmeal 1 cup unsalted butter, room temperature

pound cake that soaks up

the syrupy juice so not a $1\frac{1}{3}$ cups sugar

single delicious drop 5 large eggs at

room temperature, lightly beaten to combine

goes to waste. 1 teaspoon pure vanilla extract

2 quarts fresh strawberries, washed, patted dry, and hulled

$\frac{1}{4}$ to $\frac{1}{2}$ cup sugar

sweetened whipped cream, to accompany

Fresh mint leaves, as garnish

Preheat the oven to 325°F. Butter and flour a 9 x 5 x 3-inch loaf pan.

Whisk the flour, cornmeal, and salt together in a medium bowl to blend. Using an electric

mixer, beat the butter in a large bowl until light and fluffy, about 3 minutes. gradually

add the $1\frac{1}{3}$ cups sugar and beat for an additional 3 minutes. add the eggs, a little at

a time, to combine. stir in the vanilla. add the dry ingredients, a third at a time, beating

until just blended after each addition. scrape the batter into the prepared pan and bake

for about 1 hour and 15 minutes or until a tester inserted into the center comes out clean.

Let the cake cool for 15 minutes before turning out onto a cake rack. Let cool completely.

(This cake can be wrapped tightly and frozen for up to two months.)

While the cake is baking, toss the strawberries with the $\frac{1}{4}$ to $\frac{1}{2}$ cup sugar to coat.

arrange in a single layer in a shallow baking dish. When the cake is out of the oven,

increase the temperature to 400°F. roast the strawberries for 15 minutes, shaking the pan

halfway through the roasting time. remove from the oven and let sit at room temperature.

To serve, cut the cake into wedges and spoon roasted berries and some of the syrup that

has collected in the baking dish over the top. garnish with a fresh mint leaf or sweetened

whipped cream.

quick fix for cleaning strawberries!

If the season hands you—or blesses you with—a load of strawberries to clean, here's a

simple way to get the job done. Take a sturdy plastic straw and push it through the bottom

of the strawberry. The straw easily tunnels through the fruit, removing the hull as well as the

cap. Clean the shaft of the straw after every fifth or sixth strawberry and continue on.

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sPring

Fresh Strawberry Pie

The first-of-the-season Makes one 9-inch pie

strawberries, sweet, tiny,

and juicy, belong on 1 prebaked 9-inch pie shell

this pie. Make your own

homemade piecrust (page 5 cups strawberries, washed and hulled; left whole if small, halved if larger

128) for an extra-special $\frac{3}{4}$ cup sugar

pie that will make you 3 tablespoons

cornstarch

wish strawberry season

would never end. ½ cup water

1/3 cup cream cheese, softened

Mash enough strawberries to measure $\frac{3}{4}$ cup. Mix the sugar and cornstarch in a large

saucepan. gradually stir in the water and mashed berries. cook over medium heat,

stirring constantly until the mixture thickens and boils. Boil and stir for one minute. remove

from the heat and set aside to cool for 20 to 30 minutes.

Beat the softened cream cheese until smooth; spread in the bottom of the pie shell. Place

the remaining strawberries in a large bowl. add the cooled glaze and gently toss to

combine. Fill the shell with the berry mixture. refrigerate until set, at least 3 hours.

Strawberry Frozen Yogurt

Let the season for frozen Makes 6 servings

treats begin right in your

own kitchen with this 1 quart fresh
strawberries, hulled and halved, divided
use

recipe that takes sweet red

berries and turns them $\frac{1}{2}$ cup sugar

into a chilly dessert— Freshly squeezed
juice of one lemon

without an ice cream 1 cup yogurt

maker. To really make

this a local treat, use your $\frac{1}{4}$ cup milk
(approximate), if needed to thin

own homemade yogurt

(see page 29). combine 2 cups of the
berries with the sugar in a medium
saucepan. Bring to a simmer

over low heat, stirring occasionally until
the sugar is dissolved and the berries
have

released some of their juice, about 5
minutes. Transfer the mixture to a

blender or food

processor along with the remaining berries, lemon juice, and yogurt. Process to a

smooth puree.

Transfer the mixture to a shallow baking dish or bowl. Place in the freezer. stir every 30

minutes. The mixture will freeze solid in about 3 hours.

When ready to serve, transfer the mixture to the blender or food processor and pulse

for 5-second intervals, adding a little milk if necessary until the mixture is smooth.

serve immediately.

The Locavore's KiTchen

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Chocolate Oven Pancake with Strawberries

*This pancake emerges Makes 8 servings
from the oven big and
fluffy, almost bowl 4 eggs*

shaped, ready to fill

with sweet, succulent 1 cup whole milk

strawberries. Homegrown 1 cup all-purpose flour

only, please. $\frac{1}{4}$ cup unsalted butter

1 cup semisweet or bittersweet
chocolate pieces

1 quart fresh strawberries, washed,
hulled, and sliced

confectioners' sugar

Preheat the oven to 425°F.

Place the eggs, milk, and flour in a blender or food processor. Blend until smooth. Melt

the butter in a 10-inch ovenproof skillet. Pour the batter into the hot skillet and bake for

4 minutes. scatter the chocolate pieces over the pancake. Bake for an additional 15

to 20 minutes until puffed and golden brown. Top with fresh strawberries and dust with

confectioners' sugar. cut into wedges and serve immediately.

Strawberries in Balsamic with Black Pepper

Here is a simple take Makes 4 servings
on dessert for fresh

strawberries. Balsamic 2 cups small
fresh strawberries, washed, hulled, and
halved

vinegar not only plays

up the color of the fruit, 2 tablespoons
dark brown sugar

it also creates exciting 1 tablespoon
balsamic vinegar

contrast between sweet grinding of
coarse black pepper

and tart. For the prettiest

presentation, use petite- Fresh mint
leaves, optional

sized berries bursting

with flavor. Place the strawberries in a
medium bowl. sprinkle with the brown
sugar and the vinegar.

stir gently to combine. Let sit for 1 hour
at room temperature. grind a small
amount of

The balsamic-steeped black pepper over

the berries. spoon into small dessert bowls, pouring some of the juice

strawberries are also from the bowl over the berries. garnish with mint leaves, if desired.

delicious spooned over

vanilla ice cream or

served with a dollop of

crème fraîche.

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sPring



Strawberry and Feta Salad

Sweet strawberries, Makes 4 servings

salty feta, and peppery

watercress are unique 2 tablespoons
balsamic vinegar, preferably white
balsamic

flavors on their own

but work together 2 tablespoons fruit-

flavored vinegar or cider vinegar

1

harmoniously in this 1/3 cup extra virgin olive oil

easy-to-create salad. salt and freshly ground black pepper, to taste

If watercress is not

available, arugula is a 4 cups watercress, washed, dried, and trimmed

suitable substitute. 1 pint fresh strawberries, washed, hulled, and sliced

1/2 cup crumbled feta cheese or blue

cheese

in a small bowl, combine the vinegars.
in a thin stream, whisk in the oil until
blended.

season to taste with salt and black
pepper.

Place the watercress in a large bowl.
add half the vinaigrette and toss until
coated.

Divide among chilled salad plates.
Place the strawberries in the same bowl
and toss

with the remaining vinaigrette. Divide
among the salad plates, arranging on top

of the

watercress. Top each salad with 2 tablespoons of feta and a grinding of black pepper

and serve immediately.

Strawberry Preserves

Makes 3 half-pint jars

5 heaping cups fresh, firm strawberries, washed, hulled, and halved

2 cups sugar

½ cup freshly squeezed lemon juice

There are a few goals to reach for when making

strawberry preserves. One Place the berries and sugar in a large bowl. stir until the berries are coated in sugar.

is to keep the brilliant red cover and let stand at room temperature overnight.

color of truly ripe and

wonderful strawberries. Transfer the berries and any juices to a large heavy pot or Dutch oven. Bring to a boil

Another is to maintain the over medium heat, stirring occasionally, until sugar is

dissolved. stir in the lemon juice.

genuine flavor. Ultimately return to a rapid boil and cook for 5 minutes, stirring occasionally. remove from the heat

it's nice to see big pieces and let stand for 24 hours.

of fruit in any jam.

This pectin-free method Bring berries to a full boil over high heat and boil rapidly for 5 minutes, stirring constantly.

delivers those results in remove from the heat and perform a gel test (see page 238). if the gel stage has not

a recipe that is prepared been reached, return to the heat and cook for a few additional minutes, repeating until

over 24 hours, which the gel stage has been reached. once the mixture has gelled, skim off any foam that

seems like a long time, but may have developed. remove from heat.

the actual time spent over

the stove is minimal. Ladle the jam into sterilized jars to within $\frac{1}{4}$ inch of the rim (headspace), seal, and

process for 10 minutes.

new to making jams, jellies, Variation: if you liked the combination of flavors in strawberries in Balsamic with Black

and preserves? For a step-by- Pepper (page 27), translate it to your strawberry jam by reducing the amount of lemon

step guide to the basics, see

“Jams, Jellies, and Preserves” juice to 4 tablespoons and adding 4 tablespoons of good-quality balsamic vinegar. add

on page 237. pepper to taste just before ladling into jars, if desired.

What’s the difference between jams, jellies, and preserves? Find out on page

237.

The Locavore's KiTchen

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Making Your Own: Yogurt

Locally sourced dairy products such as milk and heavy cream are great finds at farmers

markets. Drink them or whip them, but start thinking outside the carton (or glass bottle)

and you'll discover that it's easy to transform the rich flavor of local dairy products into

other wonderful foods and ingredients like yogurt. The advantage of making your own

yogurt? There's more than one.

homemade yogurt simply tastes better than commercial yogurts. it's lively, tangy, and

silky, contains no added sugars or

thickeners, and is delicious drizzled with honey or

topped with a jumble of fresh seasonal fruits. There's also the comfort of knowing that it's

wholesome as well.

as an added bonus, homemade yogurt is typically less expensive than grocery-store

varieties and there's no packaging waste. not convinced? all it takes is one batch.

Homemade Yogurt

Makes 8 cups or 2 quarts

Make sure that all the

equipment used to make $\frac{1}{2}$ gallon good-quality cow's milk, any variety

and store your yogurt has

been washed with very 1 6-ounce carton good-quality plain yogurt that contains active cultures

hot water, completely

rinsed, and dried. Pour the milk into a large stainless steel pot. Place over medium to medium-low heat and

gently heat until the milk is frothy. This will take about 15 to 20 minutes. Use a reliable

instant-read thermometer to check the temperature occasionally. When the temperature

if you want to thicken the reaches 185°F, remove the pot from the heat and set aside to cool. (heating the milk to

yogurt to use for a sauce, 185°F destroys any of the bacteria that prevent the yogurt cultures from doing their work.)

drain a portion in a fine

mesh sieve lined with a after about 30

minutes, check the temperature of the milk with the thermometer. When

coffee filter for a few hours. the temperature has dropped to between 110°F and 115°F, stir in the plain yogurt until

completely blended.

Pour the mixture into two clean, sterilized quart jars or two 16-ounce plastic yogurt

containers. seal with tight-fitting lids.

cover the jars or containers with a heavy towel and let sit undisturbed in a warm part

of the kitchen for 8 hours or overnight. The yogurt will have thickened. Place in the

refrigerator to chill. Before using, give the yogurt a good stir. This yogurt will keep in the

refrigerator for 2 weeks.

add yogurt to smoothies, chilled fruit soups, and salad dressings and use in baking, too.

Use it for the cucumber sauce on page 53 that accompanies the Lamb Burgers, blend

it into the chilly strawberry Frozen

Yogurt on page 26, or try it as the base for the Yogurt

sauce that tops the sweet Pumpkin on page 200. You can also just get a spoon and

prepare to be delighted!

get a head start!

Besides having just created a batch of great-tasting yogurt at less than the cost of commercial varieties, you've also

created the starter for your next batch and any to follow. Remove 6 tablespoons to launch your next batch and store in a

small freezer bag or freezer-proof container with a tight-fitting lid. Thaw the starter in the refrigerator before adding to

a new batch. Starters can be frozen for several months.

29

sPring



... peas

in season

1

1

1

1

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1

1



in season ... *peas*

Sweet and tender peas are the green candy of the garden. While the vast majority of peas in the

world are sold either canned or frozen, the taste of peas picked and enjoyed in season has no rival.

Whether you choose the shelled or the edible pod varieties, you owe it to yourself to either grow peas or be the

first at the farmers market or roadside stand to buy them shortly after they are harvested. As with corn, once

peas are picked, the sugars begin to turn to starch and with that, the sweetness wanes and the texture toughens.

Making them part of your dinner plan that day is smart (and delicious) thinking.

Choosing the Best. Color is key when it comes to choosing any variety of peas. Look for firm, lustrous

green pods that snap instantly when bent. Pass on pea pods that look spotted, limp, or just plain tired—and

never buy shelled peas where the work has been done for you. Ideal sugar snap and snow pea pods should be

about three inches long, and garden pea pods should be full and plump, signs that the peas inside are fully

developed and will be easier to shell.

How to Store Fresh. It's to the cook's advantage to cook peas the same day they are picked or purchased,

but if you do need to keep them for a day or two, store the unwashed pods in a sealable, perforated plastic bag

or container. Garden peas should be left in their shells until needed.

To Prepare for Cooking. Garden peas have to be removed from the pod, which,

although laborious,

rewards the worker with a taste unique to fresh peas. Simply snap the top of the pod and pull the string that runs

down the side. That will open up the pod, and peas will spill out with a gentle nudge.

Sugar snap peas' edible pods still require stringing. Simply snap the top down toward the flat side of the pod and pull

down, simultaneously removing the strings down both seams. Snow peas generally only need the stem tip removed.

Whoever came up with the color “pea green” might have been overcooking their peas. Peas, picked or cooked, should never have the washed-out yellow tones of the infamous crayon color. Heat destroys their character and color, so the trick is to be quick! Fresh peas cook in minutes.

Pick or Buy Now, Enjoy Later.
Blanching and freezing shelled garden peas and sugar snap or snow pea varieties is the best way to preserve the beautiful color and some of the texture. Still, once thawed they will lose

the characteristic crunch reserved for fresh, but the flavor will still make you think of spring.

Snow and snap peas can be used for sautés and stir-fries. Frozen shelled peas can be added to quick-cooking side

dishes and soups and can be used to make the Green Pea Hummus on page 34 all year long.

Freeze this season's peas. To learn how, go to page 218.

The Locavore's KiTchen

Peppered Peas and Garlic

Whether your preference Makes 4 servings

is for shelled peas or

for snow or sugar snap 1 tablespoon extra virgin olive oil

varieties, this recipe is

very accommodating. 2 cloves garlic, crushed

Simply substitute about 1 teaspoon freshly cracked black pepper

1 pound of the edible 2 cups freshly

shelled peas

pods for the shelled peas

and lengthen the cooking 1 teaspoon
dark brown sugar

times a bit. 1 teaspoon balsamic vinegar

heat the oil in a large, heavy, nonstick
skillet over medium heat. add the garlic
and

pepper and sauté for about 30 seconds,
until the garlic softens and the pepper is

fragrant. add the peas and the brown
sugar and cook for 2 to 3 minutes or until

the peas are tender. Drizzle with the balsamic. season with salt to taste and serve

immediately.

Pea Shooters

When spring yields Makes 12 shooter servings or 6 servings of chilled soup

sweet peas and fresh

mint, they make for 2 tablespoons
unsalted butter

good companions in this 1 medium
onion, chopped

simple soup that should

be enjoyed chilled on a 1 small leek,
white and light green parts only, thinly
sliced

hot day. Serve these as an 1 stalk
celery, chopped

appetizer in tall “shooter” 4 cups
chicken or vegetable stock

glasses or in small

chilled bowls as a little 4 cups fresh
peas*

something before supper. salt and
freshly ground white pepper to taste

crème fraîche, to accompany

Fresh mint, finely chopped

Melt the butter in a large pan over medium heat. add the onion, leek, and celery. cook,

stirring, until soft and fragrant, about 8 to 10 minutes (avoid browning the vegetables).

add the stock and raise the heat to high. When it reaches a boil, reduce the heat to low

and simmer 5 minutes. add the peas and cook 5 minutes.

Transfer the mixture to a blender and working in small batches, puree the soup. Transfer

the puree to a tall pitcher or medium bowl.

Partially fill a large bowl with ice and water. Place the pitcher in the ice water to cool

the puree to room temperature, stirring occasionally. This will help the puree maintain its

vibrant color. Taste and season with salt and pepper.

cover the pitcher and refrigerate the

soup until chilled.

To serve, pour the soup from the pitcher into shooter glasses or divide between chilled soup

bowls. add a tiny dollop of crème fraîche. garnish with a little finely chopped mint and serve.

*Frozen peas may be substituted for fresh. adjust the cooking time to 2 minutes.

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sPring

Chilled Pea Salad with Dill

Full of fresh peas, Makes 4 servings

scallions, and dill, this

*chilled salad is a lovely 4 cups freshly
shelled peas*

*way to begin a spring ½ cup crème
fraîche or sour cream*

brunch, lunch, or light

*dinner and a perfect 2 teaspoons freshly
squeezed lemon juice*

*companion to the Chard 1 scallion,
thinly sliced*

Pancakes on page 36. 1 teaspoon sugar

2 teaspoons fresh dill or 1 teaspoon dried

Pinch of cayenne pepper

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon freshly ground black pepper

4 cups fresh salad greens, optional

cook the peas in a large saucepan of boiling water for 3 to 4 minutes until tender. Drain

and set aside to cool completely.

in a medium bowl, whisk together all the remaining ingredients. When combined,

add

the peas and toss gently to coat.

refrigerate until chilled, at least 2 hours or up to 6.

serve on a small bed of greens or in small chilled bowls.

Stir-Fried Snow Peas

Quick is the trick when Makes 4 servings

it comes to stir-frying . . .

and that's why snow peas 1 tablespoon
peanut oil or canola oil

are the perfect ingredient

for this cooking technique 1 pound
snow peas, trimmed and rinsed

that demands high heat 3 scallions, cut
into 1-inch pieces

and short cooking times 1 clove garlic,
minced

to maintain the color

and integrity of fresh 1 tablespoon
chopped fresh mint or more to taste

ingredients. salt and freshly ground
black pepper

heat the oil in a large frying pan or wok over high heat. add the peas and stir-fry,

tossing often, for 3 minutes. add the scallions and garlic and toss for an additional minute

or until the peas are crisp-tender and bright green. remove from the heat and toss with

chopped mint. season to taste with salt and pepper.

mind your peas

Peas come in a few varieties, each with unique features. It's important to know the differences

before choosing one for a particular recipe.

snow peas: Sweet, tender, edible flat pods with tiny peas that cook quickly and are often used

for stir-fry dishes.

sugar snap peas: These bear a strong resemblance to shelling peas but have smaller, curvy

pods that, cooked or raw, are sweet and edible.

shelling peas: Plump garden or English peas grow in a stringy, tough, inedible pod. Peas in a

pod must be removed before cooking.

The Locavore's KiTchen

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Sugar Snap Peas with Sage and Nut Butter

The added step of Makes 6 servings

blanching the plump

pods of sugar snap peas 1 pound sugar snap peas, rinsed and dried

helps seal in the bright

green color and fresh 2 tablespoons

chopped nuts (walnuts, hazelnuts, or pecans)

flavor of the peas as well 3 tablespoons unsalted butter

as reducing the amount 2 tablespoons chopped sage

of time the peas spend

over the heat. This is an salt and freshly ground black pepper

excellent technique to

use for thicker vegetables Blanch the peas in a large pot of boiling salted water for 3 to 4 minutes or until bright

tossed into stir-fries. green. Transfer peas to a bowl of ice water to stop the cooking. Drain well and set aside.

Toast the nuts in a large skillet over medium heat, stirring frequently, about 5 minutes. When

the nuts are fragrant and lightly browned, remove from the pan and set aside to cool.

add the butter to the hot skillet and cook until it turns a light brown color (similar to light

brown sugar) and has a nutty, not burnt, fragrance. add the peas, chopped sage, and

nuts to the skillet and toss to combine.
cook until heated through, about 2
minutes.

season with salt and pepper to taste and
serve immediately.

Roasted Sugar Snap Peas

Roasting has a way of Makes 4 servings

bringing out the best

flavor in most fruits and 1 pound fresh
sugar snap peas, rinsed and dried

vegetables, including fresh 1
tablespoon extra virgin olive oil

sugar snap peas. It's a

simple, hands-off cooking coarse sea salt, to taste

technique that brings this cracked black pepper, to taste

side dish to the table in

less than 10 minutes. 2 tablespoons chopped fresh chives

Preheat the oven to 450°F.

Toss the peas with the olive oil and spread in a single layer on a rimmed baking sheet.

roast for 5 minutes before stirring.
continue roasting for a few additional
minutes or

until brown spots begin to appear on the
pods. remove from the oven and transfer
to

a serving dish. season to taste with salt
and pepper and sprinkle with fresh
chives.

serve immediately.

33

sPring

Green Pea Hummus

In this recipe, all of Makes 6 to 8
appetizer servings

the classic ingredients

that go into a creamy 3 cups freshly
shelled peas

hummus revolve around

fresh seasonal green peas 3 cloves
garlic, peeled

instead of the traditional 3 tablespoons
tahini

chickpeas. The result is Juice of 1 large
lemon

a fresh, sweet flavor and

beautiful, bright color. 1 teaspoon
ground cumin

*Use it as a dip or as a ½ teaspoon salt
spread for sandwiches.*

If you have frozen peas, 1 tablespoon
extra virgin olive oil, more or less to
taste

call them into service in Freshly ground
black pepper

the winter. Pinch of chili powder or
chipotle powder

4 8-inch pita rounds

extra virgin olive oil

Place the peas in a large saucepan of boiling water. cook for 3 to 4 minutes until tender.

Drain and set aside to cool slightly.

Place the garlic, tahini, and lemon juice in the work bowl of a food processor. add the

peas and process for about 30 seconds. add the cumin, salt, olive oil, pepper, and chili

powder and process until smooth,

scraping down the sides of the work bowl once or

twice. Transfer to a bowl, cover, and refrigerate for at least 2 hours or overnight. serve

with baked pita chips.

To prepare the pitas, preheat the oven to 375°F. cut each of the rounds into eight

wedges. Brush both sides lightly with olive oil and arrange in a single layer on a baking

sheet. Bake for 12 to 15 minutes or until golden and slightly crispy. remove from oven

and allow to cool before serving with the hummus. chips may be stored in a container

with a tight-fitting lid for up to a week.

easy tahini

Tahini is ground sesame paste, typically found in classic hummus recipes. You can make your

own tahini by placing 1½ cups untoasted sesame seeds in the work bowl of a food processor.

With the motor running, add ½ cup olive oil and process into a coarse paste, scraping the

sides of the bowl occasionally, about 2 minutes. Add up to $\frac{1}{4}$ cup additional oil and process

for up to an additional 2 minutes until it becomes a smooth paste with a slightly grainy

texture. Store in a well-sealed jar in the refrigerator for up to 3 months. This will make about

1½ cups of tahini.

The Locavore's Kitchen



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in season

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in season .. *chard*

Chard or Swiss chard (although there's nothing really *Swiss* about it) arrives at the farmers

markets in unexplained bundles. Deeply creased, fanlike leaves wave from the tops of intensely colored stalks

in crimson orange, gold, or cream tones, vying for some long-overdue attention yet often passed up for more

familiar choices in greens.

Ask longtime fans about the often underutilized vegetable and they'll attest to the earthy, robust taste of the

leaves, often compared to and used as a substitute in recipes calling for spinach. Thin slivers of the raw leaf

look and taste wonderful in fresh salads. The stalks, when featured on their own, are reminiscent of beets—not

surprising, since chard is a member of the beet family.

Chard is the garden's two-for-the-price-of-one special. From the ground up, every bit of it is used.

Choosing the Best. Young chard is the preferred choice, mild and tender when the leaves are crisp and

glossy green and measure no more than 6 inches high. The ribs, no matter what color, should be bright and firm.

Mix them up in your cooking, because there is little difference in flavor between colors. Don't feel you have to

pass up chard when the leaves are bigger. Larger leaves may need a little more cooking time to soften but make

a great wrap for savory meat and rice fillings, and the stalk can be chopped and tossed into vegetable soups.

How to Store Fresh. There is a lot of water in chard, so buying or picking fresh and using it the same day

is preferred, but unwashed chard, refrigerated in a perforated plastic bag, will hold for a few days. Once cooked, chard does not store well in the refrigerator, turning an unpleasant color with a tart taste.

To Prepare for Cooking. Harvested young, the tender leaves and slim stalks can be chopped and cooked

together, softening to perfection at the same rate. Clean the chard by swishing the leaves and stems in a large

bowl or sink filled with cool water. Shake off the excess water and blot dry before proceeding with the recipe.

Larger plants are certainly usable, but take more work. The stalk, as thick as celery, has strings running up the

back that should be removed. The leaf becomes a bit tougher. Leaves and stalks will now cook at different rates,

so they have to be separated, giving the stalks a head start in the pan before adding the leaves.

Pick or Buy Now, Enjoy Later. Whole chard leaves can be blanched and frozen, but the same is not

true of the stems, which will discolor and turn mushy when thawed. Thawed leaves can be stirred into soups and

stews and used to make Chard Pancakes (page 36) all year round.

Freeze this season's chard! To learn how, go to page 218.

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sPring

Chard Pancakes

These fluffy pancakes Makes 6 servings

make dinner out of a

breakfast favorite by 2 tablespoons
unsalted butter

2 cups all-purpose flour

adding sautéed chard, 1 medium onion,
diced

1 tablespoon baking powder

onions, and garlic.

Pass the sour cream with 2 cloves
garlic, minced

1 teaspoon sugar

each stack or top with 1 bunch chard,
stalks and leaves separated,

1½ cups buttermilk, plus extra to thin

some warm Chunky All-

rinsed and dried, about 8 to 10 ounces

oil for the griddle

Purpose Tomato Sauce salt and freshly ground black pepper, to taste

sour cream, to accompany

from the pantry (page

121) for an unusual twist. Melt the butter in a large skillet over medium heat. add the onion and sauté until soft and

fragrant, about 6 minutes. add the garlic

and sauté a minute longer. add the chard stalks

and cook for 2 minutes before adding the leaves. cook until both are soft and limp,

about 5 minutes total. season with salt and pepper. remove from the heat and set aside

if using frozen chard to cool.

leaves, thaw, drain, and

squeeze as much liquid as in a large mixing bowl, combine the flour, baking powder, and sugar. stir in 1½ cups

possible from the leaves buttermilk until

all the dry ingredients are moistened.
add the chard mixture, stirring until

before adding combined. add enough
additional buttermilk that the batter is
thick but pourable.

to the recipe.

heat a griddle over medium heat. When
the griddle is hot, brush with the oil.

Pour or

scoop the batter onto the griddle, using
approximately $\frac{1}{4}$ cup for each pancake.
Let cook

until bubbles appear on the surface and
the edges of the pancake look lightly

browned,

about 4 minutes. Flip the pancake over and cook an additional minute. oil the grill for

every batch of pancakes.

serve hot with a dollop of sour cream.

Linguine with Chard and Bacon

In this rustic pasta dish, Makes 6 servings

only the leaves of the

chard are called into 1 pound dried linguine

1 to 2 tablespoons balsamic vinegar

service. Save the stalks 12 to 15 slices
thick-sliced bacon (about $\frac{3}{4}$

and toss them the next

1 tablespoon extra virgin olive oil

pound), cut into $\frac{1}{2}$ -inch pieces

day into a soup or stew

1 cup grated Parmesan cheese

or simply sauté them in 1 large red
onion, thinly sliced

salt and freshly ground black pepper,

some olive oil and garlic 2 cloves
garlic, coarsely chopped

to taste

and finish with a splash 2 bunches
chard, stems removed, cut into thin
ribbons

of vinegar.

cook the pasta in a large pot of boiling
salted water, stirring occasionally, until
al dente

(tender with a firm bite), about 12 to 14
minutes. Drain, reserving 1 cup of the
cooking

liquid. cover the pasta with a sheet of plastic wrap to keep it warm.

return the pot to the stove over medium heat. add the bacon and cook until crisp, stirring

occasionally, about 10 minutes. remove the bacon with a slotted spoon and transfer to

paper towels to drain.

remove all but 2 tablespoons of the bacon drippings. add the onion and sauté over

medium-high heat until softened, about 5 minutes. add the garlic and sauté for an

additional minute. add the chard and the reserved pasta liquid and toss until the chard is

wilted and tender, about 4 to 5 minutes. sprinkle the vinegar over the chard and toss for

an additional minute.

add the linguine back to the pot. add the olive oil and toss to coat. add the bacon and

cheese and toss until combined. Taste and season with salt and pepper as needed.

Transfer to a serving bowl. serve

immediately.

The Locavore's KiTchen

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Chard and Egg Ribbon Soup

You can substitute a Makes 6 servings

variety of seasonal hardy

greens, like spinach, deep 6 cups rich
chicken stock

green lettuces, and kale, 2 cloves
garlic, minced

in this classic soup to give

it a different character, 1 pound chard,
leaves and stems separated, leaves cut
into thin ribbons

but be sure to try it with (stems
reserved for another use)

fresh, leafy chard. It will $\frac{1}{4}$ cup freshly
grated Parmesan cheese, plus extra for
serving

take the chill out of a

cold spring day. 3 large eggs

$\frac{1}{2}$ tablespoon freshly squeezed lemon
juice

salt and freshly ground black pepper, to

taste

combine the stock and garlic in a large pot. Bring to a boil over high heat. add the

chard, cover, and reduce the heat to low. cook until the chard is tender, about 10 to 12

minutes. stir in the cheese.

Lightly beat the eggs with the lemon juice in a small bowl. return the soup to a boil.

Using a fork, gradually stir the eggs into the soup until they appear thin and “thread”-like,

about 30 seconds. season to taste with salt and pepper.

serve immediately with extra cheese, if desired.

Sweet and Spicy Chard

Brightly colored chard Makes 4 servings

finds a perfect home in this

recipe that uses both stems 1 pound chard, rinsed and patted dry

and leaves. It's cooked just 1 tablespoon extra virgin olive oil

enough to keep the bright

colors and the texture 1 small onion,
chopped

interesting. Local maple 1-inch piece
ginger root, peeled and grated

syrup adds a delightful salt and freshly
ground black pepper, to taste

burst of sweet flavor. 2 tablespoons real
maple syrup

separate the stems and leaves of the
chard. slice the stems into $\frac{1}{4}$ -inch
pieces. stack the

leaves, roll up and slice crosswise into

1-inch strips. set both aside.

heat the olive oil in a large skillet over medium heat. sauté the chard stems, onion, and

ginger until soft and fragrant, about 5 minutes. season with salt and pepper. add the

leaves to the skillet and reduce the heat to low. continue cooking until the leaves have

wilted, about 2 additional minutes. Drizzle the maple syrup over the mixture and stir to

coat evenly. remove from the heat and

serve immediately.

edible landscapes

Experienced gardeners know and appreciate chard not only for its delicious and sturdy

nature but also as a decorative plant that can be used as an ornamental in the flower garden,

pretty to look at both in the garden and on the plate. Chard grows well regardless of soil

type and tolerates partial shade. It can be easily started from seed in early spring. You can

begin harvesting the leaves when they are 3 inches long, and providing that you continue to

remove them, the plant will keep producing. The heat of the summer turns the leaves bitter,

but if you continue to remove the older leaves, the plant will produce into the fall.

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sPring





Local

Flavor

maple syrup

If you live in a region of the country
where cold weather

grades of maple syrup

is a natural fact, one of your rewards for enduring it is the

arrival of spring and another is the promise of local maple

syrup. The work of nature and skilled maple syrup produc-

The United States Department of Agriculture has assigned

ers, it's worthy of a locavore's attention.

grades to maple syrup based on flavor and color. Which

grade you prefer is a matter of personal taste.

True maple syrup is a product of maple sap, tasteless and

watery when collected in the spring and boiled down typ-

grade light amber: Harvested early in the season when the

ically over a wood fire to drive off the water. It takes about

weather is cold; light in color with a delicate maple flavor;

forty gallons of sap and a lot of time to make one gallon

enjoy as pancake and waffle syrup.

of syrup. The labor-intensive process accounts for what

grade medium amber: Darker and with a more

might at first blush seem a steep price, but it's a singular

pronounced maple flavor; use as syrup and in baking.

taste that has no equal. "Imitation" syrups, a distinction

confirmed by taste, is overly thick and cloyingly sweet and

grade dark amber: Very dark and with

a strong maple

nothing like the original it desperately seeks to imitate.

flavor; better for cooking and baking although some like

Real maple syrup can have a consistency that ranges from

to use it as syrup.

somewhat thin to thick (like honey) and a natural earthy

sweet taste with undertones of smoke and minerals.

grade b or cooking syrup: Extremely dark in color with a

strong maple taste and a hint of caramel; mostly used in

Maple syrup can be poured onto oatmeal topped with

baked goods.

chopped apples, added along with cinnamon to pureed sweet

potatoes, or used to sweeten freshly made applesauce (page

135)—and of course poured over the ubiquitous short stack

dripping with butter, the ultimate platform for maple syrup.

Baked Eggs in Maple Toast Cups

Eggs, maple syrup, Makes 3 to 6 servings

butter, bread, bacon . . .

sounds like a trip to the 2 tablespoons unsalted butter, plus extra for muffin cups

farmers market. There's 2 tablespoons pure maple syrup, plus extra to accompany

lots of satisfaction to be 6 slices white

bread, sandwich style, crusts trimmed

had when the majority 3 slices bacon,
cooked and crumbled

6 large fresh eggs

of ingredients in a

recipe can be Preheat the oven to 400°F.

Butter 6 muffin cups or 6 4-ounce
ramekins. Melt the butter

locally sourced. with the syrup.

Flatten each slice of bread with a rolling
pin. Brush both sides with the butter-
maple mixture

and tuck each slice into a muffin cup.
Divide the crumbled bacon between the
cups. crack

an egg into each cup. Bake until the eggs
are set and opaque and the yolks are still
soft,

about 14 minutes. check the eggs after 10
minutes. Let cool for just a few minutes
before

removing from the muffin cups. serve,
passing additional warmed maple syrup.



in sea

spring

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son ...
onions

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15







in season ...

spring onions

Collectively, the first onions to arrive at farmers markets are called spring onions. While

there are differences among varieties, spring onions are generally intended to

be enjoyed soon after harvesting.

Technically, spring onions are younger, more tender versions of themselves before they swell to the papery-

skinned storing onions harvested in the fall. They'll have a slightly swollen bulb and perky green leaves (or

stalks) and come in either white or purple, with little difference in flavor between the two. Spring onions are

zippier and sweeter than green onions, yet milder than regular onions.

Green onions, often called scallions, are actually two different types of onions but

so close in looks and taste

that they can be used interchangeably in most recipes. Both are tall and slim with an undeveloped bulb, but true

scallions are a bit milder than green onions.

Choosing the Best. On any spring variety, the stiff, green, and edible stalks (which are the leaves) should

show no signs of wilting, yellowing, or slime and should be vividly green. If they look pale or faded, they've been

harvested too soon and won't keep very long or well. The bulb on any spring

onion, whether green, white, red, or purple, should be bright and shiny.

How to Store Fresh. Store unwashed onions in the refrigerator, wrapped in plastic or placed in a sealable

storage bag. Leave behind any limp or faded stalks. Thinner onions will keep up to three days, while those with

a more developed bulb will hold for a few days more.

To Prepare for Cooking. For thinner green onions, trim just above the root and halfway up the green

stalk. They can be sliced in any number of ways, from cutting the tubular leaves into thin slivers for salads to

slicing larger pieces for stir-fries, or left whole to use as crudités.

For spring onions with a more developed bulb, trim off the root end and slip off a layer or two of the onion skin,

as needed. Trim up the stalk just an inch or two. You can use these onions for roasting, chop the stalks for salads

and stir fries, or thinly slice and sauté them.

Pick or Buy Now, Enjoy Later. Chopped

or sliced fresh onions can be packaged in smaller plastic bags

for the freezer. Once thawed, they will be limp and will not resemble their fresh selves, which is fine if you're

planning on using them in soups, stews, chilis, or chowders. To stretch their taste and beautiful color beyond the

spring, pickle them in a brine and refrigerate. Use them as a condiment or toss them into salads all year long.

Preserve the seasonal flavor of spring onions with the Pickled red spring onions on page 43.

sPring

Scallion Skillet Breads

The absence of yeast in Makes 8 servings

this bread recipe may

make you wonder about 4 cups all-purpose flour

the texture, but you'll be 1½ cups boiling water

surprised at the tender

and delicious results. ¼ cup toasted
sesame oil

Every bite features a little 2 teaspoons
salt

burst of spring green ½ cup minced
scallions

onion flavor. ¼ cup coarsely chopped
cilantro

¼ cup sesame seeds, toasted

vegetable oil, for frying

Put the flour in a large bowl and add the
boiling water. stir until a rough, shaggy
dough

forms. gather the scraps together and form a dough ball. Turn the dough out onto a work

surface and knead until the dough is soft and smooth, but not sticky, about 10 minutes.

(Flour the work surface only if the dough is sticking.) cover the dough with the bowl and

let rest 20 minutes.

Knead the dough for another 3 minutes, then shape it into a cylinder, about 8 inches

long. Divide the dough into 8 pieces.

Use a rolling pin to roll one piece of dough into a

6-inch round, about $\frac{1}{4}$ inch thick. Brush the top of the round with sesame oil and sprinkle

lightly with $\frac{1}{4}$ teaspoon salt, 1 tablespoon scallions, $\frac{1}{2}$ tablespoon cilantro, and $\frac{1}{2}$

tablespoon sesame seeds. roll the pancake up into a tight cylinder. Twist it into a knot

and flatten with the palm of your hand. roll the dough out again into a 6-inch round.

repeat with the remaining pieces of dough.

Place a heavy nonstick skillet over medium heat. add about a tablespoon of vegetable

oil. When the oil is hot, fry the breads, one at a time, on both sides for about 3 minutes

per side until golden and crispy. Drain on paper towels and sprinkle with additional salt,

if desired. serve warm.

Roasted Spring Onions

Quick, simple, and Makes 4 servings

delicious, roasting brings

out the sweetness in 4 red spring onions, on the larger side

spring onions. Depending

on the size of the onions, 2 tablespoons unsalted butter, cut into 8 pieces

adjust the cooking time— extra virgin olive oil, for drizzling

less for smaller onions, coarse sea salt

perhaps a bit more for

larger. You can also repeat coarsely ground black pepper

this recipe in the fall with Balsamic vinegar, for drizzling (optional)

red storage onions. 2 teaspoons freshly chopped thyme

Preheat the oven to 425°F.

split the onions in half at the equator. on the cut side of each onion, cut a shallow X in

the tops. Trim the root end so the onion sits flat in the baking dish. arrange cut side up

in a shallow baking pan. Place a knob of butter on top of each, followed by a drizzling

of olive oil. sprinkle with salt and pepper. roast for 20 to 25 minutes or until tender and

lightly browned.

Lightly drizzle balsamic vinegar over the top of the onions and sprinkle with thyme. serve

warm or at room temperature.

The Locavore's KiTchen

Savory Cheese and Scallion Scones

Studded with green, Makes 8 scones

these scones are nice

*companions to other fresh 2½ to 3 cups
all-purpose flour*

*flavors of the season you'll 1
tablespoon baking powder*

find in soups and salads.

*The trick to getting ½ teaspoon baking
soda*

buttery, tender results is 1 teaspoon salt

to handle the dough as

little as possible. 4 ounces crumbled
feta cheese

4 ounces cream cheese, softened

6 scallions, green and white sections,
sliced

1 cup buttermilk

2 eggs, divided use

2 tablespoons milk

Preheat the oven to 425°F. Line a baking
sheet with parchment paper and dust
lightly

with flour.

combine 2½ cups flour, baking powder, soda, and salt in a large bowl. add the

cheeses and scallions, tossing gently with a fork until combined.

in a separate small bowl, beat the buttermilk with 1 egg until blended. gently fold into

the dry ingredients until a soft dough forms. (add up to ½ cup additional flour if the

dough is too sticky.)

Turn the dough out onto a floured surface

and gently pat into a 1-inch-thick circle.

Transfer to the baking sheet. Using a serrated knife rubbed with flour, cut the circle into 8

wedges. Using a fork, blend the remaining egg with the milk in a small bowl. Brush this

mixture over the wedges.

Bake until the scones are golden on top and a tester inserted in the center comes out

clean, about 15 minutes. cool for 5 minutes on the tray. serve warm.

sPring

Spring Onion Puddings

Who said pudding had Makes 8
servings

to be for dessert? This

savory pudding is a great 1 tablespoon
extra virgin olive oil

addition to the Sunday 3 cups coarsely
chopped spring onions

dinner table or, when

spring hands us a cold 1 teaspoon fresh
thyme

and chilly day, makes us 1 tablespoon
chopped fresh parsley, plus extra for
garnish

appreciate the warmer

days ahead. Mix it up $\frac{1}{2}$ teaspoon
chopped fresh rosemary

with a few scallions. 3 tablespoons
unsalted butter, divided use

Later in the growing 2 tablespoons all-
purpose flour

season, this recipe works

just as well with the 1½ cups whole milk

substitution of storage 1 cup fresh soft breadcrumbs, divided use

onions and leeks. 3 eggs, lightly beaten

½ teaspoon salt

if the breadcrumbs on top

brown too quickly, drape a Freshly ground black pepper

piece of foil over the tops grated nutmeg
of the ramekins.

Preheat the oven to 350°F. Butter 8 4-ounce ramekins.

heat the olive oil in a large saucepan. add the onions, thyme, parsley, and rosemary

and cook until soft and tender, about 8 to 10 minutes. Divide the onion mixture between

the ramekins.

in the same saucepan, melt 2 tablespoons of the butter and whisk in the flour until smooth

and bubbly. gradually add the milk, whisking constantly until blended. cook

over

medium-low heat, whisking constantly, until thick and bubbly. remove from the heat and

stir in half of the breadcrumbs with the eggs, salt, pepper, and a grating of nutmeg. Ladle

the mixture over the onions in the ramekins.

Melt the remaining tablespoon of butter and toss the remaining breadcrumbs and the

extra parsley with the melted butter. Distribute over the top of the onion

mixture. Bake for

35 to 40 minutes or until a knife inserted in the center comes out clean.

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Pickled Red Spring Onions

Makes about 4 cups

1 pound red spring onions, peeled and thinly sliced

4 cups boiling water

½ cup cider vinegar or red wine vinegar

½ cup water

3 tablespoons local honey

You'll love the bright

magenta color of these 1 teaspoon salt

onions both in the jar 1 teaspoon
peppercorns, crushed

and on a salad or toasted

baguettes. They're also

great mixed into bean Place the sliced
onions in a large bowl and pour the
boiling water over the top. Let them

dishes, chilled asparagus sit for 5
minutes and then drain thoroughly in a
colander.

spears, and more. This is a

great condiment that will in a separate
bowl, combine the vinegar, water,

honey, salt, and peppercorns for the

keep for four months in pickling liquid,
stirring until the honey is dissolved.

Pour into the bowl with the onions and

a tightly sealed jar in the let sit for
about 30 minutes. Transfer the onions
and enough liquid to cover to a large

refrigerator. Repeat this quart jar with
a tight-fitting lid. store in the refrigerator
for up to 3 months.

recipe when red onions,

the larger storage versions,

show up in the fall.

sPring





Local

Flavor

fresh eggs

There's an old proverb that goes, "Love and eggs are best

Chive and Goat Cheese Omelet

when they are fresh." Love, maybe, but eggs? Definitely.

This recipe takes a little effort on your part. The chickens that laid

You've probably noticed that eggs, by the dozens, are get-

the eggs with the bright beautiful yolks

really deserve most of the

ting more attention as locavores and cooks get hooked on

credit. Yes, it only serves one or two, but omelets should be made in

the fresh taste and nutritional quality of eggs from “free-

small measure for the best results.

range” or “pastured” chickens, flocks that spend their life-

Makes 1 to 2 servings

time on pasture, moving about on grass

and enjoying fresh

air and clean water, foraging for greens
and clover, eating

2 fresh eggs

all the worms and insects they want—in
short, living the

2 tablespoons finely chopped chives,
plus extra for garnish

life intended for chickens. Diligent
farmers and those who

splash of water

tend backyard flocks balance this free-

ranging lifestyle

salt and freshly ground black pepper, to taste

with healthy feeds rich in calcium, protein, and carbohy-

½ tablespoon unsalted butter

drates from wheat and barley, plus minerals and vitamins.

2 tablespoons softened goat cheese

This natural and diverse diet translates in wonderful and

delicious ways to the eggs you bring into

your kitchen.

in a small bowl, whisk together the eggs, chives, water,

Finding fresh eggs at farmers markets is fairly common, and

and a pinch each of salt and pepper.

increasing numbers of small independent grocers also in-

clude fresh free-range and organic eggs in their dairy cases.

Melt the butter in an 8-inch nonstick skillet over medium

Free-range and organic eggs are usually more expensive

heat. add the egg mixture and stir until the eggs just begin

than factory-produced eggs, but typically better tasting and

to set but the center is still moist, about 1 minute. Use

better performers when used in baking and cooking.

the spatula to smooth the top of the omelet. Dollop the

goat cheese down the center. Use the

spatula to fold one

Fresh eggs work as a superior leavening agent in batters and

edge to the center of the omelet, then the opposite edge,

thicken and add body to custards and creams. Meringues made

covering the filling.

with fresh egg whites reach new heights. Wherever they are

used, fresh eggs enhance color, texture, flavor, and richness.

slide the omelet onto a plate and garnish with additional

chives. serve immediately.

With more and more communities hosting winter farmers mar-

kets, finding truly fresh eggs year round is easy. Lucky for us, be-

cause if you've grown accustomed to the taste and performance

of fresh eggs, a season without them is a long one indeed.

perfectly poached eggs

don't judge an egg by its color

Fill a medium-sized nonstick skillet with 2 cups of water.

Add 1 teaspoon vinegar and $\frac{1}{2}$ teaspoon salt and bring to

It's not unusual to find a multitude of multicolored eggs

a slow boil. Break an egg into a small glass bowl and gently

for sale at farmers markets—shells of creamy white, pink,

let it slip into the water. Let the water return to a boil, then

blues, greens, buff, and cinnamon and others lightly freck-

reduce the heat to a simmer.

led. Fun for their novelty and pretty to behold, but shell

color does not reflect better quality or nutritional value of

Once the egg begins to set, run a heatproof spatula under-

the eggs. Certain breeds lay certain colors of eggs. Golden

neath to free it from the bottom of the skillet. Cook until the

Comets lay brown eggs; Leghorns, prolific layers, produce

white is firm. Remove the egg with a slotted spoon. Drain

white-shelled eggs; Araucanas lay the beautiful blue eggs.

well and serve with toast or on top of the Arugula and Frisee

It's not about the shell, it's about what's inside.

Salad on page 58.







Summer is when Mother Nature hands us some of her best work in great quantity. It feels

almost effortless to fill our plates with the bounty of fruits and vegetables found at farm-

ers markets and roadside stands and coming from our own gardens. We live for the mo-

ment, eating plump blueberries by the handful or biting into a perfectly ripe, juicy peach.

It's easy to forget that only six months before, we were hungry for the same flavors.

Summer is certainly the time to savor the season and embrace being a locavore, but it's

also the perfect time to act on preserving those same flavors for the winter. So while the

juice from that peach dribbles down your chin, do something to ensure that you'll have

the same sweet, summery flavor on hand later this year.



in season ...

green beans

in sea

green









2025 RELEASE UNDER E.O. 14176









in season ...

green beans

When spring slips into summer, green (and yellow and purple) beans begin to appear.

Whether they are called string, snap, or green beans, the beans you pluck from the garden now or find on farm

stands are best enjoyed fresh and can often be swapped for one another in recipes. These beans are picked

young, at their tenderest, before the seeds have a chance to swell in the pods.

You're likely to come across two

varieties during the growing season: pole beans and bush beans. Pole beans grow on vines and yield beans all summer long, while bush beans grow on small compact bushes, ripening all at the same time, making them the beans of choice for canning.

Choosing the Best. Bean pods should be smooth, bright green, and lacking any brown or yellow spots.

The beans or seeds inside should be inconspicuous. You should see and feel only a small bump under the pod.

Finally, look, or rather listen, for the

“snap” when you bend them . . . beans that simply curve when bent are beyond fresh.

How to Store Fresh. Store freshly picked or purchased beans unwashed in a sealable perforated plastic bag

for three to five days. Rinse and trim the beans just before using.

To Prepare for Cooking. Classic string beans need to have the fibrous string removed from the seam that

runs along one side, easy to do with a snap at the stem end and a gentle tug downward. You're more likely to

come across stringless varieties for which this step is unnecessary. Then your only decision is whether or not to snap off the caps; although the caps are not palatable, they add some visual interest to the plate, so some cooks leave them on.

It's also helpful to know that purple beans, although beautiful, lose their color when cooked even for short periods

of time. Use them raw for pickling or as crudités.

Pick or Buy Now, Enjoy Later. Pickling

is a good way to keep the colors of beans vibrant and the

texture close to genuine. Blanching and freezing beans is also a good way to preserve the harvest. Beans snagged

from the freezer can be used in most recipes calling for fresh simply by reducing the cooking time to keep a bite to the texture.

Freeze this season's beans! To learn how, go to page 218.

or preserve the seasonal flavor of beans with the Lemon Dill Beans on page 49.

Green Bean Salad with Caramelized Red Onion

and Mustard Seed Vinaigrette

There are a few simple Makes 6 to 8
servings

steps to preparing this

beautiful salad, but when 3 tablespoons
extra virgin olive oil, divided use

the colors and textures 2 tablespoons
mustard seeds

all come together in 1/3 cup red wine
vinegar

the serving bowl, you'll 1 tablespoon
sugar

appreciate your efforts. 1 large red
onion, thinly sliced

One bite and you'll pat 2 pounds fresh
green beans, rinsed and trimmed

yourself on the back. salt and freshly
ground black pepper, to taste

Tip: To help blanch heat 1 tablespoon
of the oil in a large skillet over medium
heat. add the mustard seeds

green beans stay green, and cook, stirring constantly, until they begin to “pop” and are a shade darker, about 2

add a pinch of baking to 3 minutes (use a splatter screen over the skillet to keep the seeds from popping out of

soda to the cooking water. the skillet). Transfer the seeds and oil to a small bowl.

combine the vinegar and sugar in a small saucepan and cook over medium heat,

stirring, until the sugar dissolves. set aside to cool.

heat the remaining oil in the skillet over

medium-high heat. add the onions and stir until

coated with oil. cook for 5 minutes until the onions just begin to soften and then reduce

the heat to low and cook for an additional 15 to 20 minutes until the onions are soft and

fragrant but still brightly colored. remove from the heat and stir in the vinegar mixture and

the mustard seed mixture.

Prepare a large bowl of ice water. cook the beans in a large pot of salted water

until

crisp-tender and bright green, about 4 to 5 minutes. Drain beans in a colander and then

plunge them into the ice water to halt the cooking. Let sit for 2 minutes, then drain well.

Toss the beans with the onion mixture in a large bowl, season with salt and pepper, and

serve at room temperature or chill for at least 4 hours or overnight.

Green Beans with Lemon

It's all about fresh in Makes 4 to 6 servings

this recipe. A few simple

ingredients complement 1 pound fresh green beans, rinsed and trimmed

the taste of freshly picked 2 teaspoons freshly squeezed lemon juice

green beans, rather than 2 teaspoons finely chopped italian parsley

standing between it and 2 teaspoons grated lemon zest or more to taste

your taste buds. So easy, Good-quality extra virgin olive oil, for drizzling

you'll make this side sea salt and
freshly ground black pepper

dish once and then from

memory the rest of cook the beans in a
large pot of boiling salted water until
crisp-tender and bright green,

the season. about 3 to 4 minutes. Drain
in a colander.

Transfer the beans to a large bowl and
toss with the lemon juice, parsley, and
lemon

zest. Taste and season with salt and
pepper and serve with a fine drizzle of
olive oil.

summer

Butter-Basted Green Beans

Butter basting is a Makes 6 servings

great way to help beans

retain their beautiful 1½ pounds green
string beans, rinsed and trimmed

hues, and browning the 2 tablespoons
unsalted butter, at room temperature

butter adds a delightfully 2 tablespoons
freshly squeezed lemon juice

nutty flavor. When salt and freshly ground black pepper

using frozen green beans

straight from the freezer Partially fill a stockpot with 2 inches of water and place a steamer basket inside. (if you

in this recipe, reduce the don't have a steamer, simply reduce the cooking time by a minute.) Bring the water to a

time they spend in the

steaming basket to about boil. add the beans, cover, and steam for 4 to 5 minutes until the beans are bright green,

3 minutes, just enough to cooked
through, and crisp-tender.

thaw and warm the beans

before buttering. Thoroughly drain the
beans. return them to the pot and let sit,
uncovered, for a few

minutes to allow any remaining water to
evaporate. Drain any excess water that
accumulates.

Place a small saucepan over medium
heat. add the butter and cook for about 2
to 3

minutes until the butter turns a golden

brown and has a pleasant, nutty fragrance. Watch

carefully so the butter does not burn. remove from the heat and pour over the beans. add

the lemon juice and toss thoroughly. season with salt and pepper and toss again. serve

immediately.

Green Beans with Crème Fraîche and Chives

When green beans are Makes 4 servings
really fresh, there's

reason to adore rather 1 pound fresh
green beans, rinsed and trimmed

than adorn them. Why Juice of one
lemon

overwhelm what nature ½ cup crème
fraîche

delivers best—flavor! 1 shallot, minced

Here's a dish that comes 3 tablespoons
chopped fresh chives or chopped fresh
dill

to the table quickly Freshly ground
black pepper

accompanied by tangy

crème fraîche—one of the Bring a large pot of salted water to a boil. add the green beans and cook until crisp-

best condiments in the

locavore's kitchen—and tender, about 3 minutes. Drain and plunge the beans into a bowl filled with ice water to

a sprinkling of fresh stop the cooking. Drain again and pat dry to remove as much water as possible. sprinkle

chives or dill. Learn the lemon juice over the beans. Transfer to a large bowl.

how to make your own

crème fraîche, a valuable To make the sauce, mix the prepared crème fraîche with the minced shallot. add the

ingredient, on page 50. crème fraîche mixture to the beans and toss until coated. scatter the chopped chives over

Serve chilled for a great the top, season with pepper, and serve immediately or chill for up to 6 hours.

cold salad.

substitute ½ cup of sour

cream thinned with a little

milk for the crème fraîche,

if desired.

The Locavore's KiTchen

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Green Bean and Walnut Sauté

This recipe works equally Makes 6 to 8 servings

well with fresh green

beans or those frozen 1 cup walnuts

from a bumper crop. If 2 pounds fresh green beans, rinsed and trimmed

using frozen beans, reduce

the cooking time to only 2 tablespoons unsalted butter

a few minutes to retain 2 tablespoons walnut oil or canola oil

the crisp texture and the 2 tablespoons minced fresh parsley

vibrant color. salt and freshly ground black pepper, to taste

Preheat the oven to 350°F.

spread the walnuts on a rimmed baking sheet and toast for 5 to 8 minutes until lightly

browned and fragrant. Watch carefully so the nuts don't burn. remove from baking sheet

into a bowl, let cool, and coarsely chop.

cook the beans in a large pot of boiling salted water until just tender, about 3 to 4

minutes. Drain and rinse with cold water. Drain well. (This step can be done up to 6

hours ahead of time and the beans held at

room temperature.)

melt the butter with the oil in a large, heavy skillet over medium-high heat. add the beans

and toss until coated and heated through, about 4 to 5 minutes. season to taste with salt

and pepper. add the walnuts and parsley and toss. Transfer to a serving bowl and serve

immediately.

Lemon Dill Beans

Makes 3 pint jars

1 pound green beans, rinsed and trimmed

1 pound yellow beans, rinsed and
trimmed

Part of the pleasure of 2½ cups cider
vinegar

canning anything lies in 1¼ cups water

admiring your work lined 1 tablespoon
pickling salt

up on the pantry shelves

and waiting for the right 1 tablespoon
sugar

moment to pop open a jar 3 teaspoons

pickling spice

and enjoy the preserved 3 large strips
of lemon zest

flavors. Imagine the beauty

of jars filled with slender Trim the
beans into 4-inch lengths to fit into one-
pint glass canning jars.

yellow and green beans. If

the image makes you want combine the
vinegar, water, pickling salt, and sugar
in a large saucepan and bring to a

to fire up the canner, then boil over
high heat.

do it for this recipe that

puts up beans with their add 1 teaspoon pickling spice and 1 strip of lemon zest to each pint jar. Tightly pack the

classic companions: lemon green beans into the jars. (Laying the jar on its side to do this is helpful.) Pour the boiling

and dill. Use widemouthed pickling liquid into the jars to within ½ inch of the rim (headspace), seal, and process for

jars for this recipe. 5 minutes.

new to pickling? For

a step-by-step guide to

the basics, see “Pickled

vegetables, relishes, and pickling salt

salsas” on page 239. Fine-grained, like table salt, pickling salt is the purest of salts, highly concentrated and the

Learn to make your own choice for canning. It contains no anticaking chemicals, which can turn preserved foods

pickling spice on page 55. unappetizing colors. Use it for pickling vegetables or making sauerkraut.

summer



Making Your Own: Crème Fraîche

creating the locavore's kitchen is a culinary journey filled with delightful experimentation

and clever kitchen projects. some are simple, others more involved, yet all are

delicious

and satisfying in a “did it myself” kind of way. one of the simplest projects is to create

your own crème fraîche, a velvety version of sour cream that can serve as a base for

dips, thicken soups and stews, finish sauces, or be sweetened with a little sugar and

vanilla to top off freshly picked berries.

crème fraîche uses common, locally produced and pasteurized dairy products —but-

termilk and heavy cream—to make a wonderfully creamy, tangy, slightly nutty-tasting

ingredient. experienced cooks love crème fraîche because it doesn't “break” or curdle

like other dairy additions when stirred into hot liquids. Where sour cream is used,

crème fraîche can be substituted. Don't be surprised if you discover this is one ingredi-

ent you can't cook without.

Crème Fraîche

Good crème fraîche 1 cup good-quality heavy cream

is full of body and 1 cup cultured buttermilk, at room temperature

complex flavor, and a

simple dollop is a nice heat the cup of heavy cream in a small saucepan over medium-low heat for 3 to 5

complement to naturally minutes until the temperature registers between 80°F and 85°F when tested with an

sweet, seasonal fruits. instant-read thermometer. Transfer to a clean container such as a glass pint jar. add the

To balance tartness in cup of cultured buttermilk, shaking to combine. (The bacterial culture in buttermilk is what

dishes like Strawberries

in Balsamic with Black will slightly sour and thicken the heavy cream.)

Pepper on page 27, lightly cover loosely with plastic wrap. Place the jar in a warm spot for 24 hours until the crème

sweeten the crème fraîche fraîche is slightly thickened. stir before sealing with a tight- fitting lid and storing in the

by adding powdered

sugar to taste. refrigerator for up to 10 days. as the crème fraîche ages, it will continue to thicken to the

consistency of loose yogurt and develop an even tangier flavor.

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in season ...

cucumbers

Slicing Cucumbers and Pickling Cucumbers. Cucumbers are the “cool” we rel-

ish during the summer months. Whether thinly sliced and splashed with vinegar, pureed into a base for a chilled

soup, or pickled in a jar, it's a taste so closely connected to summer that to do without would just be wrong.

You're apt to come across two different kinds of cucumbers or cukes at farmers markets or roadside stands:

slicing and pickling. We expect to use slicing cukes in our salads, while pickling cukes fit neatly in a jar. You can

substitute pickling cukes for slicers and slicing cukes for picklers—it's a matter of preference. Slicing cukes are

larger and thick-skinned and have far more seeds than their pickling cousins, so there's work behind preparing

them for a pickling jar.

Many of the slicers you'll find today are touted as "burpless" varieties, mild, sweeter, and crisper, with thin, ed-

ible skins. However, a stressful growing season can add a bitter taste to any variety, usually concentrated in the

skin and about an inch from the stem end. Removing these as well as any large seeds will help tame the backlash.

Choosing the Best. Among cucumber varieties the taste and the art of choosing are basically the same.

Slicing cucumbers should be 6 to 8

inches long, uniformly green, firm, and crisp. The narrower the cuke, the

smaller the seed chamber and the fewer the seeds to contend with.

Pickling cucumbers are usually 3 to 4 inches long and have a thinner, lighter green skin. For the best quality

and results, try to buy these the same day you plan to pickle. Never use for pickling any cucumber that has been

waxed—the two do not mix.

Signs of yellowing mean the cucumbers are old; shriveling means they have lost precious moisture; and pitting

means they've been refrigerated too long.

How to Store Fresh. Cucumbers are mainly water, and once separated from the vine, they begin a journey

to shriveling. Work with pickling cucumbers the same day they are bought or picked or store them in a cool part

of the house overnight. Slicing cucumbers can spend a couple of days in the crisper of the refrigerator.

To Prepare for Cooking. Because of their petite size, pickling cucumbers do not need to be peeled or

seeded. Use them whole or cut into halves, spears, or chunks for canning.

Whether to peel or seed slicing cucumbers is a matter of preference and comes down to how thick the skin is and

how large and numerous the seeds are.

Remove the skin with a vegetable peeler. To easily remove the seeds, cut the

cucumber in half lengthwise, from stem to blossom end, and use a spoon to scrape the seeds from the chamber.

Pick or Buy Now, Enjoy Later. Pickling is the only method for keeping cucumbers at the table in some

form from season to season. From dills to sweet pickles and relishes, it's work with delicious rewards. Enjoy

pickled relishes on sausages and hamburgers or with grilled meats, or simply eat pickles straight from the jar.

Preserve the seasonal flavor of cucumbers with classic Garlic Dill Pickles on page 54,

classic Bread and Butter Pickle chips on page 55, or the sweet Garlic Dills on page 54.

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summer

Cucumber Salad with Cilantro and Peanuts

This salad has an Asian Makes 6 servings

flair, delivering a range

of flavors including 3 tablespoons water

sweet, sour, spicy, and 3 tablespoons distilled white vinegar

salty. Be sure to use the 3 tablespoons sugar

thin-skinned “burpless” 1 clove garlic, crushed

variety of cucumber, Dash of salt

*which adds color to this 1 or 2 whole,
small chile peppers, optional*

*dish and saves you the 1 large
cucumber, seeded, if necessary, thinly
sliced*

job of peeling. Serve it

*with spicy grilled chicken ½ cup freshly
chopped cilantro*

*or beef. ½ cup roasted, unsalted peanuts,
coarsely chopped*

sprigs of cilantro for garnish

combine water, vinegar, sugar, garlic, salt, and chile pepper in a small saucepan.

Place over medium heat and stir occasionally until sugar dissolves. Let cool at room temperature.

combine the sliced cucumbers and cilantro in a large bowl. Pour the vinegar dressing

over and toss until combined. Let sit for a few minutes before serving. Top with chopped

peanuts and sprigs of cilantro for

garnish.

Cucumber and Watermelon Salad

Two of the freshest, Makes 8 servings

coolest flavors of summer

*team up in this pretty ¼ cup distilled
white vinegar*

and simple salad. It's an ¼ cup sugar

*unusual combination ½ teaspoon
crushed red pepper flakes*

*with a refreshing sweet 2 fresh
cucumbers, peeled, seeded, and thinly
sliced*

and sour delivery. 4 cups seeded and cubed watermelon

2 teaspoons salt, divided use

¼ cup thinly sliced red onion

combine the vinegar, sugar, and red pepper flakes in a small saucepan. Bring to a boil

and cook for 1 minute. remove from heat and cool.

Place the sliced cucumbers in a colander, toss with 1 teaspoon salt, and let sit for 30

minutes. rinse and pat dry. When ready

to serve, toss the watermelon with the remaining

teaspoon salt, add the cucumbers and red onion, and dress with the vinegar mixture. Toss

until combined. serve at room temperature or chill for a few hours before serving.

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Cucumber and Mint Soup

When the heat of Makes 6 servings

summer climbs, you'll

be “cool as a cucumber” 3 fresh cucumbers, peeled, seeded, and coarsely chopped

sipping this delicious 1 cup plain yogurt

soup—chilled, of course. $\frac{1}{2}$ cup sour cream or crème fraîche (page 50)

The popular phrase $\frac{1}{2}$ teaspoon dry mustard

is an apt one. When $\frac{1}{2}$ teaspoon salt

a cucumber is on the $\frac{1}{4}$ cup chopped fresh mint leaves

vine, even on the hottest Thin slices of cucumber and mint sprigs for garnish

of days, its internal

temperature can be about

10 degrees lower than the Puree the cucumbers, yogurt, sour cream, mustard, and salt in a blender for 1 minute.

air temperature. Transfer to a bowl or pitcher. cover and chill at least 6 hours or overnight.

Just before serving, stir in the chopped mint leaves. Ladle the soup into chilled soup bowls

and garnish each bowl with a thin slice of cucumber and a sprig of mint.

Lamb Burgers with Cucumber Sauce

Juicy lamb burgers are a Makes 4 burgers and 1 cup of sauce

welcome departure from

typical beef burgers as the Sauce:

summer grilling season ½ cup diced peeled and seeded cucumber

2 cloves garlic, minced

moves on. The smoky ½ cup plain yogurt

1/8 teaspoon ground cumin

taste of the grilled lamb 2 teaspoons
chopped fresh parsley

1/8 teaspoon freshly ground black
pepper

pairs perfectly with the

cool cucumber sauce. Burgers:

1½ pounds ground lamb

½ teaspoon salt

½ cup fresh breadcrumbs

¼ teaspoon cayenne pepper

1 small red onion, minced

extra virgin olive oil, for brushing

1 clove garlic, minced

4 8-inch flat rounds of pita bread

3 tablespoons chopped fresh mint

chopped tomatoes, to accompany

3 tablespoons chopped fresh parsley

Thin slices of red onion, to accompany

Zest from two fresh lemons

Sauce:

in a small bowl, stir together the diced cucumber, yogurt, parsley, 2 cloves garlic, cumin,

and black pepper. cover and refrigerate until needed.

Burgers:

Preheat the grill to medium-high.

in a medium bowl, lightly mix the ground lamb with the breadcrumbs, onions, 1 clove

garlic, mint, parsley, lemon zest, salt, and pepper. shape the meat mixture into 4 oval

patties one-half inch thick and transfer to a platter lined with plastic wrap. Brush the

burgers with olive oil.

Grill the burgers for 6 minutes on each side until cooked through and the internal

temperature registers 160°F when tested with a meat thermometer. move to the cooler

part of the grill.

Quickly warm the pitas on the grill. Fold the pitas over the burgers and serve with

cucumber sauce, chopped tomato, and red onion slices.

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summer



A Trio of Pickled Classics

cooks who “put up” pickles, whether chips or spears or whole, do so because the flavor and the

crunch is far superior to those that come from a grocery store shelf. Prove it to yourself by taking a jar

of your own home-canned pickles to a potluck. chances are very good it will return home—empty.

“canning” on page 227 and “Pickled vegetables, relishes, and salsas” on page 239 provide a

step-by-step guide to the basics of canning and pickling. once you’re familiar with the process, try

any of these classic pickle recipes. Before you get started, here are a few more helpful tips related

to canning pickles.

- Soak fresh, uncut cucumbers in ice-cold water for 2 hours before canning to ensure crispness.
- Use widemouthed jars for canning pickles. The wide opening makes it easier to pack pickles in—and take them out.
- In recipes calling for garlic, gently crush the cloves, enough that they release their flavor yet still hold their shape.
- Use the flower heads of dill just beginning to go to seed. They deliver the most potent dill flavor.

Classic Garlic Dill Pickles

Pucker up and Makes 4 pint jars

enjoy! This is your

traditional sour pickle 3 pounds
pickling cucumbers

with a blast of garlic 2 cups distilled
white vinegar

flavor. You'll love how 2 cups water

it tastes and how it 2 tablespoons
pickling salt

holds its crunch.

4 fresh dill flower heads

4 small cloves garlic

Trim the cucumbers to 4-inch lengths to fit in one-pint jars. slice in half lengthwise. if the

cucumbers are particularly thick, quarter them.

combine the vinegar, water, and pickling salt in a nonreactive saucepan and bring to a boil.

Place a dill flower head and a clove of garlic in each of the widemouthed pint jars.

Tightly pack the cucumbers in the jars.
Ladle the hot liquid over the cucumbers
to within

½ inch of the rim (headspace). seal and
process for 10 minutes.

Sweet Garlic Dills

If you like the taste Makes 4 pint jars

of garlic and the

taste of sweet pickles, 4 pounds pickling
cucumbers

then you'll really like 2 cups distilled
white vinegar

*this recipe, which 2/3 cup water
combines both for an 1 cup sugar
outstanding pickle. 3 tablespoons
pickling salt*

4 cloves garlic

4 fresh dill flower heads

1 teaspoon celery seeds

2 teaspoons black peppercorns, cracked

Trim the cucumbers to 4-inch lengths to
fit in the jars. slice in half lengthwise.

combine the vinegar, water, sugar, and

pickling salt in a small saucepan and bring

to a boil.

Place 1 clove of garlic, 1 dill seed head, $\frac{1}{4}$ teaspoon celery seeds, and $\frac{1}{2}$ teaspoon

peppercorns in each of the widemouthed pint jars. Tightly pack the cucumbers in the jars.

Ladle the hot liquid over the cucumbers to within $\frac{1}{2}$ inch of the rim (headspace). seal and

process for 10 minutes.

Classic Bread and Butter Pickle Chips

Bread and butter pickles Makes 6 pint jars

are on the sweeter end

of the pickle spectrum. 4 pounds pickling cucumbers

Serve them with cold 4 small onions, cut into large dice

meat and pasta salads or 1 green bell pepper, cut into large dice

chop up as a relish and

use for burgers. 1 red bell pepper, cut
into large dice

2 tablespoons pickling salt

4 cups cider vinegar

3 cups sugar

2 tablespoons mustard seeds

1 teaspoon celery seeds

$\frac{1}{2}$ teaspoon turmeric

$\frac{1}{4}$ teaspoon ground cloves

Trim the ends of the cucumbers and cut into slices about $\frac{1}{4}$ to $\frac{1}{2}$ inch thick.

combine the cucumber slices, onion, and peppers in a large colander. sprinkle

with the pickling salt and let drain for 3 hours. rinse thoroughly before proceeding.

combine the vinegar, sugar, mustard seeds, celery seeds, turmeric, and cloves in

a large nonreactive pot. Bring to a boil over high heat. add the cucumber mixture.

return to a boil for 30 seconds.

using a slotted spoon, pack the hot cucumber mixture into widemouthed jars to

within $\frac{1}{2}$ inch of the rim (headspace).
add enough hot liquid to cover the contents.

seal and process for 10 minutes.

a season for all pickling

Pickling Spice

Pickling spice is a mixture Makes about
 $\frac{1}{2}$ cup

of spices that add flavor

to canned beans, pickles, 4 tablespoons
mustard seeds

beets, zucchini, and more. 2
tablespoons whole allspice

You can find ready-made 4 teaspoons
black peppercorns

versions in the grocery, but

making your own gives 2 teaspoons
dried chopped ginger root

you the freedom to adjust 2 teaspoons
hot red pepper flakes

flavors to suit your tastes. 4 small bay
leaves, broken up

*Pickling spices are best left 4-inch
piece of cinnamon stick, cracked into
small pieces*

*whole in canning recipes so 2
teaspoons cardamom pods 4 teaspoons
whole cloves*

that the flavor is released

without any powdery

*residue to cloud the jar. combine all the
ingredients and store in an airtight
container.*

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summer



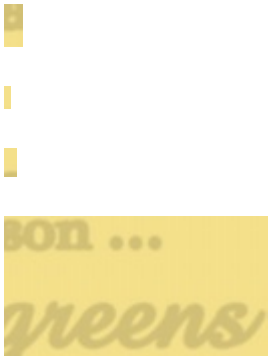
in sea
salad

in sea
salad











RESEARCH BY THE COMPANY











in season ...

salad greens

Truly fresh salad greens are one of the greatest advantages to eating locally, whether from the

farmers market or your own garden. Frilly bouquets of ruby and green leaf lettuces; sturdy, crisp romaines;

crunchy butterheads; pleasantly bitter radicchios, endives, and escaroles;

spicy cresses; tart arugulas . . . the list goes on, as does the harvest.

For the most part, lettuces are enjoyed raw in salads. In fact, their name is almost synonymous with salads, but

they do have a place in soups and, of course, as part of a sandwich. While fresh green salad often ushers in a din-

ner, there is no rule saying it can't be a refreshing pause between the main course and dessert.

Choosing the Best. Firm green heads and crisp, fresh-looking leaves are signs of just-picked lettuce. Where

the lettuce has been cut from the plant, it should be clean and fresh-looking, not rusty and dried out.

How to Store Fresh. Put off washing freshly bought or harvested greens, whether in heads or loose leaf,

until needed. If they harbor a little dirt or sand, shake off as much as possible and blot away excessive moisture

with a towel. Roll the greens in a layer of paper towels or a thin lint-free cotton towel, which will wick the water

from the greens and supply the humidity necessary to keep them fresh. Place the towel-wrapped greens in a

perforated plastic bag, seal, and store in the refrigerator's crisper drawer for 4 to 7 days.

To Prepare for Cooking. Tear salad greens into bite-sized pieces by hand. Cutting greens with a knife

often leaves bruised and discolored edges, especially if the salad is not being served immediately. Swish the pre-

pared greens in a bowl of water to clean, drain well in a colander, and dry in a salad spinner.

Pick or Buy Now, Enjoy Later. Summer salad greens are to be picked or bought

and enjoyed in short

order. There is no effective way to preserve salad greens for much longer than a week. When summer's salad har-

vest is over, move on to heartier fall greens such as kale and fall spinach for salads and cooking. There are other

fresh, seasonal foods that can be served as the salad course, too. Serve the Chilled Asparagus and Red Onion

Salad on page 5 in the spring or the Grilled Eggplant Salad on page 81 when fall rolls around.

The Locavore's KiTchen

Bibb and Spinach Salad with Fresh Strawberries

Serve this salad in early Makes 6 servings

summer when spinach

and Bibb lettuce, both 2 tablespoons
mayonnaise

cool-weather greens, 2 tablespoons
lemon juice

are sweet and tender,

and strawberries are at 4 tablespoons

extra virgin olive oil

their peak of flavor. The Pinch of sugar

creamy salad dressing salt and freshly ground black pepper, to taste

does its job of uniting 1 head fresh Bibb lettuce, torn into bite-size pieces, washed and dried

all the fresh ingredients

without overpowering a 4 cups fresh spinach leaves, washed and dried

single one. 1 quart fresh strawberries, cleaned, hulled, and sliced

6 tablespoons nuts (pine nuts, walnuts, or pecans), toasted

in a large bowl, whisk the mayonnaise with the lemon juice. Gradually whisk in the olive

oil and season with a pinch of sugar and season with salt and pepper to taste. add

the lettuce, spinach, and strawberries. Toss gently until the leaves are coated. Divide

between 6 chilled salad plates and top with a tablespoon of toasted nuts.

Simply Summer Salad

Don't be fooled by Makes 6 servings

the simplicity of this

salad. It relies on the 6 cups mixed
fresh greens, gently washed and
thoroughly dried

sum of its ingredients 3 tablespoons
good-quality extra virgin olive oil

to be as good as it can

possibly be. Don't settle 2 tablespoons
good-quality champagne vinegar or
balsamic vinegar

for anything less than 2 tablespoons
freshly chopped chives and chive

blossoms, if available

the freshest greens and Good-quality sea salt and freshly ground black pepper

chives from your garden

or the farmers market. Place the greens in a large bowl. Lightly drizzle the oil over the lettuces, tossing to coat.

And be gentle . . . tender sprinkle the vinegar over the greens and toss again. add chives and season with salt

greens bruise easily when and pepper. Toss again. Taste and adjust seasoning.

handled roughly.

Divide between 6 chilled salad plates and serve immediately.

spinning class

Water that remains on salad greens and spinach can add an undesirable sogginess to a recipe. In salads, moisture dilutes

the dressing and prevents it from coating the leaves. Blotting the leaves with a paper towel is effective, but can be tedious

and time consuming. This is a job for a salad spinner, a great kitchen tool that not only gently spins greens dry but also

is a perfect place to store them. Keep the greens in the spinner basket and lay a wet paper towel on the bottom of the outer bowl for humidity. Give the greens an extra spin before using.

toasting nuts

Preheat the oven to 400°F. Scatter the nuts on a rimmed baking sheet and place in the oven for 7 to 10 minutes, stirring

halfway through toasting, or until the nuts begin to turn golden and become fragrant. Remove from the pan and into a bowl to cool.

You can also use the stove top and a heavy skillet as another option for toasting small amounts of nuts. Heat a heavy

skillet over medium-low heat. Add the nuts and toast, stirring frequently until you notice slight streaks of oil in the pan

and the nuts become fragrant and lightly toasted. Remove from the pan onto a few layers of paper towels and cool.

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summer

Punchy Peppery Salad

This salad departs from Makes 6 to 8 servings

the traditional pattern

of mixing salad greens to 2 tablespoons white wine vinegar

achieve a balance of flavor $\frac{1}{2}$ teaspoon Dijon mustard

and leans toward making 2 teaspoons freshly minced flat-leaf parsley

a power statement of $\frac{1}{3}$ cup extra virgin olive oil

flavors in a salad that salt and freshly ground black pepper

delivers a spicy punch. It 2 small heads
radicchio, washed, spun dry, and torn

pairs perfectly with a hot 2 bunches
watercress, washed, trimmed, and
separated into sprigs

or cold cream-based soup. 2 bunches
fresh arugula, washed, spun dry, and
torn, stems removed

3 scallions, thinly sliced

1 cup shaved Parmesan cheese

To make the dressing, combine the
vinegar, mustard, and parsley in a small
bowl. add

the oil in a thin stream, whisking constantly, and whisk until blended. season with salt

and pepper. set aside.

Toss the greens and scallions in a large salad bowl, add the dressing, and toss to coat

the leaves. Top with the cheese and serve immediately.

Arugula and Frisée Salad

Play with this salad by Makes 6 servings

swapping out some of

the greens with other 4 tablespoons nuts
(pine nuts, walnuts, or hazelnuts),
coarsely chopped

seasonal greens like 3 tablespoons extra
virgin olive oil

endive and radicchio. The 1 tablespoon
freshly squeezed lemon juice

harmony of fresh flavors sea salt and
freshly ground black pepper

in this salad will convince 1 6-ounce
bunch frisée, washed, dried, and torn
into bite-size pieces

you that when it comes to 1 6-ounce
bunch arugula, thick stems removed and

discarded

homegrown food, fresh, 1 cup ripe
cherry tomatoes, halved

flavorful ingredients rely

on little more than each $\frac{1}{4}$ cup shaved
Parmesan cheese, plus extra for garnish

other for great results. To

dress up this salad for a Toast the nuts
in a small skillet over low heat, shaking
the pan occasionally, until they are

luncheon entrée, omit the golden and
fragrant. Transfer the nuts to a bowl to
cool. set aside.

nuts, top with a freshly

poached egg (see page in a large bowl,
whisk together the olive oil and lemon
juice and season with salt and

44 for how to make the pepper. add the
greens, tomatoes, and cheese, tossing
gently to coat. Divide among 6

perfect one), and serve chilled salad
plates. Top with the nuts and garnish
with a shaving of Parmesan.

with a toasted baguette.

The Locavore's KiTchen

Bread Soup with Lettuce

This is a lovely, rustic Makes 6 servings

soup sweetened by

tender fresh Bibb lettuce. 2 or 3 heads

Bibb lettuce

Simplistic and easy, its 4 tablespoons
extra virgin olive oil

success depends in part 4 cloves garlic,
chopped

on great chicken stock, 6 cups rich
chicken stock

rich and flavorful. Learn salt and

freshly ground black pepper, to taste

to make and store Rich 4 thick slices of coarse, rustic bread, lightly toasted, cubed

Chicken Stock on page

143. See if you don't core the lettuce heads and cut the leaves into thin strips. Warm the oil in a stockpot or

notice that your soups

and stews reflect the Dutch oven over medium heat. add the garlic and cook, stirring constantly, until soft,

delicious difference. translucent, and

fragrant, about 1 minute. add the lettuce and stir until wilted, about 2

minutes. add the stock and bring to a boil. reduce the heat and simmer for 10 minutes to

blend flavors. season to taste with salt and pepper. add the bread cubes to the soup or

divide them among individual bowls and pour the stock over the top. serve immediately.

**Greens with Goat Cheese Croutons
and Honey Thyme Vinaigrette**

Fresh salad greens Makes 4 servings

are the perfect bed on

which to rest these 8 ounces fresh goat cheese

warm medallions salt and freshly ground black pepper

of fresh goat cheese. 2 tablespoons fresh thyme leaves, divided use

1 cup extra virgin olive oil, divided use

1 teaspoon Dijon mustard

1 cup unseasoned dry breadcrumbs

1 tablespoon honey

¼ cup balsamic vinegar

6 cups assorted fresh salad greens,
washed and dried

Divide the cheese into four 2-ounce portions, forming each into a medallion shape,

about 1 inch thick. season lightly with salt, pepper, and 1 tablespoon of the thyme

leaves. in a shallow bowl, whisk together ¼ cup of the olive oil and the mustard. Dip

the goat cheese in the oil mixture to coat all sides and then roll in the breadcrumbs.

Place in a lightly oiled baking dish and refrigerate for at least 30 minutes or up to 2

hours before baking.

Preheat the oven to 350°F.

Bake for 12 minutes or until the center is soft to the touch. remove from the oven and let

stand for 10 minutes.

To make the vinaigrette, whisk the

honey, vinegar, and remaining
tablespoon of thyme

together. add the remaining $\frac{3}{4}$ cup olive
oil in a thin stream, whisking constantly.
season

to taste with salt and pepper.

Toss salad greens with the vinaigrette
and divide between 4 salad plates. Top
each

salad with a warm goat cheese
medallion and serve immediately.

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summer

Escarole Soup

While lettuces tend to be Makes 6 to 8 servings

thought of only as a salad

ingredient, heartier greens 2
tablespoons extra virgin olive oil

like escarole find their 1 large onion,
diced

way into soups. Braising

escarole renders it sweet 4 cloves
garlic, minced

and tender. The finished 2 small heads

escarole, washed, trimmed, sliced into strips

soup is just another fine 8 cups rich chicken stock or vegetable stock

example of how simplicity

in ingredients yields 4 cups chopped fresh ripe tomatoes*

complex flavors. 3 tablespoons prepared pesto, more or less to taste

½ cup small pasta or spaghetti noodles broken into pieces

*canned or frozen ½ cup grated Parmesan cheese

tomatoes with their juices salt and freshly ground black pepper, to taste may be substituted for fresh.

heat the olive oil in a large stockpot over medium heat. add the onion and sauté until

making your own pesto is soft and fragrant, about 6 minutes. add the garlic and sauté an additional minute, stirring

easy and produces a great constantly. add the escarole and sauté until it is soft and limp. add the chicken stock and ingredient for adding flavor

to soups. Learn to make your tomatoes; bring to a boil. reduce to a simmer and cook for 30 minutes. stir in the pesto.

own pestos on page 89. add the pasta and cook until tender, about 15 minutes. stir in the cheese. Taste and

season with salt and pepper. serve hot with crusty bread.

simple and seasonal, leafy greens

Here's a primer on varieties of greens you'll find popping up in gardens or at markets as early as spring and some into

the fall. Remember that within each variety you'll find plenty of variations.

Some work alone in a salad, but feel free to

toss them together to create the balance of flavors and textures that suits your palate.

arugula: An early-season, long-leafed green, arugula has a peppery punch that adds spice to a salad mix;

it's also a special treat on its own with a simple dressing and some fresh tomatoes.

butterhead lettuce: Cool-weather-loving head lettuces such as Bibb and Buttercrunch have a soft texture and a nice nutty flavor; butterhead lettuce

teams well with strawberries.

dandelion greens: The buttery leaves of the backyard flower are mildly bitter and tangy and best harvested young in early summer.

endive or frisée: Same lettuce, different names. Curly and frilly, it adds a peppery, nutty bite to salads.

escarole: A close cousin to endive, escarole is milder and more lettuce-like, with broad green leaves.

green or red loose leaf: Loosely gathered leaves in colors ranging from purple to red and dark to light greens have a soft texture and mild taste. They

are best mixed in with sturdy salad greens.

mâche: Also called “lambs’ lettuce,” mâche is fragile and velvety with a subtle flavor.

mesclun:

A mix of leaf and loose-headed lettuces, mesclun may include mustards, cresses, parsley, arugula,

wild greens, and more. The types of lettuces are not as important as the taste and texture

sensations balanced throughout the salad: sweet, bitter, tangy, crunchy, and

silky.

mizuna: The tender, jagged leaves of mizuna have a peppery flavor and offer a nice contrast to leaf lettuces.

oak leaf: In shades of green or burgundy, the leaves are notched like a common oak leaf. The flavor is sweet and the texture is tender and delicate.

radicchio: Looking like a tiny head of red cabbage but slightly bitter, radicchio adds a great crunch to salads.

romaine: A great all-around sweet-tasting salad green, romaine has plenty of crunch and crevices to hold onto

salad dressing.

watercress: A special treat for salad green lovers, watercress has tiny, tender leaves and edible stems with a peppery edge.

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A Trio of Dressings Using Local Ingredients

Honey and Garlic Vinaigrette

The personality of this Makes 1½ cups

dressing will change 1

*depending on the type /3 cup apple
cider vinegar*

*of honey used: lighter 3 to 4
tablespoons honey*

*honeys are subtle and 3 cloves garlic,
minced*

*perfect with delicate 1 cup vegetable or
canola oil*

greens like leaf lettuces

*and Bibbs, and darker, salt and freshly
ground black pepper, to taste*

more robust honey is

a better companion to Whisk together the vinegar, honey, and garlic in a medium bowl. add the oil in a

more assertive greens slow, steady stream, whisking constantly. season with salt and pepper. store in the

and salad fixings like refrigerator in a tightly sealed jar. shake well before using.

onions and aged cheeses.

Herbed Buttermilk Dressing

Creamy dressings are Makes about 2

cups

better suited for sturdy

greens like romaines, ¾ cup
mayonnaise

Suggested Herbs:

escarole, and endives ½ cup buttermilk,
plus extra to thin

¼ cup freshly chopped chives

and are ideal for salads 2 tablespoons
cider vinegar

¼ cup fresh dill, minced

that include sharp, ½ teaspoon kosher salt

aged cheeses. Add a

½ cup freshly chopped flat leaf parsley

1

little less buttermilk /8 teaspoon freshly ground black pepper

2 tablespoons fresh thyme leaves

and use as a dip with Dash of hot sauce (optional)

fresh vegetables. 1 cup freshly chopped herbs, more or less to taste

combine the mayonnaise and buttermilk in a blender. add the cider vinegar, salt, pepper, and hot sauce, if desired. if the mixture is too thick, add buttermilk to thin.

add up to 1 cup freshly chopped herbs, ¼ cup at a time, blending and tasting before

adding the next batch. Transfer the mixture to a bottle or jar with a tight-fitting lid.

refrigerate and use within 2 weeks.

Maple Vinaigrette

Any grade of maple Makes about 1³/₄
cups

syrup will do, but for 1 teaspoon dry
mustard

full, robust flavor,

choose darker, late-

1 teaspoon minced fresh basil or ¹/₄
teaspoon dried basil, more if desired

season maple syrup. ¹/₄ cup cider
vinegar

This vinaigrette is ¹/₂ cup pure maple
syrup

perfect for salads that 1 tablespoon
freshly squeezed lemon juice

have slices of seasonal 1 clove garlic,
minced

pears or apples—it's 1 cup extra virgin
olive oil

especially delicious salt and freshly
ground black pepper, to taste

on the Orchard Salad

(page 133).

combine the mustard, basil, vinegar,
maple syrup, lemon juice, and garlic in a
medium

bowl. add the oil in a slow, steady stream, whisking constantly. season with salt and

pepper. store in the refrigerator in a tightly sealed jar. shake well before using.

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summer



Making Your Own: Infused Vinegars

sprigs of fresh, tender herbs infuse vinegar with local, seasonal flavors. infused vinegars

can be used all year long in salad dressings, as bases for marinades and sauces, to

flavor mayonnaise, and for many other culinary purposes. a tiny bouquet of herbs may

not seem very powerful. But steep it for a few weeks in vinegar, and flavors are coaxed

out, offering complex undertones,

seasonality, and a defining flavor in recipes.

infused vinegars can be as simple as just a few sprigs of your favorite herb delivering

a singular flavor to the vinegar, or they can be a combination of herbs with some

accompanying flavors from the pantry to fashion your own signature vinegar blend.

An Infused Vinegar Sampler

here are a few combinations of vinegar, herbs, and other flavors to get you

thinking about creating your own flavored vinegars. experiment freely and often as new herbs and local produce pops up.

Berry Vinegar

Berry-infused vinegars Makes 2 cups infused vinegar

are good choices for

dressing fruit salads 2 cups white wine vinegar

or mixed green 1 cup fresh berries or mixed berries, cleaned and patted dry

salads featuring fresh 2 tablespoons
light honey

seasonal fruit. 6 sprigs thyme, gently
bruised

Tarragon Garlic Vinegar

Tarragon is such a Makes 2 cups
infused vinegar

potent herb that it

doesn't take much 2 cups white wine or
cider vinegar

more than a few sprigs 6 sprigs fresh
tarragon, gently bruised

to impart an anise-like 1 clove garlic,
peeled

flavor. Use this vinegar

on salads that feature

other strong flavors.

Lemon Oregano Vinegar

This vinegar blend is Makes 2 cups
infused vinegar

especially good with

salads that feature feta 2 cups white
wine vinegar

cheese or olives. 1 bunch fresh oregano
sprigs (about 10 to 15 4-inch sprigs

with blooms, if desired), gently bruised

4 wide strips of lemon zest

1 clove garlic, peeled

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Making Herbal Infused Vinegar

- Begin by gathering the herbs you want to use, whether from your own garden or from a farmers market.

Rinse them thoroughly and gently pat dry. Use the sprigs intact; do not strip the leaves. For every 2 cups

of vinegar, use about 1 cup of herbs, more or less according to personal taste and the desired strength of

the herb flavor.

- Choose vinegars that will absorb flavor easily: white wine or red wine vinegar, cider vinegar, rice wine

vinegar, or champagne vinegar. Distilled white vinegar and balsamic vinegar are strong and distinct in

their own flavor and don't share the

spotlight well with other flavors. Gently warm, not heat, the vinegar

in a small saucepan.

- Using clean hands, bruise or lightly crush or rub the herbs to release the oils and flavors. Place them in a clean,

sterilized quart jar and add the warmed vinegar. It can be as simple as that, or you can add other seasonal,

local, and flavorful ingredients. Follow the suggestions below or experiment with your own preferences.

- Seal with a tight-fitting lid and shake gently to combine. Let the jar sit at room

temperature for 2 weeks,

shaking the contents occasionally. Taste the vinegar after that time to determine if it has the desired flavor.

If not, replace the herbs with fresh ones, let steep for an additional week, and taste again. If the flavor is

too strong, add more vinegar to dilute and soften the taste.

- When the vinegar has the desired flavor, strain into a clean container through several layers of cheesecloth

or a coffee filter, discarding the solids. Store the strained vinegar in a clean,

sterilized bottle or jar, adding a

fresh herb sprig, if desired. Seal, using a cork or tight-fitting lid, label, and store in a cool part of the kitchen,

away from direct sunlight.

While vinegars have an indefinite shelf life, it's best to create only what you'll use in a year's time and then

repeat the process when fresh herbs are available the following season.

Consider the following suggestions for adding complex flavor:

- Herbs. Those producing especially flavorful vinegars include basil, chives, dill, fennel, garlic, lemon

balm, marjoram, oregano, rosemary, tarragon, and thyme.

- Berries. Most seasonal berries such as strawberries, blueberries, raspberries,

and blackberries make fla-

vorful additions to vinegar blends, especially those used to dress fruit salads. Strain out the berries before storing.

- Edible Flowers and Blossoms. Pretty chive, oregano, or sage blossoms add flavor and beautiful color

to clear vinegars. Nasturtiums add a peppery flavor, and marigolds a citrus tang, while johnny-jump-ups

add a hint of mint. Bean and pea blossoms and shoots add a little sweet flavor. (Not all flowers are edible.

Choose only blossoms you know are safe.)

- Fruits. Add 1 cup of peeled, chopped, ever so slightly overripe fruits such as peaches, nectarines, and

apricots or pears and Asian pears to steep in the vinegar. Strain well before storing.

- Garlic. Add one or two whole, peeled cloves.

- Whole Spices (such as allspice, cloves, coriander seed, cumin seed, dill and fennel seed, and pepper-

corns). Do not use ground or crushed

spices, which will cloud the vinegar.
Thin slivers or slices of peeled

fresh ginger root can also be added.

- Honey. A tablespoon or two of honey naturally complements berry vinegars.
- Lemon or Orange Peel. Add thin, wide strips of citrus zest removed from the fruit using a vegetable peeler or paring knife.



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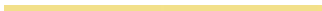
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son ...
berries











in season . . .

summer berries

To tell someone “You’re the berries” is quite a compliment—if you know about berries. Raspberries,

blueberries, and blackberries are the gems of summer, small in size, mighty in flavor and sweetness, delicate to

behold, and so easy to be stingy with. Whether you’re picking your own or happily carrying a flat away from a

farmers market, fresh berries are usually not inexpensive—but then again, when

they are at their peak of ripe-

ness, full and juicy, few would question the price tag.

Choosing the Best. Any berry should be plump and free of mold, with a fruity berry aroma. Be wary of

containers or flats containing crushed or moldy berries that can quickly compromise the entire lot.

Avoid raspberries and blackberries that have stems and hulls attached. They have been picked before they are

fully ripened.

Raspberries, whether red or golden, should be plump and evenly colored, with a soft, hazy gloss. Pale-colored berries are underripe and not very sweet, and berries that are dark red are likely overly ripe.

Blueberries should be round and firm, with a silvery bloom over a deep purple color, a good sign that they

were picked recently. Any hint of red is a sign of an underripe blueberry.

Blackberries should be large and firm, a dull black color, and lacking any tinge of red or brown spots. The

taste ranges from sweet to mildly sweet,

although some varieties are naturally on the sour side and best used

in recipes that call for a measure of sugar.

How to Store Fresh. Always keep berries refrigerated and rinse just before using them. Fresh blueberries

can keep up to five days, but raspberries and blackberries are a little more delicate and sometimes keep their

looks only two days. To better your chances of extending the shelf life, spread just-bought or freshly picked berries in a single layer in a shallow dish,

removing any that are crushed or show signs of age or mold, cover, and store in the refrigerator.

To Prepare for Cooking. The beauty of berries, aside from the taste, is that they usually come pretty clean

with only a gentle rinsing standing between them and a great recipe. Place the berries in a colander and gently

plunge or rinse in cold water a few times. Let the excess water drain off. Spread the berries on a towel and let

them dry. Do not pat, toss, or squeeze the berries.

Pick or Buy Now, Enjoy Later. If you can keep yourself from eating the berries while they are fresh,

freezing is the best option for extending their flavor, color, and usefulness. From the freezer, raspberries can be

used in the Simple Raspberry Mousse on page 212. All berries can also be crafted into jams, jellies, and preserves

and called into service later in the year to spread on toast or be used in the recipes like Chocolate Red Wine Layer

Cake on page 181 or Rosemary Meatballs with Tangy Red Raspberry Glaze on page 202.

Freeze this season's berries! To learn how, go to page 221. or for other ways to

preserve the seasonal flavor of berries, try the trio of berry jams on page 71.

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Mixed Berry Crumble

For that small window Makes 4 to 6 servings

of opportunity when

different berry harvests 4 cups mixed

berries (raspberries, blueberries, and blackberries)

overlap, here's a 1 cup sugar, divided use

wonderful way to mix 3 tablespoons balsamic vinegar

the flavors. Combine $\frac{1}{2}$ cup all-purpose flour

two or three different $\frac{1}{2}$ cup brown sugar

varieties, fresh, frozen, or Pinch of salt

a combination, or use just 4 tablespoons unsalted butter, cut into

small pieces

one berry variety. vanilla ice cream, to accompany

Preheat the oven to 400°F. Butter a shallow 4-cup baking dish.

in a medium bowl, combine the berries, $\frac{1}{2}$ cup sugar, and vinegar. set aside for 20 minutes.

in another medium bowl, combine the flour, brown sugar, salt, and remaining $\frac{1}{2}$ cup

sugar. cut the butter into the flour mixture until completely blended and sandy in texture.

Place the berry mixture in the baking dish, draining a little of the liquid if too juicy. scatter

the crumb mixture evenly over the top. Bake for 30 minutes until the crumb topping is

golden and set. serve warm or at room temperature with a scoop of vanilla ice cream.

Ultimate Blueberry Muffins

These are the kind of Makes 1 dozen
muffins you'll dream

about after blueberry 6 tablespoons

unsalted butter

season winds down. Big, 5 large eggs

crunchy, sugary tops ½ cup whole milk

crown whole juicy berries 3½ cups
sifted all-purpose flour

in a tender crumb. Make 2 tablespoons
plus 1 teaspoon baking powder

your dreams come true ¾ cup
granulated sugar

by storing berries at their 1/8 teaspoon
salt

peak flavor in the freezer. 1½ cups

fresh blueberries

Feel free to substitute

blackberries or black coarse sugar for sprinkling

raspberries for blueberries. melt the butter in a small saucepan over medium heat. set aside to cool.

in a large mixing bowl, beat the eggs until well blended, about 2 minutes. add the

melted butter and the milk.

in a separate bowl, combine the sifted flour, baking powder, sugar, and salt.

add to the

egg mixture and mix until just blended, less than 1 minute. Fold in the blueberries. cover

the bowl with plastic wrap and refrigerate for 2 hours. (Do not skip this step.)

Preheat the oven to 400°F. Line a 12-cup muffin tin with paper muffin cups or coat the

cups of the tin with cooking spray.

spoon the batter into the prepared baking cups so that it mounds about ½ inch above

the top of each cup. sprinkle the tops with coarse sugar. Bake for 25 to 30 minutes or

until the tops are domed and golden brown. remove from the oven and let cool before

removing from the pan.

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summer

Berry Clafouti with Crème Fraîche

Clafouti (kla-foo-tee) Makes 6 to 8 servings

has taken America by

storm—possibly because 2 large eggs

1

it's easy, homey, and 1/3 cup sugar

*custardy and it can 1/2 vanilla bean, split
lengthwise (substitution: 1 teaspoon
vanilla extract)*

*follow you from one 3 tablespoons all-
purpose flour*

berry season to the next. Pinch of salt

*You can feature one 1/3 cup plus 3
tablespoons homemade crème fraîche*

(page 50) or sour cream

berry, like raspberries, or 1/3 cup milk

mix it up by combining 2 cups seasonal berries (blackberries, blueberries, raspberries, strawberries,

berries with overlapping

or a combination)

seasons like raspberries

and blueberries. Freeze 1½ teaspoons confectioners' sugar

seasonal berries and enjoy

this clafouti in the winter. Preheat the oven to 400°F.

Whisk the eggs and sugar together in a medium bowl until frothy. scrape the seeds from

Black raspberries are the split vanilla bean into the mixture. add the flour and salt and whisk to combine.

among the best-tasting

brambles and the most in a separate bowl, whisk the 1/3 cup of crème fraîche with the milk and then whisk that elusive, not grown into the batter.

everywhere and with a

harvest season that lasts coat a 10-inch nonstick ovenproof skillet with melted butter or cooking spray. Pour a third

only 4 weeks. When of the batter into the skillet. Bake until just set, about 5 minutes. remove from the oven

you find them at farmers and top with the berries, then the remaining batter. return the skillet to the oven and bake

markets or roadside for 25 to 30 minutes until the batter has puffed up.

stands, buy them! They

have a distinct and remove from the oven and let cool for 10 minutes. run a flexible spatula around the

moderately tart flavor, edge to loosen. slide onto a large serving plate (or if necessary, invert onto a plate and

small seeds, and a hollow then invert again so the berry side is facing up).

core and are wonderful in

this clafouti. Whip the remaining 3 tablespoons crème fraîche with the confectioners' sugar in a

small bowl.

cut the clafouti into 6 or 8 wedges and serve each wedge with a dollop of the crème fraîche.

Chilled Red Raspberry and Wine Soup

Chilled soup is a lovely Makes 4 to 6 servings

beginning or ending to

a meal on a hot summer 4 cups fresh raspberries (reserve a few for garnish)

night. This versatile soup $\frac{1}{4}$ to $\frac{1}{2}$ cup sugar or honey, more or less to taste

cools down the body with $\frac{1}{4}$ cup dry red

locally produced wine

fresh local berries and 1 cup sour cream or homemade crème fraîche (page 50)

local wine. Fresh mint leaves

Place the raspberries, sugar, and wine in a blender. cover and blend on high speed until

smooth. strain the seeds from the mixture using a fine-mesh sieve. Discard the seeds.

Pour the raspberry mixture into a large bowl or pitcher. stir in the sour cream or crème

fraîche. cover and refrigerate for up to 2 hours until chilled. serve with an extra dollop of

sour cream or crème fraîche, a fresh raspberry, and a mint leaf for garnish.

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Blackberry Upside Down Cake

Here's a version of the Makes 8 to 10 servings

familiar and traditional

pineapple upside down ½ cup unsalted

butter, divided use

cake that features $\frac{1}{2}$ cup packed dark brown sugar

big juicy blackberries $1\frac{1}{2}$ teaspoons
grated lemon zest, divided use

nestled in a delightful $\frac{1}{4}$ cup chopped walnuts or pecans

caramelized topping. 2 heaping cups
fresh blackberries

You can use a 9-inch 1 cup all-purpose flour

cake pan for this recipe, $\frac{3}{4}$ cup
granulated sugar

but a well-seasoned 1½ teaspoons
baking powder

cast iron skillet helps ¼ teaspoon salt

keep the sugary topping

from scorching over the 1 egg, room
temperature

burner and makes it a ½ cup milk, room
temperature

breeze to flip the cake 1 teaspoon fresh
lemon juice

out when finished. 1 teaspoon pure
vanilla extract

Whipped cream, to accompany

a heavy 9-inch round cake Preheat the oven to 350°F.

pan can be substituted

for the frying pan. make melt $\frac{1}{4}$ cup of the butter in a 10-inch cast iron frying pan. stir in the brown sugar until

the brown sugar and nut blended, not melted. remove from the heat and sprinkle 1 teaspoon of the zest and the

mixture in a saucepan first chopped nuts over the sugar. arrange the blackberries in a single layer over the nuts.

and then transfer to the

buttered cake pan. set aside.

melt the remaining $\frac{1}{4}$ cup butter and let cool. in a large bowl, combine the flour, sugar,

baking powder, and salt. in a separate bowl, combine the egg, milk, melted butter,

remaining $\frac{1}{2}$ teaspoon lemon zest, lemon juice, and vanilla. add the egg mixture to the

dry ingredients and beat for 2 minutes. Pour the mixture over the blackberries in the frying

pan, spreading evenly.

Bake for 45 minutes or until a toothpick inserted into the center comes out clean.
remove

from the oven and let cool for 5 minutes before running a knife around the edge of the

pan to loosen. invert onto a cake plate and serve warm or at room temperature with a

dollop of whipped cream, if desired.

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summer

A Trio of Berry Pies

Delicious decisions can still be hard to make. To solve the question of which kind of berry pie to make, simply

go with the season and worry about which is your favorite later. You'll notice that each of the fillings in these

pies is simplistic in its ingredient list. That's because when it comes to ripe summer berries, there's hardly a

need to embellish.

Fresh Blueberry Pie

Fresh blueberries Makes one 9-inch

double-crust pie

have such distinctive

flavor that the 5 to 6 cups fresh
blueberries

fewer ingredients ½ cup sifted all-
purpose flour

to accompany them 1 cup sugar

in a pie, the better. 1 tablespoon
unsalted butter, cut into small pieces,
chilled

Make this pie over 1 recipe pie dough
for a 9-inch double-crust pie (page 128)

and over again while

blueberries are in Place a baking stone or a heavy baking sheet on the middle rack in the oven to heat.

season and resist the Preheat the oven to 400°F.

urge to recreate this

from frozen berries, in a large mixing bowl, combine the blueberries, flour, sugar, and butter. Toss gently so

which will not the blueberries are completely coated with the mixture.

produce the

same results. roll out half the pie dough to fit a 9-inch pie plate. Turn the blueberry filling into the

bottom crust. roll out the top crust and cover the filling and bottom crust. Trim and crimp

the edges together. cut 4 slits in the top crust. Place the pie on the baking stone and

bake for 50 minutes or until the crust is golden and the juices are bubbly.

Let cool for at least 1 hour before slicing.

Fresh Raspberry Tart

When you step Makes one 9-inch tart

back and look at

this finished tart, it 1 9-inch tart shell,
blind baked and cooled (directions on
page 128)

appears complicated $\frac{1}{4}$ cup red currant
jelly

to make. That's the 6 ounces cream
cheese, room temperature

wonder of fresh, $\frac{1}{3}$ cup sugar

seasonal raspberries. $\frac{1}{2}$ cup sour cream

Their complex beauty 2 teaspoons fresh

lemon juice

is an ingredient

delivered only ½ teaspoon vanilla
extract

by nature. 3 cups fresh raspberries

Fresh mint leaves, to garnish

melt the jelly in a small saucepan over
low heat. use some to lightly brush the
bottom

and sides of the prepared tart shell.

in a large mixing bowl, beat the cream
cheese and sugar together until smooth.

Beat in

the sour cream, lemon juice, and vanilla.
spread evenly in the bottom of the tart
shell.

chill for 4 hours.

When ready to serve, arrange the
raspberries on top of the filling. Gently
reheat the

glaze and lightly brush the tops of the
raspberries. serve immediately or chill
for up to 3

hours. Garnish with fresh mint leaves
before serving.

Rustic Blackberry Tart

You can make a Makes one 9-inch tart

rustic-looking tart out

of any fruit, but this 4 cups fresh
blackberries

one looks particularly 1 cup granulated
sugar

amazing. Plump, dark $\frac{1}{4}$ cup all-
purpose flour

berries peeking out Pinch of salt

from the center beg to 4 tablespoons
unsalted butter, cut into small dice

be admired—or eaten. Juice of 1 lemon

You decide. ½ tablespoon grated lemon
zest

½ tablespoon brown sugar

1 recipe pie dough for one 9-inch tart
(directions on page 128)

heavy cream, for brushing

Preheat the oven to 400°F.

in a large mixing bowl, combine the blackberries, sugar, flour, salt, butter, lemon

juice, lemon zest, and brown sugar. Toss gently so the blackberries are completely

coated with the mixture.

roll out the dough to a 14-inch circle. arrange in a 9-inch pie plate, letting the edges

hang over the rim. add the filling. Fold the edges of the pastry up and over the filling,

leaving a gap in the middle exposing the

fruit. Brush the crust edges with cream.

Bake for 40 minutes or until the berries are tender, the juices are bubbly, and the pastry is golden brown.

Let cool for 1 hour before serving. Dust with confectioners' sugar, if desired.

pies: fresh fruits versus frozen

When it comes to pies, a rule of thumb is to use fresh seasonal fruit for the best baking

results. Make strawberry pies in the early summer, followed by other berry pies. As

summer progresses, bring peach and plum pies to the table, and when fall approaches,

replace them with apple, pear, and pumpkin pies. But when you're looking at a stash of

frozen berries in the freezer, sometimes you just have to buck the season.

Berry pies, in particular, are difficult to craft from frozen fruit, because frozen berries

release a lot more water than their fresh versions when baking. They often leave the

fillings watery, lack intense berry flavors, and render the bottom crust a soggy mess.

Thawing frozen fruits overnight in the refrigerator and draining some of the liquid

before combining with the remaining filling ingredients can help. Adding 2 extra

tablespoons of sugar to a recipe can also help thicken the juices during baking. Some

bakers like to mix a couple of tablespoons of ground tapioca into a filling recipe and let it

sit for 15 minutes to soften. During baking, tapioca absorbs fruit juices without making

the filling unnaturally rigid and thick.

Of all the berries, frozen blueberries in particular release a lot of water, and in a pie

they often lack the amazing blueberry flavor you're after. Consider instead using frozen

blueberries in recipes for muffins and bread puddings or mixed in small quantities with

other berries.

summer

Refrigerator Blueberry Jam

If you don't have the Makes 2 cups

time or enough berries

to craft jars of jams and 4 cups fresh
berries,* washed and dried

preserves but have the 1 cup granulated
sugar (up to $\frac{1}{2}$ cup additional, if needed)

desire for that wonderful 1 tablespoon
fresh lemon juice

fruity taste on your 1 tablespoon grated
lemon zest

morning toast, here's a

quick recipe that you can Place the
berries in a medium nonreactive
saucepan and crush lightly. stir in the
sugar.

adapt for virtually any set aside for one
hour.

fresh seasonal berry. Some

berries, like blackberries, Place the
saucepan over medium-low heat. Bring
the mixture to a boil, stirring

are particularly tart and occasionally.
reduce the heat to low and simmer for 15
minutes until the fruit has softened

might need more sugar. and collapsed,
stirring frequently.

use a slotted spoon to transfer the
berries to a small container or jar.
simmer the

*if using strawberries,

hull and quarter. remaining juices in the
pan until thick and syrupy and reduced
by half or more. Pour over

the berries. stir in the lemon juice and
zest. allow to cool completely before

covering and

refrigerating. This jam will keep for up to 3 weeks.

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A Trio of Berry Jams

here are three easy recipes that turn summer berries into wonderful, flavorful jams. The

raspberry and blackberry jam recipes produce a softer set jam, relying on only the fruit,

sugar, and heat to create spreads that feature genuine berry flavor. Pectin, a necessary

component for setting jellies, creates jams that are thicker. using it is a matter of personal

preference. commercial pectin, in both powdered and liquid forms, includes complete

directions for how to use it in jam and jelly making. To learn how to make jams, jellies, and

preserves, see page 237.

Raspberry Jam

Makes 5 to 6 half-pint jars

5 cups fresh raspberries, rinsed and dried

5 cups sugar

in a large heavy pot or Dutch oven, combine the raspberries and sugar. Bring to a boil over medium

heat, stirring constantly, until sugar is dissolved. Boil for about 30 minutes until the mixture thickens,

stirring frequently. remove from the heat and perform a gel test (see page 238). if the gel stage has

not been reached, return to the heat and cook for a few minutes, repeating the test until the gel stage

has been reached. once the mixture has gelled, skim off any foam that has developed.

Ladle the jam into sterilized jars to within $\frac{1}{4}$ inch of the rim (headspace), seal, and process for 10 minutes.

Blueberry Lemon Jam

Makes 8 to 9 half-pint jars

5 cups fresh blueberries, lightly crushed

½ teaspoon unsalted butter

7 cups sugar

2 (3-ounce) pouches liquid pectin

2 tablespoons freshly squeezed lemon juice

2 tablespoons grated lemon zest

combine the berries, sugar, lemon juice, and butter in a large saucepan. Place

over medium heat and stir constantly

until the sugar is dissolved and the mixture is hot. increase the heat to high and bring the mixture to a full rolling boil

(one that won't stop even when stirred), stirring constantly. stir in all of the liquid pectin. return the mixture to a full rolling boil, stirring constantly for 1 minute. remove the pan from the heat and skim off any foam. stir in the lemon zest.

Ladle the jam into sterilized jars to within $\frac{1}{4}$ inch of the rim (headspace), seal, and process for 10 minutes.

Blueberries have a very low amount of

natural pectin, so it is difficult to set up blueberry jam without adding commercial pectin.

Blackberry Lime Jam

Makes about 6 half-pint jars

6 cups fresh blackberries, rinsed and dried

¼ cup fresh lime juice

6 cups sugar

Grated zest from one fresh lime

in a large heavy pot or Dutch oven, combine the blackberries, sugar, and

lime juice. Let stand at room

temperature for 1 hour. Bring to a boil over medium heat, stirring constantly until sugar is dissolved. Boil

for about 30 minutes until the mixture thickens, stirring frequently. remove from the heat and perform a gel

test (see page 238). if the gel stage has not been reached, return to the heat and cook for a few minutes,

repeating the test until the gel stage has been reached. once the mixture has gelled, skim off any foam that

has developed. stir in the lime zest.

Ladle the jam into sterilized jars to within $\frac{1}{4}$ inch of the rim (headspace), seal, and process for 10 minutes.

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summer



Making Your Own: Ricotta-Style Cheese

if you're bringing great fresh cow or

goat milk into your locavore kitchen, you can also

enjoy a variety of dairy products made from that same milk all year round. For the price

of a half gallon of milk and really just a few minutes of your attention, you can make

about a pound of fresh-tasting, still warm ricotta-style cheese with minimum effort for

maximum impact in every bite your family or guests take.

classic ricotta-style cheese is a

byproduct of cheesemaking, using the whey that remains

after cheese production, but this technique gets down to business using only milk and

cream. it makes a wonderful base for cheesecake, ravioli fillings, and lasagna, like

the eggplant Lasagna on page 82. Warm spoonfuls served with fresh seasonal fruit

accompanied by a drizzle of honey make a wonderful way to begin the day or end a

meal. Later in the year, top sautéed cinnamon-spiced apples or pears with a scoop in

place of ice cream. Dollops of chilled ricotta make a nice way to dress up salads, too.

The ingredient list is short, so while you spend less time gathering the necessities, you can

put more thought into the quality of the ingredients. although any milk will work in this

recipe, organic milk and cream, as well as milk from herds on pasture, are the preferred

ingredients. Whole milk and pasteurized but not homogenized milk lend the best flavor

and texture to the finished product. adding a cup of heavy cream to the mix contributes

richness, flavor, and texture, although you can omit the heavy cream if you prefer and

substitute another cup of milk. You can also blend cow's and goat's milk in this recipe and

enjoy a little more tang in your cheese.

Homemade Ricotta-Style Cheese

Ricotta tastes and smells Makes about 1
pound ricotta

like the milk it is made

from, so use the best 7 cups whole milk
and freshest you can 1 cup heavy cream

find. You can control the $\frac{1}{4}$ teaspoon
kosher or sea salt

consistency of your cheese 3
tablespoons distilled white vinegar (5%
acidity)

by how long you let it

drain. For a drier ricotta, rinse a large,

very clean, heavy nonreactive pot with cold water (this helps prevent

drain for about 8 hours; scorching the milk). add the milk and cream. stir in the salt. Place the pot over medium

for a ricotta that is a bit heat and heat, stirring occasionally, until very hot but not boiling, about 180°F to 185°F.

creamier, drain for 3

hours or less. check the temperature with a thermometer.

remove from the heat and add the vinegar, stirring gently for 1 minute until fine grains

begin forming. cover with a dry, clean, lint-free cotton towel and allow to sit undisturbed

for at least 3 hours and up to 8 hours.

Dampen a few layers of cheesecloth or a clean, lint-free cotton cloth and line the inside of

a small colander or strainer suspended over the sink or a pot. Pour or ladle the ricotta into

the prepared colander and let it drain freely for two hours—less if you want a creamier

ricotta, more if you prefer a drier

cheese.

Lift the cheesecloth up and twist gently to extract excess water (which should appear

cloudy, not clear). Turn the ricotta out from the cheesecloth into a container with a tight-

fitting lid and refrigerate. ricotta is a fresh cheese and should be enjoyed within a week.

The Locavore's KiTchen



in season ..



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in season .. *melons*

Summer melons come in all shapes and sizes—cantaloupes small enough to hold in the palm of

your hand, watermelons so big they have to be cradled like a baby—a rather large baby!

The homestretch of summer finds the aisles of farmers markets lined with unusual, exotic, and familiar varieties

of melons. Each can be a wonderful taste experience—or a disappointing one. It's all in how well they were

grown and when they were picked, a task traditionally entrusted to growers who understand that timing is key

when it comes to harvesting the most refreshing, sweetest treats of summer.

Still, it helps to know what to look for when choosing a melon because sometimes you have to judge on looks alone.

Choosing the Best. When it comes to choosing ripe, flavorful melons, one method does not fit all. Each

variety has its own subtle signal.

Watermelons respond to a good thumping. Knock a few times. If it sounds hollow, it's a keeper. If it sounds like

you're knocking on solid wood, it's either underripe or overripe. The skin should also have a waxy feeling and

the “belly,” the spot where the watermelon lay on the ground while growing, should be a creamy yellow, not white or pale green. This above all other methods is the most reliable indicator.

For cantaloupes, it’s all about the “slip”—the point where the vine was attached to the melon while growing. If any portion of the stem is still attached, the melon was picked too soon. The slip should have a slight indentation, green in color, and the melon should have an all-over golden color covered by scaly netting. Unsure? Use

the sniff test: if the melon smells like a sweet, ripe cantaloupe, it probably is one.

Of all melons, honeydew is the most difficult to determine ripeness. It should be smooth and firm, with an all-

over consistent color and a silky, velvety feel to the skin. If the skin is white, the flavor will be less sweet, almost

cucumber-like, but if the skin is a creamy white, the flavor is likely to be sweet and sugary. The blossom end

should give a little when pressed, and one sniff should yield a sweet, almost

tropical fruit fragrance.

How to Store Fresh. Melons can be left at room temperature for a couple of days after purchasing. Once

cut from the rind, slices or pieces should be covered and refrigerated for about two days. Whole melons can be

chilled for a day, but longer than that and the flesh loses moisture and texture as well.

To Prepare for Cooking. Melons are meant to be eaten fresh and raw. Cooked melon turns watery and

pulpy. To prepare cantaloupe or

honeydew, halve the melon and scoop the seeds from the cavity. Watermelon is

a little trickier in that the seeds are often dispersed throughout the melon.

Seedless varieties still contain some

soft, edible white seeds. The white rind on any melon can be saved for pickling.

Pick or Buy Now, Enjoy Later. Melons' high water content makes them poor choices for canning or

freezing. When thawed, the fruit collapses and loses its shape and texture. To preserve a little bit of this sum-

merit time favorite, try pickling and canning the firm, thick rinds of watermelon into a tangy relish.

Preserve the seasonal flavor of watermelon with Gingered Watermelon rind relish on page 76.

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summer

Watermelon, Feta, and Fresh Mint Salad

Some people eat their Makes 4 servings
watermelon with a

sprinkling of salt. That's 4 cups diced seedless watermelon

the whole idea behind 1 cup diced feta cheese

adding feta to this ½ cup mint leaves, cut into thin strips

watermelon salad. The 2 tablespoons extra virgin olive oil

saltiness of the cheese Freshly ground black pepper

combined with cooling,

fresh mint makes this the combine all of the ingredients. chill to blend flavors.

Taste and add salt if desired, but

most refreshing salad of

the season. feta cheese serves as the salty component.

Mixed Melon in Rum Syrup

Scoop fresh melons Makes 6 servings

into small balls with a

melon baller or simply $\frac{1}{4}$ cup water

cube. If fresh blueberries $\frac{1}{4}$ cup sugar

are available, toss in a $\frac{1}{2}$ cup light rum

handful. This salad has 1/3 cup freshly squeezed lime juice

it all—the best melons 1 teaspoon grated lime zest

of the season, the best 2 cups cantaloupe, cut into 1/2-inch cubes

flavors, amazing color 2 cups watermelon, cut into 1/2-inch cubes

. . . and a little nip

of rum and lime to 2 cups honeydew melon, cut into 1/2-inch cubes

add an exotic flair to 1 cup fresh blueberries, optional

homegrown flavors. Fresh mint leaves,
for garnish

combine the water and sugar in a
saucepan. Bring to a boil. reduce the
heat to low and

simmer gently, shaking (not stirring) the
pan once or twice until the sugar is
dissolved. add

the rum and simmer for a few more
minutes until the sharp alcohol aroma
has disappeared.

remove from the heat and cool for 15
minutes. add the lime juice and zest.

combine the melons and blueberries, if

using, in a large bowl. Pour the syrup over the

melon mixture and toss gently to combine. cover and chill for up to four hours before

serving. serve as dessert in individual dessert glasses or skewer with toothpicks for

appetizers or afterdinner “drinks.”

Honeydew Melon Salad

Cool off at the end of a Makes 4 servings

hot summer day with this

refreshing salad. Chill 4 cups
honeydew melon cubes ($\frac{1}{2}$ -inch cubes),
slightly chilled

the melon cubes for just $\frac{1}{2}$ cup freshly
chopped mint leaves, more or less to
taste

about an hour so they are $\frac{1}{4}$ cup freshly
chopped cilantro leaves and stems, more
or less to taste

refreshing yet the taste 3 tablespoons
sugar, more or less to taste

still comes through. 1 fresh lime, finely
zested and juiced

Toss all of the ingredients together. chill

for 1 hour before serving.

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Chilled Cantaloupe Soup

This creamy chilled soup Makes 4 servings

is a special highlight for

a summer meal on the 1 ripe cantaloupe, skinned, seeded, and cut into ½-inch cubes

patio. Add homemade 1 orange, finely zested and juiced

*yogurt (page 29) and 2 tablespoons
apricot brandy or regular brandy
(optional)*

*crème fraîche (page 50) 1 cup plain
yogurt*

*and some fresh garden ¼ cup sugar,
more if necessary*

*mint and tell your guests ¼ cup crème
fraîche*

*it's the special of the day 2 tablespoons
chopped fresh mint*

in the Locavore's Kitchen.

Start the morning with

this soup (minus the using a blender, puree the melon cubes with the orange juice and brandy, if using. add

brandy) when summer the yogurt and sugar. Blend until smooth. chill for 2 hours.

heat descends. To serve, divide the soup between 4 chilled soup bowls. Garnish each serving with a

tablespoon of crème fraîche, a sprinkling of chopped mint, and some of the orange zest.

Melon and Red Pepper Salsa

A trip to the farmers Makes 5 cups

market during the height

of the summer harvest 2 cups
watermelon, cut into small dice

will net you almost all of 2 cups
cantaloupe, cut into small dice

the ingredients for this $\frac{1}{2}$ red bell
pepper, cut into small dice

refreshing salsa. Enjoy it 1 small sweet
onion, cut into small dice

with salty tortilla chips or $\frac{1}{4}$ cup
freshly chopped cilantro

as a relish to accompany 1 jalapeño
pepper, minced

grilled chicken or fish. 2 tablespoons
chopped fresh mint

1 lime, finely zested and juiced

salt, to taste

combine all of the ingredients in a bowl.
Gently toss to combine. Let sit at room
temperature for an hour before serving.

Watermelon and Green Peppercorn Salsa

Here's another twist Makes about 4½
cups

on melon-based salsas

you're sure to love. 2 tablespoons
minced red onion

Sweet, cool watermelon 4 cups
watermelon, cut into small dice, seeds
discarded

gets a spicy, fruity kick 3 tablespoons
freshly squeezed lime juice

from piquant, aromatic 1 to 2
tablespoons dried green peppercorns,
coarsely crushed

green peppercorns. It's 3 tablespoons
freshly chopped cilantro (optional)

a combination you Dash cayenne pepper

wouldn't imagine would

work and one you won't salt, to taste

soon forget. Place all of the ingredients in a medium bowl and toss to combine. cover and refrigerate

for up to three hours. Toss just before serving.

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summer



Fresh Watermelon Cooler

What a delicious way to Makes 4 cups

keep your cool on a hot

summer day! Make sure 3 cups chopped watermelon, seeds removed, if necessary, and discarded

that the watermelon is 4 tablespoons sugar

*as sweet as can be. To 3 tablespoons
lime juice*

save yourself the hassle of 2 cups water

removing the seeds, use a

seedless variety. The few Puree the
watermelon, sugar, and lime juice in a
blender, working in batches, if

soft seeds will disappear necessary. stir
the water with the fruit mixture (do this
in a separate container if the

in the blender. blender is not large
enough). Pour through a fine-mesh sieve
to remove the pulp; discard

the pulp. cover and chill. (This juice will keep for a week in the refrigerator.)
serve in tall

glasses over ice, garnishing with chunks of fresh watermelon or slices of lime.

Gingered Watermelon Rind Relish

Makes 6 half-pint jars

6 cups $\frac{1}{2}$ -inch cubes watermelon rind
(remove the green skin before cubing)

2 cups sugar

$\frac{1}{4}$ cup grated fresh ginger

4 cloves garlic, minced

*When you're done with 1½ cups apple
cider vinegar*

the sweet flesh of the 1½ cups water

*watermelon, make good 1 teaspoon
crushed black peppercorns*

*use of the rinds in this 1 jalapeño,
seeded and minced*

*sweet and spicy, hot 1 tablespoon
kosher salt*

and tangy relish. It will

*keep for 2 months in the in a large
saucepan, combine all of the ingredients
and bring them to a boil over medium*

refrigerator, but if you heat, stirring occasionally. reduce the heat to low and simmer for about one hour, stirring

opt to can it, you'll thank occasionally, until the watermelon rind is tender and translucent.

yourself in the winter.

Ladle the relish into half-pint jars, to within $\frac{1}{2}$ inch of the rim (headspace), and process for

10 minutes.

if not canning, simply

transfer the relish to a

container and let cool

before sealing with a tight-

new to pickling? For a step-by-step guide to the basics, see “Pickled

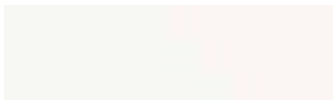
fitting lid and refrigerating.

vegetables, relishes, and salsas” on page 239.

The Locavore’s KiTchen







Local

Flavor

It's easy to find the local cheesemaker at

farmers mar-

Farmstead and artisan cheeses are made by hand,

kets. Just look for the spot where people stand three using traditional and old-fashioned methods often

deep every week, patiently waiting their turn. That's learned at the side of world-class cheesemakers. It

a good sign that whatever is at the front of the line is includes low-temperature warming of fresh milk to

worth the wait.

preserve the enzymes and fragile proteins that help

form the curd. Natural cultures and rennets are used,

Artisan and homestead cheeses are enjoying a revival and the curds are cut, packed, and pressed into forms

all across the country, claiming space in the cheese by hand and turned many times to remove the whey.

case at specialty stores, on local restaurant menus, Some are sold fresh and others left to age or ripen to

and at farmers markets. There's big

flavor in cheeses further develop flavor and textural character.

coming out of small creameries:
complex in taste,

wide in variety, and completely unique
from cream-

When cheesemakers are good at their
craft, their

ery to creamery, region to region, even
season to sea-

work will reflect the flavor of the region
in every

son—welcome contrasts to the

standardized flavors sliver. Pay close attention to the names that cheese-

of mass-produced cheeses, shipped and sold quickly makers give their cheeses. It's not surprising to find

in large-scale operations.

them named after ancestors, nuances of the region,

or even local history, adding another important

When the word *farmstead* appears on the label, the local connection.

milk used to produce the cheese comes

from the

cheesemaker's on-farm herd, rich milk from cows, Most creameries have signature cheeses like classic

sheep, or goats that spend their days grazing on fer-

ricotta, feta, and chèvre, the tangy goat milk cheese;

tile fields, natural diets that produce the purest, most pressed cured cheese like cheddars or those with a

wholesome milk possible and most often without soft bloomy rind; pungent cheeses like Munster and

the use of growth hormones or antibiotics. The label an ever-expanding selection of blue cheeses. Still,

artisan or *artisanal* means that the milk used to pro-

they see their craft as a constantly evolving one, cre-

duce the cheese comes from another source, no less ating or discovering the next new cheese for you to

wonderful, usually a partnership the cheesemaker sample. They hope their customers come to expect—

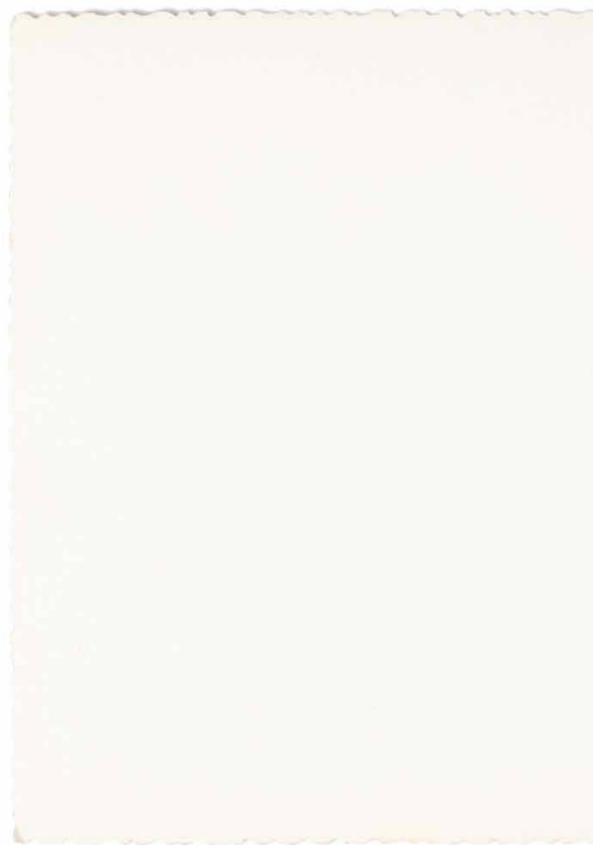
forms with a local dairy farmer.

and look forward to—the unexpected.

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summer



Goat Cheesecake with Fresh Peaches

This goat cheesecake has Makes 8 to 10 servings

a tangy, fresh taste and a

creamy texture and is just $\frac{3}{4}$ cup sugar, plus extra

begging to keep company $\frac{3}{4}$ pound goat cheese, at room temperature

with seasonal fresh fruit 1 teaspoon grated lemon zest

like ripe, juicy peaches or

other stone fruit, cherries, 2 teaspoons

freshly squeezed lemon juice

or seasonal berries. It's a 1 teaspoon
pure vanilla extract

cake for all reasons and 6 large eggs, at
room temperature, separated

seasons and needs no

further embellishment. 3 tablespoons
all-purpose flour

For another quick topping 2 cups
chopped fresh peaches (about 3 large
peaches, peeled and pitted)

to this cheesecake, spread cinnamon, to
taste (optional)

a cup of the Peach Ginger

Jam (page 105) on top Butter a 9-inch springform pan and sprinkle the bottom with sugar. set aside. Position one

and chill before slicing. oven rack in the middle position and one in the lowest position. Place a small ovenproof

dish or pan on the bottom rack. (You'll be adding boiling water to this pan later.) Preheat

the oven to 350°F. Place water on the stove to boil.

in a large mixing bowl, beat the goat

cheese together with $\frac{3}{4}$ cup of sugar on medium speed

until light and fluffy, about 5 minutes. mix in the lemon zest, juice, and vanilla extract. add the

egg yolks, one at a time, beating well between each addition. mix in the flour.

in a separate mixing bowl and using the whisk attachment, beat the egg whites on high

speed until stiff peaks form. mix $\frac{1}{3}$ of the egg whites into the goat cheese mixture. Gently

fold in the remaining egg whites. Pour

the mixture into the prepared pan.

Place the pan on the middle rack. To the pan on the lowest rack, add boiling water to

reach halfway up the pan.

Bake for 25 to 30 minutes or until the cake is set yet jiggles slightly in the middle. The

cake will firm up as it cools. remove to a wire rack to cool. (cake may be made a day

ahead and refrigerated in the springform pan.)

When ready to serve, remove from the springform pan.

To prepare the topping, chop the peaches into bite-size pieces. sweeten, as needed,

with sugar and season with cinnamon, if desired. Top the cheesecake just before serving.

what are raw milk cheeses?

Raw milk cheeses, whether from goat, sheep, or cow's milk, are made from milk that has

not been pasteurized or heated prior to the cheese-making process. Depending

on the

variety of cheese, the milk is then heated to anywhere from 90°F to 122°F, keeping alive

hundreds of strains of bacteria that interact with the milk, allowing the cheese to develop

greater and deeper flavors. The resulting cheese must be aged for 60 days or longer at

a temperature of not less than 35°F in accordance with US FDA regulations. Raw milk

cheeses prepared this way are perfectly

safe to eat.

The Loca

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vore's KiTchen

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Cucumber Mint Salsa with Feta

Fresh summer flavors Makes 6
appetizer servings

from the garden are

right at home with the 1 thin-skinned,
seedless cucumber, unpeeled and
chopped

addition of fresh, salty $\frac{1}{4}$ cup freshly
chopped mint

feta. Serve this as a salsa $\frac{1}{4}$ cup minced
red onion

or chop the vegetables 1 clove garlic,
minced

in larger pieces for 2 tablespoons
freshly squeezed lemon juice, divided
use

a salad course. ½ tablespoon extra
virgin olive oil

½ cup crumbled feta cheese

½ cup chopped fresh tomatoes

Freshly ground black pepper, to taste

mint leaves for garnish

Toasted pita chips, to accompany

in a medium bowl, combine the
cucumber, chopped mint, onion, and

garlic. sprinkle 1

tablespoon lemon juice and the oil over the mixture and toss to combine. season to taste

with salt and pepper. arrange in a shallow serving bowl and top with the cheese and

tomatoes. season to taste with pepper, sprinkle the remaining lemon juice over the top,

garnish with mint leaves, and serve with toasted pita chips.

storing and serving cheeses

Artisan and farmstead cheeses are treasures, fresh and full flavored, pure and a wonderful

reflection of the dedication of the cheesemaker. They deserve special treatment not only on

the plate but also in the refrigerator. The best place to store cheese is in the coolest part of

the refrigerator, usually the bottom drawer. When you're ready to serve the cheese, let it sit at

room temperature for about an hour for the best flavor. Here are some important tips and

suggestions for storing specific varieties of these precious finds.

Fresh cheeses like chèvre, fromage blanc, ricotta, cottage cheese, or creamed cheese are highly

perishable and should be refrigerated and used soon after buying. Keep tightly covered and

well chilled.

Soft cheese such as mozzarella or feta should be stored in its whey to keep it from drying out and

should be used within 4 to 5 days. Good cheesemakers know to include whey

with your purchase.

Bloomy rind cheeses, including some chèvre, should be stored in a sealable container

with holes punched in it for air circulation. Place a piece of parchment paper over the cut

portions of the cheese. Put a clean, slightly damp towel on the bottom for added humidity.

Rindless cheeses like Gouda and Havarti, which are not aged long, can be wrapped in waxed

paper and a layer of plastic wrap to help

retain moisture.

Blue-veined cheeses should be wrapped tightly in plastic or aluminum foil and stored apart

from other cheeses so their pungent aroma and natural molds won't be transferred.

Hard, aged cheeses like some cheddars and grating cheeses have little moisture content and

are long lasting. Wrap them tightly in a layer of waxed or parchment paper and another layer

of aluminum foil. Open them to the air on

occasion and they will actually improve
with age

in the refrigerator.

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summer



in season . . .

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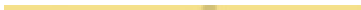








eggplant



eggplant











in season . . . *eggplant*

Cooks have been led to believe that
eggplant is a bitter vegetable that needs
extra atten-

tion—you would be, too, if you were so misunderstood. Picked at the right time and the right size, eggplant

is simple to work with and eager to please. Rather than delivering big, bold flavor, cooked eggplant has a mild

taste and creamy texture, serving as a blank canvas to absorb seasonings, sauces, and marinades. It lends itself

to a wide repertoire of cooking techniques, including steaming, sautéing, frying, broiling, baking, grilling,

and roasting.

One size or color does not fit all when it

comes to varieties of eggplant. In fact, few other vegetables think so

outside the box. The packaging is different, from pudgy purple ovals, to elongated lavender-colored versions, to

softball-sized globes in oranges and whites, but all eggplant is similar in flavor and texture.

Choosing the Best. Regardless of color or shape, look for firm, shiny fruits, free of soft spots or wrinkles,

with a fresh green cap or calyx. Needle-like spikes around the stem are a tip-off that the eggplant is fresh. It should

feel heavy for its size—if it feels light, it will be pulpy. Press the eggplant with your thumb. If it doesn't give, it has

been picked too early; if the indentation remains, it's overly ripe; and if it springs back, it's perfect. Fresh, ripe

eggplant is not bitter, but those that are overripe and stored too long are spongy, seedy, and likely bitter.

How to Store Fresh. The best way to store eggplant is to not store it at all. Use it soon after it is picked or

bought. If storing is necessary, eggplants prefer cool, not cold, temperatures. Wrap them loosely in plastic and

store for a day or two in the refrigerator's crisper drawer. Much more than that and you'll notice a change in

texture. Rinse under cool water and pat dry if leaving the skin on for a recipe.

To Prepare for Cooking. Picking or purchasing eggplant young and fresh solves two classic struggles:

eliminating bitterness and peeling. Peeling eggplant is a matter of preference. If a recipe has a long cooking time

and the eggplant is thinly sliced, it's usually enough to soften most skins, but

when in doubt, remove the skin

with a vegetable peeler. Bitterness comes with age, so if a recipe calls for salting and draining, skip this step when

working with truly fresh eggplant. It will just add unnecessary salt.

Pick or Buy Now, Enjoy Later. Some sources offer instructions for blanching and freezing eggplant.

Beware that as eggplant thaws, it releases a significant amount of water and that will change the texture and the

outcome of a recipe. Therefore, it's not highly recommended.

Eggplant Caviar

Why call this caviar? Makes 4 to 6
appetizer servings

Perhaps because it's

just as delicious and 1 large eggplant
(about 1½ pounds)

special as the real thing 1 tablespoon
extra virgin olive oil, plus extra for
brushing

except more economical,

certainly local, and 1 small onion,
chopped

definitely seasonal. Use 1 small red
bell pepper, chopped

as an appetizer at a small 2 cloves
garlic, minced

gathering or serve it on 3 tablespoons
freshly squeezed lemon juice

thicker slices of toasted

bread to accompany a 2 teaspoons
dried dill weed or 4 teaspoons fresh dill

summer salad. salt and freshly ground
black pepper, to taste

Toasted baguette slices, to accompany

Preheat the oven to 350°F.

slice the eggplant in half lengthwise and brush the cut surface liberally with olive oil.

season lightly with salt and pepper and place cut side down on a rimmed baking sheet.

roast for one hour or until the eggplant is tender and collapsed. Let cool.

meanwhile heat the tablespoon of oil in a skillet. add the onion and red pepper and

sauté until soft and fragrant, about 6 minutes. add the garlic and sauté for an additional

minute. Transfer to the bowl of a food processor.

using a spoon, scrape the eggplant pulp into the bowl of the food processor, discarding the

skin. add the lemon juice and dill. Pulse until the vegetables are coarsely chopped, not pureed.

Taste and season with salt and pepper. serve warm or cold with toasted baguette slices.

Toasted Baguette Slices: Preheat the oven to 375°F. cut one 10-inch baguette into

¼-inch slices. Brush the tops of the bread slices lightly with olive oil and season with salt

and pepper, if desired. arrange on a baking sheet. Bake for 10 to 12 minutes or until

golden brown. remove and let cool.

Grilled Eggplant Salad

Out of all the cooking Makes 6 servings techniques that

complement eggplant, 6 to 7 slender eggplants, ends trimmed and cut crosswise into 1-inch wide slices

cooking over a smoky 9 tablespoons extra virgin olive oil, divided use

grill has to rank

number one. Choose 4 ounces goat cheese or feta cheese, crumbled

fresh slender eggplants, 1/3 cup fresh basil leaves, sliced into thin strips

round varieties, or a 3 tablespoons chopped fresh mint leaves

combination of the two.

Serve as a salad or a side ½ cup toasted nuts (pine nuts or walnuts)

dish with grilled chicken. 3 tablespoons balsamic vinegar

½ teaspoon sea salt

½ teaspoon freshly ground black pepper

Preheat a grill to medium.

Place the eggplant slices in a large bowl. Drizzle 3 tablespoons of the oil over the top

and toss to coat. Grill the eggplant on both sides, about 3 minutes per side, until tender

and grill marks appear. arrange the
grilled eggplant on a serving platter.
scatter the

crumbled cheese over the top, followed
by the herbs and nuts.

in a small bowl, whisk together the
remaining 6 tablespoons olive oil with
the balsamic

vinegar, salt, and pepper. Drizzle the
mixture over the top of the salad and
serve hot or

at room temperature.

summer

Eggplant Lasagna

Eggplant instead of Makes 6 servings

lasagna noodles makes

this normally rich dish 2 large
eggplants or 3 medium eggplants, peeled
and top trimmed off

light, fresh, and great 2 tablespoons
extra virgin olive oil, plus extra for
brushing

tasting. Choose the salt and freshly
ground black pepper

longer eggplants as 2 cups sliced mushrooms, any one variety or a mix

opposed to the globe 2 cloves garlic, minced

varieties for this recipe. 1 tablespoon freshly chopped thyme leaves

If you want to add one 1 pound ricotta cheese

more local component,

make your own ricotta- 3 large eggs, lightly beaten

style cheese, an easy 1 cup grated Parmesan cheese, divided use

project found on page 72. 2 tablespoons
freshly chopped oregano leaves

1 teaspoon salt

½ teaspoon freshly ground black pepper

2 cups chunky all-Purpose Tomato sauce
(page 121) or your favorite tomato sauce

recipe

Preheat the oven to 400°F. Brush an 8 x
8-inch baking pan with oil. set aside.

slice the eggplants into ½-inch slices,
lengthwise (these are your “lasagna
noodles”).

Brush both sides of the slices with oil.
arrange in a single layer on two rimmed
baking

sheets. season with salt and pepper.
roast until the slices are soft and golden,
turning

once halfway through the cooking time,
about 25 to 30 minutes. remove from the
oven

and set aside to cool.

heat the two 2 tablespoons of oil in a
medium skillet. add the mushrooms and
sauté until

soft, about 5 minutes. add the garlic and

thyme leaves and sauté an additional minute.

remove from the heat and set aside to cool slightly.

in a large bowl, mix the ricotta with the eggs, half of the Parmesan, oregano, salt, pepper, and the reserved mushrooms.

To assemble the lasagna, spread half of the tomato sauce in the bottom of the prepared

baking dish. Lay half of the eggplant slices on top, overlapping as you go. spread the

ricotta mixture over the eggplant. Layer the remaining eggplant slices over the ricotta

mixture. spread the remaining tomato sauce on top. Bake for 20 minutes. sprinkle with

the remaining cheese and bake for an additional 10 minutes or until the cheese is melted

and lightly browned. Let cool for 10 minutes before serving, using a serrated knife to cut

through the layers.

eggplant: a battle of the sexes

As long as there have been eggplants, there's been the controversy about which is better, less

bitter, and contains fewer seeds—the male or the female. The answer is neither. As fruits,

eggplants are neither male nor female, and spending a lot of time trying to identify the sex by

dimples and rounded bottoms as a sign of seed content is . . . well, fruitless. It's more about

cultivars. While there are a couple of general rules to follow—such as that slender, elongated

eggplants have fewer seeds, and their rounder counterparts have more and are less meaty—this

question is a good one to pose to the growers themselves who bring these eggplants to market.

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Grilled Eggplant Rollups with Goat Cheese

Using slender, young Makes 10 to 12 appetizer servings

eggplants for these

delightful grillable 4 ounces goat cheese, at room temperature

rollups will save you the 1 tablespoon finely chopped sundried tomato

step of peeling since the $\frac{1}{4}$ cup freshly minced basil leaves

skins will still be tender. 1 teaspoon extra virgin olive oil, plus extra for brushing

Eggplants about 7 inches salt and freshly ground black pepper, to taste

long will roll up nicely. 3 small eggplants, long and slender variety

*You can also substitute 2 tablespoons
freshly grated Parmesan cheese*

feta cheese or a well-

drained ricotta for the

goat cheese. combine the goat cheese,
sundried tomatoes, basil, and the
teaspoon of olive oil in a

small bowl. set aside.

heat the grill to medium-high. Trim the
stem end of the eggplants and slice each

lengthwise into $\frac{1}{4}$ -inch-thick slices.

Brush each side of the eggplant slices
with oil and

season with salt and pepper. Grill the slices on both sides, about 3 to 4 minutes per side,

until grill marks appear and the slices soften. Transfer to a cooling rack.

spread a teaspoon of the filling over one side of each of the grilled eggplant slices. roll

the eggplant slices up tightly. arrange on a foil-lined baking sheet, seam side down. (at

this point, the rolls can be covered in plastic wrap and refrigerated for several hours.

Bring to room temperature before proceeding.)

heat the broiler. sprinkle the Parmesan cheese over the rolls and brown under the broiler

for one minute.

Glazed Broiled Eggplant

Thick slices of fresh Makes 4 servings

eggplant soak up this

luscious glaze. When 4 Japanese eggplants (4 to 5 ounces each), unpeeled

it's thrown onto the ¼ cup honey

*heat of the grill, the 1/4 cup vegetable or
canola oil*

result is a slightly 1/4 cup soy sauce

*caramelized finish with 1/4 cup lemon
juice*

*salty undertones. This is 1 clove garlic,
crushed*

*the type of preparation 1/4 teaspoon
crushed red pepper flakes*

that's perfect for mild,

*unassuming eggplant. 1/4 cup chopped
fresh parsley or cilantro, for garnish*

slice the eggplants crosswise into 1/2-inch-thick rounds. Place in a shallow baking dish.

Whisk together the remaining ingredients (except the parsley) for the glaze. Pour over

the eggplant slices. Let marinate for 30 minutes, spooning the mixture over the top of the

eggplant occasionally. remove the eggplant from the marinade and arrange in a single

layer on a broiler pan. Pour the marinade into a small saucepan and bring to a boil.

reduce the heat to low and simmer until reduced by half. set aside.

Preheat the broiler. Broil the eggplant 4 inches from the heat until tender, about 4 to

6 minutes per side. Brush with the reduced marinade, sprinkle with chopped parsley,

and serve.

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summer



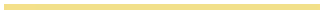
in sea
season

—

















in season . . .

seasonal herbs

Fresh herbs add the color, fragrance, and flavors to our food and announce the season. Tender,

slender chive leaves and blossoms are a sure sign of spring—as sure as a robin’s song. Feathery dill fronds and

big round seed heads remind us it’s time to can pickles or make potato salad for a summer potluck. Big bunches

of basil tell us to start checking the garden or farmers markets for the return of tomatoes.

There are lots of fresh herbs we can plant or expect to find at farmers markets to add to our cooking, and plan-

ning ahead ensures that we'll have them beyond the harvest. Some freeze well, others are better dried. To get

you in the mood, think ahead to when a taste of fresh, cool mint or pretty purple chive blossoms would add an

element of surprise to winter cooking. For now, fresh herbs are a simple and delicious way to add even more

character to seasonal foods.

Choosing the Best. Of course, if the herbs are growing in your garden, freshness is a given. The best time

to harvest them is in the morning, before the afternoon sun has a chance to dry them out. At markets, the uni-

versal rule is to look for vibrant color and aroma when choosing fresh herbs. Simply brushing your hand over

a bunch of herbs or crushing a leaf or two between your fingers should release a wave of wonderful fragrance.

Black spots, yellow tired-looking

leaves, and off odors signal that flavor is waning.

How to Store Fresh. Fresh herbs should be washed and blotted dry before refrigerating. Store them in an

airtight container for up to 4 days. If you can devote the space, use glass jars with tight-fitting lids. Other odors

in the refrigerator will not permeate the glass. You can also make a fresh cut in the bottom of the stem, place in

a deep glass filled with a splash of water, and cover loosely with a plastic bag. Store in the warmest part of the

refrigerator, usually the top shelf. Change the water daily and you'll extend the life (and looks) of fresh herbs for a few more days.

To Prepare for Cooking. For most herbs, stripping the leaves off thick woody stems is all that's needed

before using. When it comes to cilantro, the stems carry as much taste as the leaves; and with chives, the thin

leaves and blossoms can both be used. Always cut herbs with a sharp knife just before adding them to your

recipe. Some recipes will call for

“bruising” whole leaves—lightly crushing to release the fragrant oils—but in

general most herbs prefer a gentle touch.

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A Sampler of Garden Variety Herbs and How to Preserve Them

This list of herbs, describing their flavors, culinary capabilities, and how to preserve their flavor for your recipes

year round, is truly a sampler. There are many other herbs to be found, cultivated,

and harvested, but this list in-

cludes the herbs most frequently used, most often homegrown, and most likely to be found at farmers markets.

Basil. Basil is possibly the most widely used fresh herb in the kitchen. Fresh basil leaves have a sweet, spicy flavor

and a personality that doesn't back down from garlic in pestos and sauces. Look for unusual varieties of basil, too,

including purple basil, a beautiful contrast on the plate, or Thai basil, a bit spicier and perfect for Asian dishes.

Classic Basil Pesto (page 89) is a good

way to use the seasonal flavor of basil, and it freezes beautifully, too.

Bay Leaves. Bay leaf has a genuine flavor that has escaped most cooks because it is primarily available in a life-

less dried form. Freshly harvested leaves are highly aromatic, sweet, and somewhat astringent. Once you've experienced fresh bay, dried will never do. Add to poaching liquids, soups, and rice, or in the recipe for Bay-Poached

Pears on page 87. Remove the leaf before serving.

Preserve by storing whole leaves in an airtight container or heavy-duty plastic bag and freeze for up to

6 months.

Chives. Chives' thin leaves and pretty lilac blossoms are the first herbs to appear in the spring, and both add a

pleasant, fresh onion-like flavor to cold and cooked recipes and baked goods.

Sprinkle chives on soups, salads,

potatoes, or spring vegetables, or mix into butters. Try the recipe for Honey and Chive Butter on page 111.

Preserve by snipping the tender leaves

into small pieces or harvesting the blossoms by separating them from the

stem. Store loosely in freezer containers. They won't keep their crisp texture but they will hold their taste and color.

Cilantro. Cilantro, the broad, scalloped leaves and stems of the coriander plant, is highly pungent, aromatic, and

assertive, which is why you'll often find it in recipes that also feature a lot of garlic, chiles, or hot spices, like Marga-

ret's Salsa on page 121. Once the plant flowers, it goes to seed—coriander seeds. Crushed or ground, they spice up

food like the Sweet Pumpkin with Yogurt Sauce on page 200 with lemon-like flavor.

Preserve fresh cilantro leaves by packing ice cube trays with whole leaves and adding a little water. When the cubes are solid, store in a freezer bag for up to 3 months.

Coriander seeds can be air-dried and stored in an airtight container. Crush or grind just before using.

Dill. Dill's feathery bluish-green leaves have a distinct, spicy green flavor that goes well with cucumber and can

be used fresh to liven up dips, fresh salads, and potato salads. Without the fresh taste of dill, pickles wouldn't be

pickles or as delicious. Taste for yourself in Classic Garlic Dill Pickles or Sweet Garlic Dills on page 54.

Preserve by drying the fronds, the best way to retain dill's flavor and intensity. Harvest and dry the whole

seeds from the flower heads and toss some into the jar when canning pickles or grind them to season cooked

cabbage or apples.

Fennel. Fennel looks a little like dill and

is harvested the same way (leaves and seeds), but the taste is remark-

ably different, licorice-like and highly aromatic. Chop the wispy, fresh leaves and tender stems for egg salads

and soups or use the seeds in breads and baking or experience every bit in Braised Fennel on page 87.

Preserve by freezing the fronds separated from the stem in a freezer bag for up to 4 weeks. Fennel holds

its flavor for a much shorter time than other herbs even when frozen. Harvest and dry the whole seeds from

the flower heads and store in an airtight jar for 6 months. Crush or grind as needed.

Mints. Aromatic and refreshing, mint is a great way to trick the body into cooling down on a hot summer

day. There are more than two hundred species of mint to plant, from exotic pineapple orange to chocolate

mint. Good all-purpose spearmint should be used for warm dishes, including teas, and peppermint for cool-

ing dishes, like salads and cold beverages.

Preserve the whole leaves by drying or by freezing, packed in ice cube trays.

Add a little water and freeze

until solid, then remove and pack in freezer bags. A better idea would be to turn a batch of mint into Mint

Pesto (page 90).

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summer

Oregano and Marjoram. Oregano and marjoram are close enough in looks and flavor that you can substi-

tute one for the other as long as you're

aware of the subtle differences. Greek oregano, the preferred variety of

oregano, is strong and spicy, somewhat bitter, and makes the tongue tingle.

Sweet marjoram has a sweeter citrus

flavor and a gentler mouth feel than oregano. Neither holds its flavor well in long-cooked sauces or soups, so add

the herb, fresh or dried, toward the end of cooking.

Preserve by drying the leaves. Both oregano and marjoram also can be pureed with a bit of olive oil; place

the puree in pint-sized freezer bags and

smooth them flat. When frozen, break off pieces or portions as needed.

Parsley. Parsley has long been regarded as nothing more than a garnish, when in reality it can be the star

ingredient of a few dishes like Gremolata on page 87. Choose the flat-leaf variety, which compared to curly

parsley is more fragrant, less bitter, and has a bit of a celery-like taste.

Preserve by freezing whole sprigs to toss into stocks or by chopping the leaves, packing into ice cube trays

with a little water, freezing, and then

storing in freezer bags. Frozen parsley will lose its texture, but the color

and flavor will prevail so it's best for soups and cooked dishes.

Rosemary. Rosemary is unique in that it does not lose its piney flavor or tea-like aroma in recipes that require

long cooking. Use fresh rosemary sparingly to flavor roasted vegetables and meats. The Grilled Herb-Rubbed Flank

Steak on page 93 and Rosemary and Walnut Shortbreads on page 212 are delicious ways to enjoy fresh rosemary.

Preserve by washing and drying whole sprigs and storing them in freezer bags, squeezing out most of the

air. The rosemary still keeps its strong flavor and the leaves remain soft and pliable, almost like fresh. When

you reach into the bag, you'll notice that after time the leaves will have fallen away from the branches.

Sage. Sage is another dominant, slightly bitter-tasting aromatic that is at its best teamed with equally strong

flavors like garlic and pepper. It naturally pairs with onion and poultry stuffing and adds flavor to rich, fatty

meats, including pork and sausage, or takes center stage in Fried Sage Fritters on page 87.

Preserve by freezing whole sage leaves in small freezer bags. Be aware that freezing will intensify the taste of

sage, so season accordingly. Most cooks like to use sage dried and ground to a fine, velvety texture or coarse finish.

Tarragon. Tarragon has a strong flavor and aroma reminiscent of licorice and is best used as the solo herb in

dishes. Cooked too long, it becomes bitter. Use the twisted, dark green leaves of the French variety sparingly to

flavor cream sauces for meat, poultry, and fish or to infuse vinegar (see page 62) to use in vinaigrettes.

Preserve by chopping the leaves by hand or in a food processor and packing in small freezer bags, pressing

as much air out as possible before sealing. Tarragon loses its flavor when dried.

Thyme. Thyme is most at home in slowly cooked foods, like stocks, braised meats, and roasted chicken.

While there are more than 100 varieties of thyme, mild-flavored common thyme with a pungent, woody

aroma and citrusy lemon thyme can be widely used in the locavore's kitchen. For making stocks (page 143),

thyme is always a welcome, aromatic ingredient—or make it part of the fresh herb mix in the Fresh Herb and

Cream Cheese Sampler on page 87.

Preserve by drying the leaves after they have been stripped from the branches.

Thyme holds its flavor bet-

ter than most herbs after drying.

substituting dried herbs for fresh

Certain recipes, like those for pesto and

gremolata, rely on fresh herbs as the central component of the dish. When

it comes to soups, stews, sauces, salad dressings, or dips where the herbs are suspended in liquids to infuse their

flavor throughout, feel free to substitute dried herbs for fresh.

When using dried herbs in place of fresh, remember that the water in them has evaporated, making the

essential oils more concentrated—so use less. The conversion is simple: 1 tablespoon fresh = 1 teaspoon

dried. And always taste as you season to

achieve the correct balance and flavor in a recipe.

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Bay-Poached Pears

Gremolata

Bay leaves are used as aromatics, enjoyed in subtle ways.

Gremolata is a condiment with just a few simple

To experience the taste of fresh bay leaves, try this recipe in

ingredients and is a great companion to fish and meaty

which the flavor of fresh bay infuses local white wine and is

dishes and stews. Swirl a few tablespoons into soups and

absorbed by pears. You can also substitute fresh peaches, but

stews to brighten the taste.

keep a watchful eye on the cooking time.

Makes about 1/3 cup

Makes 4 servings

1 fresh lemon

¼ cup finely chopped fresh parsley

2 fresh pears, halved, and seeds scooped out

3 garlic cloves, finely chopped

1 cup local sweet white wine

1 or 2 fresh bay leaves

using a vegetable peeler, remove the lemon peel in long thin

2 tablespoons honey

strips. Finely minced the peel. Transfer to a small bowl and mix

1 teaspoon pure vanilla extract

in parsley and garlic. cover and store unused portion in the

2 tablespoons unsalted butter, cut into small dice and at

refrigerator for up to 3 days.

room temperature

4 slices of vanilla pound cake or 4 scoops of vanilla ice

Fried Sage Fritters

cream

Rarely do sage leaves get the spotlight all to themselves.

Preheat the oven to 325°F.

This recipe turns fresh sage leaves into exciting little

arrange pears cut side up in an 8-inch square

appetizer bites that play on the strong taste of sage.

baking dish. set aside.

in a small saucepan, combine the wine

and bay

Makes 8 or more appetizer servings

leaf. Bring to a boil and cook for 7 to 10 minutes or until

reduced by half. stir in the honey and vanilla until blended. $\frac{3}{4}$ cup all-purpose flour

Whisk in the butter until smooth. Pour over the pears.

Pinch of salt

Bake, uncovered, for 20 to 25 minutes or until the pears

2 tablespoons extra virgin olive oil

are thoroughly heated and soft but still hold their shape.

4 tablespoons warm water

remove the bay leaf.

1 large egg white

serve the warm pears over pound cake or vanilla ice vegetable or canola oil, for frying

cream. Drizzle with the remaining poaching liquid.

20 to 30 large fresh sage leaves, rinsed

and completely dried

mix the flour, salt, oil, and water in a small bowl until

Braised Fennel

smooth and creamy. set aside for a few hours.

Beat the egg white until stiff. Fold it into the batter.

Fennel is made up of the bulb, the stalks, and the fronds (or

heat 1 inch of oil in a large heavy skillet with deep

leaves)—and every bit is edible. In this recipe, the juicy bulb

sides. holding each leaf by its stem, dip into the batter until

and feathery fronds are used to turn out a simple dish where

completely coated. Fry several leaves at a time, taking care not

long slow cooking brings out the sweetness.

to crowd the skillet, for 2 to 3 minutes or until golden brown.

Transfer to a paper towel-lined plate to

drain.

Makes 6 servings

2 fennel bulbs (about 10 ounces each),
with fronds

2 tablespoons extra virgin olive oil

Fresh Herb and Cream Cheese Sampler

salt and freshly ground black pepper

$\frac{3}{4}$ cup rich chicken stock

*If you want your guests to experience
the fresh taste or*

¼ cup grated Parmesan cheese

the difference in taste between fresh garden herbs, try this

simple appetizer. Experiment with mixing different herbs

Preheat the oven to 350°F.

to come up with unexpected flavor sensations, like mint

cut off and discard the stalks from fennel bulbs,

and basil. You can also roll the balls in sea salt, freshly

reserving fronds. chop enough of the fronds to measure 2

ground black pepper, crushed red pepper, or grated lemon

tablespoons.

zest before rolling in the herbs.

cut a thick slice off the root end of the bulb. slice the

Makes 16 balls

bulb in half. remove the hard inner core and cut each half

into 4 wedges.

1 8-ounce package cream cheese

heat the oil in a large heavy skillet over medium-high. Finely chopped fresh herbs (dill, parsley, chives, rosemary,

heat. add the fennel wedges and brown the cut sides well,

thyme, mint, basil, fennel)

about 2 minutes per side. reduce the heat to low. sprinkle

with salt and pepper, then add the stock. cover and cook. Divide the cheese into 16 equal portions and roll into

until the fennel is tender, about 12 to 15

minutes. remove small balls. roll each ball in either one type of herb or a

from the heat and sprinkle with cheese and the chopped fen-

combination. arrange on a serving platter, chill for 1 hour,

nel fronds. serve immediately.

and serve on toothpicks.

87

summer

On Drying Herbs

- Hang the bag in a warm, airy room with good ventila-

tion, such as an attic, linen closet, dry basement, or

There's nothing complicated or magical about dry-

garden shed.

ing herbs. Drying gets rid of the water that otherwise

- check bundles of thyme and dill after 5 days to see the

would cause fresh, tender herbs to mold if you were

progress they are making. at 80°F, they may already

trying to store them long-term. Slow-drying bundles

be dry. if not, check them daily for up to a few more

of herbs preserves their essential oils, the very com-

days. Look in on thicker-leafed herbs like oregano and

pounds that possess the flavor you're attempting to

sage after 10 days. if any bundles are

sporting mold

or smell moldy and musty instead of earthy and reminis-

capture. It's a process that works best with herbs that

cent of their former fresh selves, discard them.

don't have a lot of water to begin with, such as dill,

oregano, marjoram, rosemary, sage, thyme, and pars-

- How do you know when the herbs are dry and ready for

ley. Basil, chives, mint, cilantro, and tarragon hold

storage? When the leaves are brittle and crumble easily,

their flavor and color better if frozen.

yet your fingertips carry the wonderfully heady aroma of

that herb, separate the leaves from their stems and move

on to storing them.

Ready to “Dry”?

Store Dried Herbs to Last

- Cutting your own herbs? Do it midmorning when the dew

has dried from the leaves and before the hot afternoon

sun has a chance to wilt them. if you're buying them from

- Store dried herbs in airtight containers such as small

the farmers market, make sure the bundles look and smell

canning jars or small sealable plastic bags.

fresh. (see “choosing the Best” on page

84)

- Take a minute to label and date the containers so you
 - Harvest the herbs before they flower. Once they begin
- can easily recognize them.

to flower, the plants stop leaf production. You can dry

herbs anytime during the growing season. remember • Store dried herb leaves whole to retain their flavor and that if left to flower and go to seed, herbs like dill, fennel,

aroma. crushing them releases their essential oils, so for

and coriander still have a useful culinary life. harvest the

maximum impact, crush them only when you're ready to

dried seeds and use when recipes call for them, whole

use them.

or crushed. There's a lot of flavor there!

- Watch the color of the herbs you've stored. Once the

- Wipe off or shake any leaves free of dirt, grit, or in-

color starts to fade, so will the flavor. Discard them.

sects. if rinsing is necessary, swish bundles in a large

bowl of water. shake off the water and pat dry with a

- While it's gratifying to admire your work in the kitchen,

clean lint-free cotton towel or layers of paper towels.

dried herbs prefer cool spots, away from

heat or light.

Be gentle. rough treatment of herbs can bruise and

Dedicated freezer space for tightly packaged herbs

damage the leaves.

would be the perfect solution, though not always

practical.

- Bundle a small bouquet together and secure at the

stems with a rubber band or tie with

kitchen or garden

twine.as they dry, they will shrink, so
make sure the Cooking with Herbs:
Dried or Fresh

ties are secure. The smaller you make
the bundles, the
quicker the drying time.

If you're using dried herbs in a recipe
that calls for

fresh, add them a bit earlier than you
would fresh,

- Using brown paper lunch bags, punch
or cut several

crushing them with your fingertips before adding. If

holes around the bag. Be sure to label the bag with the dish is particularly long cooking, wait until the

the contents.

last hour to add the herbs.

- Place the herb bundles in the bags, upside down so

Dried herbs develop more intense and potent flavors

the stem ends are at the opening.

than fresh, so begin by using a teaspoon of dried in

- Cinch the bag closed around the stems and tie shut

place of a tablespoon of the fresh, then taste and ad-

with string.

just to your taste from there.

Beyond stocking your kitchen with dried and frozen herbs to add to soups, stews, and other recipes, you can create

vinegars (on page 62) and pestos (on page 89) or herbed butters (on page 111)

for the freezer—great ways to make sure the fresh flavor of herbs finds its way to your table year round.

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Making Your Own: Pestos

Pesto is that classic, vibrant sauce that

has a way of enlivening soups, salads, entrees,

and side dishes. so when you find yourself with a bumper crop of basil, think pesto. it's

a beautiful detail in the locavore's kitchen.

You can easily double or triple recipes and freeze pesto in small batches to keep these

great flavors with you throughout the winter. after you've made a batch, transfer it to a

glass bowl, cover and refrigerate for

eight hours to allow the mixture to firm up. Portion

the pesto in one- or two-tablespoon measures onto a parchment-lined baking sheet.

Freeze until solid and then transfer the portions to a freezer bag. Pull out what you need

later for great dishes like chicken Pesto cheesecake on page 204 or Pesto-stuffed Pork

Tenderloin with hot Pepper Jelly Glaze on page 210.

here's a trio of easy-to-make pestos, so

versatile in their application and inspiration for

other pestos, too. Try spinach, parsley, or asparagus pesto (page 5).

Classic Basil Pesto

Fresh basil is the heart and soul of pesto making. Makes 1¾ cups

Purists would blanch at 2 cups packed fresh basil, stems removed, washed and dried

the thought of preparing ¾ cup freshly grated Parmesan cheese

*pesto in a food processor, ½ cup pine
nuts or walnut pieces*

but when the harvest 2 cloves garlic

*hands you bundles instead ¼ teaspoon
salt*

*of batches, it's the best ¼ teaspoon
freshly ground black pepper*

*way to get the job done. 2/3 cup extra
virgin olive oil*

If you're making only

*one batch, coarsely chop using a food
processor, combine all the ingredients
except the olive oil. Process until*

the basil, nuts, and garlic finely chopped, stopping the machine and scraping down the sides if necessary. With

beforehand, then pound the machine running, pour the olive oil through the chute in a slow, steady stream and

away at the ingredients

in the classic style, with a process until the mixture is blended yet retains a coarse texture. store in an airtight

large mortar and pestle. container for up to a week or freeze in small batches for up to 3 months.

To make a dipping sauce: combine 3 tablespoons of the prepared pesto with 1/3 cup of

olive oil and a pinch of crushed red pepper. serve as a dipping sauce for crusty breads,

sweet melons wrapped in ham, apples, pears, or whatever you desire.

Roasted Red Pepper Pesto

Red Pepper Pesto defies the Makes about 1 cup

classic definition of pesto in

that there's not a speck of 2 roasted

bell peppers

basil to be found, but that 1/3 cup
chopped walnuts

doesn't mean a handful 2 cloves garlic

wouldn't be welcome. 3 tablespoons
extra virgin olive oil, plus extra if
needed

Use this sweet pesto to ½ teaspoon salt

top roasted potatoes, as a

spread on crusty toasted

bread, tossed into hot using a food
processor, combine all the ingredients

except the olive oil. Process until

pasta for a quick meal, finely chopped, stopping the machine and scraping down the sides if necessary. With

stirred into softened butter, the machine running, pour the olive oil through the chute in a slow, steady stream and

or at its simple best, used as process until the mixture is smooth. store in an airtight container for up to a week or

a condiment for burgers or freeze in small batches for up to 6 months.

grilled steaks. Making your

own roasted red peppers To dress up
mayonnaise for your sandwich: mix 1
cup mayonnaise with 2 to 3 tablespoons
roasted

is easy. See page 158 for red Pepper
Pesto and use it to dress up roast beef or
turkey sandwiches. make it better by
making *complete instructions*. your own
mayonnaise (page 125).

89

summer

Mint Pesto

The beauty and curse Makes 1 cup

of growing mint is that

you can end up with 2 cups packed fresh mint leaves, stems removed, washed and dried

a lot in one season. ½ cup pine nuts or almonds, toasted

When the season hands 2 cloves garlic

you mint, grind it up 2 tablespoons (packed) feta cheese

into pesto. Spread this 2 tablespoons grated Parmesan cheese

cooling condiment on 1 tablespoon coarsely chopped jalapeño (optional)

grilled lamb burgers, ½ teaspoon salt

seared lamb chops, or

*mild fish; toss it with ½ teaspoon
freshly ground black pepper*

*steamed new potatoes; 2 tablespoons
freshly squeezed lemon juice*

1

*or use it to “fancy up” ⅓ cup extra
virgin olive oil*

grilled asparagus.

using a food processor, combine all the
ingredients except the olive oil. Process

until

finely chopped, stopping the machine to scrape down the sides if necessary. With

the machine running, pour the olive oil through the chute in a slow, steady stream and

process until the mixture is blended yet retains a coarse texture. store in an airtight

container for up to a week or freeze in small batches for up to 3 months.

To make a quick, refreshing salad: combine 2 cups of cooked orzo with one pint of ripe cherry

tomatoes, halved, and mix with 3 tablespoons of mint pesto or more to taste. Top with some

crumbled feta and a grinding of black pepper. makes 4 servings.

Penne Pasta with Pesto and Goat Cheese

This is the kind of dish Makes 4 servings

that makes you happy to

have the batch of Classic 1 pound penne pasta

Basil Pesto (page 89) 1 cup prepared

pesto (thawed, if frozen)

or Roasted Red Pepper ½ cup (4 ounces) goat cheese, softened

Pesto (page 89) you salt and freshly ground black pepper, to taste

made this summer. Rich Freshly grated Parmesan cheese, if desired

and creamy, it's a quick

meal that seems far cook the pasta in a large pot of boiling, salted water until al dente, firm to the bite yet cooked

more special. Serve with through. Drain in a colander, reserving 1 cup of the

pasta water. cover and keep warm.

crusty bread and a cup of

homemade tomato soup. Warm the pesto in a large sauté pan over low heat.

Whisk in the goat cheese until the

mixture is smooth and warm. Toss the cooked pasta into the pesto mixture and stir over

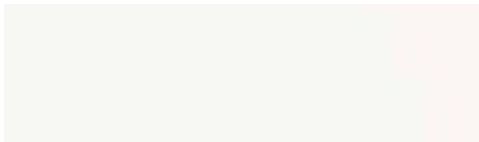
very low heat 1 minute until thoroughly coated and warm. add enough of the reserved

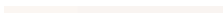
pasta water until smooth and creamy. Taste and season with salt and freshly ground black

pepper, to taste. serve immediately with a grating of Parmesan cheese, if desired.

The Locavore's KiTchen







Local

Flavor

If you've ever wanted to ask a farmer or rancher who begin a dialogue with the farmer and then do some

raises grass-fed beef cattle to explain the difference tasting yourself.

between their beef and that from cattle raised in con-

Cattle that are 100 percent grass fed feed on live pas-

ventional ways, do it when you have a little time on ture spring through fall and on dry grasses when the

your hands. The answer might not be short, but it is pasture is dormant. The result is lean beef low in

sure to be passionate and educational.

intramuscular fat, so it requires simple yet attentive

“Grass-fed” is not just about what the animal eats. cooking methods. Cattle finished on grain develop

You'll learn that allowing animals to graze naturally adds additional fat and marbling in the meat, combining

using rotational grazing methods is good for the tenderness, juiciness, and flavor.

environment and that growing or raising food for There are a lot of variables that affect grass-fed meats

one's neighbors is key to developing a sustainable in subtle ways. More than one breed of cattle thrives

community. You'll hear that raising livestock this on grass. The popular Angus are adaptable foragers

way is more humane than feedlots, that it saves en-

known for naturally marbled, tender beef; Herefords

ergy, eliminates the farm's dependence on pesticides are efficient at converting native grasses to tasty, ten-

and chemical fertilizers, and promises better food der beef; Galloways forage on coarse grasses, require

safety, and that there's a direct connection between less food through the winter, and produce high-

healthy herds and healthy food. At some

point, quality beef; and beef from Highlands is lean, flavor-

you'll get around to the taste.

ful, and well marbled. Where and how they are raised,

even the way they are butchered, comes through in

If you shop at farmers markets, you're sure to come the look, texture, flavor, and smell of the meat, in

across two types of producers: those who raise their ways that are both subtle and good.

cattle strictly on grass and those who raise beef on

grass and finish on grain. You will always find farm-

Grass-fed beef gives us a reason to linger at the table or

ers and locavores who prefer one over the other for gather around the grill. It takes almost twice as long for

taste, tenderness, and nutrition. There's no official a farmer to raise cattle on this natural diet. Shouldn't it

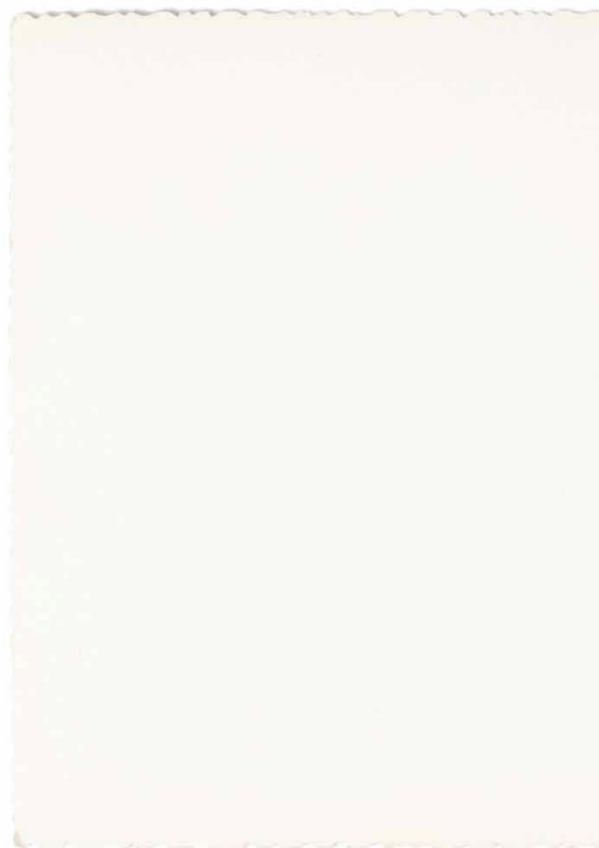
definition for grass-fed meats, so it's important to command more of your time

to savor the flavor?

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91

summer



Cheeseburgers

Because grass-fed beef is Makes 4 servings

so lean, adding cheese to

the mix is a smart way 1½ pounds lean ground beef (80% lean)

to compensate for the 1 teaspoon kosher salt

lack of fat in the meat. ½ teaspoon black pepper

Use hard, aged cheddars, 1 cup shredded cheese or crumbled cheese, such as feta or blue cheeses

sharp-flavored cheeses or oil for the cooking grate

other grating cheeses, or

pungent blue cheeses. using you fingers, break up the ground chuck and place in a large bowl. sprinkle with

the salt and pepper. add the cheese and toss lightly with your fingertips to mix, evenly

ever notice how sometimes distributing the cheese. Divide the mix into 4 equal portions, about 6 ounces each. using

a burger puffs up on the cupped hands, toss each portion of meat back and forth

to form a loose ball. Pat lightly

grill as it cooks, leaving to flatten the meat into a $\frac{3}{4}$ -inch-thick burger, about 4 inches in diameter. on one side,

you with a round patty, so create a divot or depression in the middle of the patty. repeat with the remaining portions

the condiments you put on of the meat. The patties can be made earlier in the day, covered loosely with plastic

top slide off? Burgers cook wrap, and stored in the refrigerator.

from the outside in, pushing

up the middle as they do. When ready to grill the burgers, heat the grill until medium-hot, about 15 minutes. Lightly

making a divot on one side oil the grill grate with a paper towel dipped in oil and held with long-handled tongs. Grill

of the uncooked patty helps the burgers with the lid down, divot side up, until well seared, about 3 to 4 minutes. Do

create a flatter surface not press down on the meat while cooking. Flip to the other side and continue grilling to

and a better platform for

mustard and ketchup. desired doneness,

about 2 minutes for rare, 3 minutes for medium rare, and 4 minutes for well done.

serve immediately on buns with desired condiments.

Garlicky Beef Stew

Braising and stewing Makes 4 servings
are good techniques for

turning muscular, tougher 2 pounds
beef chuck, trimmed of fat and cut into
1½-inch cubes

cuts of beef into meltingly ¼ cup tomato

paste

tender, delicious dishes. 2 tablespoons
balsamic vinegar

Long-cooking and better 1 tablespoon
all-purpose flour

reserved for weekend salt and freshly
ground black pepper

meals, this stew comes 1 large onion,
cut into 1-inch chunks

together quickly, spends 1½ pounds
potatoes, peeled and cut into 1½-inch
cubes

a lot of time in the oven, 4 to 5 medium

carrots, peeled and cut into 1-inch
chunks

and will scent the house

with an amazing aroma. 4 cloves garlic,
peeled and smashed

2 bay leaves

3 cups beef or richly flavored vegetable
stock

Preheat the oven to 350°F.

in a large Dutch oven with a tight-fitting
lid, combine the beef, tomato paste,
vinegar,

and flour. season with salt and pepper.
add remaining ingredients. Bring to a
boil over

medium-high heat. cover and transfer to
the oven. cook for 2 to 2½ hours or until
the

meat is very tender. remove the bay
leaves, taste, and season with salt and
pepper

before serving.

The Loca

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vore's KiTchen



Grilled Herb-Rubbed Flank Steak

One of the most flavorful Makes 4 to 6 servings

cuts of beef is the flank.

It's a lean, flat cut that's 1 flank steak, 1½ to 2 pounds

fairly tender, but if ¼ cup finely chopped fresh rosemary

cooked too long and at ¼ cup finely chopped fresh parsley

too high a temperature, 2 tablespoons finely chopped fresh oregano

it can become tough. Best 4 fresh sage leaves, finely chopped

finished to rare, it takes 4 cloves garlic, minced

about 7 or 8 minutes per 2 teaspoons kosher salt

side over a nice hot fire, 1 teaspoon cracked black pepper

plus a few extra minutes ¼ cup extra virgin olive oil

of resting time, to reach

perfection. One of the

most important finishing using a sharp knife, score the flank steak on both sides, making long, shallow (1/8-inch-

steps is to cut the meat deep or less), diagonal slashes 1 inch apart and repeating at right angles to the first cuts,

across the grain, for a to create a diamond pattern. (This will help the steak stay flat during cooking.)

nice, tender chew. combine the herbs, garlic, salt, pepper, and olive oil to make a thick paste. rub on

both sides of the steak. Let sit for 20 minutes at room temperature while you prepare the

grill, or put in a sealable plastic bag and refrigerate overnight (taking the steak out of the

refrigerator 20 minutes before grilling).

Prepare the grill to medium-hot. cook the steak on each side for 5 to 6 minutes.

Test for

doneness by inserting an instant-read thermometer into the thickest part of the steak. it

should read 125°F for medium rare or 130°F for medium. remove from the grill, cover

loosely with foil, and let rest for 10 to

15 minutes. cut the flank steak across the grain

into thin slices and serve.

cooking grass-fed beef

Grass-fed beef cuts are leaner than those from cattle finished on grain. Because of their reduced levels of fat, they tend

to cook faster, so it's important to check them frequently while cooking or grilling. For the best results, meat should

be cooked to medium rare for the best flavor and juicy qualities. On the average, you can lower the final internal

temperature of the meat by about 5 to 10 degrees, remembering that as the meat rests and the juices redistribute, the

finished temperature will rise an additional 5 to 10 degrees. If you prefer beef

that is well done, choose recipes that feature braising and stewing, techniques

that use liquid and “low and slow” cooking temperatures and times.

finish temperature for

Here are a few additional and important tips:

grass-fed beef

- Do not thaw grass-fed beef in the microwave. Thaw overnight in the

roasts and steaks

refrigerator or in its vacuum-sealed packaging in cold water.

Rare . . . 120°F

- Use tongs to turn steaks. Forks that pierce the meat sacrifice precious juices.

Medium Rare . . . 125°F

- Let the meat sit at room temperature for

about an hour before cooking so it

Medium . . . 130°F

immediately gets to the business of cooking.

Medium Well . . . 135°F

- Since grass-fed beef is extremely low in fat, coat with virgin olive oil or a

favorite light oil for flavor enhancement and easy browning. The oil also will

Well Done . . . 140°F

prevent the meat from drying and sticking to the cooking surface.

ground meats

- Use a reliable instant-read thermometer to measure doneness. On cuts of

160°F

meat like steak, burgers, and thinner cuts, the best reading is taken when the thermometer is inserted horizontally from the side into the center of the cut.

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summer



in sea
summer



















in season . . .

summer squash

Summer squash is not just zucchini—and zucchini is not the final word when it comes

to summer squash. Although zucchini is the best-known, most widely available and utilized variety of summer

squash, you would be depriving your recipes of some wonderful color and taste if you didn't stray from the fa-

miliar. While zucchini is subtle and light in flavor and buttery in texture, yellow and crookneck summer squash

lean toward the sweet and crunchy side, saucer-like pattypan or crimped-edge green scalloppini varieties counter

with interesting shapes and a slightly nutty flavor, and globe squash is really just a round version of zucchini. In

recipes, one variety can typically be swapped for another with little impact on the outcome.

Regardless of shape or color or any of the other subtle nuances between varieties, there is one universal rule regarding summer squash: think small.

Choosing the Best. When zucchini or any other summer squash gets to a size that needs cradling, you'll

get bogged down trying to come up with ways to improve the woody texture and bitter taste, as well as dealing

with a glut of seeds and tough skin. Buy small and tender, four to six inches long for zucchini and crookneck

and about the size of the palm of your

hand for patty pan and scalloped. Whatever the variety, look for smooth

skins with some shine, free of pitting and soft spots.

How to Store Fresh. There is about a one-week window of opportunity to maintain the taste and texture

of fresh summer squash. Store dry unwashed squash in a sealable plastic bag in the refrigerator's crisper drawer.

Excess moisture leads to quicker spoilage, so be sure to blot squash dry, if necessary, with a paper towel.

To Prepare for Cooking. Young,

properly harvested summer squash has thin, edible skin and inconspicu-

ous seeds, so little more than a trim of both the stem and the blossom ends is required before getting on with

the recipe. Some recipes call for salting and draining whole, sliced, or grated squash before using, to purge the

notoriously watery squash of excess liquid. This extra step is usually optional but will enhance the texture and

flavor. Any squash should be sliced no thinner than $\frac{1}{4}$ inch. Overly thin slices will disintegrate when heated.

Odd-shaped pattypan squash and scaloppini should be cut into slices vertically or into chunkier wedges pie

style—or they can be parboiled, hollowed out, and stuffed.

Pick or Buy Now, Enjoy Later. Thick slices of zucchini or summer squash can be blanched and frozen

with some success and perform best partially frozen in recipes that call for a quick sauté such as the Zucchini

with Dill Cream on page 96. Once completely thawed, they release a lot of water and sacrifice some texture. You

can also pickle them fresh as slices or a grated relish to hold the bright color of the skins.

Freeze this season's summer squash! To learn how, go to page 218.

or preserve the seasonal flavor of zucchini with Zucchini relish on page 97.

The Locavore's KiTchen

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**Grilled Zucchini and Summer Squash
with Oregano and Mint**

Zucchini and summer Makes 4 to 6 servings

squash come on in

great abundance in the 2 to 3 medium zucchini (about 1 pound)

summer, so you need to 2 to 3 summer squash (about 1 pound)

prepare yourself with 3 to 4 tablespoons extra virgin olive oil

a lot of recipes to take 2 cloves garlic, minced

advantage of this versatile 1 tablespoon dried oregano

and prolific vegetable. 1 tablespoon
dried mint

In this one, the heat of ½ teaspoon
dried red pepper flakes

the grill turns the flesh

buttery and sweet, and 1 teaspoon
coarse sea salt

the dried herbs add a 1½ teaspoons
cracked black pepper

delightful spiciness. Freshly grated
Parmesan cheese, to accompany
(optional)

slice the zucchini and summer squash
crosswise into ½-inch-thick slices.
Place in a large

bowl and drizzle with the olive oil. Toss
to coat. add the garlic, oregano, mint,
pepper

flakes, salt, and pepper. Toss again to
coat. Let marinate for 15 minutes.

Preheat the grill to medium-high.

arrange the zucchini and summer squash
slices on the grill grate and grill until

tender

and nicely browned with grill marks,
about 4 to 6 minutes per side. serve
warm with a

grating of Parmesan cheese, if desired.

Fried Squash Blossoms with Goat Cheese

Squash blossoms are Makes 6 servings
snagged from the vine

before they have a chance 1 dozen
squash blossoms

to turn into squash— 6 ounces goat

cheese, at room temperature

perfectly acceptable since 2 cloves
garlic, minced (optional)

the plants are so vigorous 1½ cups all-
purpose flour

and productive that a few 1½ teaspoons
baking powder

squash won't be missed. It's 1 teaspoon
salt

a small price to pay for the ½ teaspoon
freshly ground black pepper

delicate treats that await

you. Use either the male 1 cup buttermilk, plus extra to thin, if necessary

blossoms (ones that won't vegetable oil, for frying

produce squash) or the

female (those that have a To clean the squash blossoms, soak in a large bowl filled with cold water for an hour.

little squash forming at the rinse, gently shake off the excess water, and let dry on a layer of paper towels for about

base). Blossoms should be an hour.

picked early in the day and

used the same day, as they mix the goat cheese and garlic. Gently open the blossoms and tuck some of the goat

don't keep well. cheese inside. Press each blossom to close the opening.

combine the flour, baking powder, salt, and pepper in a bowl. add the buttermilk and

an easy way to stuff squash stir to create a batter the consistency of heavy cream.

blossoms is to fill a small

pastry bag with the goat Fill a heavy,

deep skillet with an inch of oil. heat over medium-high heat until a

cheese and pipe it into thermometer reads 375°F.

each blossom or fill a small

plastic storage bag with the When the oil is hot, dip the squash blossoms in batter, coating all sides heavily. Place the

mixture, snip off one corner, blossoms in the hot oil, taking care not to crowd the pan, and fry on both sides, flipping

and squeeze the contents with tongs when one side is brown. Drain finished blossoms on a paper towel-lined

into the blossom. plate. serve
immediately.

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summer

Zucchini with Dill Cream

Simple, humble zucchini Makes 4
servings

is so easy to love. Because

the flavor is mild, 2 tablespoons
unsalted butter

zucchini is the perfect 2 cloves garlic,
minced

place to highlight the 3 to 4 small zucchini, trimmed and cut crosswise into ½-inch slices

flavors of fresh seasonal ¼ cup fresh dill or 2 tablespoons dried dill weed, divided use

herbs. In this recipe, the ½ cup heavy cream

zucchini soaks up some of salt and freshly ground black pepper

the rich cream, giving it a

silky texture. melt the butter in a large heavy skillet over medium heat. add the garlic and sauté for

1 minute. add the zucchini slices and half of the dill and sauté for 5 minutes until crisp-

tender and lightly browned. add the cream and simmer for about a minute until the sauce

is thickened and has been partially absorbed by the zucchini. season with salt and

pepper and garnish with the remaining dill. serve warm.

Zucchini Patties

Gardeners love to share Makes 10 to 12 patties

zucchini, especially the

big ones that they sneak 4 cups
shredded zucchini (unpeeled)

onto your porch at night 1½ teaspoons
salt

when no one is looking, 2 eggs

like an abandoned ½ cup grated
Parmesan cheese

orphan. No note, no ½ cup shredded
mozzarella cheese

explanation. It's your ¼ cup chopped
onion

*problem now. Here's 2 cloves garlic,
minced*

a great way to make

*decent use of some of the ½ teaspoon
freshly ground black pepper*

*oversized zucchini, those ½ cup all-
purpose flour*

*maybe twice the size of vegetable oil,
for frying*

*the ideal pickings. slices of fresh
tomato, to accompany*

*crème fraîche or sour cream, to
accompany*

Freshly chopped parsley, as a garnish

Put the shredded zucchini into a colander. sprinkle with the salt and toss to combine. Let

the zucchini drain for about an hour. squeeze some of the excess water from the zucchini

before proceeding.

in a large bowl, combine the zucchini with the eggs, both cheeses, onion, garlic, and

pepper. add the flour and stir to combine. heat the oil in a large skillet over medium-high

heat. Drop $\frac{1}{2}$ -cup measures of the batter into the hot oil, pressing down lightly with a

spatula to form a patty. cook for about 4 to 5 minutes on each side until browned and

crispy. Transfer the patties to a paper towel-lined plate to drain. repeat with remaining

patties, adding oil if necessary.

To serve, sandwich a slice of fresh tomato between two zucchini patties and top with

crème fraîche and a sprinkling of

parsley.

The Locavore's KiTchen

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Stuffed Pattypans

Scalloped-edge pattypans Makes 6 servings

are nature's ramekins,

perfect little edible bowls 6 pattypan
squash, about 3 inches in diameter

to hold stuffing and 6 slices bacon

present at the table ready ½ cup
chopped onion

to serve. Stuff them and 1½ cups soft
fresh breadcrumbs

refrigerate for up to 3 ½ cup freshly
grated Parmesan cheese

hours before baking to a salt and
freshly ground black pepper, to taste

buttery-textured finish.

Preheat the oven to 350°F.

Bring a large pot of water to a boil. add the squash and cook for 10 minutes or until fork

tender. Drain. slice off the stem. using a melon baller or a small scoop, remove the center

of the squash, creating a cavity for the filling. chop the removed squash pieces. set aside.

cook the bacon in a large skillet over medium-high heat until crisp. Transfer to paper

towels to drain. remove all but one

tablespoon of the bacon fat. reduce the heat to

medium and sauté the onion until soft and tender, about 6 minutes. add the reserved

squash and sauté for an additional minute or two until soft. remove the skillet from the

heat. crumble the bacon, adding it to the skillet along with the breadcrumbs, cheese,

and salt and pepper to taste.

Divide the mixture between the prepared squash shells, stuffing generously. Place

in a

baking dish, cover with foil, and bake for 15 minutes or until the squash shell yields to

a gentle squeeze and the stuffing is heated through. remove the foil and bake for an

additional 5 minutes to lightly brown the tops.

Zucchini Relish

Makes 4 half-pint jars

2 cups finely chopped zucchini and/or summer squash

1 large onion, finely chopped

1 green bell pepper, finely chopped

1 red bell pepper, finely chopped

So many zucchini . . . 2 tablespoons
kosher salt

so many possibilities. 1 cup sugar

Whether you're in the 3 teaspoons
celery seeds

midst of the harvest or 2 teaspoons
mustard seeds

at the tail end, this is a $\frac{1}{2}$ teaspoon red
pepper flakes (optional)

lovely, fresh-tasting relish 1½ cups
cider vinegar

that will add a little ½ cup water

local flavor and a sweet

and spicy kick to grilled combine the
zucchini, onion, and peppers in a large
colander. sprinkle with salt. mix

sausages now and, if you well. Let
stand for 3 hours to drain. rinse and
drain several times. squeeze the excess

preserve it by canning,

later in the year. water from the
mixture.

combine the remaining ingredients in a large pot. Bring to a boil. add the zucchini

new to pickling? For mixture. reduce the heat to low and simmer for 20 minutes.

a step-by-step guide to

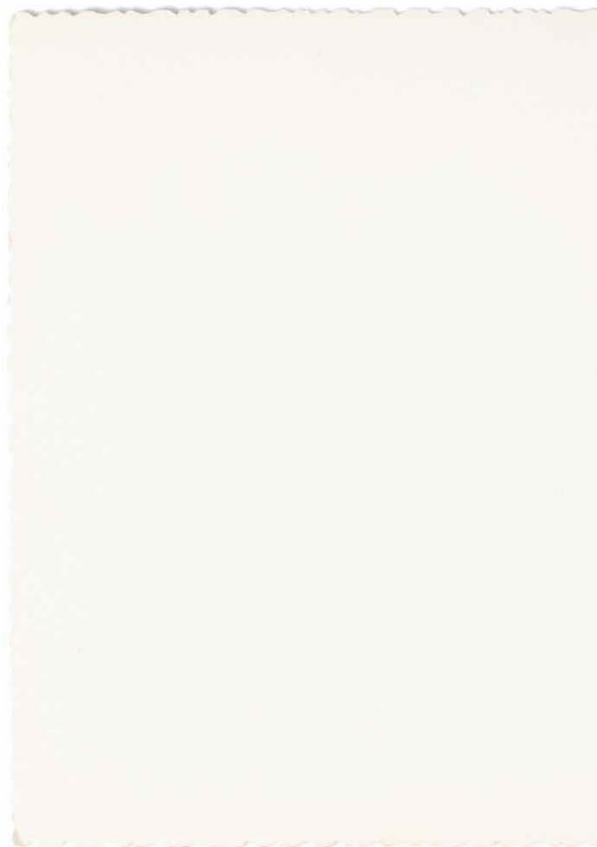
the basics, see “Pickled Ladle the relish along with some of the liquid into sterilized half-pint jars to within ½ inch

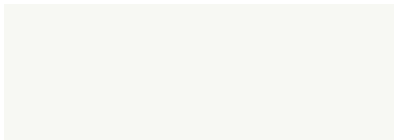
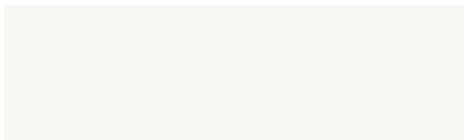
vegetables, relishes, and of the rim (headspace). seal and process for 10 minutes.

salsas” on page 239.

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summer







Local

Flavor

“Tastes like chicken.” Isn’t that what you say when unnecessary. For 12 to 18 glorious weeks—more

trying to describe the taste of something neither here or less depending on the season, conditions, and

nor there, bland, nondescript, and

unimpressive? whether a smaller bird or a larger roaster is desired—

This unflattering expression is an unfortunate but the flock has constant access to lush, grassy pasture,

perhaps accurate description of how we've come to tasty weeds, fresh air, sunshine, and a protein-rich

expect chicken to taste—like nothing special.

diet of grubs and worms, balanced by nourishing

grains. The result is meat with less fat, more vitamins

Before there were refrigerators,
freezers, or large in-

and nutritional value, and a texture that
is silky and

dustrial poultry operations, chickens
were raised firm. Best of all, these
chickens have rich flavor that

on pasture, whether on a small farm
pasture or in you'll want to be sure
comes through at the table. To

a backyard garden. Collecting eggs was
a daily rou-

adorn it with intense seasonings and
sauces would

tine, but a chicken dinner was a special celebration. be wrong.

If you've discovered pastured poultry from a farmer

at your local farmers market, you too might have a One bite and you'll say, "Tastes like chicken"—be-

reason to celebrate.

cause it does.

Farmers who raise pastured poultry typically select

heritage breeds, slow-growth birds like the Cornish,

with a naturally large portion of finely textured white free-range or pastured:

meat; New Hampshire, one of the “younger” breeds, what’s the difference?

just shy of 100 years old, raised for eggs and meat; or

Jersey Giants, big, gentle, exceptionally slow growing Pastured poultry are flocks raised on grassy pastures, fed and a great roaster.

wholesome grains and feeds, and provided access to fresh

water. Free-range birds have access to

the outdoors, but

Heritage breeds thrive in small flocks,
making dis-

that doesn't always mean they spend a
significant amount

ease prevention easier and routine use of
antibiotics of time, or any, outdoors.

The Loca

vore's KiTchen



Perfect Roast Chicken

Few pleasures at the Makes 6 servings

table can match that of a

simply prepared, perfectly 2
tablespoons fresh lemon juice

roasted chicken—crispy 1 clove garlic,
minced

brown on the outside, ½ teaspoon
coarse salt

moist and juicy on the ½ teaspoon
freshly ground black pepper

inside. Pasture-raised 2 tablespoons

freshly minced seasonal herbs (parsley,
rosemary, thyme, oregano,

heritage breeds are just

or sage, any combination)

too precious for any old ¼ cup plus 1
tablespoon extra virgin olive oil,
divided use

cooking method. This one 1 3- to 4-
pound chicken, trimmed of excess fat,
rinsed and patted dry with a

will yield good results in a

short amount of time.

paper towel

adjust the oven rack to the middle position. Preheat the oven to 500°F.

allowing the bird to “rest”

when it comes out of the combine the lemon juice, garlic, salt, pepper, and minced herbs. stir in $\frac{1}{4}$ cup of the

oven gives the natural olive oil. set aside.

juices a chance to equalize

throughout the bird. The Brush the chicken with the remaining tablespoon of olive oil. Place breast side down

result? When the chicken on a rack in a shallow roasting pan. add about ½ cup of water or chicken stock to the

is carved, you won't find roasting pan, which will help keep the drippings from splattering and smoking. roast for

puddles of juice on the 20 minutes before turning breast side up. allow to roast for a few more minutes or until

cutting board—the juices the breast begins to brown. Baste with some of the herb mixture.

remain inside the meat on

your fork. reduce the heat to 350°F and

roast for 30 to 35 minutes, basting 2 or 3 times, until an

instant-read thermometer inserted into the thickest part of the thigh reads 160°F.

Pour the juices from the inside of the bird into the roasting pan. Place the bird on a

cutting surface, cover, and let rest for 15 minutes. meanwhile, pour the pan juices into a

small saucepan and bring to a boil over medium-high heat. season to taste with salt and

pepper. When ready to serve, carve the

bird and serve with the pan juices.

Variation: For a simple glaze, substitute 2 tablespoons Dijon mustard mixed with 2

tablespoons light honey for the lemon mixture. Brush on the glaze during the final 10

minutes of cooking.

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summer



in season

stone















in season ...

stone fruits

Few fruits can stir the senses like the deep, heady, floral perfume of stone fruits, those juicy tree fruits with

a pit or “stone.” These are the fruits that allow you to savor summer out-of-hand as juice trickles down your chin.

For the most part, stone fruits are interchangeable in recipes and can be tossed in with your morning cereal or

yogurt, baked into a pie, and used in savory dishes and of course for a variety of desserts. But truly ripe peaches,

plums, apricots, nectarines, and cherries

are so full of natural sweetness and flavor that they don't require a lot

of embellishment, and it would be a shame to distract attention from their natural perfection.

Choosing the Best. The best advice is to use your senses. Follow your nose. Aroma hints strongly at flavor,

so when a fruit smells the way you expect it to smell, the flavor is probably at its peak. Overall color is a visual

clue, but not always a reliable one.

Peaches, in particular, should have a golden or soft yellow tone. Don't rely

on the red blush, which is a sign of the variety, not of ripeness. Pick fruits without spots, bruises, or blemishes.

Well-defined clefts in stone fruits are another clue to ripeness. Use your sense of touch, too. Rock-hard stone

fruits are not ripe; those that yield to gentle palm pressure are better bets. Cherries should be clean, bright, and

plump. Sweet cherries should be firm, not hard, and sour varieties should be slightly firm. The darker the color,

the sweeter the cherry, and if the stems are intact, they will enjoy a longer shelf life.

How to Store Fresh. Stone fruits are delicate and highly perishable, so it's best to buy them as you plan

to consume them. They will keep at room temperature for 2 or 3 days. A day or two in the coolest part of the

refrigerator will extend their life, but be sure to let them return to room temperature before enjoying. And don't

wash the fruit until you intend to use it. Cherries can be stored unwashed in a plastic bag.

To Prepare for Cooking. A sun-warmed peach eaten out of hand is hard to top, but when the recipe calls

for a peeled peach (or nectarine or plum), refer to “Removing the Skin on Whole Tomatoes, Peaches, and Other

Stone Fruits” on page 225. Apricots have such thin skins that peeling is rarely necessary. Cherries, of course,

need only be pitted.

Pick or Buy Now, Enjoy Later. Peaches, nectarines, apricots, and cherries at their peak of ripeness can

be frozen or canned as halves or slices or in jam and sauces. Whether freezing or preserving, packing the fruit in

sugar syrup is the best way to preserve

color, texture, and flavor. Plums are best used for canned jams or sauces.

Use frozen sour cherries to make the Sour Cherry Slump on page 213 in the winter. Toss frozen peach slices into

a smoothie or shake. Learn to can peach slices on page 236. They can be enjoyed “straight” or drained, chopped,

and used to top the Goat Cheesecake with Fresh Peaches on page 78.

Freeze this season’s stone fruits! To learn how, go to page 221. or preserve the seasonal flavor of stone fruits

in the Trio of stone Fruit Jams on page

105.

The Locavore's KiTchen

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Nectarine and Blueberry Skillet Cobbler

Plump blueberries nestled Makes 6
servings

among sunny yellow

slices of nectarine under ½ cup
unsalted butter

a buttery cobbled topping 2 to 3 cups
sliced nectarines, peeled

is the kind of dish you 2 to 3 cups fresh blueberries

would expect to see at a

summer potluck—the 1 cup sugar, 2 tablespoons removed, divided use

kind that gets polished 1 cup all-purpose flour

off first. Feel free to 2 teaspoons baking powder

substitute peaches and $\frac{1}{2}$ teaspoon salt

plums for the nectarines $\frac{3}{4}$ cup half-and-half or whole milk

and blackberries for

*the blueberries. With so Whipped
cream, to garnish*

many wonderful seasonal

*combinations, it might Preheat the oven
to 400°F.*

take all summer to

*find a favorite. melt the butter in a 10-
inch cast iron skillet over medium heat.
add the fruit with 2*

*tablespoons sugar. cook, stirring
frequently, until the sugar is melted and
the fruits just*

begin to soften and release some of their juices.

if you don't have a cast

iron skillet, cook the fruit in Whisk together the remaining sugar, flour, baking powder, and salt. stir in the half-and-

a large skillet and transfer

to an 8-inch square baking half to make a thick batter. using a tablespoon, spoon dollops of the batter evenly over

dish. make the topping the fruit, creating a cobbled look. Bake for 20 minutes or until a toothpick inserted into

and bake as directed. the topping comes out clean. serve warm with whipped cream.

Fresh Peach Pie

Peach pie arrives at the Makes 8 to 10 servings

pinnacle of summer, both

juicy and delicious—and 7 large, ripe peaches, peeled (see page 225), pitted, and sliced (about 7 cups)

a challenge for even 1 tablespoon fresh lemon juice

the veteran pie maker. 1 cup sugar

Consider using cling

peaches, early-season $\frac{1}{4}$ teaspoon
ground cinnamon

varieties in which the $\frac{1}{4}$ teaspoon
freshly grated nutmeg

fruit clings to the pit. $\frac{1}{4}$ teaspoon salt

Although the slices are not 4 to 5
tablespoons tapioca, ground in a spice
grinder

perfectly neat, this type of 1 recipe pie
dough for 9-inch double-crust pie (page
128)

peach is meatier and less

juicy. Freestone peaches

come away cleanly from Place a baking stone or a heavy rimmed baking sheet on the middle rack in the oven to

the pit but release more heat. Preheat the oven to 425°F.

juice. To absorb the errant

juices during baking, add in a large mixing bowl, combine the peaches, lemon juice, sugar, cinnamon, nutmeg,

ground tapioca—because salt, and tapioca. Toss gently.

it's pulverized, it won't

leave any lumps in the roll out half the dough to fit a 9-inch pie plate. Turn the peach filling into the

baked pie filling. bottom crust and roll out and cover with the top crust. Trim and crimp the edges.

cut 6 slits in the top crust. Place on the baking stone and bake for 30 minutes or

For more tips and tricks until the crust is set and beginning to brown. reduce the heat to 375°F and bake

on making the perfect pie for an additional 25 to 30 minutes until the crust is a deep golden brown and the

and the perfect crust, see juices are bubbly.

“make Your own Piecrust”

on page 128. Let cool for at least 1 hour before slicing.

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summer

Peach Ginger Soup

If you're looking to cool Makes 8 servings

down on a hot day, think 3 pounds ripe peaches, skinned (see page 225) and

pitted

soup. Chilled soups are 2 teaspoons
freshly squeezed lemon juice

wonderfully refreshing 3 cups
buttermilk or plain yogurt

and effective in cooling 1 cup apple
juice or orange juice

the body down. Most

stone fruits as well as 1 teaspoon
freshly grated ginger

berries can be whipped up 2 teaspoons
honey

into a smooth, refreshing 1 teaspoon
salt

soup in no time, but edible flowers,
such as nasturtiums, or 8 thin slices of
peach, for garnish

peach soup is among the

most delicious. Puree the prepared
peaches in a food processor along with
the lemon juice. Transfer

to a medium bowl and stir in the
remaining ingredients. Taste and adjust
seasonings.

refrigerate for up to 6 hours or until
chilled.

Ladle the soup into shallow bowls and garnish with edible flowers or thin slices of peach,
if desired.

Spiced Oven-Baked Plums

This combination Makes 4 servings
of warm spices over

fresh ripe plums is 4 fresh plums,
halved and pit removed

unbeatable—and 1 tablespoon unsalted
butter, melted

versatile. Try it on ½ cup orange juice

*apricots, nectarines, or 2 tablespoons
packed brown sugar*

*peaches, too. The result ½ teaspoon
ground cinnamon*

*is a great side to grilled Grating of
nutmeg*

chicken or pork—or add Pinch of cumin

a scoop of vanilla ice

cream and a sprinkling of

*crushed almonds and you Preheat the
oven to 400°F. Brush a shallow baking
dish or gratin pan with the melted*

have dessert. butter. arrange the plums cut side up in a single layer.

in a small bowl, whisk together the orange juice, brown sugar, cinnamon, nutmeg, and

cumin; drizzle over the plums.

Bake for 20 minutes or until the plums are hot and the sauce is bubbly. cool for 5 minutes

before serving.

it's the pits!

That would certainly be an accurate description of the time it takes to pit

cherries, unless you

have a few tricks up your sleeves.

Investing in a cherry pitter is an option.

A handheld version

does the job one cherry at a time. A countertop pitter that feeds multiple cherries through

a shoot and removes pits quickly without bruising the fruit is worth the investment if you

plan to pit a lot of cherries for turning into jam or preparing for the freezer. If you just want

to pit cherries for a single recipe, try this

trick: Using a sturdy toothpick, a bent paper clip,

or a skewer, insert the curved end into the stem end of the cherry. When it hits the pit, give it

a twist and lift—out pops the pit! It may take a little practice to get a rhythm going, but this

method will get the job done.

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Stone Fruit Salad

A morning trip to the Makes 4 servings
farmers market can

net you most of the 3 cups arugula

ingredients you can 3 cups red and
green leaf lettuces, torn into bite-size
pieces

quickly turn into a salad $\frac{1}{2}$ cup thinly
sliced red onion

for that night's dinner. 2 ripe peaches,
nectarines, or plums, pitted and sliced

Enjoy it before the $\frac{1}{2}$ cup honey and
Garlic vinaigrette (page 61), more or
less to taste

main course or between salt and freshly ground black pepper, to taste

courses, or turn it into ¼ cup crumbled blue cheese (for a milder taste, use feta cheese)

a main course itself 4 tablespoons toasted walnut halves

by adding poached or

grilled chicken. combine the arugula, lettuces, onion, and fruit in a large bowl. Pour the prepared

vinaigrette over the top and toss to coat the leaves and fruit. Taste and season lightly with

salt and pepper.

Divide the dressed greens between 4 chilled salad plates. Top with the cheese and

toasted walnuts. serve immediately.

To Toast Nuts: Preheat the oven to 400°F. scatter the nuts on a rimmed baking sheet

and place in the oven for 7 to 10 minutes, stirring halfway through toasting or until

the nuts begin to turn golden and become fragrant. remove from the pan into another

bowl to cool.

Sour Cherry Torte

Juicy sour cherries ooze Makes 8 servings

from a sweet buttery

crust. If you can't get 4 cups pitted sour cherries

enough of the tart 2 cups sugar, divided use

seasonal flavor of sour 3 cups all-purpose flour

cherries, be sure to freeze 1½

teaspoons baking powder

*a few batches. The same ½ teaspoon
salt*

*flavors that make you lick 10
tablespoons unsalted butter, cut into
small pieces, at room temperature*

*your dessert plate clean in 2 eggs,
lightly beaten*

*the summer will be there confectioners'
sugar, to dust*

for you all year round. If

using cherries from the

freezer, thaw and drain Preheat the oven to 375°F.

before using.

in a large bowl, combine the cherries and 1 cup of sugar. set aside, stirring occasionally

until the sugar is dissolved.

in a separate bowl, combine the remaining sugar, flour, baking powder, and salt.

cut in the butter until the mixture is coarse and crumbly. add the eggs, mixing until just

combined. Press half the mixture into a 9-inch springform pan with a removable bottom.

using a slotted spoon, spoon the cherries on top. sprinkle the remaining crumb mixture

over the top of the cherries and press down lightly to even the surface.

Bake 45 minutes or until the top is golden and the torte shrinks from the sides of the pan.

Let cool for at least 1 hour before removing from the springform pan.

Dust with confectioners' sugar before

slicing and serving.

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summer

Grilled Balsamic-Glazed Apricots

This apricot preparation Makes 6 servings

is perfect as is for an

*appetizer or side dish, but ½ cup
balsamic vinegar, preferably white
balsamic*

*try adding some crumbled 3
tablespoons brown sugar*

blue cheese, feta, or goat 1 teaspoon
cracked black pepper

1

cheese to the cavity and $\frac{1}{8}$ teaspoon salt

lightly drizzling with 6 firm, ripe
apricots, halved and pits removed

honey. It can stand alone 2 tablespoons
vegetable oil

as a dessert with a dollop

of lightly sweetened combine the first 4
ingredients in a small saucepan. Bring to
a boil; reduce the heat and

ricotta cheese—and simmer for 2 to 3 minutes. remove from the heat and cool slightly. Place the apricots

you can also substitute in a shallow dish and pour the vinegar mixture over the top, tossing gently to coat.

peaches, plums, or meanwhile, preheat the grill to medium.

nectarines for the apricots.

When ready to grill, remove the apricots from the vinegar mixture, reserving 2

tablespoons of the mixture. Whisk that with the oil to make a vinaigrette, blending well.

set aside.

Lightly oil the grill grate. Brush the apricots with some of the vinaigrette. Place apricot

halves cut side down and grill on each side until slightly soft to the touch.

serve with a drizzle of the remaining vinaigrette.

Sweet Cherries in Wine

Simplicity is a friend to Makes 4 servings

locally grown seasonal

foods. When the 1 cup water

ingredients are at their ½ cup dark brown sugar, more or less to taste

peak of ripeness and 1 cup local red wine (Pinot noir or cabernet Franc are recommended)

flavor, as cherries are 2 teaspoons grated lemon zest

in the summer, choose 1 pound fresh sweet cherries, washed, stems removed, and pitted

recipes that work with slices of pound cake or vanilla ice cream, to accompany, if desired

flavors, not against. Enjoy

this sophisticated dessert combine the water and brown sugar in a medium saucepan. Bring to a boil over

as the sun goes down on a medium heat. add the wine and lemon zest and return to a boil. Lower the heat and

hot summer day—a glass simmer for 5 minutes, stirring occasionally. add the cherries and return to a simmer. cook

of red wine in hand will for an additional two minutes. remove from the heat. (if not serving immediately, let the

complete the moment. mixture cool

before transferring to a glass bowl.
cover and refrigerate for up to 2 days.

Gently reheat before serving.)

To serve, spoon the cherries and sauce
over ice cream or pound cake.

Plum Dipping Sauce

Sweet and delicious, Makes 1½ cups

this pretty purple sauce

makes a great dip for 1 cup plum jam

*egg rolls or potstickers. ½ cup dry
sherry*

It also works well as an ½ teaspoon
ground cloves

accompaniment to the ½ teaspoon
ground anise seed

Scallion Skillet Breads on ½ teaspoon
ground fennel seed

page 40. 3 tablespoons dry mustard,
more if a hotter sauce is desired

combine all the ingredients except the
mustard in a blender. add the mustard, a
tablespoon at a time, until the sauce has
the taste and tang desired. Transfer to a
container with a tight-fitting lid and

refrigerate for up to a month.

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[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]



A Trio of Stone Fruit Jams

Picture this: it's the dead of winter. You open your cupboards and there to greet

you are all of the jams, jellies, and sauces you put up over the spring, summer, and

fall: glistening jars of bright red strawberry and raspberry jams, dark blackberry and

golden yellow peach jams, purple plum jam and grape jelly. The sense of satisfaction

you get from extending the season by canning and preserving is second only to the

flavors—real, homegrown flavors.
These recipes produce a softer set jam,
relying primarily

on the fruit, sugar, citrus juice, the fruit's
natural pectin, and heat to create spreads
that

feature genuine flavors.

Peach Ginger Jam

Sour Cherry Jam

Makes 4 half-pint jars

Makes 4 half-pint jars

3 pounds peaches, skinned (see page

225), pitted,

8 cups sour cherries, stemmed and pitted
and coarsely chopped

5 cups sugar

5 cups sugar

2 tablespoons freshly squeezed lemon
juice

3 tablespoons chopped fresh ginger

2 teaspoons lemon juice

in a large heavy pot or Dutch oven,
combine the

Grating of fresh nutmeg

cherries, sugar, and lemon juice. Bring to a boil over

medium heat, stirring constantly, until the sugar is

in a large heavy pot or Dutch oven, combine the

dissolved. cook for about 30 minutes until the mixture

peaches, sugar, ginger, and lemon juice. Bring to a boil

thickens, stirring frequently. remove from the heat and

over medium heat, stirring constantly,
until the sugar is

perform the gel test (see page 238). if
the gel stage has

dissolved. cook for about 35 minutes
until the mixture

not been reached, return to the heat and
cook for a few

thickens, stirring frequently. remove
from the heat and

minutes, repeating the test until the gel
stage has been

perform the gel test (see page 238). if

the gel stage has

reached. once the mixture has gelled,
skim off any

not been reached, return to the heat and
cook for a few

foam that has developed.

minutes, repeating the test until the gel
stage has been

Ladle the jam into sterilized jars to
within $\frac{1}{4}$ inch of

reached. once the mixture has gelled,
skim off any foam

the rim (headspace), seal, and process for 10 minutes.

that has developed. add the grated nutmeg.

Ladle the jam into sterilized jars to within $\frac{1}{4}$ inch of

the rim (headspace), seal, and process for 10 minutes.

it's best to halve or coarsely chop about a third of the cherries

to keep the finished jam from tumbling off your toast.

Plum Jam

Makes 2 pint jars

Firing up the canner

for this small amount 3 pounds plums

of jam is impractical 1 cup water

unless you have other 2½ cups sugar

canning projects going Freshly squeezed
juice from 1 lemon

on at the same time.

Don't miss out on the in a large heavy
pot, cook the plums in the water until the
skins pop and the pulp is tender,

taste, though. consider about 20 minutes.
remove from the heat and let cool. run
the mixture through a food mill

refrigerating this jam or press through a
colander to remove the skins and pits.

and enjoying it over Place the plum pulp
in a large heavy pot or Dutch oven. stir
in the sugar and lemon

the next few weeks, or juice. Bring to a
boil over medium heat, stirring
constantly until the sugar is dissolved.
cook

use a portion of it to for about 15 to 20
minutes until the mixture thickens,
stirring frequently. remove from the

make the fabulous Plum heat and perform the gel test (see page 238). if the gel stage has not been reached, return

Dipping sauce (page to the heat and cook for a few minutes, repeating the test until the gel stage has been

104) for egg rolls, reached. once the mixture has gelled, skim off any foam that has developed.

shrimp, or beef.

Ladle the jam into sterilized jars to within $\frac{1}{4}$ inch of the rim (headspace), seal, and

process for 5 minutes.

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summer





Local

Flavor

honey

Wherever you find locally grown fruits and vegetables, Wildflower: Honey blended from a variety of field flowers; you'll find honey bees. They are the

original *locavores*, usually pleasantly floral and sweet and has wide appeal;

traveling up to five miles to collect their food. When perfect for dessert applications.

one particular type of flower or tree where you live is Goldenrod: Light to medium color with a bit of a “bite”;

in bloom, bees will work it until all the nectar is col-

quick to crystallize; use in baking or cooking.

lected before moving on to the next variety of bloom.

Honey produced from their seasonal work possesses Buckwheat: Full and dark-bodied and a favorite to use for

“terroir”—a particular sense of place and season that baking; use to replace molasses and maple syrup in recipes.

is reflected in the color, aroma, and taste, sometimes

subtle between varieties, other times extreme.

let it flow!

Honey bottled by large commercial producers is

often blended to ensure flavor consistency from one Some honeys, like Goldenrod, crystallize or harden

faster than others. That doesn't mean the honey has

bottle to the next, thus depriving the user of the ex-

gone bad, it just means there's more pollen in that

perience of the subtleties or extremes in flavor be-

particular variety. To loosen it, put it in the microwave

tween bloom-specific honeys. Smaller apiaries and (plastic or glass bottles only, with the metal caps

beekeepers, those who sell their honey at local farm-

removed) for 5- to 10-second blasts until the honey

ers markets, typically harvest and bottle honey to returns to a flowing consistency.

capture particular nuances of seasonal blooms. This

Berry-Infused Honey

is your chance to experience for yourself whether

you're drawn to the mild and delicate flavors or to *Local honey and fresh local berries come together as a special*

brawny, slightly bitter tasting honey.

sweetener for tea, to top yogurt or ice cream, to spread on a

toasted muffin, even to sweeten up a salad dressing. Be sure

Here's a short list of commonly found honey vari-

to use a lighter variety of honey to complement, not compete

eties, their particular color and flavor nuances, and *with, the flavor of the berries.*

suggested uses.

Makes about 2 cups

Apple Blossom: Sweet floral aroma, light amber in color, 1 cup fresh berries

and very sweet; good for a variety of uses, including dress-

1½ cups honey, divided use

ing fruit salads.

2 tablespoons water

1 teaspoon grated lemon rind (optional)

Black Locust: An early spring honey; pale amber in color,

mild, and floral; use in recipes with fish and seafood.

Place the berries in a small saucepan and use a potato

masher to lightly crush the berries. mix in $\frac{1}{2}$ cup of honey

Alfalfa: Light, pale-colored honey with

a subtle spicy pro-

and the water. Place over low heat and bring to a simmer.

file and floral tones; good choice to use in baking.

allow to simmer for 10 minutes. stir in the remaining honey.

Clover: Light-colored, pleasingly mild and sweet, with broad allow to cool. add the lemon zest, if desired. Pour into a

appeal. Use to sweeten coffee or tea.

container, cover, and refrigerate. use

within 2 weeks.

The Loca

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vore's KiTchen

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in sea

sweet





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4

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6

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8

9

10

11

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14

15





in season ...

sweet corn

Among dedicated fans of fresh produce,
there's only one sure way to capture the
genuine taste

of fresh sweet corn: bring a large pot
full of water to a boil, go out to the field

and pick the corn, then run, don't

walk, back to the kitchen and get the corn into the pot. If you have ever compared the taste of an ear of corn

straight off the stalk to one that is a couple of days old, you already understand that a mere 24 hours in the life

of freshly picked corn can change the taste from sweet to starchy and the texture from naturally buttery to tough.

There are plenty of methods and recipes for enjoying fresh locally grown or homegrown sweet corn, but the key

to success begins with frequent trips to field or farmers market to get the freshest corn possible.

Choosing the Best. Peeling back the husk on an ear of corn for a closer look is a typical method to choose

ears of corn, yet there are better signs that an ear of corn is freshly picked. Is the ear full, fat, and heavy for its

size? Feel it with your fingers. The kernels should be plump and developed all the way to the tip. Does it feel

cool? If it has been exposed to sun or heat, the texture is likely deteriorating. The husks should be soft, supple, a

grassy green color, and free of worm holes or imperfections. Fresh-picked corn has a light green stem, not yellow

and dry, and the silks should be pale in color and dry, but not brittle.

How to Store Fresh. Ideally, sweet corn should be cooked the same hour it is bought, certainly the same

day. If it must be held, do so for no more than a day, refrigerated, husks and all, in a perforated plastic bag.

To Prepare for Cooking. Just before cooking, peel the husks down around the ear then snap at the stem.

Remove the silks that cling with a dry vegetable brush or with a slightly damp paper towel, wiping from the

stem end to the tip. If the recipe calls for stripping the kernels from the cob, run a sharp knife under the kernels,

working from the tip to the stem end, taking care not to cut off the tough cob. Work over a bowl to catch the

kernels and any of the precious, sweet liquid, a natural thickener that comes off the cob.

Pick or Buy Now, Enjoy Later. Freezing is the method of choice for preserving sweet corn. Fresh,

cleaned ears should be blanched and cooled before packaging whole or stripping the kernels off for freezing.

Later in the year they can be pulled from the freezer and used to make the Farmhouse Chowder on page 206 or the Cream of Corn Soup with Rosemary on page 205. Toss kernels into cornbread and custards, too.

Freeze this season's sweet corn! To learn how, go to page 218.

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summer

Corn on the Cob ... Three Ways

here are three simple techniques for preparing corn on the cob that as you'll see can easily accommodate the

number of ears you want to cook. each cooking method has its own advantage.

Grilled Corn

Grilled corn has a smoky, almost caramelized Leaving the husks and silks intact, submerge the corn in a bucket

flavor. Grilling keeps the heat out of the or sink filled with water. soak for at least 2 hours or up to 6.

kitchen and eliminates the need to strip the When ready to cook, preheat the grill to medium-high. Place

husks before cooking. the corn in a single layer on the grill grate. cook with the lid

lowered for 15 to 20 minutes, turning every 5 minutes until the

husks are dried and charred in spots. To test for doneness, peel

if you are making a large quantity for a summer

gathering, use a cooler to keep the corn warm back the husk on one ear and press

on a kernel. if it yields to

as it comes off the grill. pressure, the corn is done. remove from the grill.

When you're

ready to eat, the husks and silks will peel back easily.

Microwaved Corn

Microwaving corn is a great option when you makes anywhere from 1 ear of corn to 6. remove the husks and

need to cook only one or two ears.

Because silks. Place the cleaned cobs in a sealable gallon-size plastic

microwaves cook food from the inside out, the bag, no more than 6 ears per bag. Partially seal the bag. Place

corn will stay hotter longer than corn cooked the bag on a plate in the microwave and set the timer for 2

with other methods. minutes per ear. For example, if you have 4 ears, set the timer

for 8 minutes; for 6 ears, 12 minutes. When done cooking,

carefully remove the corn.

Steamed Corn

This method for steaming corn uses a small clean the husks and silks from the desired number of ears of

amount of water and is a good alternative to corn. add water to a large stockpot to a depth of about an inch

the traditional method of filling a pot with and bring to a boil. add the ears to the pot, cover, and cook for

water, waiting for it to boil and then having about 3 to 4 minutes for 6 ears, a bit longer if there are more

to take it from the stove to the sink— and ears in the pot. remove and let cool slightly before serving.

there's no worry about the pot boiling over.

reheating frozen ears of corn

The rules for cooking frozen, unthawed ears of corn are not substantially different from those used for cooking

fresh ears. Use the same method and times to microwave frozen ears as you would for fresh. To grill frozen corn,

butter the ears and wrap in foil. Grill over medium-high heat, turning frequently, about 30 minutes. Steaming or

boiling frozen ears is not recommended.

Frozen ears of corn cause the temperature of the boiling water to drop significantly, causing the corn to be overcooked and ruining the taste and texture you worked hard to preserve.

save the cobs

Don't toss the stripped cobs . . . there's a lot of serious flavor hidden there. Use them to make a wonderful broth

for any soup that features corn, like the Corn and Red Pepper Bisque on page 109. Simply take 6 to 8 cobs, crack

them in half, and place in a large stockpot. Add 8 cups of water, just

enough to cover the cobs, and bring to a boil

over medium-high heat. Reduce the heat to low and simmer 30 minutes. Stir in ½ teaspoon of salt, then strain

the broth through a fine-mesh strainer into a large bowl. Discard the cobs and pulp. Let the broth cool to room

temperature, then store in an airtight container in the refrigerator for up to a week or freeze for up to 3 months.

The Locavore's KiTchen

Grilled Corn Custards

If you're grilling corn, toss Makes 6 servings

an additional half dozen

ears onto the flame to 6 to 8 ears fresh sweet corn (about 3 cups kernels), grilled or steamed

add to this recipe the next 4 tablespoons unsalted butter, divided use

day. The smoky kernels 1 medium onion, diced

are perfectly at home in 4 whole eggs

the rich, creamy custard. 1 cup half-and-half

Freeze a batch of kernels ½ cup milk

for when you get a taste Freshly grated nutmeg, to taste

for these custards in the salt and freshly ground black pepper, to taste

winter. If you would 2 tablespoons chopped fresh chives, for garnish

prefer to use steamed or

microwaved corn, feel free strip the kernels from the cooked corn. set aside.

to substitute.

Preheat the oven to 350°F. melt 1 tablespoon of butter and brush the insides of 6

4-ounce ramekins.

melt the remaining butter in a large skillet over medium heat. add the onions and cook

until soft and translucent, about 6 minutes. set aside.

Lightly beat the eggs in a large mixing bowl. stir in the half-and-half, milk, nutmeg,

and salt and pepper to taste. stir in the corn. Divide the mixture between the prepared

ramekins. Top each ramekin with onions.

Bake the custards until set, about 30 minutes. The center may appear soft but will firm up

quickly as the custard cools. allow to cool for 10 to 15 minutes before garnishing with

chives and serving.

Corn and Red Pepper Bisque

Make this soup with fresh Makes 6 servings

sweet corn stripped from

the cobs or wait until the 2 tablespoons unsalted butter

snow flies and reach into 1 medium onion, diced

the freezer for your stash 1 red bell pepper, diced

of summer corn. You did 1 large clove garlic, minced

freeze some just for this 3 cups fresh or frozen corn kernels (from about 6 ears)

moment, didn't you? Feel 4 cups rich
chicken stock

free to substitute a finely salt and
freshly ground black pepper, to taste

chopped roasted red bell ½ cup crème
fraîche or sour cream

pepper, freshly prepared 1 tablespoon
yellow cornmeal

or from the freezer, for 2 tablespoons
freshly chopped parsley

a hint of smoky flavor.

When this soup is Dash of Tabasco
sauce, more or less to taste

finished, you'll forget

it's winter. melt the butter in a stockpot over medium-high heat. add the onion and bell pepper and

sauté for 8 minutes or until soft and fragrant. add the garlic and sauté for another 30

seconds. stir in the corn. add the chicken stock and bring to a boil. reduce the heat to

a simmer and cook for 15 to 20 minutes or until the corn is very tender. season with salt

and pepper, to taste.

using a slotted spoon, transfer 2 cups of the corn mixture to a blender. add the crème

fraîche and blend until the mixture is smooth, about 1 minute.

stir the puree back into the pot. increase the heat to medium-high and whisk in the

cornmeal, whisking constantly, until the soup thickens, about 2 to 3 minutes.

add the parsley and Tabasco sauce, to taste. heat through. serve hot.

Grilled Honey-Roasted Sweet Corn

Save this technique for Makes 6 servings

truly fresh ears of corn,

at the beginning or end 6 ears fresh sweet corn

of the local harvest. It 1/3 cup honey

takes a few more steps, 1/3 cup water

but the heat and smoke of salt and freshly ground black pepper, to taste

the grill and the smell of

the roasting corn and the Preheat the grill to medium-high.

honey caramelizing under

the husks is a fitting Pull the husks back on each ear of corn and remove the silks. Bring the honey and

tribute to the first ears, water to a boil in a small saucepan. reduce the heat to low and simmer until the mixture

or the last, to come out of thickens, about 5 minutes. Brush the corn with the honey mixture and season with salt and

the fields. pepper. Pull the husks back up over the corn. Wrap each ear in

aluminum foil. Place on

the grill and cook for 15 minutes, turning frequently. Let cool slightly before pulling the

husks back and serving.

Sweet Corn and Poppyseed Cornbread

Freshly cut kernels of Makes 8 to 10 servings

corn and locally produced

cornmeal give this moist, 1½ cups
buttermilk

delicious cornbread great 3 large eggs

flavor and wonderful 2 cups coarse-ground cornmeal

texture. Fresh eggs and 1 cup all-purpose flour

local buttermilk really $\frac{1}{2}$ cup sugar

ramp up its local flavor 3 tablespoons poppyseeds

profile. Be sure to freeze

a batch of sweet corn 4 teaspoons baking powder

kernels for the winter, 1 teaspoon salt

when a slice of this ½ cup unsalted butter, diced and chilled

cornbread would taste 1½ cups fresh corn kernels (from about 3 ears of corn)

great with Local Chili

(page 211). Preheat the oven to 400°F. Butter a 9-inch square metal baking pan.

mix the buttermilk and eggs in a medium bowl until combined. set aside.

For a special treat or even

for dessert, serve still-warm Blend the cornmeal, flour, sugar, poppyseeds, baking powder, and salt in a large bowl.

pieces of this cornbread add the butter and work it in with a pastry blender or your fingertips until the mixture

with a drizzle of warm resembles coarse meal. mix in the corn kernels. add the buttermilk mixture and stir until

maple syrup. just combined. Pour the batter into the prepared pan. Bake for 45 minutes or until a

toothpick inserted in the center comes out clean. cool for 15 minutes before cutting.

serve warm or at room temperature.

corn off the cob

Stripping corn kernels from cooked or uncooked corn is not hard, but it could be easier. Here's

an easy method that uses an angel food or bundt cake pan. Try it when you're determined to

reap the most from this year's corn harvest or when a recipe calls for stripping just a half-dozen

ears. Stand the tip of the shucked corn in the center hole of the pan. Holding the cob steady, use

a sharp knife to make long, downward strokes on the cob to separate the kernels. The hole in

the pan helps keeps the cob steady and the interior of the pan neatly collects the kernels.

The Locavore's KiTchen

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Making Your Own: Butter

The taste of fresh butter is unlike most butter you've ever bought, full of fresh

flavor, rich

texture, and wonderfully aromatic. The only taste better than fresh butter is fresh butter in

various stages of melting on freshly baked rolls or breads.

The only and all-important ingredient is heavy cream—good heavy cream. The taste of

your butter will be a direct reflection of the richness of the butterfat content in the cream,

and that is a direct result of the breed of cow, the cow's diet, and the season. The

creams

you'll find in summer from herds raised on fresh green pasture will be richer than those in

the spring and winter. The better the cream, the better the butter.

if you can buy organic cream that has been pasteurized (not ultrapasteurized), the flavor

and texture will be even better. ready to make some butter?

Homemade Butter

Makes approximately ½ pound or 1 cup

of butter

Note: This recipe calls

for a food processor 4 cups good-quality heavy cream, chilled

with a 9-cup capacity. if 1 teaspoon kosher salt (optional)

you are using a smaller iced water

model, adjust the

amounts accordingly. Fit the work bowl of a food processor with a serrated or smooth blade. Pour enough cream

into the work bowl to reach about

halfway up the side of the bowl. Process for about 2

The only thing left to do is minutes. The mixture will begin to look like whipped cream. (it is, because the butter has not

to decide what is worthy yet separated from the buttermilk.) continue processing another few minutes until the mixture

of this delicious, fresh “breaks,” looking rough and curdled.

butter. Fresh corn on the

cob on page 108 would Pour off the buttermilk (the liquid that pools at the bottom), leaving the butter mass. (save

the

certainly deserve to be buttermilk and use to add to pancakes, blend into smoothies, or drink as is.) add the salt at

slathered in fresh butter, this point, if desired.

as would the Pumpkin

Pancakes with cider Wash the butter to extend the storage life by getting rid of traces of buttermilk, which will

syrup on page 208. cause the butter to spoil more quickly and take on the taste of sour milk. To wash the butter,

Then there's the "Bring pour 1/2 cup of ice water into the food processor bowl. Process for 5 to 10 seconds and

on the Jam" muffins then pour off the water. Keep repeating this process with fresh ice water until the water is no

on page 209 and the longer cloudy but clear.

everyday Whole Wheat

Bread on page 15. Transfer the butter to a jar with a tight-fitting lid. shake vigorously for a few seconds. Pour

off any liquid that has accumulated. repeat this process until there is no

water left.

store the butter in the jar and refrigerate for up to 10 days. For longer storage, form the

butter into a log or rounds, wrap in waxed paper, place in an airtight container, and freeze

for up to 3 months.

Fresh butter all by **Pepper and Garlic Butter**

itself is a treat, but if

you feel the need to mix 1 cup unsalted butter + 2 cloves garlic, minced + 1

teaspoon cracked black pepper.

embellish a bit, mix Place a tablespoon of this butter on a freshly grilled steak or use to finish steamed vegetables.

one cup of softened

butter with any of **Honey and Chive Butter**

these combinations.

Use immediately, mix 1 cup unsalted butter + 2 tablespoons honey + 2 tablespoons freshly snipped chives.

within a week, or wrap spread on hot dinner rolls or crusty, rustic-style

bread.

tightly in plastic wrap

*and freeze, stored in a **Fruit Butter***

small freezer bag, for

up to 4 months. mix 1 cup unsalted
butter + 1 cup chopped fresh
strawberries + $\frac{1}{4}$ cup powdered sugar.

spread on english muffins or thick slices
of bread.

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summer

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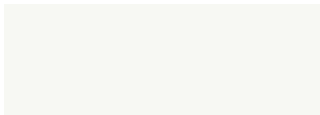
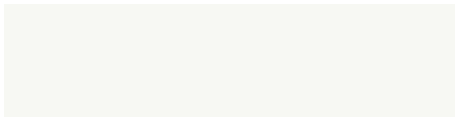
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Local

Flavor

One of the locavore's biggest challenges has to be Tougher, resistant to disease, and not dependent on

finding sources for locally grown and milled flours synthetic chemical fertilizers to survive, landrace grains

and grains, the foundations for great homemade are typically fiber rich, nutritious, and delicious. Grow-

bread and baking. While more and more locavores are seeking out, and using these grains are ways to

seek out locally grown foods and farmers respond help preserve diversity in our food choices.

with grass-fed meats from heritage breeds, artisan

cheeses, and heirloom fruits and vegetables, most Serious bread bakers and cooks might go the distance

flours and grains remain a product of big industry, to find these locally grown grains, often grinding them

blends of various cultivars that arrive in our kitchens into flour and using them quickly because they still

from large, distant corporate mills. They are reliable, contain the delicate and perishable bran and germ.

predictable, limited in variety, and tend to homog-

If you're new to using these grains, success requires a

enize bread making and baking.

sense of adventure and a bit of experimentation. Ask

the growers about the specific qualities of the unique

While a trip to the local farmers market probably grains they sell. Can't find locally grown grain in your

won't net you a 50-pound sack of locally grown and area? Not surprising. So let your favorite farmers know

milled flour to round out your locavore's kitchen, you would be a regular buyer if they grew it.

it's not uncommon to find wholesome specialty

grains, milled meals, and seeds that are

part of the

local landscape. These *landrace* grains, such as mil-

specialty grains

let, spelt, and buckwheat, evolved over time to adapt There's no telling what types of specialty grains you'll come

to the climate and growing conditions in a specific across close to home—and that's where the adventuresome

geographical region and reflect the culinary heri-

side of a locavore comes out. It might be

amaranth, an herbal

tage of the local people. They are the same grains plant that can be cooked as a cereal, ground into flour, or

our ancestors cultivated, harvested, and ground by used to thicken soups; or *buckwheat*, a gluten-free flour with

hand or took to the local gristmills and used for a rich and nutty flavor and a favorite ingredient in pancakes;

or *kamut*, an ancient form of wheat, yellow in color, high in

their own baking needs.

protein, rich and buttery in taste, and great for bread making.

The Loca

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Chocolate Spelt Cake

Spelt is a nutritious, Makes one 8-inch cake

nutty-flavored ancient

grain closely related to 1½ cups spelt flour

wheat that's getting a 1 cup sugar

closer look these days. 4 tablespoons cocoa

Not only is it nutritious ½ teaspoon salt

and high in protein, 1 teaspoon baking soda

for some with wheat 6 tablespoons
vegetable oil

allergies it's a tolerable 1 tablespoon
distilled vinegar

alternative to wheat as

it contains lesser gluten. 1 teaspoon
vanilla extract

In this eggless recipe, the 1 cup cold
water

spelt complements the confectioners'
sugar, for dusting

flavor of chocolate in a raspberries or
sliced strawberries, optional

moist, sweet cake. Lightly sweetened whipped cream, optional

Preheat the oven to 350°F.

sift the flour, sugar, cocoa, salt, and soda into an ungreased 8-inch square baking pan.

using the back of a large spoon, make 3 indentations in the flour mixture. in one, add

the vegetable oil; in the second, add the vinegar; and in the third, add the vanilla. Pour

the cold water over the entire mixture and mix thoroughly with a rubber spatula

until all

the ingredients are well blended. Bake for 30 to 35 minutes. The cake is done when a

toothpick inserted into the center comes out clean. cool completely. serve with a dusting

of powdered sugar or split the cake horizontally into two layers and fill with freshly

whipped cream and seasonal berries.

Buckwheat Crepes

Buckwheat is actually a Makes about 1

dozen crepes

grass, high in fiber and full

of great nutritional value. 1 cup whole milk, plus extra to thin, if necessary

Ground into a flour, it has $\frac{1}{4}$ cup water

a rich, nutty flavor and

can be used in baking, for 3 large eggs

pancakes, and in this recipe $\frac{1}{2}$ teaspoon salt

for crepes. Think creatively $\frac{2}{3}$ cup buckwheat flour

when topping. How about ½ cup all-purpose flour

some lightly sautéed 3 tablespoons vegetable or canola oil

spinach topped by a fried

egg? For your sweet tooth, unsalted butter, melted, to coat the pan

try them with a scoop of ice

cream, a drizzle of honey, Place the milk, water, eggs, and salt in a blender. Blend at low speed until combined.

and some fresh-picked add the flours and oil and blend at high speed for 1

minute to combine. Transfer to a

seasonal berries. bowl, cover, and refrigerate for one hour.

crepes can be made and Place a small nonstick skillet or crepe pan over medium heat. Brush with butter. To add

refrigerated a day ahead the batter, remove the pan from the stove and ladle in about 3 tablespoons of the batter,

of using. Freeze by stacking

them with sheets of waxed swirling to distribute evenly. return to the heat. cook for 1 minute until the edges appear

paper between crepes and dry and loosen easily from the pan. Turn and cook on the other side for about 30

placing in an airtight freezer seconds. remove from the pan to a plate. repeat with the remaining batter, brushing the

bag. The crepes will keep

up to one month. pan with butter before adding more batter.

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summer



Cornmeal Cookies

Cornmeal is dried and Makes 2 dozen cookies

ground sweet corn and

you're likely to find it in $\frac{3}{4}$ cup unsalted butter, at room temperature

a variety of grinds, from $\frac{3}{4}$ cup sugar

fine to coarse, which adds 1 egg

a delightful gritty texture 1 teaspoon vanilla extract

to breads and cookies. 1 tablespoon grated lemon zest (optional)

Coarse-ground cornmeal 1½ cups all-purpose flour

provides the crunch in ½ cup coarse-ground cornmeal

these cookies and in 1 teaspoon baking powder

the Sweet Corn and

Poppyseed Cornbread on ¼ teaspoon salt

page 110. in a large bowl, blend the butter and sugar together with an electric mixer until light and

fluffy, about 5 minutes. add the egg and

beat until combined. stir in the vanilla and

lemon zest, if desired.

in a separate bowl, combine the flour, cornmeal, baking powder, and salt.

Gradually

add to the butter mixture.

Form the dough into a ball and flatten into a disk. Wrap tightly in plastic wrap and chill

for 1 hour.

Preheat the oven to 350°F.

roll the dough out onto a lightly floured surface to a $\frac{1}{4}$ -inch thickness. cut into cookies

using a $2\frac{1}{2}$ -inch cookie cutter. Place an inch apart on a lightly greased cookie sheet.

Bake for 10 to 12 minutes or until the edges are golden. Let cool on a wire rack before

storing in an airtight container.

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Making Your Own: Pizza Crust

if the locavore's kitchen is filled with the best and freshest pizza toppings, why settle for

anything less than the best pizza crust? Whole wheat flour adds some fabulous texture

and earthy color to this pizza crust. it also stands up to anything you decide to top it with.

This is a great choice for asparagus Pesto Pizza (on page 5), chicken and roasted red

Pepper Pizza (on page 203), or the classic Pizza margherita (on page 117).

Whole Wheat Pizza Crust

Makes 2 large 10-inch pizza shells or 4 small 6-inch pizza shells

a heavy-duty stand mixer

can be used to prepare 1½ cups warm water (105°F to 115°F)

this dough. after the flour 1.25-ounce package active dry yeast

has been added, replace 1 teaspoon
sugar

the paddle attachment 1 tablespoon olive
oil

with the dough hook and 1 teaspoon
kosher salt

knead on low speed for 2 cups whole
wheat flour

about 6 minutes until

smooth and elastic. 1½ cups bread flour,
plus extra for kneading

extra virgin olive oil, for brushing

in a large bowl, combine the water, yeast, and sugar. Let stand until the mixture is foamy,

about 10 minutes. stir in the oil and salt. in a separate bowl, combine the flours. stir in

all but $\frac{1}{2}$ cup of the flour and mix until the dough comes together.

Turn the dough out onto a lightly floured surface and knead until smooth and elastic,

about 8 to 10 minutes. (if the dough appears too sticky, add the extra flour, a tablespoon

at a time.)

Place the dough in an oiled bowl, cover with a damp towel, and let rise in a warm

place until doubled in size, about 1 hour.

Punch the dough down and divide it into 2 or 4 portions. Form the pieces into balls,

cover lightly with the damp towel, and let rise for 45 minutes or until doubled.

meanwhile, preheat the oven to 425°F.

use a rolling pin or simply hand-stretch the dough to form the crusts. Brush with

oil and

bake on a pizza stone or baking sheet for 5 minutes. remove and add toppings, as

desired, and bake for an additional 10 to 12 minutes or until cheeses are melted.

Freezing pizza dough: This pizza dough freezes well. after the first rise, punch the dough

down and separate it into 2 or 4 portions (for individual serving pizzas). Lightly brush

the dough you are freezing with a little olive oil. store each portion in a sealable freezer

bag, pressing out as much air as possible; seal and freeze for up to three months. Thaw

in the refrigerator overnight. remove from the bag and place in a lightly oiled bowl.

cover with a damp towel and let rise for the second time at room temperature.

This may

take 2 hours. roll out and proceed with the recipe.

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summer



tomatoes






































































































in season .. *tomatoes*

There's more than one way to enjoy a homegrown tomato, but the best way is to pick it from

the vine, fully ripe and still warm from the sun, and eat it out of hand, letting the juice trickle down your chin.

When it comes to homegrown tomatoes,

little should stand between you and the genuine flavor of the world's

favorite fruit. Look for recipes that put the spotlight on the color and flavor rather than burying it under heavy

sauses and lots of cheese.

There are a handful of tomato types, including beefsteak, salad, paste, and cherry tomatoes. Each type has dis-

tinct characteristics that make it a good choice either for eating fresh or for using in cooked dishes or sauses.

Tomatoes come in an array of colors from pale yellow to bright orange and

fire engine red to a deep smoky

purple, and their flavor can range from tart and highly acidic to sweet and fruity. Finding one that is pleasing to

the eye and palate promises to be a gustatory adventure.

Choosing the Best. Tomatoes in season and harvested perfectly ripe have fully developed flavor and aroma.

Whether you are picking them straight off the vine or shopping at a farmers market, look for tomatoes that

are firm, not hard, and yield easily to the gentlest squeeze. The skin should have a

shiny finish and be free of

blemishes, soft spots, and tears. If visual cues aren't enough, trust your sense of smell. A fully ripe tomato should

smell sweet and aromatic, not “green” and grassy.

How to Store Fresh. Tomatoes, like people, prefer temperatures that are not too cold and not too hot.

Anywhere between 55°F and 80°F away from direct light is ideal. Chilly refrigerator temperatures put the brakes

on any further ripening. While this is a good stall tactic for slightly overripe

tomatoes awaiting a sauce recipe, cold will deaden the taste of a tomato headed for a salad. If refrigeration is a must, let tomatoes return to room temperature before using.

To Prepare for Cooking. Tomatoes lend themselves to many cooking techniques, including roasting,

grilling, baking, stewing, pureeing for a sauce, and juicing. Often all that's needed to get on with a recipe is chop-

ping, dicing, or slicing. To learn how to peel tomatoes, refer to "Removing the Skin on Whole Tomatoes, Peaches,

and Other Stone Fruits” on page 225.

Pick or Buy Now, Enjoy Later.

Tomatoes can be canned, frozen, or oven dried with good results. If

you’re new to preserving, canning whole tomatoes should be your first choice for learning these techniques.

From there, move on to putting up tomatoes chopped, stewed, pureed, or made into a simple sauce, zesty salsa,

or delicious juice—there’s a long list of ways to bring homegrown tomatoes to the table year round.

Freeze this season’s tomatoes! To learn

about freezing whole tomatoes, go to
page 224. or preserve the

seasonal flavor of tomatoes with
margaret's salsa (page 121), chunky all-
Purpose Tomato sauce

(page 121), or canned Whole Tomatoes
(page 235).

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Roasted Cherry Tomatoes with Basil Ribbons

As if ripe cherry tomatoes Makes 6 to 8
servings

weren't sweet enough,

here comes a quick and 2 pints cherry tomatoes, washed, dried, stems removed, if necessary

simple idea that makes extra virgin olive oil

them even sweeter— $\frac{1}{4}$ cup basil leaves, cut into thin strips

roasting! This technique coarse sea salt and freshly cracked black pepper

lets you rely on the

natural sugars in the Preheat the oven to 400°F.

tomatoes to carry the

flavor. “Gild the lily” with Place the cherry tomatoes in a large bowl and drizzle with olive oil. Toss to coat, adding

some fresh basil. For a more oil if necessary to coat them well. season with salt and pepper and toss again.

colorful presentation, mix

yellow and red cherry spread the tomatoes on a baking sheet and roast about 20 to 30 minutes or until the

tomato varieties. tomatoes begin to shrivel and release some juice. check

often. as the juice begins to
run, they will quickly burn.

Transfer from the baking sheet to a small
bowl. Taste, season with additional salt
and

pepper, if necessary, toss with basil,
drizzle with a little olive oil, and serve
immediately.

Pizza Margherita

What a delicious tribute Makes 6 to 8
servings

to ripe tomatoes and

fresh basil! While you one recipe Whole Wheat Pizza crust (page 115)

can prepare this recipe extra virgin olive oil, for brushing and drizzling

using a large prepared sea salt, to taste

pizza shell, the Whole 2 cloves garlic, minced

Wheat Pizza Crust on 1 pound ripe, meaty tomatoes, thinly sliced (plum tomatoes preferred)

page 115 adds an earthy 12 ounces fresh mozzarella cheese, cut into 1/2-inch cubes or thinly sliced

and rustic flavor. 12 large fresh basil leaves, cut into thin strips

½ to ¾ cup freshly grated Parmesan cheese

Preheat the oven to 425°F.

stretch or roll the prepared dough to fit a rimmed 13 x 18-inch baking sheet.

Lightly

brush the surface with olive oil and sprinkle with the chopped garlic and salt. arrange the

tomatoes on the dough. Bake for 10 minutes. scatter the mozzarella and basil over the

surface. Drizzle with a little more olive oil, sprinkle the Parmesan cheese over the top, and

bake for an additional 5 to 8 minutes or until the cheese has melted. serve immediately.

heirloom tomatoes: culinary treasures

Farmers markets and a return to home gardening have done wonders for bringing heirloom tomatoes as well as other

obscure varieties of vegetables back into the limelight and the locavore's kitchen. Heirlooms are true treasures in terms

of taste and culinary history.

They are the result of seeds that have been passed down through generations of farming and gardening families, valued

for outstanding flavor or particular culinary characteristics.

You've probably noticed a seemingly unlimited choice of heirloom tomatoes to plant or buy. There are in fact thousands

of known varieties of heirlooms, and plenty more remain closely held secrets in families. When it comes to heirloom

tomatoes, it's important to remember that

beauty is skin deep—and it's beneath the skin where the best tomato flavor

lies. Some varieties are naturally thin-skinned and prone to developing little flaws and blemishes, like cracks and

scarring, which can simply be trimmed away.

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summer

Classic Bruschetta

There's only one way Makes 6 appetizer servings

to make bruschetta—

*with perfectly ripe, 2 cloves garlic,
minced*

*fresh tomatoes. It's 8 large plum
tomatoes, cored and coarsely chopped*

*a wonderful way to 2 tablespoons
freshly chopped basil*

*capture the fresh flavor 2 teaspoons
extra virgin olive oil, plus extra for
brushing*

*of everyone's favorite splash of red
wine vinegar*

summertime fruit. This salt and freshly

ground black pepper, to taste

basic recipe is open to 2 small baguettes, cut into 1/4-inch slices

your own adaptations:

add diced red onion, use

balsamic instead of red combine the garlic, tomatoes, basil, oil, and red wine vinegar in a medium glass bowl.

wine vinegar, replace season with salt and pepper, to taste. set aside at room temperature for at least an hour

the chopped basil with to allow flavors to meld.

fresh chopped oregano or

parsley, top with cheese— meanwhile, preheat the oven to 375°F. Brush the bread slices on both sides with olive

or don't. oil. arrange in a single layer on a baking sheet and place on the middle rack of the

oven. Bake for 12 minutes or until golden brown. remove and let cool.

To serve, top the bread slices with about a tablespoon of the tomato mixture.

Heirloom Pasta Sauce with Maple Syrup

So many local ingredients Makes about
8 cups

can only add up to

fabulous local flavor in $\frac{1}{4}$ cup extra
virgin olive oil

this sauce. Mix up not 2 medium yellow
onions, chopped

only the varieties and 2 cloves garlic,
minced

colors of heirlooms but 5 pounds
heirloom tomatoes, chopped, juices
reserved

the types of tomatoes, too. $\frac{1}{4}$ cup pure

maple syrup

Plum and paste tomatoes salt and freshly ground black pepper, to taste

will add some body. This

sauce freezes beautifully

for up to six months. heat the oil in a large heavy skillet over medium heat. add the onions and sauté until

soft and transparent, about 8 minutes. add the garlic and sauté for an additional

minute. add the tomatoes and any juices that have accumulated and stir to combine.

Bring the mixture to a boil then reduce the heat to low and simmer for 45 minutes

or until the mixture has thickened and reduced in volume. add the maple syrup and

cook an additional 10 minutes. season with salt and pepper. Toss with hot, thick

pasta noodles.

The Locavore's Kitchen

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Baked Tomatoes Topped with Ricotta

and Basil

Fresh, vine-ripened Makes 8 servings

tomatoes deserve a

crowning touch like the 4 ripe tomatoes
(salad tomatoes preferred)

one in this recipe. Be $\frac{1}{2}$ cup ricotta
cheese

sure to use fresh ricotta $\frac{1}{4}$ cup chopped
fresh basil

(or make your own) and 2 cloves garlic,
minced

sweet basil—out of respect 1 teaspoon

fresh thyme

for the tomato, of course! 4 tablespoons
grated Parmesan cheese

½ teaspoon freshly ground black pepper

Learn to make your own salt, to taste

ricotta-style cheese on extra virgin olive
oil, to drizzle

page 72. it's easy.

Preheat the oven to 400°F.

cut the tomatoes in half crosswise.
arrange cut side up in a shallow baking
dish. in a

medium bowl, combine the ricotta, basil, garlic, thyme, Parmesan, and pepper.

Taste

and season with salt, to taste. Top each tomato with about 2 tablespoons of the ricotta

mixture. Drizzle lightly with the olive oil. Bake 15 to 20 minutes or until the cheese

mixture is lightly browned. serve immediately.

Honey Baked Tomatoes

The pairing of two Makes 8 servings

naturally sweet local

finds—tomatoes and 8 ripe medium tomatoes, cut into 1-inch slices

honey—results in a fresh 2 tablespoons honey

and sophisticated side 2 slices bread

dish. This recipe is perfect 2 tablespoons freshly minced tarragon

for end-of-the-season 1½ teaspoons salt

tomatoes that might need 2 teaspoons freshly ground black pepper

a boost of sweetness. 4 teaspoons

unsalted butter

Preheat the oven to 350°F.

arrange the tomatoes in a single layer on a lightly greased foil-lined rimmed baking

sheet. Drizzle with the honey.

Place the bread in a food processor or blender and process until finely chopped. Transfer

to a medium bowl and mix with the tarragon, salt, and pepper. sprinkle the mixture over

the tomato slices. Place a dot of butter

on top of each.

Bake for 20 minutes. remove and set aside.

Turn the oven to broil. When heated, broil the tomatoes 5 inches from the heating

element for 5 minutes or until the tops are golden. serve warm.

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summer

Heirloom Tomato Bisque

Sweet and creamy, this Makes 4 to 6

servings

is a lusciously rich soup

courtesy of flavorful 2 tablespoons
olive oil

heirloom tomatoes and 2 tablespoons
unsalted butter

cream. Make it once to 1 small onion,
diced

enjoy the complex flavors, 1 clove
garlic, minced

make it again and again 4 pounds
mixed varieties heirloom tomatoes,
seeded, chopped, juices reserved

because it's so easy. salt and freshly ground black pepper, to taste

1 cup heavy cream or $\frac{1}{2}$ cup crème fraîche, at room temperature

Transform this soup into a $\frac{1}{2}$ cup freshly grated Parmesan cheese, plus extra for garnish

creamy one by pureeing $\frac{1}{4}$ freshly chopped basil leaves, plus extra for garnish

the mixture before 1 teaspoon fresh thyme leaves

adding the cream,

cheese, and herbs. heat the oil and butter in a large stockpot over medium heat. add the onion and cook

until soft, about 6 minutes. add the garlic and cook an additional minute. add the

tomatoes and juices to the stockpot and cook over very low heat, stirring frequently, for

15 minutes or until warm. Taste and season with salt and pepper. remove from the heat.

slowly add the heavy cream and stir until well blended. stir in the cheese and herbs.

Ladle into bowls and garnish with extra cheese and chopped basil.

'mater matters: a tomato variety primer

Beefsteak varieties are the largest tomatoes you'll find at farmers markets but rarely in a large grocery store. In a variety of colors from white to yellow, pink to red, and burgundy to purple, they are meaty, juicy, and best eaten raw, in salads

or sliced for sandwiches.

Salad tomatoes are smaller than beefsteaks and even more flavorful and juicy. You can use them in the same way, but

they are better choices for filling with cold salad mix or for stuffing and baking.

Cherry tomatoes are the smallest and sweetest varieties, ranging in size from about the tip of your thumb to somewhat larger in oblong, round, and teardrop shapes. They are good in salads and appetizers, and for eating out of hand.

Roasting cherry tomatoes intensifies the sweetness.

Plum or paste tomatoes are usually treated as interchangeable, but a true paste tomato is larger than a plum, even meatier, and not always the expected egg

shape. Both are highly flavorful, with few seeds and less juice, making them best for cooked sauces and canning, drying, or roasting for the freezer.

simple pleasures

In the locavore's kitchen, often the simplest events bring about the greatest joy. Finding the first vine-ripened tomato

would certainly have to top that list. It's one of those rare moments that make you feel secretive and greedy. After all, it's

only one tomato and more will be on their way. Still . . .

Here's one perfectly simple and delicious way to enjoy your find without letting too much get between you and the most

anticipated taste of the growing season. Sandwich slices of the still sun-warmed tomato between two slices of soft bread,

slathered with mayonnaise (homemade would be nice) and sprinkled with coarse sea salt and some freshly ground black

pepper. Enjoy (alone) with a glass of cold milk or iced tea.

Learn to make homemade mayonnaise on page 125.

to seed or not to seed?

When a recipe calls for removing seeds from tomatoes, simply cut the tomato in half horizontally and gently squeeze

each half into a fine mesh strainer over a bowl. The strainer catches the seeds, which can be discarded, and the bowl

catches the juices, which you can return to the recipe.

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Chunky All-Purpose Tomato Sauce

Makes 4 pint jars or 2 quart jars

6 pounds fresh tomatoes, plum or paste varieties preferred, peeled and coarsely chopped

1 cup chopped onion

3 cloves garlic, minced

¼ cup local red wine

When it comes to

preparing any food for 2 tablespoons
red wine or balsamic vinegar

canning or preserving, ½ cup chopped
fresh basil

flavor is everything. What 2
tablespoons chopped fresh oregano

you put in the jar today 2 tablespoons
chopped fresh parsley

is what you will expect 1 teaspoon sugar

to enjoy in the months to 1 teaspoon salt

*come, so make sure that ½ teaspoon
freshly ground black pepper*

*the ingredients are at Tomato paste, up
to 4 tablespoons, if necessary*

their peak of ripeness and

*the flavor is something combine the
chopped tomatoes, onion, garlic, wine,
vinegar, herbs, sugar, salt, and*

you would look forward

*to, especially when fresh pepper in a
large nonreactive pot. Bring to a boil,
then reduce heat to a simmer. cook,*

tomatoes are no longer uncovered, for

up to an hour or until the mixture thickens. if the mixture needs thickening,

available. Taste and add tomato paste to your preference. Taste and adjust seasonings.

adjust the seasonings as

you prepare this sauce, Ladle the sauce into jars to within $\frac{1}{2}$ inch of the rim (headspace), seal, and process for

before you process it. 35 minutes for pints and 40 minutes for quarts.

Variation: To make a smooth tomato sauce, puree the mixture in batches in a blender or food

see page 225 for processor. return the mixture to the pot and heat until bubbling. Ladle the sauce into sterilized instructions on how to jars to within ½ inch of the rim (headspace), seal, and process for 30 minutes for pint jars.

remove the skins from tomatoes.

new to canning? For a step-by-step guide to the basics, see “canning” on page 227.

Margaret's Salsa

Makes 6 pint jars or 12 half-pint jars

10 pounds tomatoes, mixed varieties,
peeled and finely chopped

3 medium onions, finely chopped

12 assorted peppers, a mix of both hot
varieties (such as hungarian hot wax and
jalapeño) and mild green and red bell
peppers

2 cloves garlic, chopped

One of the most satisfying 1 tablespoon
salt

home canning projects ½ cup red wine
vinegar

is a big batch of salsa. It 1/3 cup extra
virgin olive oil

calls together some of the 1/4 cup freshly
chopped basil

best seasonal ingredients 1/4 cup freshly
chopped cilantro

you'll find in abundance 1/4 cup freshly
chopped parsley

whether from the garden,

farmers markets, or

roadside stands. Salsa is set a large
colander over a bowl or in the sink.
Place the tomatoes, onions, peppers,

easy to prepare and easy to and garlic
in the colander. stir in the salt. allow to
rest and drain for 3 hours. stir the

can. A little work can put salsa.

Transfer to a large heavy pot and add the
remaining ingredients. cook over

a lot of delicious snacking medium heat
until the mixture is hot and begins to
bubble.

on your pantry shelves

to carry you through the Ladle the salsa
into jars to within $\frac{1}{2}$ inch of the rim
(headspace). seal and process for 20

winter months. minutes for pints and

half pints.

new to pickling? For a step-by-step guide to the basics, see “Pickled

vegetables, relishes, and salsas” on page 239.

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summer



Making Your Own: Oven-Dried

Tomatoes

Without the use of special equipment like a commercial dehydrator or a climate that

cooperates with a stretch of consistently high temperatures and dry conditions, drying a

wide variety of seasonal foods can pose a challenge in the locavore's kitchen.

so what do you do when the garden hands you a bumper crop of plum or paste

tomatoes, perfect 'maters for "sun-drying"? First, thank your lucky stars!

Then think of

ways to preserve them.

While canning Whole Tomatoes on page 235 is a great way to preserve them for

the long winter ahead, oven-drying meaty varieties of tomatoes will concentrate and

strengthen their flavors, delivering an intensely sweet flavor, a tender, chewy texture, and

an entirely new way to savor everyone's favorite fruit. enjoy them tossed in warm or cold

salads, chopped and stirred into mashed potatoes, scattered in risotto with plenty of

fresh basil, or made into the oven-Dried Tomato spread on page 203. add to soups,

stews, or chili or combine with fresh tomatoes for the best of both worlds—a Fresh and

oven-Dried Tomato sauce (recipe follows).

The method for oven-drying tomatoes described here is a purposely slow process that

takes a few weeks, but the reward will be obvious every time you bite into one.

Oven-Dried Tomatoes

Everyone who has an oven • Preheat the oven to its lowest setting, usually around 150°F to 175°F. Don't be tempted

can use it as a dehydrator.

to increase the oven temperature at any time or you will cook or roast the tomatoes.

It combines the factors of

heat, low humidity, and • Wash and dry the tomatoes. Cut them in half from stem

to blossom end. Scrape out the

air. An oven is slower at

seeds and core. Blot the interiors dry with paper towels.

drying than a dehydrator

because it doesn't have

a fan (unless it's a • Line 2 or 3 oven racks with thin, clean lint-free cotton towels or a double layer of convection model); in fact,

cheesecloth to keep the tomatoes from falling through. (as an alternative, you can

it can take twice as long as

arrange the tomatoes on cake cooling racks and place them on baking sheets.)
arrange

a dehydrator. Admittedly,

the tomatoes on the racks so they are close but not touching.

oven-drying is not always

the most energy-efficient • Place the racks in the oven and heat for 30 minutes. After that time, prop open the oven

method, but it is effective

door using a cork or something similar to create a 2-inch gap to release the moisture

for drying thick-walled,

that has built up. Leaving the oven on, continue to let the tomatoes dry anywhere from

meaty tomatoes such as

4 to 8 hours, depending on the temperature of the oven and the moisture content of the

Roma or paste varieties.

tomatoes. rotate the racks every hour or

two so the tomatoes dry evenly. The tomatoes

Because oven sizes and

will be done when they feel soft and leathery, much like the texture of raisins. There

needs differ, work with

enough tomatoes to fill a

should be no signs of moisture or a brittle texture.

maximum of 3 oven racks.

- Transfer the tomatoes to a large glass

or stainless steel bowl. Over the next 10 days to

2 weeks, you will “condition” the tomatoes, leaving them uncovered in a warm, dry,

To sterilize the jars and

and airy place in the kitchen. stir them once a day.

lids, wash thoroughly

with hot, soapy water,

rinse completely, and then • The final step is to pasteurize the tomatoes, a necessary step for dried food to ensure

submerge in boiling water

that harmful organisms are destroyed and
to allow the food to be stored for longer

for 10 minutes. remove

periods. Preheat the oven to 175°F and
arrange the tomatoes in a single layer on

and dry with a clean,

baking sheets. Place in the oven and heat
for 15 minutes. Let cool before storing in

lint-free towel before

sterilized jars with tight-fitting lids or
airtight plastic storage bags. store in a

cool, dry,

adding tomatoes.

dark place for up to 6 months.

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Fresh and Oven-Dried Tomato Sauce

Enjoy this richly flavored Makes about
3 cups

uncooked sauce now or

heat it up a bit in the 2 cups chopped
ripe tomatoes or canned tomatoes,

drained

winter when you can ½ cup chopped scallions or 1 large shallot, minced

make good use of both ¼ cup oven-dried tomatoes, rehydrated (see below), drained, and chopped

canned and oven- 1 tablespoon chopped basil (fresh or frozen)

dried tomatoes. ¼ cup flat-leaf parsley

2 cloves garlic, crushed

½ teaspoon salt

Freshly ground black pepper, to taste

¼ cup extra virgin olive oil

combine all the ingredients. Let stand for 30 minutes. Warm gently. Toss with 1 pound

cooked and drained hot pasta and serve immediately.

rehydrating dried tomatoes

To rehydrate oven-dried tomatoes, place the amount needed in a glass bowl and cover with

boiling water. In about 30 minutes, the tomatoes will have softened and will be ready to use.

Drain and proceed with your recipe.
Don't discard the richly flavored water;
rather, save it to

add to soups, stews, chili, or the Fresh
and Oven-Dried Tomato Sauce.

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summer





Making Your Own: Condiments

The locavore's kitchen is full of delicious little details. Local ingredients can be

incorporated in a number of unlikely but familiar places like condiments, those flavorful

enhancements we pull from the refrigerator to dress up sandwiches, dunk fries, and

top hot-off-the-grill burgers. These kitchen staples deserve an opportunity to be every bit

as great as the foods they adorn. For locavores, they offer one more satisfying way to

incorporate local ingredients like wine and tomatoes in their kitchen repertoire.

here are three recipes for common refrigerator condiments—with results that are

anything but common. each of the three brings local flavors and ingredients into the mix

and not in ways that go unnoticed.

Fresh Tomato Ketchup

This spicy tomato ketchup Makes approximately 5 to 6 cups or 5 to 6 half-pint jars

relies on a lot of different

spices and seasonings to 3 pounds

perfectly ripe plum tomatoes, peeled,
cored, and seeded

make it special, so make 2 teaspoons
kosher salt

sure that the tomatoes 2 tablespoons
extra virgin olive oil

you choose for the base 1 medium
onion, minced

are equally so. Choose 2 cloves garlic,
minced

absolutely ripe, aromatic, $\frac{1}{2}$ cup red
wine vinegar

and flavorful varieties of $\frac{1}{2}$ cup packed

dark brown sugar

meaty plum tomatoes. ½ cup honey

Juice of one freshly squeezed orange

Juice of one freshly squeezed lemon

2 teaspoons allspice

1 teaspoon ground ginger

½ teaspoon mustard powder

½ teaspoon freshly cracked black pepper

½ teaspoons ground cloves

Finely chop the prepared tomatoes. Place them in a large bowl and sprinkle with salt.

set aside.

heat the olive oil in a large heavy pot over medium heat. add the onion and sauté until

soft and fragrant, about 6 minutes. add the garlic and sauté an additional minute. stir in

the remaining ingredients, except the tomatoes. Bring to a boil. reduce the heat and let

simmer for 10 minutes, stirring

frequently, until the mixture has reduced somewhat. add the

tomatoes and any juices that have accumulated and simmer for an additional 15 to 20

minutes, stirring occasionally, until the mixture has thickened and is highly flavorful. Working

in batches, transfer the mixture to a blender or food processor and blend until smooth.

cool completely before transferring to a jar with a tight-fitting lid. store in the refrigerator

for up to 8 weeks.

To prepare this ketchup for canning, return the mixture to the pot after pureeing. reheat

over medium heat, stirring occasionally until bubbling. Ladle the ketchup into sterilized

half-pint jars to within $\frac{1}{2}$ inch of the rim (headspace). seal and process for 15 minutes.

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Homemade Mayonnaise

Have you ever come home Makes
approximately 1 cup

from the farmers market

with a dozen wonderfully 2 fresh egg
yolks, whites reserved for another use

fresh eggs, dreaming Pinch of salt

of the numerous ways

you'll enjoy them? Add Fresh grinding
of black pepper

homemade mayonnaise 1 teaspoon
Dijon mustard

to your list. With the 1 tablespoon fresh

lemon juice or white wine vinegar

help of a blender or food 1 cup oil
(neutral oils such as vegetable or canola
or extra virgin olive oil)

processor it's easy to make,

and the results are a

smooth, creamy texture, Place the egg
yolks, salt, pepper, mustard, and lemon
juice in a blender. Blend for

a beautiful pale yellow 15 seconds.
With the blender running, begin adding
the oil a few drops at a time,

color, and a bright, “eggy” pausing

between additions, then in a thin, threadlike stream until half of the oil has been

flavor, unlike any you've added. (This will take up to one minute.) The mixture will have thickened, taking on the

ever found on a store shelf. consistency of heavy cream.

A word of advice: the goal at this point, the remaining oil can be added faster but still in a thin steady stream. once

of a great mayonnaise is to

create a perfect emulsion, all the oil has been added, the mixture will look like

mayonnaise, light in color, and

one where the egg and creamy, with a smooth, silky texture. Taste and adjust any seasonings before transferring

oil come together in a to a container with a tight-fitting lid and refrigerate for up 10 days.

creamy, smooth mixture

without separating into For Garlic Mayonnaise, add a clove of minced garlic to the first group of ingredients

pools of oil and egg. This and proceed with the recipe

takes time, patience, and

your full attention—for For Herbed Mayonnaise, add $\frac{1}{4}$ cup of chopped fresh herbs to the mixture at the mid-

approximately two point, once the mayonnaise has begun to thicken but before all the oil has been added.

entire minutes.

For Horseradish Mayonnaise, add 2 teaspoons or more of horseradish to the

an easy way to add oil finished mayonnaise.

in drops is to dip a spoon

into the oil and let the
drops fall from the spoon
into the blender.

pasteurizing egg yolks for mayonnaise

When a recipe like the one for
Homemade Mayonnaise calls for raw
egg yolks, pasteurizing

them eliminates any risk of foodborne
illness and ensures food safety.

Pasteurizing partially

sterilizes foods at a temperature that
destroys harmful microorganisms
without major

changes in the chemistry. The choice is yours, but the process is simple and can be done with

any number of egg yolks. Here's how:

In a heavy saucepan, stir together the egg yolks and liquid from the recipe. (For the

mayonnaise, it would be 2 teaspoons of lemon juice or vinegar.) Cook over very low heat,

stirring constantly, until the yolk mixture coats a metal spoon with a thin film, bubbles

at the edges, or registers 160°F when

tested with a reliable instant-read thermometer.

Immediately place the saucepan in ice water and stir until the yolk mixture is cooled. Then

proceed with the recipe.

Source: American Egg Board

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summer

Homemade Mustard

Give one of the oft-used Makes approximately $\frac{3}{4}$ cup

kitchen condiments a

local connection and ¼ cup dry mustard powder

a boost in flavor by 1 tablespoon light brown sugar

adding locally grown and 1 teaspoon kosher salt

produced wine to the ¼ teaspoon turmeric (for color)

ingredients list. The end ¼ teaspoon garlic powder

result is highly flavored Dash of sweet paprika

mustard that shares a ¼ cup mustard seeds

local connection with the

seasonal produce and ½ cup cider vinegar

meats it adorns. Use it in ½ cup local white wine (chardonnay preferred)

big ways, as the highlight

on grilled sausage, or in in a saucepan, whisk together the mustard powder, sugar, salt, turmeric, garlic powder,

little ways, such as when and paprika. Grind the mustard seeds in a spice

grinder for 1 minute and add to the

a salad dressing recipe saucepan, whisking to combine. Whisk in the liquids. Bring the mixture to a boil over

calls for mustard. medium-high heat, whisking constantly. Boil for 30 seconds without whisking. remove

from heat and whisk for 10 seconds. set aside to cool. store in a glass jar with a tight-

fitting lid in the refrigerator for up to 6 weeks.

Variation: To make honey mustard, place 2 tablespoons of mustard in a

small bowl and

whisk in 1 tablespoon of honey. Taste and adjust to your liking, adding more honey or

mustard. To thin, add a little cider vinegar.

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Fall

Fall

Fall

F









Fall is the homestretch for most
homegrown foods and the locavore's
last chance to capture

flavors from farmers markets, roadside
stands, and home gardens before they
retreat for a well-

earned rest. This is when nature yields
some of her most intensely colored food.
The color

green may march in with the growing
season, but reds, golds, and oranges
usher it out.

Apples arrive in shades of soft golds,
fiery reds, and rich burgundies.

Squashes and pumpkins

command attention not only by the
quirkiness of their shapes but by the
tones of their skins,

ranging from brilliant orange to muted
greens and yellows. The flesh beneath
ranges in shade

from soft orange to burnt umber. Clusters
of grapes still clinging to the vine
develop deep,

dusky hues of purple as the days move
along.

Dig into the flavors of this season, so uniquely fall, and remind yourself that if you've missed the

opportunity to capture the flavors of the spring and summer, you still have one more chance.



Making Your Own: Piecrust

What's a pie without a tender, flaky crust? after all, it's the only thing that stands between

a poised fork and the best fruit flavors of the season. if you've gone to any length to get

the best fruits or vegetables for a filling, why put them in a less than worthy crust?

This recipe is perfect for berries, orchard fruits, and pumpkin. omit the sugar and it adapts

for savory fillings, including potatoes, tomatoes, quiche fillings, and more. You may find

it's the one piecrust recipe that will follow you for a lifetime of pie making. Before you

begin this recipe, take a look at “Tips and Tricks for creating a Perfect Piecrust.”

One Perfect Piecrust

Makes one 9-inch double-crust pie, two 9-inch single-crust pies,

or two 9-inch tart shells

2¼ cups all-purpose flour

½ teaspoon salt

1 teaspoon sugar (omit when making crusts for savory fillings)

14 tablespoons unsalted butter, cut into

very small pieces and thoroughly chilled

5 to 7 tablespoons ice water

1 tablespoon cider vinegar, chilled

combine the dry ingredients in a large bowl. cut or work the butter into the flour with a

pastry blender until the mixture resembles coarse crumbs and a few remain the size of small

peas, about 1 to 2 minutes. sprinkle 5 tablespoons of ice water and the vinegar over the

flour mixture. Mix with a rubber spatula

until the dough begins to form clumps.
add additional

water, a tablespoon at a time, as needed
until the dough begins to come together.

Gather the dough into a ball and divide
in half, forming each half into a round.
Flatten

each half and wrap tightly in plastic
wrap. refrigerate at least 2 hours or up
to 3 days.

(Dough can be placed in freezer bags at
this point and frozen for up to 3 months.
Defrost

overnight in the refrigerator before

using.)

When ready to roll out, remove from refrigerator and let stand at room temperature for a

short while, until easy to roll. (Prepare the pie filling before rolling.)

Working with one portion of dough at a time, roll out the dough on a lightly floured work

surface into a 12-inch circle, large enough to fit into a 9-inch pie plate. roll the dough

back up onto the floured rolling pin and gently unroll it into the pie plate.

arrange the dough to fit against the bottom and sides of the pie plate with the excess

hanging over the rim. For a double-crust pie, place the filling in the shell. roll out the

remaining dough and position over the top of the filling.

Using scissors or a sharp knife, trim the excess dough so that only an inch hangs over the

rim of the pie plate. Fold the edge of the dough under, creating a thick ridge of dough

that rests on the rim.

Using the index finger of one hand and the thumb and index finger of the other as a

guide, gently crimp the edges at even intervals all around the edge of the pie, rotating

the pie as you go.

For double-crust pies, cut 3 to 5 small slits or vents into the top of the crust to allow

steam to escape. Glazing a top crust is optional, unless you want to add crunch with the

sprinkling of sugar. To help the sugar adhere, lightly brush the crust and edges with milk

or heavy cream before sprinkling with sugar. For a shiny lacquer-like glaze, mix an egg

yolk with a teaspoon of heavy cream and brush over the crust.

Bake the pie according to the recipe directions.

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tips and tricks for creating a perfect

piecrust

One of the most important tips to remember is that making piecrust is something of an art and takes a reasonable

amount of practice. Here are some important tips to consider before you begin.

- Spoon the flour into the measuring cup and level with the blunt edge of a knife for a more accurate measure.
- Flaky piecrusts begin with cold ingredients and benefit from a quick, light touch.

- Always roll from the center of the dough to the outer edges, giving the dough a quarter turn after each roll to ensure

an even thickness.

- Flour the work surface and rolling pin to keep the dough from sticking to either. Avoid throwing extra flour directly

onto the dough, which tends to make it tough and dry.

- Glass pie plates do the best job of absorbing heat and helping the crust bake evenly and completely.

- Baking at higher temperatures, 400°F

and above, if even for part of the baking time, makes for a crisper crust.

Protecting the Edges of the Pie

If the crimped edges of the crust darken too quickly, cover them loosely with strips of foil to slow down the browning.

The surface of the crust should remain exposed so it can continue to brown.

Letting the Pie Cool Off

Cool pies at room temperature before slicing so the juices can gel and come away in each slice instead of being left to

pool in the pie plate.

troubleshooting a soggy bottom crust

Juicy fruits have a tendency to make the bottom crust soggy, so here are a few ways to try to prevent this from

happening. Use one technique or combine two or three.

- Brush the inside of the shell with a beaten egg white or melted butter and refrigerate for 15 minutes before adding the filling. This will form a barrier between the juices and the bottom crust.
- Scatter a few tablespoons of dry

breadcrumbs on the bottom to absorb excess juices.

- Place a baking stone or heavy baking sheet on the oven rack before preheating. Place the pie on the stone for the first

15 to 20 minutes of baking. This method gives the bottom crust an instant blast of heat to start baking before the

juices have a chance to soak in.

single-crust pies and blind baking

Blind baking is a technique used to partially or fully bake a single-crust pie or tart shell before adding fillings. It sets the

crust so that particularly juicy or moist fillings won't leave the bottom crust soggy.

To create a single crust, arrange the rolled dough in the pie plate or tart pan, letting the excess dough hang over the edges. Using scissors or a sharp knife, trim the dough so that an inch hangs over the rim of the pie plate or tart pan. If you are using a pie plate, fold the edge under, creating a thick ridge that sits on the rim, and crimp the edges. If you are making a tart shell, fold the excess inward and press to form a thick edge on the tart.

Use a fork to pierce holes in the bottom of the crust at $\frac{1}{4}$ -inch intervals; this helps keep the crust from puffing up excessively during baking. Weighing the crust down is an effective measure, too. Simply line the crust with foil or parchment paper and fill with dried beans, rice, or ceramic pie weights. (Cool and store the beans in the freezer between uses. After several uses, replace the beans with a fresh batch.)

Bake in a 400°F oven for 15 minutes. Remove the foil lining and beans and return the crust to the oven. Bake 10 to

minutes longer or until the crust is golden and the bottom appears dry. Cool completely on a wire rack before filling and

proceeding with the recipe.

Note: To keep the dough from shrinking into the pan during blind baking, place the crust-lined pie or tart pan in the freezer for at least 30 minutes before baking to help firm up the crust before it hits the oven.



Apple and pear are both fruits. Apple is a fruit. Pear is a fruit.

in sea
apples a

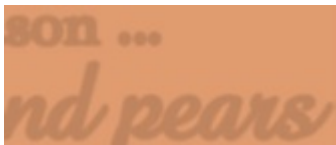
—



















in season ...

apples and pears

Apples and pears are such familiar sights in grocery stores that it's easy to forget that these fall gems

do indeed have a local season. So what's the difference between Gala apples or Bartlett pears found anytime in

the grocery produce section and those from the orchard close by? Freshness, for starters. There are few miles

between you and the tree that bore the fruit. There are also flavor nuances that reflect the local growing season.

Small but very sweet apples are the result of a dry growing season.

Exceptionally tender pears speak of above-

average rainfalls as the fruit swell to ripeness.

Choosing the Best. Apples should have smooth, shiny skins and good color, meaning all-over tones of red

or gold. Varieties that are striped or mottled should have a golden, not green, background color. Apples should

feel heavy for their size and firm to the touch. Avoid those with dull skin, bruises, or nicks. Once damaged, they

will continue to deteriorate and will encourage the apples around them to do the same.

Freshly picked or purchased pears will have shiny, taut skins and should be free of bruises or blemishes. Pears

are unique in that they improve in flavor, texture, and aroma after they are picked. You can tell when a pear is

ready to eat because the flesh near the stem will yield to gentle pressure.

How to Store Fresh. Apples that are kept at room temperature should be eaten or used within a few days.

To extend their flavor and texture for a few weeks, store them unwashed in plastic bags in the coldest part of the refrigerator, preferably the crisper drawer. Early-season apples, those harvested first, are more perishable than those that come on later in the season, so they should be used soon after picking.

Firm pears will ripen at room

temperature in about 5 days. The skins will take on a matte finish and may

develop a few more brown “freckles” or lenticels, a sign of ripening. With the exception of Bartletts, the color

of most pears will not change as they ripen. Once ripe, pears can be refrigerated up to 3 days in a plastic bag.

To Prepare for Cooking. At their simplest, ripe apples and pears can be washed and eaten out of hand.

Most cooked recipes call for apples to be peeled because the skin does not break down to the same texture as

the flesh, leaving tough, chewy pieces of peel to contend with. In recipes where the apple is not cooked, such as

salads, the peel is often left intact and adds color to the dish. The tough core is always removed. Some varieties

quickly turn brown when cut and exposed to the air. Dip them in water mixed with a squeeze of lemon juice.

Pears have delicate, thin skins that cook to a soft finish in recipes, so often peeling is not necessary. The slender

core needs to be cut away. Pears brown quickly when cut, but a quick rub or squirt of lemon juice will prevent this.

Pick or Buy Now, Enjoy Later. Apples and pears can be turned into sauces, fruit butters, and relishes

for canning and preserving. Some sources recommend freezing sweet apple varieties, but the quality of frozen

apples ranges from fair to poor, and is rarely good. Since some local growers can bring apples to market well

beyond the season it's often not as vital to preserve them in this way.

Preserve the seasonal flavor of apples and pears with Maple applesauce on page 135,

Pear sauce on page 136, or orchard chutney on page 136.

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Mom's Apple Pie

Fans of classic apple pie Makes one 9-inch double-crust pie

will wonder where the

cinnamon and other 3 pounds apples, peeled, cored, and thinly sliced (about 10 cups)

pie spices are in this $\frac{3}{4}$ cup sugar

recipe. One taste of this ½ cup light
brown sugar

unadulterated pie and Juice of one
lemon

they will no longer care. ½ teaspoon
salt

The true, fresh, sweet 4 tablespoons
unsalted butter, cut into small dice

taste of apples shines 3 tablespoons all-
purpose flour

in this juicy, flavorful 1 recipe pie
dough for 9-inch double-crust pie (page
128)

preparation. Use your

*favorite pie apple—but 2 tablespoons
heavy cream, for brushing*

if you're new to pie

making, good choices are combine all
of the filling ingredients in a large
nonreactive bowl. cover and let sit at

a combination of Granny room
temperature for 2 hours.

Smith and Golden

Delicious or Northern Spy roll out the
crust to fit a 9-inch pie plate. Turn the
apple filling into the bottom crust and

and Empire. Jonathan cover with the top crust. Trim and crimp the edges. cut 4 slits in the top crust. refrigerate

apples provide a good for 20 minutes.

balance of sweet and tart

all on their own. Place a baking stone or a heavy-duty baking sheet on the middle rack in the oven to

heat. Preheat the oven to 400°F.

Brush the crust with the heavy cream.

Place the pie on the baking stone or sheet and bake for 60 to 70 minutes or until the

crust is golden and the juices are bubbly.

Let cool for at least 2 hours before slicing.

apple primer

More than 2,500 varieties of apples are grown in the United States, and a conversation with your local fruit farmer will

help you identify which varieties can be found where you live. Always be on the lookout for less-known or unknown

antique varieties, those that have a history of 50 years or more and are usually specific to a particular growing

region.

They may not be available in great abundance, but they are delicious local treasures.

Early Season

Late Season

Jonagold: Tangy, sweet flavor; firm flesh; good for sauces,

Gala: Crisp, juicy, and sweet; excellent for applesauce.

pies, and salads.

Paula Red: Tart and juicy; crisp flesh;

wonderful for

Empire: Crisp and juicy, with a sweet-tart flavor; good for

sauce and for snacking.

baking and perfect for snacking.

Macintosh: Juicy, tangy, and tart; very good sauce

Rome: Mildly tart; mostly used for cooking.

apple.

Melrose: Firm, coarse flesh; superb sauce apple.

Mid-Season

Winesap: Crisp, juicy flesh; good for salads and for

Jonathan: Spicy, tangy flavor; good pie apple.

snacking.

Golden Delicious: A favorite pie or salad apple; mellow

Ida Red: Tangy flavor and firm texture; good for baking.

and sweet.

Granny Smith: Green flesh, very tart

flavor; good for pies

Cortland: Sweet, slightly tart taste;
tender flesh;

and baking.

excellent all-purpose apple.

Fuji: Sweet and firm; excellent for
salads or for eating fresh.

Red Delicious: Sweet, crisp, and juicy;
best eaten fresh

Northern Spy: Crisp, juicy, and
aromatic; a good dessert and

or tossed in a salad.

pie apple.

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FaLL

**Poppyseed Apple Salad with Smoked
Ham**

When farmers start picking Makes 6 servings

mid- and late-season

apple varieties from the $\frac{1}{4}$ pound thinly sliced smoked ham or prosciutto, cut into thin strips

orchard, it's time to pull 2 Granny smith apples, cored and julienned

out this recipe. It blends 2 Winesap apples, cored and julienned

the personalities of three 2 Fuji apples, cored and julienned

varieties of apples, bringing 2

tablespoons poppyseeds

tart, sweet, and spicy tones 2

tablespoons red wine vinegar or cider vinegar

to the salad course. $\frac{1}{4}$ cup extra virgin olive oil

sea salt, to taste

Grilled slices of bread, to accompany

Place all the ingredients, except the bread slices, in a large bowl and toss until well

combined. Taste and add salt, if necessary. serve with the bread.

Potato and Apple Galette

Warm layers of tender Makes 6 to 8 servings

potato and sweet apples

come together in this 4 tablespoons extra virgin olive oil

savory, sophisticated 4 tablespoons unsalted butter, melted

“cake,” infused with the 4 large russet potatoes, scrubbed and thinly sliced

wonderful, piney flavor 1 tablespoon minced fresh rosemary

of fresh rosemary . . . a 2 sweet apples
such as Golden Delicious, Melrose, or
cortland, peeled and thinly sliced

lovely side dish for your salt and freshly
ground black pepper, to taste

fall table.

Preheat the oven to 450°F. Brush a 9-
inch round cake pan with a little of the
oil and line

the bottom with parchment paper. oil the
top of the parchment paper.

combine the butter with the remaining
oil. Place the sliced potatoes and
rosemary in a

large bowl. add half of the oil mixture and toss to coat. season with salt and pepper and

toss again. Place the apple slices in a separate bowl, drizzle with some of the oil mixture,

and toss to coat. season with salt and pepper and toss again.

arrange half of the potato slices in a layer in the prepared pan, overlapping slices as you

go. Top with the apples, then with the remaining potatoes. Pour any remaining oil mixture

over the top.

Bake until the potatoes are tender and can be pierced easily with the tip of a knife, about

45 minutes. Let rest for 10 minutes before turning out onto a baking sheet. remove the

parchment paper. Place under the broiler for 3 minutes to brown the surface. carefully

transfer to a serving platter and cut into wedges. serve immediately.

pick your own

Apple season means apple pie, cobbler, sauces, cider—and apple picking. Spending an hour or two picking the perfect

apples for your favorite recipes adds a special connection between the farm and your table. Before heading out to the

orchard, you should know that there is a right way to pick apples . . . and of course, a wrong way. Don't grab the apple and

yank. You could knock other ripening apples off the tree, damage the branch, or pull out the stem from the fruit, which will

shorten its shelf life. Grasp the apple in the palm of your hand and place your index finger on the stem where it meets the

branch. Twist the apple up so that the blossom end or “eye” is pointed upward. The slight pressure of your finger will help

separate the stem from the branch, and you will have picked the perfect apple. Your local fruit farmer thanks you.

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Rustic Pear Tart in Cornmeal Pastry

Fresh, ripe Bosc pears are Makes 8 servings

the perfect choice for this

recipe. Their firm flesh Pastry:

is sweet and tender, yet 1 cup all-purpose flour

they hold their shape even $\frac{3}{4}$ cup medium-grind yellow cornmeal

after some time in the 1 teaspoon salt

oven. This recipe adapts 1 teaspoon dark brown sugar

for apples, but ripe pears $\frac{1}{2}$ cup

unsalted butter, diced and chilled

paired with this coarse- 1 egg yolk,
beaten

textured crust seem 4 tablespoons ice
water

natural companions. 2 tablespoons
heavy cream, for brushing

Filling:

2 pounds ripe pears, cored and sliced
(peeling is optional)

1 tablespoon freshly squeezed lemon
juice

¼ cup sugar

3 tablespoons unsalted butter

1 teaspoon cinnamon (optional)

Lightly sweetened whipped cream or ice cream, to accompany

To make the crust, whisk together the flour, cornmeal, salt, and brown sugar.

Using your

fingertips, rub in the butter until the mixture resembles breadcrumbs.

combine the egg

yolk and water and add to the flour mixture, mixing until the dough comes

together,

adding a little more water if necessary. Flatten the dough into a round, wrap in plastic,

and refrigerate for 30 minutes before rolling.

Meanwhile, prepare the filling. Place the sliced pears in a large bowl and sprinkle with

the lemon juice and sugar, tossing to combine. Melt the butter in a large, heavy skillet

over medium heat. add the pears and cook, stirring frequently, for about 12

minutes

or until the pears have softened slightly and are golden brown. stir in the cinnamon, if

desired. remove from the heat and set aside.

Preheat the oven to 375°F.

roll out the crust to a 12-inch round. Transfer to a large baking sheet. Mound the pears

in the center of the pastry, leaving a 3-inch border around the edges. Fold in the edges,

partially covering the pears but leaving the center open. Brush the crust lightly with the

cream. Bake for 35 to 40 minutes or until the pastry is lightly browned and crisp. serve

warm with lightly sweetened whipped cream or ice cream.

Orchard Salad with Maple Vinaigrette

Plenty of local flavors Makes 4 servings

come together in this

versatile salad that can 2 tart apples,

such as Granny smith, rome, or cortland,
or 2 ripe pears, such as

be used to start off a

comice or asian pears (or a combination
of pears and apples)

casual fall supper. Toss in 1 head
romaine lettuce, washed and torn into
bite-size pieces

some grilled or poached $\frac{1}{2}$ red onion,
sliced into thin rings

chicken and you have a salt and freshly
ground black pepper, to taste

luncheon salad. Use ripe $\frac{1}{2}$ cup

crumbled blue cheese or feta cheese

apples or pears and pure ½ cup
chopped walnuts or pecans, toasted

local maple syrup in the Maple
vinaigrette (page 61)

vinaigrette for the most

authentic flavor. core and slice the
apples or pears. (Peeling is not
necessary, if thinly sliced.)

in a large bowl, combine the lettuce and
red onion. season with salt and pepper.

Drizzle ½ cup of the vinaigrette over the
salad, tossing to coat. Divide the salad

between 4 chilled salad plates. in the same bowl, toss the apples with an additional 2

tablespoons of dressing. arrange on top of the salad mix and top with crumbled blue

cheese and nuts. serve immediately.

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FaLL

Pear and Red Onion Gratin

You can tell a Bosc pear Makes 6 to 8 servings

by its long, tapered neck

and skin that's a shade of 3 firm, ripe pears, Bosc preferred

cinnamon brown. Dense 1 large red onion, peeled, trimmed, and cut into 1/2-inch wedges

and fragrant, the slices 1 tablespoon chopped fresh thyme

hold their shape in recipes 1/4 teaspoon salt

that call for high heat and Freshly ground black pepper, to taste

emerge with a honey- 6 tablespoons

unsalted butter or extra virgin olive oil,
divided use

sweet, smooth texture, a 1 cup coarsely
ground fresh whole wheat bread crumbs

nice contrast to the slight

crunch of the onions. ½ cup grated
Parmesan cheese

Preheat the oven to 425°F.

To make 1 cup of whole

wheat breadcrumbs, use halve and core
each pear. cut each half into 6 slices.
Place the slices in a large bowl

approximately 2 slices of along with the onion wedges, thyme, salt, and pepper. Melt four tablespoons of the

bread and coarsely chop butter and drizzle over the pear and onion mixture, tossing to coat. arrange the mixture

in a food processor. in a 9-inch square baking dish or a large gratin pan. cover with foil and bake for 30

minutes, stirring once.

While the pears are roasting, combine the breadcrumbs and cheese in a small bowl. Melt

the remaining 2 tablespoons of butter

and drizzle over the mixture, tossing to combine.

remove the pears from the oven and remove the foil. sprinkle the crumb mixture over

the top. return to the oven and roast until the crumbs are browned, about 12 to 15

additional minutes. cool for 10 minutes before serving.

pear primer

There are more than 3,000 varieties of pears in the world and only a handful of heirloom varieties. Here are the

varieties you're most likely to encounter throughout the growing season, with a description of the flavor each will bring to your baking or cooking.

Asian: Round and firm, even when ripe, it has a strong flavor and sweet aroma and holds its shape when poached. Good for salads.

Green or Red Anjou: The first variety to ripen. Egg-shaped and juicy, with a slightly spicy flavor. A good choice for baking in desserts.

Bartlett: Bell-shaped, sweet, and juicy, it's the only variety to change its color,

from green to either gold

or red, as it ripens. Enjoy fresh, baked, poached, or canned.

Comice: Orb-shaped with a short neck and stem and a floral fragrance. The flesh is very sweet and juicy,

with a complex taste. Best for salads or eating fresh.

Bosc: Russet-colored, with a long, tapering neck. Its creamy flesh has a spicy flavor. A favorite for

poaching and baking because it holds its shape.

Seckel: Tiny, almost bite-size green pear with a red blush and a pronounced sweet flavor. Holds its

shape whether poached, roasted, or baked. Good for canning whole.

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Wine and Honey Roasted Pears with Cinnamon Cream Cheese

What pear wouldn't be Makes 6
servings

lovely baked in sweet

local honey and wine? $\frac{1}{4}$ cup cream
cheese, softened

*You can use most any 2 tablespoons
sour cream or crème fraîche*

*variety in this simple 2 tablespoons
honey, plus extra to drizzle*

*recipe, but check for ½ teaspoon
cinnamon*

*tenderness as the pears 6 ripe but firm
pears, unpeeled*

*roast, rather than trusting 2
tablespoons unsalted butter, softened*

*the cooking time, since ½ cup local dry
white wine*

size and firmness differ

between varieties. If you

use tiny Seckel pears, buy in a small bowl, combine the cream cheese, sour cream, 2 tablespoons honey, and

double the amount called cinnamon until smooth. cover and refrigerate until needed.

for in this recipe. They

are especially delicate Preheat the oven to 375°F.

looking and make lovely cut each pear in half from the stem to the blossom end and remove the core, creating

appetizers for your fall a small cavity in the pear (a melon baller is the perfect tool for this). spread the butter in

entertaining. the bottom of a shallow baking dish large enough to accommodate the pears. Place the

pears cut side down in the pan. Lightly drizzle each pear with the additional honey. Pour

For a more savory flavor, in the wine and bake for 30 minutes. Turn the pears cut side up and baste with the pan

substitute 1 tablespoon of juices. roast for an additional 10 minutes or until the pears are very tender but still hold

chopped fresh rosemary for their shape.

the cinnamon.

remove the pears and arrange on a serving platter. cover to keep warm.

Pour the pan juices into a small saucepan and bring to a boil. continue to boil until very

thick and syrupy and reduced to a couple of tablespoons.

To serve, spoon a dollop of the cream cheese mixture into the cavity of each pear and

drizzle with the syrup. serve warm or at

room temperature.

Maple Applesauce

Makes 8 pints

9 pounds apples, peeled, cored, and cubed

$\frac{1}{4}$ cup water

Local maple syrup 2 tablespoons fresh lemon juice

enhances the sweetness of $\frac{1}{2}$ cup pure maple syrup, more or less to taste

this applesauce and adds $\frac{1}{2}$ to 1 tablespoon ground cinnamon, more or

less to taste (optional)

a touch of smoky flavor,

too. Choose a sauce apple,

a variety that breaks Place the apples and the water in a large, heavy-bottomed stockpot. Bring to a boil over

down easily when heated, medium-high heat, stirring frequently. reduce the heat to low, cover, and simmer, stirring

from among most early- frequently, until the apples are soft, about 30 minutes. Mash with a potato masher or the

season varieties, like Gala back of a

wooden spoon to the desired texture. stir in the lemon juice and the maple

and Paula Red, or those syrup, 2 tablespoons at a time, tasting after each addition before adding more. add

that come later, such as the cinnamon, to taste. return to a boil. reduce the heat and simmer uncovered, stirring

Jonagold or Melrose. frequently, until the sauce thickens a bit.

Ladle the sauce into pint jars to within ½ inch of the rim (headspace). seal and process

This sauce can also be for 20 minutes.

packed into pint containers

or quart freezer bags and

new to canning? For a step-by-step guide to the basics, see “canning” on page 227.

frozen for up to a year.

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FaLL







Pear Sauce

Makes 6 pints

9 pounds pears, peeled, cored, and sliced

$\frac{3}{4}$ cup water

2 tablespoons freshly squeezed lemon juice

1 to 1½ cups sugar (more or less,
depending on sweetness of pears)

1 tablespoon ground cinnamon, more or
less to taste (optional)

Place the pears and water in a large,
heavy-bottomed stockpot. Bring to a boil
over

Pear sauce is a great

addition to the locavore's medium-high
heat, stirring frequently. reduce the heat
to low, cover, and simmer, stirring

pantry, and wherever frequently, until
the pears are soft, about 20 minutes.
Mash with a potato masher or

applesauce is used, pear the back of a wooden spoon to the desired texture. stir in the lemon juice, sugar, and

sauce can be called into cinnamon, to taste. Bring to a boil. reduce the heat and simmer uncovered, stirring

service. When the harvest frequently, until the sauce thickens a bit.

hands you a bushel of

pears, be sure some of them Ladle the sauce into pint jars to within $\frac{1}{2}$ inch of the rim (headspace). seal and process

go into a jar as pear sauce. for 15 minutes.

new to canning? For a step-by-step guide to the basics, see “canning” on page 227.

Orchard Chutney

Makes 4 half-pint jars

4 large tart apples (such as Granny smith, ida red, or Jonathan)

or 4 large firm pears (such as Bartletts),
cored and chopped

1 large onion, chopped

½ cup red wine vinegar

½ cup packed dark brown sugar

Chutney is a spicy 2 tablespoons grated
fresh ginger

condiment made from 2 tablespoons
orange peel

ripe fruits, simmered $\frac{1}{2}$ teaspoon
allspice

slowly to coax the flavors $\frac{1}{4}$ teaspoon
ground cloves

out of every ingredient.

The result is a sweet 1 cup golden
raisins

and sour relish that is a

delicious accompaniment combine all of the ingredients in a large saucepan, stirring well. Bring to a boil. reduce

to roasted chicken. heat, cover, and simmer for 45 minutes. Uncover and simmer for 10 to 15 minutes or

Preserve it and enjoy in until the excess liquid has evaporated.

the recipe for Baked Brie

with Orchard Chutney on Ladle the mixture into half-pint jars to within $\frac{1}{2}$ inch of the rim (headspace). seal and

page 202 with a glass of process for 10 minutes.

dry white wine.

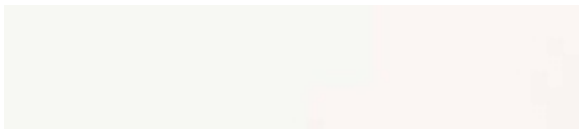
new to pickling? For a step-by-step guide to the basics,

see “Pickled vegetables, relishes, and salsas” on page 239.

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Local

Flavor

Apple cider lovers enjoy its
unadulterated, authentic fla-

Apple Cider Syrup

vor that tastes of the growing season,
reminding us of fall,

heavy sweaters, and apple picking. But
exactly what “cider”

*Be prepared for an amazing and
intense apple flavor in this*

is varies from one region to another. In
one corner of the

*syrup. It's simple to make and just
requires a little patience*

world, cider or “dry cider” is an alcoholic drink made from

while the cider reduces. A swirl of butter adds a little extra

fermented pressed apple juice. In another region, cider is

silken to this unique syrup that can be used to top Pumpkin

the unfermented, pressed apple juice, opalescent or opaque

Pancakes with Cider Syrup (page 208), waffles, ice cream,

and unfiltered, pasteurized or not, rich in

apple flavor that

yogurt, and more.

everyone can enjoy.

Makes 1 cup

You'll find some of the best cider at
local orchards or small

rural mills in apple-growing regions.
The taste will truly

4 cups good-quality apple cider

reflect its locale, depending on what
apple varieties thrive

1 tablespoon unsalted butter (optional)

there and on the particulars of the past growing season. If it

Ground cinnamon, to taste (optional)

has been a dry summer, apples will be small and lack mois-

ture but make up for it in sweetness—and that translates

Place the cider in a large saucepan and bring to a

into the cider we sip cold or warmed with spices as fall slips

boil. reduce the heat so the liquid remains at a simmer.

into winter.

simmer for 45 minutes to an hour or until the liquid

Cider makers typically blend cider from several different

reduces to 1 cup or less. remove from the heat, and

varieties of apple to achieve a balanced taste. Some cider

if desired, stir in the butter and season with cinnamon

apples are high in sugar, some in acidity, and others have

to taste. Let cool to room temperature. This syrup will

desirable bitter qualities.

be thin when warm but will thicken when refrigerated.

Before serving, gently warm in a saucepan or in the

While you're sipping your cider, remember that apple cider

also has a place as an ingredient in the locavore's kitchen.

microwave and drizzle over pumpkin pancakes. This

You can use it as a flavorful base for soups like the Three

syrup will store in the refrigerator for about 4 months.

Onion and Cider Soup on page 139, or reduce it to a glaze

to brush over sautéed chicken or pork, or add a splash or

For the best of both syrup worlds, mix equal measures of apple

two when making applesauce, for an

extra boost of flavor.

cider syrup and maple syrup for your next batch of pancakes.

Cider also freezes well and can be used throughout the

winter for the same types of recipes or simply warmed and

To freeze apple cider: Fill ice cube trays or smaller containers

sipped when you're in the mood for the return of fall.

with lids with apple cider, leaving some room for expansion.

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FaLL



in sec
onions. aar

















in season ...

onions, garlic, & more

Yellow, red, and white storage onions,
garlic, and shallots are close cousins
with

distinct personalities. Onions can be

mild, strong, or sweet; shallots are delicate and tender; while garlic varieties

can be meek to downright fiery. Leeks, refined and buttery, are a distant and delicious relative. Cooking mellows

the natural pungency of any variety, adding aromatic undertones to a dish. Used raw, each packs a punch of

varying extremes in salads or salsas.

Choosing the Best. Collectively, onions, garlic, and shallots should be firm, plump, and fill out their skins.

Signs of aging include soft, wrinkly

outer skins or a withered look. Any that show a sprouting green top are apt

to have a bitter, unpleasant taste.

Leeks should be straight, firm, and about an inch thick, with upper leaves that are moist and green. The usable

portion is the white section, from the root end up. The more white, the better.

How to Store Fresh. Onions, garlic, and shallots should be stored, skins intact, in the coolest part of the

kitchen for short periods of time, about 2 weeks. To store them longer, place them in mesh bags and store in a

cool, dark, and dry place, such as a cellar or attached garage. Check occasionally for signs of mold or sprouting.

Leeks, with the roots still attached, can be loosely wrapped in plastic and stored in the refrigerator crisper for

about a week. Freshly harvested leeks will keep for almost 2 weeks.

To Prepare for Cooking. How you treat or cut onions, garlic, shallots, or leeks determines how strong the

taste will be. The more you expose the interior by slicing, chopping, or mincing, the more intense the flavor. For

example, a whole clove of garlic is quite mild, but smash it and it releases juices from exposed surfaces. Chopped

onions are milder than minced onion, and sliced shallots are tamer than diced. Onions, garlic, and shallots do

not need to be washed, merely peeled.

Leeks, on the other hand, tend to have a lot of dirt trapped between their layers. To remove it, discard any tired

or withered-looking outer leaves. Cut off the green upper leaves at the point where the green begins to pale. Cut

a slit down the leek to the center, not all

the way through. Gently fan the leaves and run under lukewarm water

to remove the dirt. Let drain and pat dry with a paper towel before slicing or using whole.

Pick or Buy Now, Enjoy Later. In addition to keeping a reliable stash of storage onions, garlic, and

shallots, try pickling red onions as a lovely condiment for hearty roasted meats. Use the recipe for Pickled Red

Spring Onions on page 43 but substitute the late-harvest onions.

The Locavore's KiTchen

Three Onion and Cider Soup

Three's a charm when it Makes 8 servings

comes to this soup, loaded

with sweet onion flavor. 1 tablespoon unsalted butter

It's rich and flavorful 3 tablespoons extra virgin olive oil

and brings three of the 2 large spanish onions (not sweet onions), thinly sliced

season's best together in 2 medium

leeks (white and pale green parts only),
thinly sliced

one bowl. Adding cider 4 shallots, thinly
sliced

to this soup stock creates 2 cups apple
cider

a sweet balance to the 2 cups rich
chicken stock

savory meat stocks and

a mellow contrast to the 2 cups beef
stock

sharp, strong cheese. salt and freshly
ground black pepper, to taste

Cheese Croutons:

8 (1-inch-thick) slices French-style bread

extra virgin olive oil for brushing

1½ cups shredded strong aged cheese, such as Muenster or Gruyère

3 tablespoons chopped fresh parsley

Pinch of cayenne pepper

Melt the butter in a heavy-bottomed stockpot over medium heat. add the oil. stir in the

onions, leeks, and shallots. cook, stirring

often, until the onions are soft and browned,

about 10 to 12 minutes. add 1 cup of the apple cider. Turn the heat to high and bring

the liquid to a boil. cook until the liquid has almost evaporated, about 3 minutes. add

the remaining cider and the beef and chicken stocks. return to a boil. reduce the heat

and simmer for about 15 minutes. season with salt and pepper.

Preheat the oven to 375°F.

Brush the bread slices on both sides with olive oil. Place in a single layer on a baking

sheet. Bake for 10 minutes or until golden brown. remove from the oven. combine

cheese, parsley, and cayenne. Top each bread slice with the cheese mixture. return to

the oven and bake until the cheese is melted, about 5 minutes.

Ladle the soup into individual bowls. Top each with a toasted cheese crouton. serve immediately.

Drunken Leeks

Tender leeks bathing Makes 4 servings

in luscious red wine,

preferably a local find, will 2
tablespoons unsalted butter

fill your kitchen with an 8 small leeks,
trimmed, washed, white parts sliced ½-
inch thick

amazingly heady aroma.

(about 2½ to 3 cups total)

The leeks emerge with a 1 clove garlic,
crushed

taste so sweet, you'll swear ½ cup local red wine

they're candy. Serve them salt and freshly ground black pepper to taste

as a side dish to roasted splash of red wine vinegar

meats or chicken. chopped fresh parsley, for garnish

Melt the butter in a large skillet over medium-high heat. add the leeks and garlic and

sauté for 4 minutes. add the wine and season lightly with salt and pepper. reduce the

heat to low, cover, and cook for 15 minutes or until the leeks are tender.

add a splash of red wine vinegar. season lightly again with salt and pepper.

Garnish

with chopped parsley. serve immediately or at room temperature.

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FaLL

Leek and Tomato Tart

As an appetizer, a main Makes 6 to 8 servings

course, or simply a

snack, there's little room 1 recipe pie
dough for one 9-inch tart, page 128

to go wrong with this 4 ounces shredded
provolone cheese

combination of seasonal $\frac{1}{2}$ pound leeks,
white portion only, thinly sliced

leeks and fresh tomatoes. 3 medium
plum tomatoes, thinly sliced

Be creative and spread 2 cloves garlic,
minced

a few tablespoons of $\frac{1}{4}$ cup grated
Parmesan cheese

pesto on the crust before 1 cup
shredded mozzarella cheese

layering the cheese or

add some thin strips of Freshly ground
black pepper, to taste

roasted red pepper with

the leeks and tomatoes. Preheat the
oven to 425°F.

roll out the prepared crust to a 12-inch
circle. Transfer to a heavy rimmed
baking sheet.

sprinkle the provolone cheese over the
surface of the dough, leaving 2 inches

around the

edges. arrange the leeks and tomato slices over the cheese and scatter the garlic over.

sprinkle the Parmesan and mozzarella over the top and season to taste with pepper.

Fold in the edges of the dough (a large portion of the filling will remain uncovered). Bake

for 25 minutes or until the crust is lightly browned and the cheese has melted. cut into

wedges and serve warm.

Garlic Soup with Parsley Spaetzle

Four heads of garlic Makes 8 servings

in one soup sounds

daunting, but slow 1 tablespoon extra virgin olive oil

cooking over a low flame 3 or 4 heads garlic, cloves separated, peeled and coarsely chopped

has the amazing effect of 8 cups vegetable stock or rich chicken stock

mellowing the “stinking salt and freshly ground black pepper, to taste

rose” into something

sweet and wonderful. Spaetzle:

1½ cups all-purpose flour

*Steer clear of garlic that ½ teaspoon
salt, plus 1 tablespoon for cooking water*

has sprouted, which can

*be harsh and unpleasant ½ teaspoon
freshly ground black pepper*

*regardless of how long it is ¼ teaspoon
double-acting baking powder*

*cooked. While cooking will ½ cup
chopped fresh parsley or cilantro*

tame even the strongest- 2 eggs, lightly beaten

flavored garlic, the best ½ cup water

variety to use for this soup

is German Music, a good heat the oil in a large heavy-bottomed stockpot over low heat. stir in the chopped garlic

all-purpose garlic. and sauté, stirring often, until the garlic is soft and translucent, not browned. This will take

about 20 minutes. Keep the heat low and stir frequently to make sure the garlic doesn't

if peeling all this garlic brown. add the stock and bring to a boil. reduce the heat to low and simmer, partially

is the only thing standing covered, for about 45 minutes or until the garlic is very tender and mellow in taste.

between you and this

recipe, here's an easy Meanwhile, prepare the spaetzle. Whisk together flour, salt, pepper, baking powder,

way to tackle the chore. and parsley in a medium bowl. in a separate bowl, combine the eggs and water. add

separate the cloves from this to the flour

mixture, stirring to combine completely.
cover and refrigerate for 1 hour.

the bulb. Place about Bring a large pot
of water to a boil. add a tablespoon of
salt. Force the dough through a

a dozen at a time in colander with large
holes or through a food mill with large
holes directly into the boiling

a jar with a lid. shake

vigorously for 20 to 30 water. cook until
the spaetzle are light and delicate, about
5 minutes. Drain.

seconds and the papery Taste the soup
and season to taste with salt and pepper.

add the spaetzle to the warm
skins will have fallen away
from the cloves. soup. serve
immediately.

The Locavore's KiTchen

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Marinated and Grilled Red Onions

Nothing complements a Make 6 to 8
servings

juicy burger like grilled

onions. These get an 2 large red onions,

peeled and cut into 1/2-inch-thick slices,
rings left intact

extra boost of flavor 1/4 cup fresh lemon
juice

with a simple marinade. 1/4 cup extra
virgin olive oil

Transform this recipe 1/4 cup
Worcestershire sauce

into an interesting 1/4 cup balsamic
vinegar

first-course salad by salt and freshly
ground black pepper, to taste

separating the rings

after grilling, cooling to

room temperature, and Pierce each onion slice horizontally with a wooden skewer to keep the rings intact.

adding another splash Place in a 9 x 13-inch glass baking dish (trim the ends of the skewers to fit, if necessary).

of balsamic vinegar, combine the lemon juice, oil, Worcestershire, and vinegar in a blender. Pour over the

a sprinkling of freshly onions and let marinate at room temperature for at least 2 hours and up to 6 hours,

chopped parsley, and basting

occasionally.

some crumbled feta

cheese, if desired. Preheat the grill to medium-high. oil the grill grate.

remove the onions from the marinade and arrange on the grill. cook 5 minutes on each

side, until grill marks appear and the onions are tender. remove and let cool slightly

before removing the skewers.

season to taste with salt and freshly ground black pepper and serve as a side

dish with

grilled steak or as a topping for hamburgers.

Roasted Garlic Cloves

The only thing better Makes $\frac{1}{2}$ to 1 cup

than the house filled with

the aroma of sweet garlic 8 heads of garlic

roasting in the oven is $\frac{1}{2}$ cup extra virgin olive oil

having a cache of roasted $\frac{1}{2}$ cup balsamic vinegar

garlic in the refrigerator. 1 tablespoon
fresh rosemary leaves

The garlic cloves emerge Pinch of salt
soft, mellow, and

spreadable and can be remove the
excess papery skin from the heads of
garlic, leaving the head intact. Using

used as a condiment, a sharp knife, cut
about $\frac{1}{4}$ inch or so off the tops of the
garlic heads, exposing the tips

added to soups and

stews, tossed with hot of garlic.

vegetables, mixed into in a small bowl, combine the oil, vinegar, and rosemary. Place the heads of garlic and

mashed potatoes, or used the oil mixture in a resealable plastic bag. seal, pressing out as much air as possible,

to top a baked potato.

This technique will work and marinate at room temperature for 8 hours, shaking the bag occasionally.

with any variety of garlic Preheat the oven to 375°F.

and will mellow out even

the ones with the most remove the garlic heads from the marinade and place them cut side down in a shallow

fiery disposition. baking dish. Pour the marinade into the dish. cover tightly with foil. Bake for 45 to 50

minutes or until the garlic is soft and yields to a gentle squeeze.

remove from the oven and cool. The garlic should slip easily from the skins with a

gentle squeeze. squeeze all the cloves into a bowl and mash with a fork, working it

into a paste, adding a few drops of oil and a pinch of salt. store in the refrigerator for

up to a month.

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Garlic-Rubbed Bread

This simple preparation Makes 4 servings

for garlic bread delivers

a lot of garlic flavor by 4 1-inch-thick slices of crusty bread

simply exposing the clove extra virgin olive oil, for brushing

with one simple cut. salt and freshly ground black pepper

Rubbing steaks and other 2 cloves garlic, split in half

meats with a split garlic

clove before they hit the Preheat the oven to 375°F.

broiler or grill also adds

a lot of garlic flavor with Brush one side of each bread slice with olive oil. sprinkle with salt and pepper. Toast in

minimal effort. the oven for 12 to 15 minutes or until golden brown.

remove from the oven. rub each toasted surface with a split garlic clove. serve

immediately with the garlic clove, if desired.

Roasted Potatoes and Shallots

Roasting is the perfect Makes 6 servings

technique for bringing

out the sweet side of 6 large shallots, peeled and halved

shallots—or any type of 3 tablespoons
extra virgin olive oil, divided use

onion, for that matter. salt and freshly
ground black pepper, to taste

Give the shallots a head 1½ pounds
Yukon Gold potatoes, on the small side,
peeled and quartered

start in the oven before

they meet up with Preheat the oven to
400°F.

buttery potatoes for a

simple yet highly Toss the shallots with
half of the oil. season with salt and

pepper and toss again. Distribute

flavorful side dish. evenly in a 9 x 13-inch baking pan. roast for 15 minutes, stirring once or twice.

Toss the potatoes with the remaining oil. season with salt and pepper and toss again.

add to the shallots and roast, stirring once, for an additional 35 to 40 minutes, or until

the potatoes are crusty and browned on the outside and tender on the inside. serve hot.

name that garlic

After years of buying garlic at the grocery store, the

Music: A good all-purpose variety with large, plump cloves

convenience store, the big box store, wherever it can be found,

and medium-hot taste; a classic garlic flavor.

you may be under the impression that only one variety of

garlic exists in the world—from place to place it all looks

Chesnok Red: Plump bulbs in a pretty

purple-striped wrapper

and tastes the same. The reality is that there are thousands of

with a lingering flavor; excellent choice for roasting or baking.

garlic varieties that come from every corner of the world—

Brown Tempest: Brown-skinned cloves with a fiery punch that

and the best place to find them is at your farmers market.

mellows in the pan.

Garlic is divided into two broad categories: softneck and

Italian Purple: A classic Italian garlic; peels easily, roasts to a

hardneck, each with very distinct characteristics. Softneck

buttery texture; versatile enough for most Italian dishes.

varieties are better keepers and can be stored for longer

periods of time. The heads have many smaller cloves.

Persian Star: Large, fat cloves with red

tips and a middle-of-

the-road garlic flavor; makes the sweetest roasted garlic.

Hardneck garlic has a wider range of flavors and produces

cloves that are big and plump, often 8 cloves or fewer to a

Spanish Roja: One of the best-tasting garlics around, with a

head. They won't keep as long or as well as softneck varieties

piquant flavor that fades quickly; low odor and easy to peel.

and should be used soon after purchasing. These are the

Carpathian: Strong garlic flavor, hot, spicy, and pretty to

varieties you're bound to come across at farmers markets.

behold with fat, purple-tinged cloves.

Choosing garlic to add to a dish is a lot like choosing wine to

Georgian Crystal: Beautiful fat cloves with a well-rounded

go with dinner. Some add heat, others add sweetness, while

garlic flavor and mild enough to be enjoyed raw in salsas,

still others are perfect for roasting and baking, and then there

bruschetta, and salads.

are those that can be enjoyed raw.

Here's a sampler of popular

varieties found at farmers markets.

Always be open to lesser-

Siberian: A reliable all-purpose variety with a medium to

known varieties that you're bound to come across.

strong flavor that lingers but doesn't overpower.

The Locavore's Kitchen

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Making Your Own: Flavorful Stocks

in the locavore's kitchen, scraps, "throwaways," humble vegetables, and lesser cuts of

poultry and meat can be the beginning of something wonderful like chicken, vegetable,

or meat stock, the gold standard of cooking. it is one of the most economical and

versatile ingredients you can keep on hand in the refrigerator or freezer, and it has the

power to make or break a soup, a sauce, or a stew—a pretty big responsibility for

something that comes from such humble beginnings.

The secret to success is in coaxing as much flavor from the key ingredients as you can.

it doesn't always mean that those ingredients are the best, most expensive cuts of meat

or the fresh vegetables in the refrigerator. They are actually the less desirable cuts, the

bones and the vegetables that are not rotting, but have seen better days—prime choice

for highly flavored stock. carrot peelings, celery leaves, the tops of green onions, and

leeks that look as if they will never amount to anything add plenty of flavor to stocks.

Wonderfully rich and flavorful, stocks can be made fresh with vegetables that define the

season and will be reflected in the finished stock: chard leaves and spring onions sweeten

a stock made in the spring; summer's tomatoes add color and acid in summer soups; and

you'll love what the stringy interiors and seeds from squash will do for stocks simmered in the

fall. Try adding any of these stocks to the cooking water for rice or beans and see what a

difference they make. To brighten the flavor of chicken and vegetable stock, add a healthy

squeeze of fresh lemon.

Rich Chicken Stock

The difference between Makes about 12 cups

great and mediocre stock

has a lot to do with what 5 pounds chicken parts (bones, wings, necks, and

backs preferred)

goes into it. If you've 3 carrots,
scraped, trimmed and cut into 2-inch
pieces

already made friends 1 onion, peeled
and quartered

with a farmer who 3 cloves garlic,
peeled and crushed

raises pastured poultry, 2 stalks celery,
leaves attached, bottoms trimmed, cut
into 2-inch pieces

you're one step closer to 1 bunch fresh
parsley

*a great stock. Ask him 3 sprigs fresh
thyme*

*or her for necks, backs, 2 fresh bay
leaves*

wings, or bones saved

*from butchered chickens 1 tablespoon
whole peppercorns, lightly crushed*

or save the bones from

*recipes calling for the Preheat oven to
450°F.*

*bones to be removed Place the chicken
parts, carrots, onion, and garlic in a
large roasting pan. roast for 30*

or the carcass from a

whole roasted chicken. minutes, shaking the pan occasionally and turning the ingredients once or twice until

“Stockpile” smaller everything is nicely browned.

amounts in freezer bags Place the celery, parsley, thyme, bay leaves, and peppercorns in a large stockpot. Using a

in the freezer until you slotted spoon, transfer the roasted ingredients into the stockpot. Drain off any fat and scrape

have enough for making any browned bits from the bottom of the pan into the

stockpot. add cold water to cover.

stock. Chicken bones are

full of flavor and body Bring the contents of the stockpot to a boil, then partially cover and adjust the heat so the

and create a rich, almost liquid is at a very slow simmer, sending up only a few bubbles at a time. remove any

creamy, stock. impurities that rise to the surface. simmer for 2 hours.

strain through a fine-mesh strainer lined with cheesecloth. Press on the vegetables and

chicken pieces to extract as much liquid as possible. Taste and season with salt. (For a

more concentrated flavor, bring the stock to a full boil and let it reduce until the flavor is to

your liking, tasting at frequent intervals, then salt to taste.)

cool the stock to room temperature. cover and place in the refrigerator for up to 48

hours. The fat from the stock will rise and congeal at the surface. remove carefully with

a slotted spoon and discard. Use stock immediately or within 5 days, storing it in the

refrigerator; or freeze for up to 6 months.

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Vegetable Stock

For some people, carrot Makes about 8 cups

peelings, celery leaves,

corncobs, and mushroom 2 tablespoons
unsalted butter or extra virgin olive oil

stems are either trash or 2 cups
coarsely chopped yellow onion

compost. It's the same 2 cups chopped
celery, including leaves

dilemma with vegetables 1½ cups
chopped carrots

that may be a little 1 cup chopped leeks
(green leaves only)

past their prime, like 4 cloves garlic,
peeled and crushed

celery that's a bit limp 1 bunch fresh
parsley, leaves and stems, chopped

or tomatoes not pretty

enough for a salad. 2 sprigs fresh thyme

1 fresh bay leaf

½ tablespoon peppercorns, crushed

The resourceful cook—the salt, to taste

locavore—knows that

these are the makings of heat the butter or oil in a large stockpot over medium heat. add the vegetables, herbs,

a magnificent vegetable and peppercorns and stir to coat. cook, uncovered, until the vegetables have softened

stock, a great base for and released
some of their liquid, about 30 minutes.
Take care that the vegetables

soups that feature other

vegetables, like the don't brown.

Cabbage and Mushroom add enough
cold water to the pot to just cover the
vegetables, about 6 cups. Bring to

Soup on page 176, or a gentle boil.
adjust the heat so the stock remains at a
gentle simmer, cover, and cook

the flavorful liquid that

enhances dishes such as without stirring

for about an hour until the stock is flavorful and takes on some color.

the creamy Pumpkin strain the stock through a fine-mesh sieve lined with cheesecloth. Press gently on the

Risotto on page 196. vegetables to extract as much of the liquid as possible. Taste and season with salt.

Made correctly, rich and

highly flavored, vegetable Let cool to room temperature. Use immediately, store in the refrigerator for up to a week,

stock can often be used as or freeze for up to 6 months.

a substitute for chicken

stock and is helpful for

converting some dishes to

vegetarian options. Lighter

and sweeter than meat- customize
vegetable stock

based stocks, it does its job

quietly, but deliciously, in Vegetable
stocks can be made all season long using
sweeter, less assertive vegetables. Here
are *the background when the* some
helpful hints on how to tweak the flavor
to customize it for the dish you're

preparing.

focus is on stronger flavors. • To sweeten the flavor of the stock, use vegetables like carrots, parsnips, red peppers, or celery. Add a total of 2 extra cups of those vegetables to the basic recipe.

•

To make a flavorful stock for chowders, save stripped corncobs and add them to the

stock. A half dozen cobs will do the trick.

•

Tomatoes add great color and flavor to vegetable stocks, welcome in heartier soups but

not always desired for lighter-colored cream soups.

-

For a deeper, earthier stock, save mushroom stems or caps and add one to two cups to

the basic recipe along with a couple of sprigs of marjoram.

-

In soup recipes that feature squash or

pumpkin, add any variety of winter squash, seeds

and strings included, to the basic stock recipe.

-

Use herbs judiciously. Strong herbs like tarragon, rosemary, oregano, and sage can

overwhelm delicate vegetable stocks and turn bitter when cooked for long periods. Use

sparingly, just a few sprigs, and add toward the end of the cooking time, tasting until the

flavor you desire is achieved and removing the sprigs afterward.

•

More assertive vegetables that should be avoided in stocks include broccoli, cauliflower,

cabbage, Brussels sprouts, and turnips. Asparagus should be used sparingly and only for

soups featuring asparagus. Starchy potatoes will cloud the stock.

The Locavore's KiTchen

Meat Stock

The heartiest, most Makes 8 cups

assertive of all meat stocks,

whether beef, veal, or 6 pounds shanks
(beef, veal, or lamb), meat separated
from the bones and reserved, fat

lamb, are crafted not from

trimmed and discarded, bones roasted if
desired (see the side note)

meat or bones alone but 1½
tablespoons extra virgin olive oil

from meaty bones like 1 large onion,

coarsely chopped

shank cuts. Look for the 1 carrot,
coarsely chopped

cuts that have a balanced 1 rib celery,
coarsely chopped

ratio of bone to meat. You 1 clove
garlic, peeled and crushed

can make an even fuller-

flavored stock by roasting $\frac{1}{2}$ cup red
wine (optional)

the bones (meat removed) 6 sprigs
parsley

before adding them to 2 sprigs fresh thyme

the stock. Simply arrange 1 fresh bay leaf

them on a baking sheet 1 teaspoon black peppercorns, crushed

and roast in a 400°F oven salt, to taste

until the bones begin to

brown. Blood on the bones heat the oil in a large stockpot over medium-high heat. add the onion, carrot, and

can make a stock cloudy, celery. cook and stir until the vegetables are soft,

fragrant, and beginning to brown

so soak them in cold water slightly. add the garlic and cook for an additional minute. add the red wine and

for 30 minutes before

roasting or using raw. cook for a few additional minutes until the liquid has evaporated. add the herbs

and peppercorns. add the bones and reserved meat, weighing down the other

ingredients. (if the bones have been roasted, scrape any particles and juices from the

pan into the stockpot.)

cover with cold water to just above the bones. Bring to a boil, skimming any impurities

that rise to the top. reduce the heat to a simmer. cook for 2 to 2½ hours, without stirring,

until the meat is tender and the stock has achieved a rich, beefy flavor.

strain the stock through a fine-mesh sieve lined with cheesecloth. Press gently on the

solids to extract as much liquid as possible. reserve the meat, shredding

into small pieces

for soups. Taste the stock and season with salt.

cool the stock to room temperature.
cover and place in the refrigerator for up to 48

hours. The fat from the stock will rise and congeal at the surface. remove carefully with a

spoon and discard. Use the stock within 5 days, storing it in the refrigerator; or freeze for

up to 6 months, packing and freezing the reserved meat separately.

freezing stock

Chilled finished stocks can be frozen in a number of increments. Freeze one- or two-

tablespoon-size portions in ice cube trays. When solid, transfer to freezer bags. Store larger

quantities in freezer containers with tight-fitting lids, leaving an inch of headspace for

expansion. An efficient way to store 4 to 8 cups of stock is in gallon-size freezer bags with

sturdy zip-lock seals. After adding the

stock, press out as much air as possible before sealing.

Test the seal to make sure the bag is completely closed and no liquid is leaking out. Label the

contents and place these bags flat on a sturdy baking sheet in the freezer until frozen solid.

Remove and stack flat in the freezer.

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FaLL



potatoes

in season ...



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in season .. *potatoes*

In the hierarchy of fresh fruits and vegetables, there is none more common, humble, or basic than

a potato. Although it may be the “plain Jane” of ingredients, it’s rare to find someone who doesn’t appreciate or

love a good spud mashed, baked,

roasted, grilled, steamed, boiled, or fried.

Although a potato grows underground, it's technically not a root but a tuber, the part of the plant that swells as it

stores food for the plant that grows overhead. While there are thousands of potato varieties, they basically break

down into a few main groups by common characteristics. To simplify it even further, potatoes can be divided

into two easy categories: baking potatoes and boiling potatoes.

Choosing the Best. Potatoes that are high

in starch are better for mashing, frying, and baking. You can

usually tell these baking varieties by the skin, which should be coarse and cork-like. Boiling potatoes or waxy

potatoes have thin, smooth peels and a waxy flesh. They hold their shape when boiled or can be parboiled and

roasted to a finish. Any potato should feel firm and heavy for its size and be free of blemishes and soft spots.

How to Store Fresh. Whether freshly dug or purchased, potatoes should never be washed before being

stored. If stored at room temperature, potatoes will keep a week or two, but if you store them in a spot that is

cool, dry, and dark, you'll add more time to their storage life. Never store potatoes in the refrigerator because

they will darken when cooked.

To Prepare for Cooking. Whether to peel potatoes is a matter of preference and depends on the final goal

of the recipe. On thin-skinned varieties, the peel cooks up soft and tender.

Potatoes with a coarse peel have a

rustic texture and chew. Peeled or cut

potatoes exposed to air darken quickly at room temperature. To prevent

this, place them in cold water until needed. Potatoes exposed to light often turn green or sprout—just remove

these harmless spots with a knife.

Pick or Buy Now, Enjoy Later. For the home cook, freezing raw potatoes is rarely successful and

canning is not a storage option. If you have a dark, dry cellar or an attached garage where the temperature holds

between 45°F and 50°F, you can store potatoes throughout cold weather. Place

them unwashed in a few layers,
separating each layer with newspaper.
On occasion, one will begin to rot,
which you'll smell before you see the
decay. Be sure to remove those.

If you're successful at long-term storage,
potatoes can be a part of your menus
throughout the winter, used in

the same ways as when they are freshly
harvested.

The Locavore's KiTchen

Chicken Thighs with Roasted Red Potato Crust

Fresh red-skinned Makes 6 to 8 servings

potatoes hold together

when cooking, so they 8 chicken thighs, bone in, skin on, and trimmed of excess skin

are the perfect option salt and pepper, to taste

for the crust that crowns 4 tablespoons extra virgin olive oil, divided use

this dish. Underneath 4 cloves garlic,

smashed, plus 3 cloves, slivered

its golden finish wait 1/3 cup balsamic
vinegar

meaty and richly flavored 1/2 cup
chicken broth

chicken thighs bathed in 1 1/2
tablespoons chopped fresh rosemary

a garlicky balsamic sauce.

Thick slices of crusty 3 to 4 large red
potatoes, sliced 1/4 inch thick

bread are recommended

to catch every last drop. season the

chicken thighs with salt and pepper. heat 2 tablespoons of the oil in a heavy,

10-inch ovenproof pan over medium-high heat. Brown the chicken pieces on both sides,

about 6 minutes per side. remove the chicken from the pan and drain on a paper towel—

lined plate. (The skin may be removed at this point, if desired.)

Drain all but 1 tablespoon of the excess oil and fat from the pan. return the pan to the

heat and add the smashed garlic and the

vinegar, scraping the bottom to loosen any

browned bits. add the broth and the rosemary and let boil until the liquid is reduced by

half. return the chicken to the pan, cover, and lower the heat. simmer for 10 minutes.

Preheat the oven to 400°F.

in a large bowl, toss the potato slices with the garlic slivers, remaining oil, and salt and

pepper to taste until the slices are coated. Layer the potato slices over the

top of the

chicken, forming a crust all the way to the edges. Bake uncovered for 40 to 50 minutes

or until the potato crust is golden brown.

To serve, spoon some of the pan juices over the chicken and potatoes with each serving.

what are new potatoes?

New potatoes often show up at markets in the spring or summer, tiny tots also known as creamers or fingerlings.

Basically they are immature, freshly

harvested versions of potatoes that left to grow will be much larger by the fall

harvest. New potatoes are prized for their tender texture, and all that's necessary to enjoy their natural buttery flavor is

to simply boil or roast them, toss with butter, and serve with a sprinkling of good salt and freshly ground black pepper.

Mature red potatoes and new potatoes can be used interchangeably in recipes that call for either.

potato primer

A spud is a spud is a spud is not true. Each has particular nuances that make it a better candidate for one recipe than another. Select yellow, white, or red potatoes for boiling, steaming, roasting, or gratins. These potatoes have a firmer texture and won't fall apart when cut. Yellow and red potatoes can also be mashed, but they won't be as fluffy as russets.

New Potatoes, Fingerlings, or Creamers: Young, tender, naturally buttery, low in starch and best for baking, roasting, steaming, and boiling.

Russet: Very high in starch and best

choice for mashed and baked potatoes.

Red: Low in starch and best in recipes where the potato needs to hold its shape. Good for boiling, steaming, and roasting and for scalloped and au gratin (covered with breadcrumbs or cheese) preparations. Does not make a fluffy mashed potato.

White: Another low-starch potato and a good choice for potato salads.

Yellow: Buttery-colored, all-purpose potatoes with medium starch that can be mashed or baked whole, steamed, boiled, or roasted, and are good choices for soups and chowders.

Blue-, Purple-, or Red-Fleshed

Varieties: Medium in starch and tend to lose their vibrant color when boiled, steamed, and generally overcooked.

Recipes that call for baking and roasting are better choices.

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Roasted New Potatoes with Molasses

Sweet, smoky bacon Makes 4 servings

and thick, rich molasses 1 pound small red new potatoes, washed and unpeeled

deliver big flavors in 2 or 3 strips of

bacon

this recipe. Bacon fat is ½ teaspoon salt

*certainly an indulgence, ½ teaspoon
freshly ground black pepper*

*not for everyday use, and 1 to 2
tablespoons dark molasses*

*if you prefer, olive oil can 2
tablespoons chopped fresh parsley*

be substituted for the

bacon fat. Preheat the oven to 400°F.

Place the potatoes in a large pot and
cover with water. Bring to a boil and

cook for 10

to 15 minutes until almost tender. Drain.

Fry the bacon in an ovenproof skillet over medium heat until crisp. Drain on paper towels.

remove all but 2 tablespoons of fat from the skillet. add the potatoes and sauté for 10

minutes or until lightly browned, turning frequently. season with the salt and pepper.

Transfer to the oven and bake for 30 minutes or until browned, turning once. remove

from the oven and drizzle with the molasses and sprinkle with parsley. serve immediately.

Laura's Potato Pancakes

Makes about 14 potato pancakes

Crispy on the outside,

tender and buttery on 9 large russet potatoes, washed and peeled

the inside, this recipe 2 carrots, grated

will rival and replace 2 medium onions, grated

any potato pancake $\frac{3}{4}$ cup matzo meal

or cracker crumbs

recipe you are less than 2 teaspoons
salt

happy with. Be sure to Freshly ground
black pepper, to taste

use a high-starch potato Dash of freshly
grated nutmeg

such as a russet or a 6 large eggs,
lightly beaten

good all-purpose Yukon vegetable oil
for frying

Gold, both easy to find at applesauce,
to accompany

farmers markets. sour cream or crème fraîche, to accompany

chopped chives, for garnish

Making your own crème Place the peeled potatoes in a large bowl of cold water to slow discoloration. coarsely

fraîche is easy and grate, using a box grater. Drain well in a colander, squeezing to eliminate excess liquid.

delicious. For complete

directions, see page 50. in a large bowl, combine the potatoes with the grated carrots and onions, matzo meal,

salt, pepper, and nutmeg. add the eggs and mix well.

Pour enough oil in a large heavy frying pan to reach $\frac{1}{4}$ inch up the side. heat over

medium heat. When a shred of potato dropped into the oil sizzles and browns quickly,

the oil is ready. Place about $\frac{1}{4}$ cup of the mixture into the hot oil and flatten slightly with

a spatula. Fry until golden brown on the edges, then turn to the other side and fry until

golden brown and crispy. Drain on paper towels. serve immediately or keep warm in a

200°F oven, arranged in a single layer on a paper towel-lined baking sheet.

serve with homemade applesauce and sour cream or crème fraîche and garnish with

chopped chives, if desired.

the truth about sweet potatoes

Sweet potatoes and yams are two different vegetables: the first is a root vegetable, the second a tuber, and neither is

related to the potato. True yams are neither sweet nor locally grown but prefer tropical growing climates. The candied

yams with the soft texture and pumpkin-like flavor that have always been a part of Thanksgiving menus are actually

a tender orange-fleshed sweet potato, one of a few varieties commonly available. You'll also find sweet potatoes with a

very firm, pale yellow flesh, well suited for recipes where they need to hold their shape, like the Oven Fries, on page 149.

Sweet potatoes often appear at farmers

markets. They do not store well, so buy what you will use within 2 weeks.

The Locavore's KiTchen

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Savory Potato and Cheese Pie

The fall harvest of Makes 6 to 8 servings

potatoes in this recipe

absorbs the cream for an 1 prebaked 9-inch piecrust shell

incredibly buttery finish. 1 pound or 2 large russet or yellow-fleshed potatoes,

peeled and cut into 1-inch cubes

Serve this for lunch with 2 cups heavy cream

a simple green salad 1½ teaspoons salt

*or cup of light soup or 1½ teaspoons
Dijon mustard*

*in smaller portions at 1 cup (4 ounces)
swiss cheese, grated*

*dinner to accompany 1 tablespoon
chopped fresh parsley*

*roasted chicken. 1 tablespoon chopped
fresh chives*

Preheat the oven to 350°F.

ingredients like these

deserve a wonderful crust. in a small saucepan, combine the potatoes, cream, and salt. Place over medium heat and

Whether you're new to the bring to a simmer, stirring frequently to prevent scorching. When the potatoes are fork tender,

art of making piecrusts or a strain in a colander set over a bowl, reserving the cream. Brush the bottom of the pie shell

skilled baker looking for a with the mustard and sprinkle the cheese evenly

over the bottom. Top with the potatoes and

new recipe, try your hand half of the reserved cream (use the remainder for a soup, if desired). sprinkle with the herbs.

at one Perfect Piecrust on Bake for 20 minutes or until golden brown in spots. cool for 15 minutes before serving.

page 128.

Oven Fries

You can use russet Makes 4 servings

potatoes or firm-fleshed

sweet potatoes in this 2 to 3 large russet potatoes or sweet potatoes, peeled and cut into

recipe that turns out

$\frac{1}{2}$ -inch-thick planks

crispy fries with a tender 1 teaspoon salt

middle. And what goes $\frac{1}{2}$ teaspoon sugar

better with fries than 2 tablespoons extra virgin olive oil or vegetable oil

ketchup? Homemade coarse salt and freshly ground black pepper

ketchup! Learn to make

your own Fresh Tomato Preheat the oven to 450°F.

Ketchup on page 124. Fill a large bowl with cold water. add the salt and sugar, stirring to dissolve. add the

potatoes and let soak for 15 minutes. Drain and pat dry. Wipe the bowl dry.

To spice up the fries a

bit, season with paprika, return the potatoes to the bowl. Drizzle with olive oil and toss until coated. arrange the

garlic, onion powder, potatoes in a

single layer on a large baking sheet.
sprinkle with salt and pepper. Bake

or the seasoning of your for 45 minutes
or until crispy and brown. serve
immediately.

choice before baking.

Roasted Sweet Potato Mash with Cider and Ginger

When the holidays roll Makes 6
servings

around, it's time to

indulge in great flavor, 3 large sweet
potatoes

and that's what this 4 cups apple cider recipe delivers. The 2 to 3 tablespoons freshly grated ginger root, more or less to taste

natural sweetness of the 2 tablespoons unsalted butter

concentrated cider and salt and freshly ground black pepper, to taste

the kick of fresh ginger

make this one side dish Preheat the oven to 400°F.

destined to become a Using a fork, pierce a few holes in the sweet potatoes.

Bake for about 1 hour until soft. Let

holiday tradition. cool enough to handle easily. scoop the potato from the skins into a large bowl and mash.

While the sweet potatoes are baking, bring the cider to a boil in a large heavy

saucepan over high heat. reduce the heat to medium low and simmer until the cider is

reduced to about 1 cup. stir in the ginger and butter.

Gradually stir the cider mixture into the sweet potatoes until the desired consistency

is reached. Taste and season with salt and freshly ground black pepper to taste.

serve immediately.

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FaLL

Perfectly Mashed Potatoes

Most cooks have beaten Makes 6 servings

potatoes into a thick,

gluey paste at least once. 2 pounds potatoes, peeled and cut into 1-inch cubes

Follow this recipe to 1 tablespoon salt

the letter and you'll be $\frac{3}{4}$ cup heavy cream or milk

guaranteed better results 2 tablespoons unsalted butter, softened

next time. Here are a salt and freshly ground black pepper, to taste

few additional tips to Freshly ground nutmeg, to taste (optional)

remember. First, choose

the right potatoes, those

higher in starch like Put the prepared

potatoes into a large pot. add water to cover by an inch and add

russets or yellow-fleshed the salt. Bring to a boil, then lower heat to maintain a steady simmer. reduce the heat

potatoes. This recipe and simmer until the potatoes pierce easily with a fork and fall apart, about 20 minutes.

uses a handheld electric Meanwhile, gently warm the cream in a small saucepan or the microwave.

beater to add “fluff ” and

volume without as much Drain the potatoes in a colander and return to the

pot. Dry the potatoes over medium

effort. Regardless of your heat, shaking and stirring until some of the water has evaporated and the potatoes look

mashing tool of choice—a “floury.”

Using a handheld electric mixer set to low speed, mix until most of the lumps

wire mash, ricer, or have disappeared, only about 1 minute. Using a sturdy mixing spoon, mix in the butter.

mixer—know when to stir in the warm cream until the desired consistency is reached. season to taste with salt

quit. Sample your work and pepper and

a grating of fresh nutmeg, if desired.

often for taste and texture.

Variations

Chive Mashed Potatoes: omit the butter. add $\frac{1}{2}$ cup softened cream cheese with $\frac{1}{4}$ cup

freshly chopped chives.

Feta Mashed Potatoes: Blend $\frac{3}{4}$ cup crumbled feta into the heavy cream or milk until

smooth. stir into the potatoes.

Pesto Mashed Potatoes: omit the butter

and add 1/3 cup prepared pesto.

Garlic Mashed Potatoes: increase the amount of butter to 3 tablespoons. Melt butter in a

small skillet. add 4 to 6 crushed garlic cloves and sauté until lightly browned, about 1

minute. stir into the potatoes.

New Potato Salad with Dill

Make this the first potato Makes 8 servings

salad of the picnic season

when new potatoes and 4 pounds new potatoes

fresh dill arrive. Later 1 medium red onion, diced, or 1 cup thinly sliced scallions

in the fall, when larger 1 cup mayonnaise

red-skinned potatoes 1 cup yogurt

make their appearance, 2 tablespoons extra virgin olive oil

substitute dried dill weed 2 tablespoons lemon juice

for fresh, about $\frac{1}{4}$ cup. 1 tablespoon

Dijon mustard

½ cup fresh dill, minced

1½ teaspoons salt

1½ teaspoons freshly ground black pepper

sprigs of fresh dill, to garnish

Place the potatoes in a large pot and cover with water. Bring to a boil. cook for about

15 minutes (more or less depending on size of the potatoes), until a fork easily pierces the

potatoes yet they still hold their shape. Drain and allow to cool slightly. slice the potatoes

in half or quarters, depending on the size. Transfer to a large bowl. add the red onion.

in a blender, combine the mayonnaise, yogurt, olive oil, lemon juice, mustard, minced

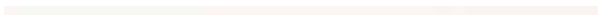
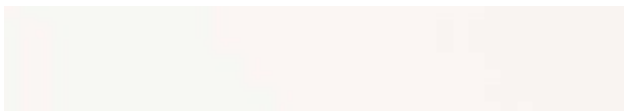
dill, salt, and pepper and process until completely blended. Pour over the potatoes. Mix

well. chill at least 4 hours or overnight. Garnish with sprigs of dill and serve.

The Locavore's KiTchen

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Local

Flavor

When you hear the word “mushroom,”
what’s the image that

mushroom primer

pops into your head? Probably the
ubiquitous white button

mushroom. If so, you may not be
spending enough time at

Here are some of the most popular
cultivated and wild

your local farmers market. Other than the
forest floor, farmers

mushroom species you'll come across at farmers markets.

markets are the next best place to find fresh varieties of mush-

Always be on the lookout for unusual varieties that may come

rooms with different flavors and textures, many of which will

and go with every visit.

forever shatter your idea of what a mushroom tastes like.

Shiitakes are a popular variety of mushroom, highly fragrant

It may come as a surprise, perhaps a shock, that there are hun-

with a powerful, distinct flavor, almost steak-like. Remove the

tough stems and save to flavor soups and stocks.

dreds of species of edible mushrooms, the majority of which

are harvested from the wild—when the conditions allow in any

Chanterelles are trumpet-shaped mushrooms ranging

given season. A fraction of those

varieties can be cultivated, a

in color from yellow to bright orange.

They have a

labor-intensive process demanding that the grower create the

chewy texture, a slightly nutty flavor, and don't like to be

perfect balance of humidity, air quality, and growing medium.

overcooked. Add to dishes at the end of cooking.

Criminis are shaped like the familiar button mushroom but

Different varieties of mushrooms have particular fea-

firmer, darker brown, and fuller flavored.

tures to look for, but in general smell is a good indicator

of what's in store. Fresh mushrooms should smell earthy,

Portabellos are mature versions of criminis. Dark brown and

clean, and pleasant. Look for plump, meaty mushrooms

meaty in texture, they lack moisture

although they hold up

that feel slightly spongy. The caps should be dry, not slimy,

to the heat of the grill. Remove the woody stems and use to

and show no signs of withering, spotty bruising, or pits.

flavor stocks. Use the cap whole or slice for sautéing.

Avoid caps that are shriveled or broken. The caps on crimi-

Lobster mushrooms, also called Lion's Mane mushrooms,

nis should be closed where they meet the stem. On exotic

are sweet, rich, and distinctively flavored. Good for sautéing,

varieties like oyster mushrooms, the gills under the cap are

they are best standing alone because their flavor can get lost

open and should be light in color, not black. If they need

among other mushroom varieties.

cleaning, gently rinse and pat dry.

Oyster Mushrooms are both cultivated and harvested from

Most varieties of mushroom can be eaten raw, thinly sliced

the wild. Fan shaped and in a range of colors (pink, golden,

and scattered over salads, used whole as crudités, or tossed

gray, and brown), they are robust and peppery eaten raw and

into soups, stocks, and sauces. When you want to call out

mellowed by cooking—a good, all-

purpose mushroom with

the rich earthy flavors and textures,
choose a sauté.

great texture.

Mushrooms Sautéed in Wine

Experience the Makes 4 servings

tremendously rich blend of

earthy flavors in this simple 3
tablespoons unsalted butter

sauté that you can use to 1 pound
mushrooms, a single variety or a
combination

top a burger or a fine steak. 1/3 cup dry red wine

2 tablespoons chopped fresh parsley

1 tablespoon balsamic vinegar or lemon juice

salt and freshly ground black pepper, to taste

Melt the butter in a heavy skillet over medium high heat. add the mushrooms and sauté until soft

and lightly browned. add the wine and continue to cook, stirring often, for 5 minutes. sprinkle

with vinegar and parsley and toss to
combine. season with salt and pepper.
serve immediately.

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FaLL



peppers

in season .









in season ... *peppers*

Bell peppers and chile peppers are members of the same family and, as families go, they

exhibit a wide range of temperaments—from sweet and mild to hot and fiery. Knowing the differences ensures

that your finished dish will have the flavor and degree of heat you want.

Early in the season, bell-shaped peppers arrive as green as grass, fully developed although immature, with a

slightly bitter flavor. Left to ripen on the plant, they return in a few weeks showing their true colors—dark reds,

deep purples and browns, creamy or vibrant yellows, and brilliant oranges—and full of sweet flavor.

Chile peppers are smaller and more tapered than bell peppers and are usually harvested fully ripe in a range

of warm colors. They add heat and spice to a dish through capsaicin, a heat-producing compound, found in their membranes.

Choosing the Best. Choose firm, shiny peppers and chiles with deep, even coloring and no signs of soft spots

or wrinkled skin. A fully developed bell pepper is plump and blocky and features three or four lobes on the base.

When choosing chile peppers, remember that size, not color, is a fairly reliable clue to the heat within. As the

varieties get smaller in size, the heat

they deliver gets bigger, but it's still helpful to know specific varieties and their particular flavor nuances.

How to Store Fresh. Keep fresh, unwashed peppers and chiles in the crisper drawer of the refrigerator. Those that have fully ripened will keep for about 5 days, while immature green peppers will keep a few days longer.

To Prepare for Cooking. To cut up a whole pepper, slice off about a half inch from the top and bottom.

Then split the pepper from top to bottom with one cut and open to lay flat.

Remove the bitter seeds and white, spongy membranes with your fingers or a knife and discard. Then slice the pepper into the desired thickness, broad enough to scoop dips or in match-like slivers to scatter in salads. To create a dice, cut horizontally across the slices.

Working with chiles requires a cautious approach. Heat-producing capsaicin found in the membranes can

be transferred from your hands to whatever you touch, producing an unpleasant burning sensation. Wearing disposable kitchen gloves when working

with chiles and cleaning anything that comes in contact with them is

good advice. One of the easiest ways to slice a chile pepper is to cut the top off, then slice in half from stem end

down, exposing the membranes and seeds. Removing any portion of these will control how much heat that

particular chile will deliver. Then chop or slice as desired.

Pick or Buy Now, Enjoy Later. An abundance of red or yellow bell peppers can be roasted, peeled, and

frozen. Fresh diced bell peppers can be

frozen for about 3 months; they will lose their firm texture, but can be used in cooked recipes.

Chile peppers can be dried at room temperature, in a dehydrator, or in a low oven, then stemmed and ground for seasoning or frozen whole in small portions and used to flavor or season cooked dishes and soups.

Learn to make Roasted Red Peppers (page 158), a versatile ingredient whether pureed into dips and soups or cut into strips and scattered across a pizza

crust.

Preserve the seasonal flavor of chile peppers with hot Pepper Jelly on page 157.

The Locavore's Kitchen

152

Greek Stuffed Peppers

Bell peppers make the Makes 6 servings

greatest little containers

for meat and vegetable 6 green or red
bell peppers, washed

mixtures, imparting 3 tablespoons extra virgin olive oil

flavor to dishes. Choose 1 medium onion, diced

peppers with flat 2 cloves garlic, minced

bottoms that with a little $\frac{1}{4}$ cup finely chopped fresh parsley

trimming can stand $\frac{1}{4}$ cup finely chopped fresh dill

upright in the baking 1 teaspoon finely chopped fresh mint

dish. This recipe can easily

be tweaked to the classic 3 cups tomato sauce, divided use

version of bell peppers by 1 pound lean ground lamb

substituting ground beef $\frac{3}{4}$ cup rice, cooked

for the lamb and omitting salt and freshly ground black pepper, to taste

the dill and mint. 6 tablespoons crumbled feta cheese

Preheat the oven to 375°F.

cut the tops off the peppers and hollow out the interior to remove the ribs and

seeds.

set aside.

heat the oil in a large skillet over medium-high heat. add the onions and sauté

for 6 minutes or until soft. add the garlic and sauté for an additional minute. add

the parsley, dill, mint, and 1 cup of the tomato sauce. simmer until the mixture has

thickened. cool slightly.

Mix the lamb and the cooked rice in a large bowl. add the tomato mixture and

mix

all the ingredients with a wooden spoon.
season with salt and pepper, to taste.

(Fry or

microwave a spoonful of the mixture to
taste for seasoning.)

stuff the peppers with the mixture. Place
them in a deep casserole dish. add the

remaining tomato sauce along with a
little water to thin, if desired. cover and
bake for 1

hour or until the meat is cooked and the
peppers are tender. remove from the
oven and

top each pepper with 1 tablespoon feta.
Let sit for 10 minutes before serving.

Corn and Bell Pepper Relish

This relish keeps for up to Makes 5
half-pint jars

6 weeks in the refrigerator

and doesn't call for 2 cups cider
vinegar

processing in a hot water 1½ cups
sugar

bath. It's a wonderful, ½ teaspoon
freshly ground black pepper

seasonal gift from the 1 green bell pepper, diced

locavore's kitchen. Make 1 red bell pepper, diced

it often, share it freely. 1 cup yellow or orange bell pepper, diced

3 cups cooked corn kernels

1 tablespoon freshly chopped basil

combine the vinegar, sugar, and pepper in a large saucepan. Bring to a boil.
reduce

heat and simmer 10 minutes. add the bell peppers and simmer for 3 minutes. stir in

the corn and basil. cool to room temperature. spoon into sterilized jars, making sure to

cover with the liquid. cover and refrigerate for up to 6 weeks.

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FaLL

Pasta with Roasted Red Pepper Cream Sauce

Roasting bell peppers Makes 4 servings

makes the flesh so very

tender and sweet and 1 tablespoon extra

virgin olive oil

the perfect texture for 1 medium onion,
diced

pureeing into a smooth $\frac{1}{2}$ to 1 teaspoon
dried red pepper flakes

sauce. The cooked pasta 4 cloves
garlic, minced

gets folded into the sauce; 4 roasted red
peppers, roughly chopped

a little of the cooking $\frac{1}{2}$ cup fresh
parsley or fresh basil, coarsely chopped

water added to the mix $\frac{1}{4}$ cup heavy
cream, room temperature

helps the noodles absorb

the sauce so the flavor ½ cup Parmesan
cheese, grated

travels throughout. Enjoy salt and
freshly ground black pepper, to taste

with a slice of crusty 1 pound spaghetti,
cooked according to package directions;
keep warm and reserve 1

bread and some fresh

cup of the cooking water

salad greens.

heat the oil in a large saucepan. add the

onion and sauté over medium heat for 6 minutes or until soft. add the garlic and red pepper flakes and sauté for an additional

Learn to roast red peppers minute. add the roasted red peppers and cook for about 5 minutes. add the herbs and

on page 158. cream and remove from heat. cool for several minutes before pureeing in the pan with

an immersion blender or transferring to a stand blender to puree.

return to the saucepan and rewarm gently. stir in the cheese and salt and

pepper to

taste. combine the cooked pasta with the sauce in the saucepan, adding some of the

reserved water if the mixture appears dry. serve immediately.

know your peppers and chiles

A beautiful display of colorful peppers and chiles at the farmers market tempts the most adventurous or curious cook to dive

right in and try them all. Curiosity and a sense of culinary adventure is good—but when it comes to these vegetables, it's

good to know what's in store. Although the smaller varieties look harmless, they can pack a hot punch that for the meek and

unsuspecting can be an unpleasant experience. Here is a general guideline of some of the most common varieties and their

flavor profiles. Remember that milder chiles have broad shoulders and blunt tips, while hotter chiles have narrow shoulders and

pointed tips. When in doubt, talk to the farmer or grower, who can tell you exactly what's in store.

Bell Peppers and Pimentos: The mildest and sweetest varieties of peppers, they are the only ones that do not include capsaicin, the compound that produces heat in other peppers and chiles. Use these mild peppers raw in relish trays and salads; in a wide range of cooking methods, including stir-frying and roasting; or for stuffing.

Banana Peppers: Don't confuse these with yellow Hungarian wax peppers. Although they are similar in appearance, wax

peppers have a strong bite. The bright "banana"-colored pepper is sweet and good on relish trays, in sandwiches and

salads, and

fried in a buttermilk batter.

Anaheim Peppers: These large, tapered, shiny, bright green peppers range in flavor from mild and sweet to moderately hot. Dice them and use for soups, casseroles, and Mexican dishes.

Cayenne Peppers: About as big as your pinky finger, these peppers show up at farmers markets green in the summer and red in the fall. Used in sauces, pickled recipes, and salsas, they are also good for drying and storing whole or grinding into a powder.

Poblano Peppers: Nicknamed the “bell

pepper of Mexican cuisine,” these mild, thick-walled, heart-shaped peppers are great for stuffing or adding to chilies, where they impart a deep, rich flavor.

Jalapeño Peppers: Grassy and fruity, jalapeños offer a good amount of heat, showing up green in the late summer and turning to red if left to completely ripen.

Serrano Chile: Medium to hot small (2-inch-long) waxy chiles that change to red and orange as they mature. The smaller they are, the more kick they have.

Thai Chiles: Small in size, mighty in the punch they pack. Ranging in color from red to green when fully mature. Use sparingly.

Habañeros: Hot, hot, hot—but underneath the heat is a fruity, apple-like flavor. Remove the seeds and membranes to tame the heat.

The Locavore's KiTchen

154

Red Pepper and Pear Soup

Some of the season's Makes 8 servings

naturally sweet vegetables

“pear” up with ripe red 2 tablespoons
extra virgin olive oil

peppers in this soup that 8 red, orange, or yellow bell peppers or a combination, seeded and coarsely chopped

looks and feels like a 2 carrots, peeled and cut into thin slices

cream soup on the tongue 1 medium onion, chopped

yet doesn't contain a drop 2 cloves garlic, minced

of cream. If you develop a 4 cups rich chicken or vegetable stock, plus extra, if needed

taste for this soup in the 1 ripe pear,

peeled and chopped

winter, substitute about 6

roasted red peppers from 1 teaspoon
salt

the freezer. $\frac{1}{4}$ teaspoon cayenne pepper

crème fraîche, for garnish (optional)

chopped parsley, for garnish

This soup can also be

served chilled. allow to heat the olive
oil in a heavy pot over medium-high
heat. add the peppers, carrots,

cool to room temperature onion, and garlic and sauté for 2 minutes, stirring constantly. reduce the heat to low,

before storing in the cover, and cook for 20 minutes, stirring frequently, until the peppers are soft and tender

refrigerator for at least 6

hours or overnight. but not browned.

add the chicken stock and pear. increase the heat and bring to a boil, then reduce the

heat so the soup remains at a simmer. cover and cook for 20 minutes. Let cool.

Working in batches, puree the soup in a blender until smooth. return to the pot and

season to taste with salt and cayenne pepper. Thin the soup, if desired, with additional

chicken stock. serve hot with a dollop of crème fraîche, if desired, and a sprinkling of

chopped parsley.

Buttermilk-Battered Banana Peppers

Sweet banana peppers Makes 8
appetizer servings

bathed in rich buttermilk

*and coated in crunchy 8 banana
peppers, washed, patted dry*

cornmeal and salty 1 cup buttermilk

*cracker crumbs make it 1 cup finely
ground cornmeal*

*worth standing around 1 cup crushed
saltine crackers*

*the frying pan to make vegetable oil, for
frying*

sure you get your share.

Be careful to use the sweet Pour the

vegetable oil into a deep frying pan to a depth of about $\frac{3}{4}$ inch. heat over

banana peppers and not medium-high heat.

Hungarian wax peppers,

similar in appearance but slice the peppers in half lengthwise and remove the seeds and membrane. Pour the

worlds apart in the heat buttermilk into a wide, shallow bowl. in another wide, shallow bowl, mix together the

they deliver and even cornmeal and crushed crackers. Dip the prepared peppers into the buttermilk, then coat

hotter when fried. in the cornmeal mixture.

When the oil is hot, add the peppers in batches and fry until golden brown, about 3

minutes. Drain on paper towels. serve warm.

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FaLL

Jalapeño Poppers

Plump, juicy jalapeños Makes 4 servings

have a fresh, grassy flavor

and a little heat that's 12 medium fresh red or green jalapeño peppers

tamed by the addition of 4 ounces cream cheese, softened

cream cheese. Wrap in 1 teaspoon ground cumin (optional)

a strip of smoky bacon, 6 strips thick-sliced bacon, cut in half

cook over an open flame, Toothpicks

and enjoy watching your cooking spray to coat

friends devour the

entire batch. Preheat the oven to 400°F or heat a grill to medium-hot.

cut the peppers in half lengthwise, leaving the stem intact. remove the seeds and

membranes. Mix the cream cheese with the cumin, if using. stuff each half with about

1 teaspoon of cream cheese. Put the halves back together, wrap with a strip of bacon,

and secure with a toothpick.

Place the peppers on a baking sheet that has been treated with cooking spray.

Bake for

about 20 minutes, turning once, or until the bacon is crispy. or cook on the grill until the

bacon is crispy. remove from the heat, let cool slightly, and serve.

Poblano Chicken

This southwest-style

sauce adds great flavor Makes 4 servings

to chicken. Poblanos are

usually picked immature 3 or 4 poblano chiles, seeded and chopped

when their color is a ½ cup heavy cream or whole milk

dark forest green. On 4 tablespoons unsalted butter, divided use, plus extra for buttering

occasion you'll find 1 tablespoon all-purpose flour

them in their mature salt, to taste

state, reddish brown and 4 boneless, skinless chicken breasts

much sweeter. The first

imparts an earthy quality 1 cup
shredded Gouda cheese

to the sauce; the latter,

a sweeter, richer flavor. Place the
chiles and cream in a blender and puree
until smooth.

Both work equally well in

this recipe. in a medium saucepan, melt
2 tablespoons of the butter over medium
heat. Whisk in the

flour. cook until golden brown, whisking
constantly. reduce the heat to low and
whisk

in the cream mixture. continue whisking until the mixture thickens and begins to bubble.

remove from the heat and season with salt. (This sauce can be made a day in advance

and refrigerated.)

Melt the remaining butter in a medium skillet. sauté the chicken breasts for 4 minutes on

each side. Transfer to a buttered baking dish. Pour the poblano cream sauce over the

top and top with the grated cheese. Bake

uncovered for 20 minutes or until the cheese is

golden and bubbly. Let cool for 10 minutes and serve.

The Locavore's KiTchen

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Sweet Bell Pepper and Tomato Crostini

It's nature's gift to Makes 6 appetizer
servings

you that peppers and

tomatoes both ripen to 6 tablespoons
extra virgin olive oil, divided use

perfection at the same 1 medium onion,
diced

time. Combine two of the 2 yellow,
orange, or red bell peppers, seeded and
diced

garden's best flavors in 2 ripe roma
tomatoes, seeded and chopped, juices
reserved

this quick preparation, $\frac{1}{4}$ cup water

perfect for appetizers or 1 tablespoon
chopped parsley

with a dinner salad. If

there's any extra left over, salt and

freshly ground black pepper, to taste

store in the refrigerator 6 ½-inch slices
rustic-style bread, toasted or grilled

for up to 2 days and Freshly grated
Parmesan cheese, to garnish

enjoy warmed on a baked

potato or as a condiment heat 3
tablespoons olive oil in a large skillet
over medium heat. add the onions and

for sandwiches. sauté for 6 minutes or
until soft and transparent. add peppers
and sauté 7 to 10 minutes

more or until the peppers are soft. add

the tomatoes and water. Bring to a boil, then

reduce the heat and simmer for 15 minutes until the peppers are soft and most of the

water has evaporated. remove from the heat and let cool slightly.

Transfer the mixture to a blender and puree. return to the skillet. add the parsley and

season with salt and pepper to taste. cook until the mixture thickens and is spreadable,

about 10 minutes. spoon over the toasted

bread, garnish with a grating of cheese,
and

serve immediately.

Hot Pepper Jelly

Makes 7 half-pint jars

3 red bell peppers, seeded and chopped

When you need a little 1 green bell
pepper, seeded and chopped

extra warmth in the 2 hungarian hot wax
peppers, seeded and chopped

winter, reach for a jar 4 jalapeños,
seeded and chopped

of this Hot Pepper Jelly. 1 cup cider vinegar

As long as your recipe 1.75-ounce package powdered pectin

measures 2¾ cups of 5 cups sugar

peppers—really fresh, ½ tablespoon crushed dried red pepper, more or less as desired

seasonal peppers—

you can play with the combine the peppers, jalapeños, vinegar, and pectin in a large, heavy pot. stir to

combination, adding combine. stirring

constantly, bring the mixture to a full rolling boil (one that won't stop

more sweet pepper

varieties over hot or when stirred) over high heat. stir in the sugar and red pepper flakes and return to a full

maybe even tossing in a rolling boil, stirring constantly. Boil for one minute. remove from the heat and skim off any

habañero or two—for foam that has developed.

real chile heads. Pour a

jar over softened cream Ladle the jelly

into sterilized half-pint jars to within $\frac{1}{4}$ inch of the rim (headspace). seal

cheese and serve with and process for 5 minutes.

salty crackers for a simple

yet delicious appetizer or

new to making jams, jellies, and preserves? For a step-by-step guide to the basics, see “Jams,

use it to make the Pesto-

Jellies, and Preserves” on page 237.

Stuffed Pork Tenderloin

with Hot Pepper Jelly on

page 210.

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FaLL



Making Your Own: Roasted Red Peppers

a kitchen without sweet red peppers is not as sweet. When the end of summer

rolls

around, the green peppers of summer turn red—same shape, different color, and an

entirely different flavor. The grassy bell peppers we sautéed for side dishes or for topping

burgers have developed a sweet flavor that we can't get enough of in soups, salads,

appetizers, sauces, and more. When they are roasted—blackened and caramelized

under high heat—well, the sweet is on! Perfect this technique for roasting

seasonal red,

yellow, or orange peppers. roast a lot—then freeze them in small batches. Thaw and

use them to puree into dips or add to sauces, as a base or extra flavoring for soup, on

pizzas, in sandwiches, and more—lots more!

Roasted Red Peppers

- Choose red peppers that have firm, glossy skin, no wrinkles and certainly no save small sections of the

soft spots. rinse and pat it dry.

trimmed tops and bottoms

to chop and add to salads • Using a sharp knife, slice a portion off both ends, discarding the green stem

or freeze and add to soup

and the bottom.

stocks later.

- Make one cut through the wall of the pepper and open the pepper up on your

Use roasted red peppers in

cutting surface so it lies flat. Using your knife or fingers, remove the membranes

the winter on the chicken

and the seeds from the interior of the pepper and discard.

and roasted red Pepper

Pizza on page 203. • Place the cleaned peppers, skin side up, in a single layer on a broiler pan.

Flatten them with the palm of your hand so they lie as flat as possible. (al-

ternatively, place the peppers skin side down on a hot grill and flatten with

a spatula.)

- Broil or grill the peppers until the skins are just charred and blackened.

- Transfer the peppers to a paper or plastic bag and seal. Set aside for 20 min-

utes. During this time the pepper will continue to cook and the skin will soften and loosen from the flesh.

- Remove from the bag and slip or, using the dull edge of a knife, gently scrape

away the charred skin. (Don't worry about removing every blackened fleck.)

- Let cool completely before packing in small portions, about 2 to 3 peppers, in freezer bags. squeeze as much air from the bag as possible before storing in the freezer for about 6 months. Thaw before using.

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Making Your Own: Dried Chile Peppers

There's more than one way to preserve the abundance of flavorful chiles the garden or

the local harvest will hand you. sun-drying is an option if you live somewhere where

you're assured the sun beats down and the temperature will hover at 100°F to 140°F

for a few days straight. Lacking a commercial dehydrator, you can turn to oven drying,

an effective but not very energy-efficient method that also tends to fade the color of

brightly hued chilies. or you can simply take advantage of the air around you. smaller,

thinner-walled chilies like cayenne, habañero, jalapeño, and serrano are good choices

for drying, shedding their moisture within weeks yet still retaining their heat.

From your garden or at the farmers market, chiles typically arrive in abundance, greater

than your current need. choose or harvest chiles that are fully ripe and have developed

their color; they should be firm to the touch and smooth skinned, free of blemishes.

completely dried chilies can be stored up to a year, there to warm you up in recipes

throughout the winter ahead.

Dried Chile Peppers

- Wash and dry fully ripe chiles.

as an alternative to • Thread a needle

with about a yard of heavy-duty thread or thin fishing line. At one end, tie

hanging, the chilies can

a small clean wooden stick. This will keep the chiles from slipping off the thread.

be spread in a single layer

on wire racks. it's just as • Wearing protective gloves, thread the chiles by running the needle through the center of

effective as hanging, but

each pepper horizontally (wall to wall, not stem to tip), stacking them one on top

of another

will take up more room.

in a rotating manner.

- When you have about 6 inches of string left, wrap the string around the last pepper and

thread it under the loop you've just created to keep the peppers in place.

- Hang the strand in a warm, well-ventilated place and let nature do the work. Depending

on the temperature and air circulation, drying the chilies can take as little as 2

weeks or as

long as 5 weeks.

- When the peppers feel firm and smooth, dry to brittle, they are ready to use or store. Leave

them threaded and hang in the kitchen (although they will become dusty), or remove them

from the thread and store them in a jar with a tight-fitting lid in a cool, dark place. Perfectly

dried chilies can be stored up to a year or ground into a powder for your spice cupboard.

grinding dried chiles into powder

Once the chiles are dried and brittle they can be ground into a powder and used in pinches or better for any recipe. To

add a wonderful roasted quality to the dried chiles, lightly toast them in a hot skillet until fragrant, taking care not to

burn them. Remove from the skillet and let cool completely before grinding.

To grind dried chiles into powder, remove the stems and break the pods into small pieces. Place in a spice grinder,

blender, or food processor and process

to a powder. Let the ground powder settle for a few minutes before opening the

lid. Take care not to inhale the fine powder. If desired, sieve the powder through a fine-mesh kitchen sieve to remove

unground flakes or large seeds. Store in tightly sealed jars in a cool, dark pantry.

rehydrating dried chiles

The need to rehydrate whole dried chiles depends on the recipe you're using. If you want to flavor a soup or stew, just

toss the dried chiles straight into the pot and let the liquid do the work for you. When the recipe calls for chopped or

sliced chiles, it's best to revive them to a soft, useful texture. Place the chiles in a bowl, cover with boiling water, and let

sit for 30 minutes to an hour or until softened. (You may have to repeat this process a second time for larger, thicker-

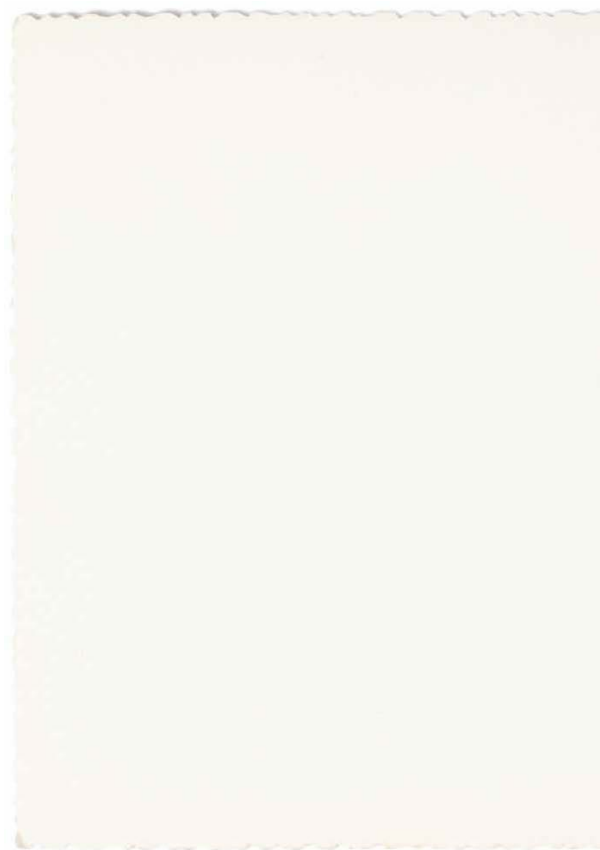
walled chiles.) Drain and slice or chop as desired. Wear protective gloves when handling the chiles and be aware that

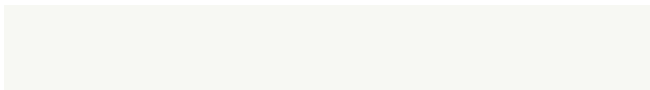
soaking chiles may give off some strong

aromas. Sniff with caution!

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FaLL





Local

Flavor

The local fishing hole used to be a good way to kill time such as yellow perch,

rainbow trout, channel catfish,

and catch supper all in one glorious afternoon. Fresh tilapia, hybrid striped bass—even shrimp. The process

fish pulled from a pond or stream and brought home on of raising fish for food has much in common with the

the end of a string meant that dinner was not far off—

way that farmers raise their crops and livestock, involv-

just as soon as someone stepped up to clean the catch.

ing some of the same skills and activities as familiar ag-

ricultural practices. Think of it as underwater farming

Over the past 30 years, our taste for fish has exceeded where instead of getting their hands dirty, farmers get

what nature can provide. The world's supplies of fresh their hands wet.

and saltwater fish and shellfish have dwindled while the

prices have soared. Natural fisheries—from small ponds It begins with eggs hatched in incubator trays. The hatch-

and rivers to expansive lakes and oceans
—have become fingerlings develop into fry
and then grow to “fingerlings,” fish

so severely depleted, overfished and taxed to
the point where as big as a small finger.
Like plants and animals, they

the fish population is slow, sometimes
unable, to re-

need proper tending, feeding, and
monitoring of water

cover. When the situation is
compounded by pollution, and growing
conditions to thrive to adulthood or
reach

contaminants, and troubling consumer advisories, the desired market weight, when they are harvested as food.

pleasure of snagging a fresh catch from local water is, in

some ways, not what it used to be.

Aquaculture can be carried out in a natural environ-

ment like open water in large net enclosures that allow

To keep fish on the table, aquaculture, also called aqua-

access to natural flows of water or in a

man-made envi-

farming or fish farming, has emerged as a sustainable environment such as levee ponds, tanks, or water-recycling

answer, a renewable food source and one of the fastest-

enclosures indoors where feed and nutrients are care-

growing sectors of agriculture throughout the country. fully controlled and fish are harvested year round.

Defined as the cultivation of fresh and saltwater fish in a

controlled environment, aquaculture operations can range. Aquaculture is not a new idea. It has been developed

in size from a hobby farm pond to feed a family to small over thousands of years in Asia. Today it is receiving in-

dedicated facilities where production, measured in thou-

creased attention and plays an even bigger role in put-

sands of pounds, feeds local communities to large com-

ting fish on the table in our own communities where

mercial operations where the harvest is measured in mil-

some small family farms have integrated aquaculture as

lions of tons to feed populations around the world. More a sidebar to existing practices. The practice has certainly

than half the fish we consume as a nation are farm raised.

skewed the definition of “locally raised fish,” those we

once pulled from local waters. Yet like farming, aquacul-

Many varieties of fish are conducive to aquaculture. It is meeting the demands of a growing population by

practices and farm raising, including popular species feeding our desire for healthy, nutritious seafood.

The Loca

vore's KiTchen

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Baked Fish in Parchment Paper

Fish baked in parchment Makes 1 serving

paper is the perfect

technique for oven baking one small fish filet (perch, trout, or catfish), about 6 ounces

thinner filets of fish, the 2 small red potatoes

kinds you'll find from 12 fresh snow peas

aquaculture operations, 1/4 cup julienne carrots

without drying it out. salt and freshly ground black pepper

The paper steams the 1 teaspoon minced ginger root

food, trapping the juices 1 clove garlic

released during baking to squeeze of fresh lemon or orange

baste the contents. slice of lemon or orange

1 tablespoon butter or a drizzle of olive oil

You can modify this

recipe by using your Preheat the oven to 400°F.

favorite seasonal herbs, Bring a small pot of water to a boil. Blanch the potatoes for 7 to 10 minutes, until a fork

seasonings, and thinly

cut vegetables. This recipe can be easily inserted. remove potatoes from the water and set aside, reserving the

serves only one, but you'll water. add the peas and carrots and blanch for 30 seconds. remove and set aside to

see that it would be easy cool. cut the potatoes into 1/4-inch slices.

to scale this to serve as cut a piece of parchment paper into a square, about 4 times the size of the filet.

many as you would like. arrange the filet on the paper, just to the right of center. Place the vegetables on top of

the fish and season with salt and pepper. sprinkle the ginger root, garlic, and lemon

juice over the fish. Place the lemon slice and the butter on top. Bring the edges of the

parchment together and fold down loosely over the fish, crimping to seal. Place on a

sturdy baking sheet. Bake for 12 to 15 minutes (slightly longer for a thicker filet) or until

the fish flakes easily when tested with a fork.

Place packet on a warmed dinner plate and serve immediately, opening slowly to allow

the steam to escape.

Broiled Filet Rollups

Rolling up thin filets Makes 4 to 6 servings

into tidy bundles is an

*interesting way to present 8 thin,
skinless fish filets, 4 to 5 ounces each
(such as tilapia)*

*this dish, but there's a salt and freshly
ground black pepper*

*bigger reason at play. This 1/3 cup
mayonnaise*

*method helps ensure that 1/2 cup freshly
grated Parmesan cheese*

*the filets emerge tender Grated zest
from 1 large lemon*

*and moist, even when 1 tablespoon
freshly squeezed lemon juice*

exposed to the high heat ½ teaspoon
Worcestershire sauce

of the broiler. The bubbly, 1 small
clove garlic, minced

cheesy topping glazes the

mild filets for an extra 2 tablespoons
coarsely chopped italian parsley

special presentation. Position the oven
rack 4 inches from the broiler element.
Preheat the broiler. spray a

broiler pan with nonstick cooking spray.
set aside.

Lightly season the filets with salt and

pepper. Beginning at the narrow end, roll up each

filet and arrange seam side down on the broiler pan.

Broil until the tops are lightly browned, 7 to 8 minutes (more if the filets are bigger, less if smaller).

Meanwhile, whisk the mayonnaise, Parmesan, zest, juice, Worcestershire, and garlic in

a small bowl. season with pepper to taste.

remove the pan from the broiler and spread a heaping tablespoon of the mayonnaise

mixture evenly over the top of each filet, using a knife to smooth. return to the broiler until

the mayonnaise mixture is golden brown and bubbling, about 2 minutes. Transfer the

filets to a serving platter or dinner plates, garnish with the parsley, and serve immediately.



in season ... 100

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t vegetables



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in season .. *root vegetables*

At first blush, you might wonder what could be so wonderful about something that looks so rough

and is often dressed with a fine dusting of soil. With a simple drizzle of oil, a sprinkle of salt and pepper, and

some oven time, your answer arrives in the incomparable natural sweetness and earthy characteristics of root

vegetables—beets, carrots, parsnips, and turnips. Technically, these are the

taproots supplying the energy for the leafy green tops we see aboveground.

Proper steaming of these cool-season vegetables delivers vibrant colors and a genuine, fresh taste, while braising mellows the color and flavors. Roasting, on the other hand, deepens and intensifies colors and sweetness. This cooking method has undoubtedly converted former foes of root vegetables into the greatest of friends and fans.

Choosing the Best. There's a lot of information attached to the leafy greens of root vegetables—if the

greens are still attached to the roots. The frilly fronds on carrots and parsnips should be fresh and green looking,

with no signs of yellowing. Avoid roots that are dry, shriveled, cracked, limp, or sprouting hair-like rootlets,

signs of overgrowth and old age. The deeper the color of the carrot, the fresher. Parsnips should be creamy

white, not tan.

When it comes to beets and turnips, the stems should be only a few inches long and the edible leaves on top

fresh, green, and small, not much bigger

than the root itself. The roots should be firm, smooth skinned, and

heavy for their size. Pass on those that are spongy or marred by cuts and brown spots.

How to Store Fresh. The rules for storing carrots, beets, parsnips, and turnips are basically the same.

Remove the leaves, leaving about an inch of stem, and store, unwashed, in a perforated plastic bag in the

crisper of the refrigerator. They should keep for about two weeks in the crisper. Keep in mind that as they

age, turnips develop a stronger, more bitter taste; carrots and parsnips fade in color and develop a woody

texture; and beets become tougher. If the beet or turnip greens are in good condition, store them unwashed

in a perforated plastic bag.

To Prepare for Cooking. Parsnips and carrots need just a simple washing and removal of the tough outer

skin with a vegetable peeler before you move on with a recipe. Young turnips do not need to be peeled, although

more mature ones do. Beets, young or

mature, need to be peeled, and the simplest method is to steam or roast

them whole. The skins will slip off easily. Beet and turnip greens in good condition are edible. Simply wash, dry,

and sauté with oil and garlic until soft or slice into thin strips and add to soups.

Pick or Buy Now, Enjoy Later. Root vegetables lose their characteristic crunch or firm texture when

frozen in sections or pieces. Carrots and parsnips can be cooked into a puree and frozen for soups or in smaller

portions, about two tablespoons to $\frac{1}{4}$

cup. Beets and carrots can also be pickled, later adding bright color to

relish trays or served on the side with roasted meats.

Preserve the seasonal flavor of root vegetables with carrot and Lemon Marmalade

or Pickled Beets with caraway on page 166.

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Carrot and Jalapeño Soup

Sweet, sweet carrots enjoy Makes 6 servings

a gentle (or a not so

subtle) blast of heat from 4 tablespoons unsalted butter

jalapeños. Your choice: 1 large onion, chopped

discard the seeds and 1 celery stalk, chopped

membranes where the 1 pound carrots, peeled and chopped

heat lies and you'll end up 2 or 3 jalapeño peppers, minced

with a pleasantly grassy 1 teaspoon
fresh thyme

overtone. Leave them be 1 fresh bay
leaf

and this is a soup that

will warm you to the core. 4 cups rich
chicken stock

Although you can use 1 cup crème
fraîche or heavy cream

heavy cream to thicken ½ teaspoon
kosher salt

this soup, consider giving 3 tablespoons
chopped fresh cilantro or parsley

crème fraîche a try. This

thick and tangy substitute Melt the butter in a large pot over medium heat. add the onion, celery, carrots, and

is perfect for cream soups peppers. sauté until soft and fragrant, about 8 minutes. reduce the heat to low and

because it resists curdling continue to cook for an additional 10 minutes, stirring frequently. add the thyme, bay

when added to hot leaf, and chicken stock and bring to a boil. reduce the heat to low and cook partially

liquids. Learn to make covered until the

carrots are tender, about 30 minutes.

your own crème fraîche

on page 50—it's easy! Working in batches, puree the soup in a blender. return to the pot. stir in the crème

fraîche and salt. Gently reheat without boiling. To serve, ladle the soup into warmed

bowls and garnish with chopped cilantro.

Honey Caramelized Turnips

People harbor an Makes 4 servings

impression of turnips as

woody spheres, tasteless 2 tablespoons
unsalted butter, divided use

and colorless. As more 1 small onion,
chopped

and more farmers 3 cups diced peeled
turnips, about ½-inch dice

begin bringing turnip 1 cup chicken or
vegetable stock

varieties to market—red 1 to 2
tablespoons honey

skinned, purple tipped, salt and freshly
ground black pepper, to taste

pearly white, and golden

yellow—cooks are

beginning to take notice Melt a
tablespoon of butter in a heavy skillet
over medium heat. add the onion and
sauté

and rekindle their love until soft and
fragrant, about 6 minutes. Transfer the
onions from the skillet to a small bowl

affair with this root. and set aside.

Choose young turnips,

on the smaller side, with return the
skillet to the heat and add the turnips and

chicken stock. Bring to a boil,

fresh leafy greens for the then reduce the heat to low. cover and simmer until turnips are tender, about 12 to 15

best and mildest flavor— minutes.

remove the cover and let cook a few additional minutes until the liquid has

caramelize them and evaporated. stir in the remaining tablespoon of butter and drizzle with the honey. add

they'll win over even the the reserved onions. Gently cook and stir the turnips until the butter and honey cook into

most hardened skeptic. a brown, sticky

coating on the turnips, about 5 minutes.
serve hot.

a rainbow of root vegetables

Shop farmers markets or seed catalogs
and you're likely to come across an
array of root vegetables in colors that
shatter

traditional expectations. Sure, you'll find orange carrots, but you're also likely to find them in creamy white, yellow,

violet, and burgundy. The expected ruby beets also show up in shades of ivory, rose, and gold with a few striped varieties

just for fun. Turnips too can have the familiar lilac crowns or be completely white. There's really nothing new about these

varieties. They've been around for ages and are enjoying a revival, one that we can also enjoy for their sweetness, scent,

and rich flavor. To preserve the intense color of these delicious oddities from field to plate, choose recipes that feature them raw, very lightly steamed, or roasted and cook them until just tender. Overcooking and boiling typically leech the

color and result in a paler version of the original.

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FaLL

Parsnip Chips

If you've never had Makes 6 servings

parsnips at all, you're in

*for a treat. Thin slices of ½ pound
parsnips, peeled and sliced very thin*

*this humble root vegetable extra virgin
olive oil*

“fry” up in the oven and coarse sea salt

emerge like crispy potato

*chips. The thinner the slice, Preheat the
oven to 350°F.*

*the crisper and sweeter the Place the
sliced parsnips in a bowl and add 2 to 3
tablespoons of oil. Toss gently until the*

chip. For a hint of garlic slices are coated. spread the parsnips on baking sheets in a single layer. roast, checking

flavor, season lightly with and stirring every few minutes, until lightly browned and crisp, about 10 to 12 minutes.

garlic salt.

season generously with salt and serve hot or at room temperature.

Fresh Beet Borscht

Borscht is a lovely Makes 4 servings

vegetable soup that can

be as simple as this recipe 6 medium
beets, roots and stems trimmed

or embellished with 1 medium onion,
finely chopped

mushrooms, cabbage, 1 teaspoon salt

potatoes, or tomatoes. 5 cups beef
stock, divided use

But the star ingredient is 1 clove garlic,
minced

sweet, juicy beets, which salt and
freshly ground black pepper, to taste

give borscht a wonderful Yogurt or
crème fraîche, to accompany

earthy flavor. Puree it Fresh dill sprigs,
to garnish (optional)

smooth or leave it with Peel the beets
with a paring knife or vegetable peeler.
coarsely grate the beets into a

pieces of grated beets large bowl. set
aside.

floating in the sweet, red

broth—and serve with a in a large pot
over medium heat, cook the onion with
the salt in $\frac{1}{4}$ cup of stock until the onions

piece of dark, dense bread are soft,
about 3 minutes. add garlic and cook,
stirring, until fragrant, about 30 seconds.

or hearty rye. add the remaining beef broth and the beets and bring to a boil. reduce the heat, cover,

and cook until the beets are very tender, about 20 minutes.

vegetable stock or chicken

stock can be substituted for Working in batches, transfer the soup to a blender and puree until smooth. return to the

the beef stock. pot and gently reheat. season with salt and pepper, to taste. (if serving the soup chilled,

remove from the heat and let cool to room temperature before refrigerating at

least 8

hours or up to 2 days.)

serve hot, at room temperature, or cold
with a dollop of yogurt or crème fraîche
and a

sprig of dill.

Honey and Balsamic Glazed Parsnips and Carrots

The nutty and sweet Makes 6 servings

tastes of carrots and

parsnips combine 4 tablespoons extra
virgin olive oil

perfectly in this easy-to- 2 tablespoons
honey

make side dish, drizzled 2 tablespoons
balsamic vinegar, white balsamic
preferred

with local honey. An 1 pound parsnips,
peeled and cut into 1-inch pieces

added splash of balsamic ½ pound
carrots, peeled and cut into 1-inch
pieces

vinegar and some quality salt and
freshly ground black pepper, to taste

roasting time lift these 4 tablespoons
freshly chopped thyme

humble root vegetables to Preheat the oven to 425°F. combine the olive oil, honey, and balsamic vinegar in a

a new height of flavor. small saucepan. Warm gently over low heat until honey has liquefied.

Place the prepared parsnips and carrots in a large bowl and drizzle with the glaze,

tossing to coat. spread on a lightly oiled baking sheet and sprinkle with salt and pepper.

Bake for 15 minutes. sprinkle the thyme over the vegetables, stirring to combine. return to

the oven and bake an additional 10 to 15 minutes or until the vegetables are tender and

caramelized. serve warm.

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Slow-Roasted Beets

If you've never been a Makes 4 servings

fan of beets, please give

beets a chance with this 1 pound small or medium beets, any variety, scrubbed clean

method that slow-roasts 1½
tablespoons extra virgin olive oil

them into an amazing 1 teaspoon salt

candy-like finish. 4 sprigs fresh
rosemary

Preheat the oven to 400°F. Place a large
piece of aluminum foil on a heavy
baking sheet.

Trim the stems and roots from the beets.
cut the beets into halves if the beets are
small

or into wedges if they are larger. Put the
beets in a large bowl and drizzle with
the

olive oil. Toss until the beets are coated.
arrange the beets down the center of the

foil. sprinkle with the salt and arrange
the sprigs of rosemary among the beets.
Bring

the sides of the foil up and around the
beets and fold together to seal. seal the
open

ends of the foil. roast the beets for 1
hour. check to see if they are tender by
inserting

the tip of a knife into a beet. if it pierces
the beets easily and the beets are dark
and

caramelized and a bit wrinkled, they are done. if not, reseal the foil and return to the

oven for 15 minutes. Let cool slightly before slipping the skins from the beets. serve

warm or at room temperature.

Cream of Turnip Soup with Seasoned Croutons

As humble and rustic Makes 4 to 6 servings

as turnips may be, they

make a sophisticated main 2 pounds

young turnips, peeled and thinly sliced

course or appetizer soup 6 cups rich
chicken stock

that has a rich, nutty 2 tablespoons
unsalted butter

flavor. Choose younger, $\frac{1}{2}$ teaspoon salt

fresh turnips for a mild $\frac{1}{2}$ teaspoon
sugar

soup and top with crunchy $\frac{1}{4}$ teaspoon
white pepper

croutons for the perfect

complement and contrast. $\frac{1}{4}$ to $\frac{1}{2}$ cup

whipping cream

Croutons:

1 cup freshly cubed bread, crusts removed

2 tablespoons extra virgin olive oil

1 clove garlic, chopped

½ teaspoon paprika

salt, to taste

combine the turnips, stock, butter, salt, sugar, and white pepper in a heavy pot. Bring

to a boil. reduce the heat, cover, and simmer for 30 minutes or until the turnips are

tender. Working in batches, puree the mixture in a blender until smooth. return to the

pot and stir in the cream. Gently reheat. Ladle the soup into warmed bowls and top

with seasoned croutons.

To make the croutons, preheat the oven to 375°F. Toss the cubed bread with the olive

oil, garlic, paprika, and salt until coated.

spread in a single layer on a baking sheet

and bake for 15 to 18 minutes, stirring twice, until the croutons are crispy and golden.

remove and let cool completely.

croutons may be made 3 days in advance and stored in an airtight container.

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FaLL





Carrot and Lemon Marmalade

Makes 3 half-pint jars

1 pound carrots, peeled, trimmed, and shredded

3 fresh lemons, scrubbed clean

3 cups sugar

Marmalade is a sweet 1 cup water

jelly in which pieces of 1 teaspoon

ground cinnamon

fruit and citrus rind ¼ teaspoon ground
cloves

are suspended. The

lemon rind lends a Place the prepared
carrots in a large saucepan. Trim the
ends from the lemon and cut

delightful bitterness to each lemon into
8 wedges, removing any seeds and tough
membrane. add the lemons,

the sweetness of the jelly, sugar, and
water to the saucepan and stir the
contents. Bring to a boil over medium-

which in this recipe is high heat, stirring constantly. reduce the heat to low and simmer for 30 minutes, stirring

delivered courtesy of occasionally, until slightly thickened. remove from the heat and cool for 30 minutes.

carrots. You'll love the

amazing amber color of Puree the mixture in a food processor (some chunks of lemon may remain, which is fine),

the finished marmalade, stopping once or twice to scrape down the sides of the bowl. return to the pan and stir in

which is wonderful on the cinnamon and cloves. Bring to a boil. reduce heat and cook until thickened, stirring

toast and muffins or as

a side relish to grilled or often, about 5 to 7 minutes.

roasted chicken. Ladle the mixture into sterilized half-pint jars to within $\frac{1}{4}$ inch of the rim (headspace). seal

and process for 10 minutes.

new to making jams, jel ies, and preserves? For a step-by-step guide to the basics, see “Jams,

Jellies, and Preserves” on page 237.

Pickled Beets with Caraway

Makes 4 pints

2 pounds fresh beets, leaves trimmed

1 large red onion, diced

3 teaspoons caraway seeds

The earthy, sweet taste of

fresh beets teams up with 2 teaspoons
mustard seeds

distinctly pungent, sweet, 2 cups cider
vinegar

and tangy caraway in 1½ cups sugar

this recipe that tastes as ½ cup water

*good months from now 2 teaspoons
pickling salt*

as it does today. You can

enjoy these beets from Place the beets
in a large pot, cover with water, and
bring to a boil over high heat.

your pantry long into the reduce the
heat, cover, and simmer for 35 to 40
minutes or until beets are tender. Drain

winter—or store them and rinse with
cold water. When the beets are cool

enough to handle, slip the skins off

submerged in the brine in and slice the beets into 1/4-inch slices or into bite-sized pieces. Place the sliced beets

a large jar with a tight-

fitting lid and refrigerate along with the onion, caraway seeds, and mustard seeds in a large bowl.

for up to three months. combine the vinegar, sugar, water, and pickling salt in a saucepan. Bring to a boil,

stirring occasionally until the sugar is dissolved. Pour over the beet mixture and gently stir

For a sweeter taste, to combine.

substitute 2 teaspoons

of celery seed for the Ladle the mixture into the jars to within $\frac{1}{2}$ inch of the rim (headspace), making sure that

caraway seeds. the beets are covered with the brine. seal and process for 30 minutes.

new to pickling? For a step-by-step guide to the basics,

see “Pickled vegetables, relishes, and salsas” on page 239.

The Locavore's KiTchen



Making Your Own: Horseradish

The journey to living and eating like a locavore is filled with pleasure . . . and maybe a

little “pain,” but all in the name of genuine flavor. That’s true when it comes to horseradish,

a ruddy, earthy root that doesn’t get the

same attention as the root vegetables we roast,

puree, or steam into sweet submission. Yet take a fresh horseradish root, give it a workout

on a box grater, and look out!

This one simple action unleashes the characteristic bite and strong aroma of this thick, fleshy

root, in truth a member of the mustard family and kin to kale, radishes, and Brussels sprouts.

Freshly Grated Horseradish

If you've never made your Makes 2
cups or 2 half-pint jars

own horseradish before,

you'll be amazed at not $\frac{3}{4}$ pound fresh
horseradish root, scrubbed clean

only how simple it is to $\frac{1}{2}$ cup plus
additional chilled water, divided use

make but also the clean 2 tablespoons
crushed ice, more if necessary

and fresh taste, so unlike 1 teaspoon
salt

what you may have $\frac{1}{4}$ cup distilled
vinegar

grabbed off a store shelf.

Horseradish is all about Trim the tough ends from the root and peel the thick skin with a paring knife or vegetable

pungency, but grate it peeler. cut the peeled root into small dice. Using a blender or food processor (fitted with

yourself and you have an a metal blade), fill halfway with the diced horseradish. (Depending on the size of the of

opportunity to control it the equipment, you may need to work in batches.)

to some degree. Use really

fresh roots—clean, firm, add 2 tablespoons each of chilled water and crushed ice. Blend or process until the

and free of cuts, splits, mixture reaches the desired consistency, which can be anywhere between a fine and

and blemishes. You can a coarse texture. carefully remove the cover from the blender or food processor. (as

grate horseradish by hand horseradish is ground, it develops an extremely potent aroma that can be irritating.) The

using a box grater and mixture will appear a bit dry. add the salt.

firm, downward, crisscross

motions, but a quicker combine the $\frac{1}{2}$ cup of water and the vinegar in a small measuring cup. add enough of

and more efficient method the water mixture to the ground horseradish to make it spreadable.

is this one that uses a

blender or food processor. (The longer you process the root or let it rest without adding vinegar, the more heat

it will develop. For a hotter finish, let the horseradish sit for up to 5 minutes before

adding the vinegar.)

Do not process

horseradish in a hot water To preserve the horseradish, pack it into sterilized half-pint jars and refrigerate for up to

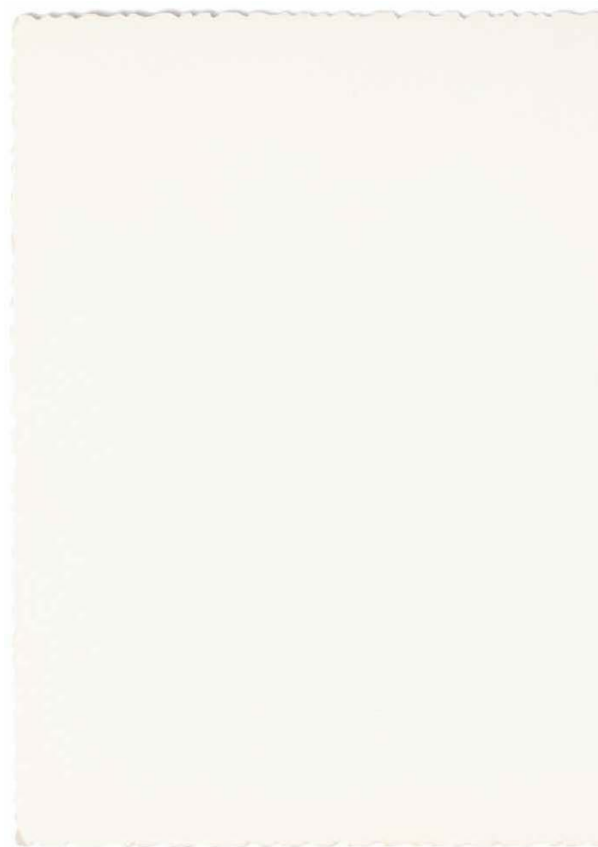
bath. The oils that give a month or freeze for up to six months. Drain slightly before using. (after a month in the

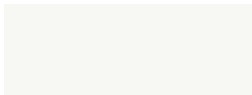
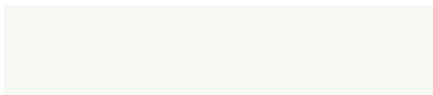
horseradish its distinctive refrigerator, the flavor and pungency begin to wane, the horseradish begins to darken,

kick are heat sensitive. and it will often develop an off flavor.)

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Local

Flavor

Long before pork became known as “the other white” prized for juicy, flavorful pork that is red hued, heavily

meat,” low in fat and in taste, farmers raised heritage marbled, and suited for cooking for long times and at

breeds of pigs, hardy animals valued for their richly high temperatures. There's the "Bacon Hog," the hand-

flavored meat, lean bacon, and lard, a superior cook-

some red Tamworth that develops an ample belly with-

ing fat. Heritage breeds of pigs were bred over time to out developing a lot of fat. Seriously small in numbers,

develop traits and characteristics that made them well the Red Wattle is a good forager, is hardy, and grows

adapted to the local landscape and

environment, better rapidly; its meat is highly flavored, dark, and lean.

suited to live off what nature and the land provided, and

able to withstand disease and tolerate harsh climates. Good genetics, where the fat and marbling hasn't been

Their character was perfectly suited for sustainable and bred away, is integral to juicy and flavor-rich heritage

organic farming. These same qualities didn't translate pork. But taste ultimately comes from the way the pigs

well to the large, modern intensive-

farming operations are raised. Farmers who raise heritage breeds are typi-

where pigs are confined indoors and growth hormones call good and responsible stewards of the land, pay-

and antibiotics are used as a matter of course. The fat ing close attention to the source of nutrition for their

that carried the flavor was gone too, bred out in search herds—lands that yield nutritious grasses and rich min-

of leaner meat and an animal that developed faster. As erals from healthy soil; an abundance of fresh air, sun-

a result, heritage breeds were largely forgotten and pork shine, and clean water. It will take about 7 months to lost its distinct taste.

raise these pigs to finish weight, almost twice as long as

for those in larger commercial operations.

The renewed focus on locally grown foods and the push

to bring flavor back into our kitchens has thrust some All this and the farmer's dedication and commitment

of these endangered breeds back into the local limelight. to preserving diversity and choice in our foods pay off

Breeds like the Berkshire, a popular heritage breed, in pork that tastes like pork and not like anything else.

cooking heritage pork

Heritage pork has a higher fat content, more intramuscular fat, and better marbling, which makes it flavorful, moist, and

a little more forgiving when you've left it on the grill or in the oven for just a little too long. For maximum tenderness,

lean cuts like pork tenderloin and chops should be just slightly pink when served. Look for a finished temperature of

145°F; the pork will be slightly pink on the inside, still moist and juicy. For larger, tougher cuts, like pork shoulder, use a

low oven temperature, a moist heat cooking method, like braising, and a long cooking time.

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Cider Braised Pulled Pork

The shoulder, butt, or Makes 8 to 10 servings

Boston butt is a cut from

the shoulder blade. Rich 1 (5- to 6-pound) bone-in pork shoulder butt roast

and fatty, it needs a low ½ tablespoon sweet or hot paprika

and slow cooking method ½ tablespoon coarse salt

to help break down the Pinch of red pepper flakes

tough fibers. Patience 1½ cups apple
cider

pays off in this recipe. At ½ cup water

the end, the meat simply 1 fresh bay leaf

falls off the bone and a 8 to 10 crusty
rolls, split and lightly toasted

fork will break it apart

into thin shreds. Great for

your next picnic or when Preheat the
oven to 350°F.

you have to feed a crowd. rub the meat
all over with the paprika, salt, and

pepper flakes. Place in a deep roasting

pan. add the apple cider, water, and bay leaf. cover the pan tightly with foil and roast

for 4 to 4½ hours or until the meat flakes and shreds effortlessly with a fork. remove from

the oven and let cool slightly. When cool enough to handle, shred the roast, discarding

any fat. cover and keep warm.

Pour the pan juices into a medium saucepan. Let rest for a bit and skim off the fat that

rises to the surface. Bring to a boil and let boil for 1 minute. remove from the heat and

let cool slightly.

Pour the sauce over the shredded pork and toss to distribute. When ready to serve, use

tongs or a slotted spoon to mound the pork on a crusty bun. Drizzle a little of the sauce

over the top, if desired. serve immediately.

Grilled Pork Chops with Oregano

and Lemon Pepper Rub

This grilling method is Makes 4 servings

great for cuts of heritage

pork where you want 4 bone-in rib or loin chops, cut 1¼ inch to 1½ inch thick

the smokiness of the grill Kosher salt

to add flavor but want Grated zest of one fresh lemon

to make sure you don't 2 tablespoons coarsely crushed mixed peppercorns

overcook them. Using a 3 tablespoons

fresh or 1½ tablespoon dried oregano

disposable aluminum 2 tablespoons
extra virgin olive oil

foil pan to cover the Disposable
aluminum foil baking pan

chops as they finish on

the cooler side of the grill

helps keeps the moisture Blot the
surface of the chops dry with a paper
towel. season with salt.

in the chops. Try the combine the zest,
crushed peppercorns, and oregano in a
small bowl. stir in the oil

same method for grilling to make a paste. coat the chops with the paste. set aside at room temperature for

chicken and lamb, too. one hour.

Preheat the grill to medium-high with the cover closed. When the grill is hot, leave one

burner on medium-high and turn the other burners to medium-low. arrange the chops on

the hotter part of the grill and grill for 2 minutes. rotate the chops 180° and grill for an

additional minute (this will give the

presentation side nice crisscross grill marks). Turn the

chops over and grill for an additional 3 minutes.

Move the chops to the cooler part of the grill, cover with the foil pan, and continue to

cook for an additional 7 to 10 minutes with the grill cover down, until an instant-read

thermometer inserted into the thickest part of the chop registers 140°F.

Transfer to a platter, cover with foil, and let rest for 5 minutes before serving.

(The

temperature will rise 5 to 10 degrees.)

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FaLL



in s
broccoli &

in s
broccoli &

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in season ...

broccoli & cauliflower

Broccoli and cauliflower have a lot in common. As members of the cabbage family, their tastes

include a cabbage-like undertone, but each has subtle and distinct differences. Cauliflower has a delicate, nutty

flavor and is best suited for dishes that don't have a lot of strong flavors

competing for attention. Broccoli packs a range of tastes and textures from the soft and flowery nature of the florets to the fibrous and crunchy character

of the stems and stalks and is good at absorbing flavors like ginger, garlic, vinegars, and lemon.

More important is the cooking technique used, which should be quick to hang on to color and texture.

Choosing the Best. Broccoli bunches should feature compact clusters of florets with tightly closed buds.

Broccoli with large, thick, pale stalks is

overgrown, tough, and strong tasting, and any hint of yellowing or open,

flowering florets is a sure sign of age.

A cauliflower head or curd, which is made up of multiple florets, should be creamy white and compact with

bright green, firmly attached leaves.

Sniff deeply. There should be no cabbage-like smell. Old cauliflower will

show flecks of black mold on the florets; its leaves will be yellowed and curled, and it will have lost its firmness.

How to Store Fresh. While they look

sturdy and durable, both broccoli and cauliflower deteriorate

quickly, so buy or harvest them when you plan to use them. They will keep for a couple of days in the crisper

drawer of the refrigerator. Store them unwashed and wrapped tightly in plastic.

To Prepare for Cooking. Broccoli provides a range of texture from soft and flowery florets to fibrous and

crunchy stems and stalks. To prepare broccoli, remove the bottom two inches from the stalks and discard. Use a

sharp knife to separate the stalks from

the individual florets. Tender florets cook more quickly than the stalk. To

create a balance, peel the stalk's tough outer layer and cut the stalks into pieces comparable in size to the florets

or save and freeze them for other uses.

To prepare cauliflower, pull off and discard the green leaves, exposing the stem and core. Take a paring knife and

remove the bottom core, cutting into it at an angle in a cone shape. The stalks on cauliflower are shorter and

more tender than broccoli's, so as you separate florets from the head, they are

likely to come with some stalks.

Pick or Buy Now, Enjoy Later. If properly blanched and frozen, broccoli will hold onto its color

and flavor and a good amount of its texture. From the freezer, it will work well in dishes that require quick

cooking techniques like the Broccoli Sauté with Garlic and Ginger on page 172 or cooked dishes as well as soups.

Cauliflower, on the other hand, does not freeze well, turning rubbery and lifeless. Canning either vegetable is

never recommended, although as part of

a mix, pickling is sometimes an option.

Freeze this season's broccoli! To learn how, go to page 218.

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Faux Mashed "Potatoes"

This dish has everything Makes 8 servings

mashed potatoes have,

except for the starch and 2 tablespoons unsalted butter

the calories. In every ½ cup milk, more or less as needed

other way—texture, 1 head cauliflower (about 1¾ to 2 pounds)

richness, and flavor—it's ½ cup grated Parmesan cheese

a dead ringer for spuds ¼ teaspoon cayenne pepper

we love. salt, to taste

Freshly grated nutmeg, to garnish

heat the butter and milk in a small saucepan until very warm. set aside.

remove the florets and tender stalks from the cauliflower curd. Place in a large pot and

add an inch of water. cover and bring to a boil. reduce the heat to low and steam for

15 to 20 minutes or until very soft.
Drain.

in a food processor, process the cauliflower until mostly smooth, but with some of the

pieces remaining for texture. Work in batches, if necessary.

return the puree to the pot. stir in half of

the milk mixture, the cheese, and the cayenne

and cook over medium heat, stirring often, for 5 to 10 minutes, until the mixture has the

consistency of mashed potatoes, adding more milk if necessary. season with salt to taste.

Transfer to a warm serving dish and garnish with freshly grated nutmeg.

Cauliflower and Leek Bisque

If you love cauliflower, Makes 4 to 6 servings

you'll love this soup. If

you're not sure how you 2 tablespoons
unsalted butter

feel about cauliflower, a 1 stalk celery,
sliced

bowl of this creamy soup 3 leeks,
trimmed, rinsed, and sliced (white part
only)

might convert you. For 6 cups fresh
cauliflower pieces (about $\frac{1}{2}$ of a large
head)

the best puree, use a stand 3 cups rich
chicken stock

blender or an immersion $\frac{1}{2}$ teaspoon
salt, plus extra, if necessary

“stick” blender. These $\frac{1}{2}$ cup heavy
cream (optional)

kitchen tools do the best cayenne
pepper, to taste

job of turning chunky

vegetables into smooth, 2 tablespoons
fresh chopped parsley

silky purees. Melt the butter in a large
saucepan over medium heat. add the
celery and the leeks and

cook until very soft but not brown, about

10 minutes. add the cauliflower pieces and

the stock. Bring to a boil. reduce to a simmer and cook for 20 to 25 minutes or until the

cauliflower is very tender.

Working in batches, transfer the soup to a blender and puree. return the soup to the

saucepan, add the salt and gently reheat. stir in the heavy cream and heat until hot, not

boiling. Taste and season with cayenne pepper and additional salt, if necessary.

stir in

the chopped parsley and serve immediately.

To make this a vegetarian dish, substitute highly flavored vegetable stock for the

chicken stock.

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Broccoli and Chickpea Salad with Feta Dressing

Quick and easy, fresh and Makes 4

servings

delicious, this crunchy

salad is perfect for lunch ½ cup
crumbled feta cheese

or as a quick side for your 1/3 cup plain
yogurt

dinner menu. Feta gives 1 tablespoon
freshly squeezed lemon juice

it a salty nature, so taste 1 clove garlic,
minced

before adding salt. Freshly ground
pepper, to taste

4 cups chopped broccoli florets

1½ cups cooked chickpeas or 1 15-ounce can, drained

½ cup chopped red bell pepper

¼ cup chopped red onion

¼ cup golden raisins

in a medium bowl, whisk together the feta, yogurt, lemon juice, garlic, and pepper

until combined.

add the broccoli, chickpeas, bell pepper, onions, and raisins, tossing to coat. Let

sit for 1

hour and serve at room temperature or refrigerate for 8 hours and serve chilled.

Broccoli Sauté with Garlic and Ginger

This technique combines Makes 4 servings

a quick sauté with a

little steaming that 4 tablespoons extra virgin olive oil, divided use

turns broccoli a brilliant 1 head broccoli, florets removed and separated into bite-size pieces,

emerald green. Feel free

stalks peeled and julienned

to substitute cauliflower salt and freshly ground black pepper, to taste

for the broccoli, just sauté ½ cup water

and steam a little longer. 1 small red onion, diced

Pinch of red pepper flakes

2 cloves garlic, minced

1 tablespoon chopped fresh ginger

heat 3 tablespoons of the oil in a large

skillet over high heat. add the broccoli florets

and julienned stalks. sprinkle with salt and pepper. carefully add $\frac{1}{2}$ cup water. reduce

the heat to medium-high and cook, stirring frequently, until the broccoli is tender, about 8

to 10 minutes. (if the pan begins to look dry, add a little more water to keep the broccoli

from scorching.) Transfer the broccoli to a bowl and cover to keep warm.

add the remaining tablespoon oil to the

skillet over medium heat and add the onion

and red pepper flakes. cook until the onion is soft, about 6 minutes. add the garlic and

ginger and sauté until soft and fragrant, about 1 minute. return the broccoli mixture to the

skillet and cook, stirring, until all the ingredients are combined and the broccoli is heated

through, about 2 minutes. season to taste with salt and pepper. serve warm.

The Locavore's KiTchen

Broccoli and Cauliflower Sformato

A sformato is a soufflé- Makes 6 to 8 servings

like creation but not

quite as airy, so there's no 3
tablespoons salt

need to fear a collapse in 1 small head
cauliflower, cut into bite-size florets

the oven. In this recipe, 1 head
broccoli, cut into bite-size florets

broccoli and cauliflower 1 cup milk

unite for one great 3 tablespoons extra
virgin olive oil

seasonal side dish. You $\frac{1}{4}$ cup all-
purpose flour

can also substitute the $\frac{3}{4}$ cup grated
Parmesan cheese

vegetable of the moment, salt and
freshly ground black pepper, to taste

such as asparagus in the

spring or corn in

the summer. Fill a large bowl with ice
water. set aside. Lightly butter a 9-inch
square baking dish.

Fill a large stockpot with water and bring to a boil. add 3 tablespoons salt. add the

You can substitute 1 cup cauliflower florets and cook for 10 minutes until tender. Using a handheld strainer, transfer

of rich chicken stock the cauliflower to the ice water to halt the cooking.

for the cup of reserved

cooking water. add the broccoli to the same pot and cook for 5 minutes until tender. reserve 1 cup of

the cooking water. Using a handheld

strainer, transfer the broccoli to the ice water to halt

the cooking. Drain the vegetables in a colander and set aside.

Preheat the oven to 375°F.

heat the milk and reserved cooking water in a saucepan over low heat. in another

saucepan, whisk the olive oil and flour together to make a roux. cook over low heat for

5 minutes until lightly golden. add the hot milk and whisk constantly until smooth and

creamy. remove from the heat, stir in the cheese, and season with salt and pepper.

combine the sauce with the broccoli and cauliflower and transfer to the prepared baking

dish. Bake 20 to 25 minutes, until bubbling. cool for 5 minutes before serving.

Roasted Cauliflower

Truly fresh cauliflower Makes 4 to 6 servings

paired with the right

cooking methods, like 1 medium

cauliflower, florets and tender stems separated,

roasting or steaming until

trimmed into bite-size pieces

tender, has a mildly sweet ¼ cup extra virgin olive oil

taste that never comes 1 fresh lemon, juiced

across as strong. There's 1 tablespoon thinly sliced garlic

not much to get in the salt and freshly ground black pepper, to taste

way of the truly mild

and sweet flavor of fresh

cauliflower in this recipe, Preheat the oven to 500°F.

but be sure to choose the Place the cauliflower florets in a large bowl. Drizzle with olive oil and lemon juice. add

freshest cauliflower the garlic, salt, and pepper and toss until coated. arrange on a shallow baking sheet

you can find. and roast for 15 minutes, stirring occasionally, until just tender. serve immediately.

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FaLL











Season ... ussels sprouts

















in season ...

cabbage & brussels sprouts

In the world of fresh vegetables, cabbage and Brussels sprouts may be among the most

misunderstood and underrated.

Childhood memories of strong-tasting, mushy, pale portions stood as the

ultimate roadblocks to dessert.

Brussels sprouts look like tiny heads of cabbage and are closely related, but properly prepared sprouts have a

milder taste and denser texture than cabbage. You'll find a few different varieties of cabbage, from compact,

heavy heads to tender loose leaves, all of which can be served raw and crisp in salads where the taste comes

through as mild, delicious, and easy to love. Cooked, not overcooked, cabbage is sweet and pleasant.

Choosing the Best. When choosing red or green cabbage, pick a crisp and fresh-looking head, tight and

compact with no loose leaves. Leafy varieties like Savoy, Chinese cabbage (also called celery or Napa cabbage),

and bok choy should have stems and ribs that are firm and crisp, not limp. The leaves on any type of cabbage

should not appear wilted or have yellow or brown edges. Brussels sprouts should be bright green, firm, and

compact with no sign of yellowing and no strong smell, a sure sign that they are old.

How to Store Fresh. Whole dense heads of cabbage will keep for a couple of weeks stored unwrapped in

the coolest part of the refrigerator. Wrap unused portions in plastic and use within a week. Leafy varieties like

Chinese cabbage and bok choy are more delicate and should be used within a few days.

Upon picking, Brussels sprouts begin to develop strong flavors, so they should be used fresh, the same day they are picked or purchased, or held no more than a day or two in the refrigerator, stored in a perforated plastic bag.

To Prepare for Cooking. Discard loose or limp outer leaves on head cabbage and rinse any signs of dirt.

Cut into quarters, leaving the hard inner core intact to grip when slicing or shredding. When using individual cabbage leaves from either head or loose leaf cabbage, use a paring knife to

remove the tough ribs to the point
where they thin out.

On Brussels sprouts, remove just the
outer leaves and cut a shallow 'x' in the
bottom core with the tip of a knife

so the fibrous stalk cooks evenly. Use
them whole or cut in half or quartered.

Pick or Buy Now, Enjoy Later. Brussels
sprouts can be blanched and frozen with
fair results but canning

is never recommended because the
flavor intensifies in an unpleasant way
and the bright green color wanes.

Fermenting cabbage into sauerkraut is simple and has only a few requirements for success. It's an easy, largely

hands-off project that mostly requires a little daily monitoring. Learn to make your own sauerkraut on page 178.

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Pickled Picnic Slaw

Make a quick trip to the Makes 8
servings

farmers market or a stop

at a roadside stand and 4 cups finely shredded cabbage

Dressing:

you should find most of $\frac{1}{2}$ red onion, thinly sliced

$\frac{1}{4}$ cup cider vinegar

the vegetables that go 1 red bell pepper, seeded and julienned

2 teaspoons honey

into this colorful slaw 2 to 3 jalapeño peppers, seeded and julienned

1 fresh lime, juiced, divided use

with a slightly south of 3 cloves garlic,
minced

1½ teaspoons ground cumin

the border flavor. Use 1 tablespoon
chopped fresh oregano

½ teaspoon salt

green, Savoy, or Chinese 1/3 cup
chopped fresh cilantro

1/

cabbage—each works

3 cup extra virgin olive oil

salt and freshly ground black pepper, to taste

perfectly in this recipe.

combine the cabbage, red onion, red pepper, jalapeños, garlic, oregano, and cilantro

in a large bowl. season with salt and pepper and toss to distribute.

stir together the vinegar, honey, lime juice, cumin, and salt in a small bowl. Whisk in

the oil in a slow steady stream until blended. Pour over the slaw and toss to coat. Let sit

at room temperature for 30 minutes or refrigerate for up to 4 hours, allowing to return to

room temperature before tossing again and serving.

Warm Cabbage, Pepper, and Onion Sauté

Served as a salad or a Makes 4 servings
side, this dish delivers

Dressing:

a range of flavors from 2 slices bacon,
cut into 1-inch pieces

3 tablespoons cider vinegar

sweet to sour, smoky to ½ red bell pepper, cut into 2-inch-long strips

1 tablespoon vegetable oil

spicy . . . and the short ½ green bell pepper, cut into 2-inch-long strips

1 tablespoon water

cooking time helps the ½ yellow bell pepper, cut into 2-inch-long strips

1½ teaspoons brown sugar

cabbage retain more of its 1 medium onion, thinly sliced

1½ teaspoons Dijon mustard

color and some of ½ head green
cabbage or a small savoy

½ teaspoon salt

its firmness.

cabbage, cored and shredded

½ teaspoon pepper

cook the bacon in a large skillet until
crisp. Drain off the excess oil. return the
pan to the

stove. add the bell peppers, onions, and
cabbage. Toss gently over medium heat

until

slightly wilted, about 1 or 2 minutes.

in a small bowl, whisk together the vinegar, oil, water, brown sugar, mustard, salt, and

pepper. add to the vegetable mixture and stir gently. Toss over medium heat for about 3

minutes until the liquid has evaporated and the vegetables are tender with a little bite, not

soft. serve immediately.

Braised Bok Choy

In search of bok choy at Makes 4
servings

the farmers markets? You

might find it as “baby,” 2 cups rich
chicken stock

1 teaspoon sesame oil

young and tender and $\frac{1}{4}$ cup unsalted
butter

Freshly ground black pepper, to taste

best when cooked whole. $1\frac{1}{2}$ pounds
bok choy, tough stem ends trimmed

Mature or larger bok

choy should be treated combine the stock and butter in a deep heavy skillet. Bring to a simmer. arrange the

like chard, by separating bok choy in a few even layers in the skillet, cover, and simmer until tender, about 5

the stalks from the leaves, minutes.

Using tongs, transfer the bok choy to a serving dish and cover to keep warm.

chopping them into pieces,

and giving them a head Bring the broth mixture to a boil and let cook uncovered until greatly reduced to

start in the pan before about ½ cup. stir

in the sesame oil and pepper. Pour the mixture over the bok choy

adding the chopped leaves. and serve immediately.

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FaLL

Cabbage with Apples

An autumn meal of Makes 8 servings

roasted pork or sausages

wouldn't seem complete 1 medium red cabbage (about 2 to 2½ pounds)

without a side of warm 3 tablespoons
unsalted butter

braised red cabbage 1 cup chopped
onion

sweetened with locally 2 medium apples
(such as Gala or Golden Delicious)
peeled, cored, and chopped

grown apples and apple $\frac{1}{2}$ cup red wine
vinegar

cider. This recipe can be 2 tablespoons
brown sugar

prepared up to 2 days $\frac{1}{4}$ teaspoon
ground cinnamon

in advance and gently

reheated before serving. ¼ teaspoon
ground allspice

1/8 teaspoon ground cloves

salt and freshly ground black pepper, to
taste

1 cup apple cider or apple juice

remove the outer leaves of the cabbage
and the tough core. Quarter the cabbage
and

cut into shreds. You should have 9 to 10
cups.

Melt the butter in a large, heavy pan with a lid over medium heat. add the onion and

sauté until soft and translucent, about 6 minutes. add the shredded cabbage in batches,

adding more when the previous addition collapses and wilts. stir in the chopped apples,

vinegar, sugar, and spices. season with salt and pepper to taste. Pour in the cider, cover,

and cook until the cabbage is tender and the juices have thickened slightly, about one

hour. serve warm.

Cabbage and Mushroom Soup

Economical ingredients Makes 8 to 10 servings

add up to one delicious

vegetarian soup. Great 1½ pounds fresh mushrooms, trimmed, washed, and coarsely chopped

to make and serve in an 10 cups water or vegetable stock

afternoon, but better if 2 carrots, peeled and chopped

you can let the soup sit 2 ribs celery,
chopped

in the refrigerator for 24 1 small head
green cabbage, thinly sliced

hours so the flavors can $\frac{1}{4}$ cup chopped
fresh parsley

meld and mellow. 1 teaspoon salt, more
or less to taste

$\frac{1}{2}$ teaspoon pepper

You can substitute 3 to 4 3 tablespoons
unsalted butter

cups of drained sauerkraut 1 medium
onion, diced

for the fresh cabbage. 1 to 1½
tablespoons paprika

1 cup orzo or any small egg noodles,
cooked and drained

Place the mushrooms and water in a
large stockpot. Bring to a boil. reduce
the heat

to a gentle simmer and cook until the
mushrooms are tender and the water
takes on an

earthy brown color, about 30 minutes.
add the carrots, celery, cabbage, and
parsley.

Let the liquid return to a simmer and

continue to cook an additional 20 minutes until the

vegetables are tender. add the salt and pepper.

in the meantime, sauté the onion in butter over medium heat until soft and fragrant, about

5 minutes. When the onion is soft, stir in the paprika and cook until the mixture is highly

fragrant, an additional minute or two. add the onion mixture to the soup and mix well.

add the cooked noodles. Taste and

adjust seasonings, if necessary. serve hot.

The recipe calls for the noodles to be cooked before adding to the soup. Why not just toss them into the

soup to cook? When dried noodles are cooked in a soup, they soak up the precious stock we expect to

fill our soup bowls. cooking noodles before adding helps the soup maintain a good balance between

liquid and noodles.

The Locavore's KiTchen

Maple-Glazed Brussels Sprouts with Bacon

If you've ever had to Makes 4 servings

be coaxed to "eat your

Brussels sprouts," it 1 pound Brussels sprouts, cored and trimmed 4 tablespoons pure maple syrup, divided use

wasn't because of this 4 slices bacon, cut into 1/2-inch pieces

1/2 teaspoon salt

recipe. These Brussels 1 medium onion,
thinly sliced

coarsely ground black pepper, to taste

sprouts soak up the sweet

smoky goodness of pure Bring an inch
of water to a boil in a medium skillet.
add the Brussels sprouts, reduce

local maple syrup, and the heat to low,
cover, and steam for 5 minutes, until they
are crisp-tender. Drain and set

the crisp bits of bacon add aside. When
cool enough to handle, slice the Brussels
sprouts in half lengthwise.

a little welcome crunch.

in the same skillet, cook the bacon over medium heat until crisp. Transfer the bacon to a

paper towel to drain the fat. Pour off all but 2 tablespoons of the bacon fat. return the pan

to medium heat and add the onion. sauté until soft and tender, about 6 minutes. add 3

tablespoons of the maple syrup and cook an additional minute. add the Brussels sprouts

and cook an additional 5 to 6 minutes,

stirring occasionally, until the Brussels sprouts are

lightly browned and glazed, and the liquid has evaporated. stir in the remaining syrup and

reserved bacon. season with the salt and pepper. cook 1 minute to heat through.

Warm Brussels Sprout, Shallot, and Nut Slaw

Cool slaws are for Makes 6 servings

summer, but come fall we

like to warm things up. 1 pound
Brussels sprouts, cored and outer leaves

removed

This simple slaw swaps 2 tablespoons extra virgin olive oil

out cabbage for Brussels 6 shallots, thinly sliced (about $\frac{3}{4}$ cup)

sprouts and adds a salty, salt and freshly ground black pepper, to taste

welcome crunch with the $\frac{1}{4}$ cup sherry vinegar or red wine vinegar

addition of nuts. 1 tablespoon light brown sugar

1 tablespoon grated orange zest

½ cup chopped salted cashews or
peanuts

Thinly slice the Brussels sprouts in a
food processor using a fitted slicing
blade. set aside.

heat the oil in a large skillet. add the
Brussels sprouts and shallots and sauté
until both are soft

and tender, about 6 minutes. season
lightly with salt and pepper. add the
sherry vinegar and

light brown sugar and sauté an
additional 2 minutes or until liquid is
evaporated. add the

orange zest and nuts, tossing to combine.
serve warm or at room temperature.

cabbage primer

Not all cabbage is green and round and while some can be interchanged in recipes, others prefer to reserve their distinct

personality and flavor for their own glory. Here's an idea of some of the cabbage varieties you might find at farmers

markets and roadside stands during the fall.

Savoy Cabbage: This looks like a

rippled version of green cabbage with loosely layered leaves. It can be used just like green cabbage but does not have the keeping quality of its sturdier cousin. Delicious thinly sliced in salads, braised in

butter, or in stir-fry.

Green Cabbage: Basic, solid, and stores well, long-cooking green cabbage brings out its natural sweetness; overcooking brings out its sulfur-like odor. Good cooked and in salads and slaws.

Red Cabbage: Similar to green in most respects except often smaller. Red cabbage is always cooked with some

type of

vinegar or a squeeze of lemon to prevent it from taking on a peculiar blue color. Good in salads and slaws, too.

Bok Choy: Bok choy has a mild but bright cabbage flavor. Its pale green stalks and leaves resemble Swiss chard. Often used in stir-fry, but braising brings out its sweet taste.

Chinese Cabbage: Also known as Napa or celery cabbage, it looks more like a head of Romaine. Crisp, light green leaves are mild tasting with a little hint of pepper. Good for salads and stir-fry.

FaLL



Making Your Own: Sauerkraut

When life (or your neighbor) hands you cabbage, make sauerkraut. Lots of it!

Turning

mounds (or mountains) of shredded cabbage into salty, tangy sauerkraut is economical

and easy to do in the locavore's kitchen,

requiring little more than cabbage, salt, patience, and regular monitoring. a largely hands-off project, you can make it in giant

batches or in smaller quantities, more often.

cabbage turns into sauerkraut through *fermentation*, a natural transformation of the carbohydrates in certain

foods into alcohol or acid through chemical changes caused by enzymes produced by naturally occurring

bacteria. The same bacteria also prevent the growth of molds and yeast that would

otherwise spoil your

batch of sauerkraut. Fermentation is the process that turns grapes into wine and vinegar and milk products

into yogurt (page 29), crème fraîche (page 50), and buttermilk. Properly fermented sauerkraut has a long

shelf life and a distinctively tangy flavor, a result of the lactic acid that forms when bacteria ferment the sugars in the cabbage.

You can begin the process of making sauerkraut whenever fresh cabbage is available, although cabbage

harvested in the fall is sweeter. Gather the following to get started:

- A ceramic-coated crock or plastic food grade container to hold the shredded cabbage. You can use

anything from a container small enough to keep on your counter to a 2-foot-deep crock. how much finished

sauerkraut you want will dictate the size of the container you should use. Five-gallon food grade plastic

buckets are good for fermenting sauerkraut and will easily hold 15 pounds of shredded cabbage (that's

5 to 6 large, untrimmed heads), which will make about 7 quarts of finished sauerkraut. check with local

restaurants to see if they have any to give away or sell.

- A clean, finely woven lint-free cotton towel to cover the container as a barrier to dust and other foreign objects.

- Weights to compress the cabbage and keep it submerged in its juices. The best solution is to fill a large,

sealable, heavy-duty plastic bag (or a double layer of bags) with water and place it directly on top of the

cabbage. The water-filled bag disperses its weight over the surface, creating a seal to prevent exposure

to air and the growth of film, yeast, or molds. You can also use a ceramic plate slightly smaller than the

container opening and weigh it down with a heavy object such as water-filled mason jars or a heavy rock,

scrubbed and wrapped in plastic.

location, location, location!

Before you proceed with the recipe, be sure that the container is located in an area of the house conducive to

encouraging fermentation, such as a warm basement or an out-of-the-way corner in the kitchen where the temperature

remains a consistent 65°F to 75°F with no dramatic fluctuations. at cooler temperatures, fermentation is slow, about

5 to 6 weeks, but yields crunchier sauerkraut with better flavor. at 75°F, the process takes place in about 4 weeks.

troubleshooting

cabbage can spoil instead of fermenting if there is not enough salt or it is

unevenly distributed, if the room temperature

is too high or too low, or if it was improperly packed, leaving air pockets for mold growth.

You know your cabbage has spoiled instead of fermenting if

- It turns an undesirable color and has a strange odor, odd flavor, and soft texture
- It turns pink, a result of uneven salt distribution or too much salt, improper covering, or improper weighting during fermentation.

- It turns a shade of brown, which could be from unwashed or untrimmed cabbage, lack of juice covering the

cabbage during fermentation, uneven salt distribution, or exposure to air.

also, finished sauerkraut will spoil more quickly if you don't keep it cool (if it turns dark brown, it's spoiled), so keep it

in a cool place, such as a refrigerator or root cellar, unless you plan to can it or eat it all within a few weeks.

The Locavore's KiTchen



Sauerkraut

Makes about 7 to 8 quarts or 15 pints

5 to 6 large, fresh heads of cabbage
(about 15 pounds total)

9 tablespoons kosher salt or fine sea salt

remove the outer leaves on the cabbage
and trim away any damaged portions.

cut into quarters and remove the core.
cut the cabbage into thin shreds, about
the

thickness of a dime.

Working in 5-pound batches, thoroughly
mix each batch with 3 tablespoons of
salt. (Too

little salt allows the cabbage to spoil,
too much prohibits proper fermentation.)
Use your

hands to distribute the salt, crushing and breaking the strands to encourage the release

of water. You can also use a potato masher to crush the strands. Let sit until the cabbage

has wilted slightly and releases some water, about 5 minutes.

Transfer the salted cabbage and any liquid to the prepared crock or container (5-gallon

size). Using clean or gloved hands or the potato masher, press down firmly between

additions to tightly compact the cabbage until the juice comes to the surface. (if there is

not enough liquid, dissolve a teaspoon of salt to every one cup of water needed to cover

the cabbage.) repeat the process with two more 5-pound batches of cabbage.

Weigh the cabbage down with the water-filled bag or other appropriate weight. cover

the container with the cloth to keep out dust and other foreign objects. set the crock or

bucket where it will not be disturbed and where the temperature will remain between

65°F and 75°F.

Fermentation begins immediately, but it will take a few days before you'll notice some

outward signs such as the formation of gas bubbles on the surface. now it's time to

check the cabbage daily, removing any scum (a natural occurrence) that forms and

replacing the towel with a fresh one. as

it ferments, the cabbage will reduce in volume.

Fermentation is usually complete in 4 to 6 weeks, and the cabbage is now sauerkraut.

how will you know? First, by appearance. Perfectly fermented cabbage ranges in color

from white to a light buttery yellow. second, a taste will reveal a depth of flavor, a tang,

and a natural appeal to your taste buds. (if the flavor doesn't suit you, let the cabbage

continue to ferment so the flavor will continue to evolve.) Finally, by texture. The sauerkraut

should be somewhat firm to the bite, not crunchy but not mushy soft.

how you store your sauerkraut is now up to you. either pack it into clean pint or quart

mason jars with tight-fitting lids and refrigerate for up to 3 months or preserve it longer

by canning.

For canning: Place the sauerkraut in a large stockpot with enough of the liquid

to cover.

heat over medium heat, stirring often to make sure none of the sauerkraut sticks to the

bottom of the pot. heat until the mixture is hot and begins to bubble.

Pack the sauerkraut into pint or quart jars with enough liquid to cover, to within $\frac{1}{2}$ inch of

if you like caraway seed in the rim (headspace). seal and process 20 minutes for pints and 25 minutes for quarts.

your sauerkraut, mix in one

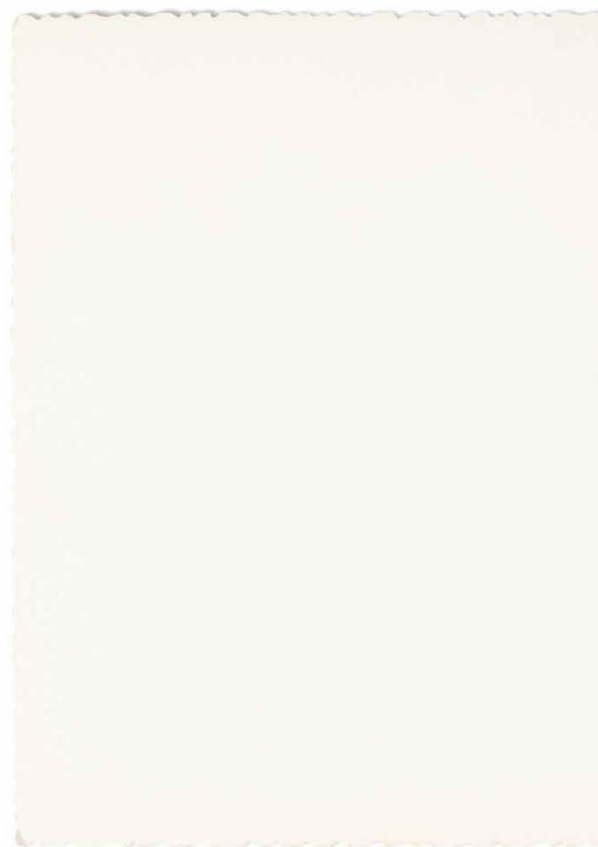
tablespoon for every four

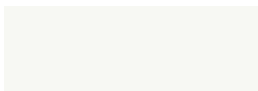
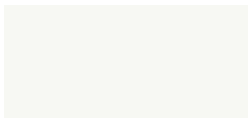
cups before canning.

“canning” on page 227 provides a step-by-step guide to the basics.

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FaLL





Local

Flavor

Hold a glass of wine from a local winery to the light. Is it

If you cook with the premise that “things that grow together,

a luscious burgundy color with purple undertones or per-

go together” then you can probably see that serving and

haps the color of golden straw? Give it a swirl in the glass, a

using local wine in the locavore’s kitchen makes perfectly de-

couple of quick sniffs, then sip and savor the taste. Does it

licious sense. As an ingredient, locally produced wines can be

remind you of the juicy blackberries you ate straight from

found and used all year round to add flavor to stocks, soups,

the vine this summer or does it hark back to the sweet, ten-

stews, sauces, salad dressings, and desserts. But how do you

der pears from the orchard down the

road that you turned

know which wines to use? While there are some suggestions

into a wonderfully chunky sauce last fall?

to point you in the direction of successful pairings both in

If you haven't decided on the perfect foods or cheese to pair

the glass and at the stove, it's largely a matter of personal

with these wines, think a bit closer to home. The characters

taste and what makes your taste buds happy.

of local wines and of locally grown foods reflect the geog-

There is one hard and fast rule about cooking with wine and

raphy and climate where they are grown as well as regional

that is never to cook with wine that you wouldn't drink. The

winemaking and culinary traditions that have evolved over

same qualities that come through in the

glass you're lifting

the years.

will also come forward in the dish you bring to the table.

food + wine

When choosing a wine to use as an integral ingredient in your next recipe, consider the following guidelines.

Always

avoid any wines specifically labeled “cooking wine.” They are usually flavorless, contain salt, and are anything but

reflections of locally produced wines.

Full-Bodied Red Wines

Thick and Sweet Fortified Wines

Cabernet, Merlot, and Pinot Noir

Port and Sherry

Add to hearty dishes featuring beef,
lamb, or duck, rich

Best used in recipes featuring fish, pork,
poultry,

spaghetti sauces, or fruit sauces like
Sweet Cherries in

veal, cream sauces, and salad dressings
or as part of

Wine on page 104 or the Drunken Leeks
on page 139.

a marinade.

Light-Bodied White Wines

Sweet and Fruity Wines

Chardonnay or Sauvignon Blanc

*Late Harvest Wines, Riesling, and Ice
Wines*

Use to flavor sauces for fish, poultry,
veal, and cheese

Use to flavor sweet desserts and dessert sauces or as a

dishes or the Pumpkin Risotto on page 196.

poaching liquid for Bay-Poached Pears on page 87.

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Chocolate Red Wine Layer Cake

Local red wine and Makes 10 to 12 servings

chocolate are among the

most perfect pairings 1³/₄ cups all-purpose flour

2 large eggs plus 1 egg yolk

at the dessert course 1/2 cup unsweetened cocoa

1 cup local red wine (cabernets and

and an especially clever 1¹/₂ teaspoons baking soda

Merlots preferred)

way to add a truly local ½ teaspoon salt

2 cups heavy cream

ingredient where you ¾ cup unsalted
butter, softened

2 to 3 tablespoons confectioners' sugar,

might least expect it. 1½ cups sugar

more or less to taste

Snag a jar of raspberry 1 teaspoon pure
vanilla extract

1 cup raspberry or strawberry preserves

preserves from the

cupboard for another Preheat the oven to 350°F. Butter and flour two 8-inch round cake pans. set aside.

local component to this

rich, chocolaty cake. Whisk together the flour, cocoa, baking soda, and salt in a medium bowl. set aside.

Using an electric mixer, beat the butter in a large bowl until fluffy, about 5 minutes.

To get the best volume add the sugar and continue beating until light and fluffy, about 2 minutes. Mix in the

from the whipped cream, vanilla, eggs, and egg yolk until well combined. add the dry ingredients and the wine,

combine the cream and

sugar in a mixing bowl. alternating and mixing well after each addition.

Place the bowl in the Divide the batter between the prepared pans and bake for 23 to 25 minutes or until a

refrigerator for an hour toothpick inser before proceeding to whip.

ted in the center comes out clean.

cool for 15 minutes before removing from the pans. Let cool completely on wire racks.

Using an electric mixer, whip the cream and the confectioners' sugar together until stiff

peaks form.

assemble the cake just before serving. Place one layer on a serving plate and spread the

raspberry jam on top. Top with a layer of whipped cream. Place the second cake layer

on top and spread with the remaining

whipped cream. Garnish with a dusting of cocoa

powder, if desired, and serve.

Sweet Wine and Lavender Cookies

To make the lavender Makes 12–14 cookies

sugar, combine 1 cup

sugar and 3 tablespoons 1 cup plus 2 tablespoons all-purpose flour

3 tablespoons sweet local wine (riesling or

dried culinary lavender 1/3 cup

lavender sugar, plus 1 tablespoon

ice wine)

in a small container with Pinch of salt

½ tablespoon lavender leaves (sifted
from

a tight-fitting lid. Store in 4
tablespoons unsalted butter, cut into
the sugar)

a dry spot for one week.

small dice and chilled

Sift the sugar through a

fine sieve to remove the Preheat the oven to 375°F.

flowers before using. Set

aside one tablespoon of in the bowl of a food processor, combine the flour, 1/3 cup lavender sugar, and salt until

flowers. (Any leftover blended. add the chilled butter and pulse until the mixture is coarse. add the wine and

lavender sugar will keep the reserved lavender flowers and pulse until the mixture resembles wet sand. Let the

in the cupboard for 3

months. Add to a vanilla mixture sit for 10 minutes and then pulse again a few times until it loosely comes together.

cookie or cake recipe or Press the dough evenly into a 4 x 14-inch tart pan or 7-inch round tart pan with

stir into tea.) removable bottoms. sprinkle with the tablespoon of lavender sugar. Bake for 20 to 25

minutes or until the top is just lightly golden and looks dry. Let cool for a few minutes,

choose english lavender then carefully remove from the tart pan and cut into small pieces or wedges. Let cool

for recipes—it's sweet, completely.
serve with fresh fruit and a sweet wine.

with a delightful perfume.

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FaLL



in season ...

■

■

■









all greens











in season .. *fall greens*

Spring gives us soft, delicate, and tender greens, while summer delivers a salad

bowl mix of greens

with textures and taste ranging from crisp to buttery, bitter to sweet. In the fall, greens come on in hardy, full-

flavored varieties including kale, collard, and mustard greens, and cool weather-loving greens like spinach make

a return appearance.

Unlike their warm-weather counterparts, fall greens are rarely served raw in salads unless they are young and

“wilted,” with a warm dressing. One green can be substituted for another or

mixed in most any recipe as long

as you take into account those that have a bitter edge, like mustard greens, which require a quick blanching to

tame that characteristic.

Choosing the Best. Fresh greens should have a deep green color, a firm, sturdy texture, and a little bounce

to them. Any signs of softening, yellowing, or dried edges mean they are past their prime and have likely

developed some undesirable flavors.

How to Store Fresh. Store fresh fall

greens like you would any other green including salad greens—

unwashed, wrapped in a layer or two of paper towels and refrigerated in a perforated plastic bag. Really fresh

greens will keep up to a week if you change the towels once or twice.

To Prepare for Cooking. When you prepare greens for cooking, you'll likely be looking at a “heap” of

greens. Keep in mind that they will cook down to a fraction, about a fourth or less, of their former raw selves.

Wash greens thoroughly, especially

those with ruffled edges that trap dirt and sand. Plunge them into a bowl or

sink filled with water and blot or spin dry. The stems, unless they are small and tender, should be removed with

a paring knife. Fall greens are usually chopped or cut into strips for recipes. To cut into strips, stack five to six

like-sized leaves, roll up lengthwise, and slice perpendicularly.

Pick or Buy Now, Enjoy Later. Sturdier fall greens freeze well, and that will help keep green in your

winter menus, going from the freezer to

green up soups and stews. Greens that tend to have a bitter edge, like

mustard greens, are best used in cream-based dishes.

Freeze this season's greens! To learn how, go to page 218.

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Spicy Greens with Toasted Cumin

Learning to love sturdy Makes 4 to 6 servings

greens is not difficult if

you're armed with the 2 tablespoons
extra virgin olive oil

right cooking techniques. 1 large onion,
chopped

When it comes to mustard 3 cloves
garlic, chopped

greens, the key is low and $\frac{1}{4}$ teaspoon
dried red pepper flakes

slow to soften the bitter $1\frac{1}{2}$ teaspoons
cumin seed

edge. The texture will 1 large bunch
mustard greens, washed, tough stems
removed and discarded,

be tender and pleasant, leaves coarsely chopped

not a soggy pile of mush,

and the taste pleasantly cider vinegar

sweet. After you've washed coarse sea salt and freshly ground black pepper, to taste

the greens, shake off the

excess water but don't Warm the oil in a large pot over medium heat. sauté the onion until soft and fragrant,

worry about drying them about 6 minutes. add the garlic, pepper flakes,

and cumin seed and sauté for an

completely. A little water additional minute. increase the heat and add the greens. stir until wilted. reduce the heat

clinging to the leaves helps to low. cover and steam for about 25 to 30 minutes, stirring occasionally and checking

to steam and soften the for tender, not mushy, greens. add a splash of vinegar and stir to combine. season with

greens while cooking. salt and pepper to taste and serve immediately.

Kale and Goat Cheese Appetizer

Hardy fall greens are Makes 6 to 8
appetizer servings

enhanced by the creamy

texture and natural tang 2 tablespoons
extra virgin olive oil

of goat cheese. You can $\frac{1}{4}$ cup chopped
shallots

also use about $1\frac{1}{2}$ cups of 8 cups
loosely packed kale, washed, drained,
and roughly chopped

of frozen kale to make this 8 ounces
goat cheese, softened

appetizer later in the year. 2 cloves

garlic, minced

*Simply thaw and squeeze $\frac{1}{4}$ teaspoon
cayenne pepper*

out most of the water

*before adding to the skillet $\frac{1}{2}$ to $\frac{3}{4}$ cup
mayonnaise or yogurt*

*and cooking lightly, just $\frac{1}{2}$ cup freshly
chopped parsley*

*enough to warm. salt and pepper, to
taste*

$\frac{1}{4}$ cup grated Parmesan cheese

$\frac{1}{4}$ cup toasted, chopped nuts (walnuts,

pecans, or pine nuts)

Toasted bread or crackers, to
accompany

Preheat the oven to 350°F.

heat the oil in a large skillet over
medium heat. add the shallots and cook
until just

translucent, about 5 minutes. add the
kale, cover, and cook until tender, about
5 to 10

minutes, tossing occasionally with tongs.
When tender, remove from heat and
transfer the

mixture to a colander. squeeze out excess moisture from greens.

in a large bowl, combine the goat cheese, garlic, and cayenne. add just enough

mayonnaise so the mixture is smooth and creamy. add the cooked, squeezed kale,

parsley, salt, and pepper. Transfer to an ovenproof dish or gratin pan and bake about

20 minutes or until bubbly. sprinkle with the cheese and nuts and bake for an additional

5 minutes.

serve with bread or crackers.

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FaLL

Wilted Collard Greens with Balsamic Vinegar

Rustic and humble Makes 6 servings

collard greens cooked

low and slow turn into 2 pounds collard greens, stemmed and cleaned

a sweet side dish. This 1 teaspoon salt

is the perfect recipe 1 tablespoon extra

virgin olive oil

to use if you're trying 1 medium onion,
chopped

greens for the first time. 1 clove garlic,
minced

The ingredient list is ½ cup rich chicken
stock or vegetable stock

simple, as is the cooking

technique, and the 1 tablespoon
balsamic vinegar

genuine taste of collard Freshly ground
black pepper, to taste

greens shines.

Fill a large pot with water and bring to a boil. add the collard greens and the salt. stir

until wilted, about 1 minute. Drain and rinse immediately with cold water to stop the

Learn to make your own cooking. squeeze the excess water from the greens. coarsely chop and set aside.

flavorful stocks on pages

143–45. They are versatile heat the oil in a large skillet over medium heat. add the onion and sauté until soft and

and valuable ingredients in translucent, about 6 minutes. add the garlic and sauté for an additional minute. add the

a locavore's kitchen. chopped greens and the stock and sauté, stirring occasionally, until the greens are tender

and most of the stock has evaporated, about 5 minutes. add the vinegar, stir well, and

season with the pepper. serve hot.

fall greens primer

Greens are one of fall's best features, standing out among the reds, oranges, and golds of

other fall vegetables. They're versatile and can often be exchanged for one another in a

variety of recipes. Some varieties of greens show up in the spring and then make a return

in the fall with leaves that are generally bigger and sturdier and more developed tastes. The

key to enjoying any kind of green is to cook it just enough to soften and not so much that it

turns into a soggy heap.

Kale: Kin to cabbage, these big, loose-

leaf heads show up in green, purple, or cream colors.

When fresh, young, and tender, they are an intense addition to salads and soups. Cooked to

just tender, they can be mixed into mashed potatoes. Often available long into the fall and

early winter, they are sweeter after exposed to a frost.

Collard Greens: Smooth leafed with a relatively mild flavor reminiscent of kale and cabbage.

Use fresh; storing too long turns them

bitter.

Mustard Greens: Leaves range from dark to light green. Among fall greens, this one delivers

the sharpest flavor, zesty and peppery. Blanch to tame its bitter edge.

Spinach: This popular green is but a baby in the spring, tender and great for salads. The fall

version is sturdier and better for recipes that call for braising, steaming, or mixing into soups.

Turnip Greens: The leafy tops from the sturdy, economical root vegetable that

sometimes

make an appearance at markets in the spring are young, tender, and mild in flavor; the fall

versions are thick and sturdy. Mix with other greens to balance the sharp flavor or cut into

thin strips and stir into Cream of Turnip Soup with Seasoned Croutons (page 165).

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Sausage and Kale Sauté

This is a hearty fall dish Makes 4 servings

that calls on local and

seasonal ingredients for 2 tablespoons
extra virgin olive oil, divided use

its wonderful flavor. Eight 1 pound bulk
sausage, spicy or sweet variety

cups of kale will look like 1 medium
onion, diced

a lot, but when this dish 1 red bell
pepper, diced

is finished, it will have 2 cloves garlic,
minced

cooked down to a little 1 pound kale,
chopped (about 8 cups)

over 2 cups. 1 tablespoon maple syrup

1 tablespoon water

salt and freshly ground black pepper, to
taste

heat one tablespoon of olive oil in a
large deep skillet. add the sausage and
cook for

10 minutes over medium-high heat,
stirring frequently to break into small
pieces, until

thoroughly cooked. remove with a

slotted spoon to a paper towel-lined plate to drain.

scrape the excess fat from the pan.

return the pan to the heat and add the remaining tablespoon of oil. add the onion and

red bell pepper to the pan. sauté until soft, about 6 minutes. add the garlic and sauté

an additional minute. add the kale and stir until wilted. add the maple syrup, water, and

reserved sausage. cover and cook for 5 to 10 minutes or until the kale is tender

and the

dish is heated through. season to taste with salt and pepper. serve immediately.

Kale and Bacon Gratin

Cream has a way of Makes 6 servings

mellowing greens that

have a pronounced 1 pound kale, stems removed and chopped, leaves coarsely chopped

or sharp taste. Here it 1 tablespoon salt

coats the leaves with 3 tablespoons extra virgin olive oil, divided use

an infusion of garlic. 2 cloves garlic,
minced

The rich nature of 1 cup heavy cream
this dish, which also Grating of fresh
nutmeg

features smoky bacon, Freshly ground
black pepper, to taste

complements the flavor of

the kale without masking ½ cup grated
Parmesan cheese, divided use

its true earthy flavor. 6 strips bacon,
cooked and crumbled

½ cup fresh breadcrumbs

Preheat the broiler.

Fill a large pot with water and bring to a boil. stir in the kale and the salt. Boil for 5 to 6

minutes or until tender. Drain and cool slightly. squeeze the excess water from the greens.

heat 1 tablespoon of the oil in a large skillet over medium heat. add the garlic and the

cream and cook, stirring frequently, until reduced by a third. season with the nutmeg and

pepper. add the cooked and drained greens to the cream and stir to coat evenly. add

half of the cheese and the cooked bacon. Transfer to a shallow casserole or gratin dish.

in a small bowl, toss the breadcrumbs with the remaining cheese and 2 tablespoons of

extra virgin olive oil. Distribute evenly over the top of the kale mixture. Place under broiler

(about 4 inches) to brown the topping, about 4 to 5 minutes. serve immediately.

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FaLL



















in season ...

green tomatoes

While they might be of the same “mother,” red tomatoes and green tomatoes couldn’t be more

different. The first is soft, sweet, and compliant, obediently ripening throughout the summer months. The other is the “difficult” child—tart, firm, and stubbornly refusing to go beyond green when hot summer nights and

days disappear. Seasoned cooks relish the always predictable fall crop of green tomatoes coveted for their unique

flavor that hints of their ripe

counterparts but is best known for its pleasantly sour tang.

Although they have been raised the same way, they can't be cooked the same way. Recipes developed specifically

for green tomatoes will not have the same satisfying results if juicy ripe red tomatoes are substituted.

Choosing the Best. It's a rare but important tip to remember that this ingredient must be unripe,

underripe, and firm. A hint of a red or yellow blush is fine. Do not use varieties of tomatoes that naturally stay

green although the fruit softens and sweetens with maturity. Choose bigger tomatoes, the size of a tennis ball or bigger. Smaller ones will often have an acidic flavor.

How to Store Fresh. With a little coaxing and a few tricks you can get a green tomato to turn red—but

then you would be depriving yourself of some delicious possibilities. Green tomatoes will begin to turn red at

65°F or more, so to keep them green, find a cool spot to store them for about one week, like the crisper drawer

in the refrigerator. If the tomatoes are still on the vine, remove them as needed.

To Prepare for Cooking. Wash and remove the stem and tough center core, which extends about an inch

below the top of the tomato. For fried green tomatoes, cut the fruit into thick slices.

If the tomatoes are cold, let them come to room temperature before adding to a recipe.

Pick or Buy Now, Enjoy Later. Green tomatoes are so acidic that canning is the best way to rescue

every last one. Turn them into a salsa or relish or can ½-inch slices by packing them into pint jars. Add one

teaspoon of salt, fill with boiling water, leaving ½-inch headspace, seal, and process for 15 minutes.

new to canning? For a step-by-step guide to the basics, see “canning” on page 227.

Preserve the seasonal flavor of green tomatoes with smoky Green Tomato salsa on page 188.

new to pickling? For a step-by-step guide to the basics, see “Pickled vegetables, relishes, and salsas” on page

239.

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Fried Green Tomatoes

with Horseradish Mayonnaise

Fried green tomatoes Makes 4 Servings

should be crispy on the

outside, soft and juicy ½ cup
mayonnaise

on the inside. Using a 1 to 2
tablespoons grated horseradish

cast iron skillet can get salt and freshly ground black pepper to season

you these results. Take 2 large green tomatoes

care not to crowd the Flour, for dusting

pan with the tomatoes or 1 egg, beaten with 1 tablespoon milk

they'll steam instead of ½ cup dry unseasoned breadcrumbs

quickly frying. The tangy 2 tablespoons cornmeal, medium grind preferred

horseradish mayonnaise vegetable oil, for frying

is a great taste to top

these delicious stragglers

*. . . and you can make combine the
mayonnaise and horseradish. season to
taste with salt and pepper. cover*

*your own mayonnaise on and refrigerate
until needed.*

page 125 and horseradish

*on page 167 for the best slice the
tomatoes into ½-inch-thick slices. Place
the flour in a shallow bowl. Place the*

*flavor. And if you can't egg mixture in a
shallow bowl. combine the breadcrumbs*

and cornmeal with salt and

wait until fall for Fried pepper to taste and place in a shallow bowl.

Green Tomatoes, pluck a

few from the vine Place a heavy skillet over medium-high heat and add ½ inch of oil. allow to heat for 3 to

in the spring! 4 minutes or until a few breadcrumbs scattered over the top sizzle. Dust the tomatoes in

the flour. coat with the egg mixture. Dredge in the breadcrumb mixture. Fry in the hot oil

until golden brown. Drain on paper towels.

serve warm with horseradish
mayonnaise.

ripening green tomatoes

There are many techniques to encourage
a green tomato to turn red. From layering
in paper

and storing in a dark place to pulling a
plant out by the roots and hanging it from
the cellar

rafters, they all work to some degree.
While the tomatoes will “ripen” to red,
don’t expect

them to be as flavorful as the vine-ripened tomatoes enjoyed in the summer—yet, compared

to store-bought tomatoes, your own home-ripened tomatoes will delight you.

However, if you can't get enough of the tart taste of green tomatoes, slice some for a

sandwich layered with crisp bacon, basil leaves, and fresh mozzarella cheese between two

slices of toasted bread.

FaLL



Green Tomato Cake

It may seem an oxymoron Makes one 9

x 13-inch cake

to make a sweet cake out

*of tart green tomatoes, 4 cups coarsely
chopped green tomatoes*

but this dense, moist 1 tablespoon salt

*cake is delicious proof. ½ cup unsalted
butter, at room temperature*

Enjoy it as the garden 2 cups sugar

and farmers markets 2 eggs

*begin to wind down. 2 cups all-purpose
flour*

Store a few tomatoes in 1 teaspoon
baking soda

the crisper drawer of the 1 teaspoon
ground cinnamon

refrigerator and repeat 1 teaspoon
ground nutmeg

this recipe when the first

few snowflakes fly. $\frac{1}{4}$ teaspoon salt

1 cup chopped walnuts or pecans

1 cup golden raisins (optional)

confectioners' sugar, to dust (optional)

Place chopped tomatoes in colander and sprinkle with 1 tablespoon of salt. Let stand for

10 minutes. rinse thoroughly with cold water and drain.

Preheat the oven to 350°F. Butter and flour a 9 x 13-inch baking pan.

Using a handheld electric mixer or a stand mixer, cream the butter and sugar together,

about 5 minutes. add eggs, one at a time, beating until blended after each addition.

sift together the flour, baking soda, cinnamon, nutmeg, and salt. add the dry

ingredients

to the creamed mixture. add the nuts and raisins, if using. (The dough will be stiff.) Mix

well. add drained tomatoes and mix well. Pour into the prepared pan.

Bake for 40 to 45 minutes or until a toothpick inserted into the cake comes out clean.

cool before dusting with confectioners' sugar (if desired) and slicing.

Smoky Green Tomato Salsa

Makes 4 half-pint jars

2½ pounds green tomatoes, cored and cut in half from stem end to blossom end

Charring the skin on 4 to 6 hot peppers, more or less to taste (jalapeño, serrano, habañero, or a mix, seeded

green tomatoes adds a

and finely chopped)

little smoke and a touch 1 large red onion, finely chopped

of caramelized sweetness 2 cloves garlic, minced

to this spicy, tart salsa. 1 cup finely chopped fresh cilantro

Use as many chile peppers ½ cup lime juice or red wine vinegar

as you like to kick up or salt and freshly ground black pepper, to taste

tone down the heat . . . ¼ cup water, if needed

then crack open a bag of

salty tortilla chips Preheat the broiler. Line a baking sheet with foil and arrange the green tomatoes cut

and dig in. side down. Place under the broiler about 2 inches from the heat. Broil until charred and

blackened, about 7 to 10 minutes.
remove from the heat. When cool enough
to handle,

new to pickling? For slip the skins off.
(a few blackened flecks left behind are
fine.) Finely chop the tomatoes

a step-by-step guide to by hand or use a
food processor.

the basics, see “Pickled

vegetables, relishes, and combine the
tomatoes, peppers, onion, garlic,
cilantro, and lime juice in a large
nonreactive

salsas” on page 239. pot. Taste and

season with salt and pepper. if the mixture appears somewhat dry, add the water. Bring to a boil over medium heat, stirring occasionally. Let boil for 5 minutes.

Ladle the hot salsa along with some of the liquid into half-pint jars to within ½ inch of the

rim (headspace). seal and process for 20 minutes.

The Locavore's KiTchen



grapes

in season ..











in season .. *grapes*

Have you ever stood in the middle of a vineyard on a warm and sunny fall day and inhaled the

scent of grapes ripening on the vine and wondered what could be better than this? Then you plucked one of the

grapes, tasted, and had your answer. The sweet, perfectly “grape-y” taste of locally grown table grapes feels like

a radical departure from a lifetime snacking on commercially produced varieties.

It's helpful to note that not all grapes are to be enjoyed in the same way. Wine grapes are thick-skinned, highly

acidic, tart, and best reserved for the bottle. Sweet, thin-skinned table grapes are lower in acid and are best eaten

out of hand, but they still have a place in the cook's kitchen.

Choosing the Best. Clusters should be heavy for their size and the grapes should look fresh, plump, and

bright. The velvety powdery look you see on fresh grapes is "bloom," nature's protection against moisture

loss and a good sign that the grapes are fresh and haven't been overhandled.

Grapes that have firm, green

stems are freshly harvested and the most flavorful. Once the stems have turned brown or black, the grapes

have begun to age.

How to Store Fresh. Store unwashed grape clusters in a sealable plastic bag and refrigerate. Wet grapes

will deteriorate faster, so blot surface moisture with a paper towel before storing. Wash them under cold running water when you're ready to use them.

To Prepare for Cooking. Wash the clusters under running water and drain in a colander. Remove the

grapes from the stems, discarding any that are split or shriveled. Seedless varieties of table grapes are easy

to prep for fresh eating or a recipe. Then there's the issue of dealing with varieties, highly flavorful varieties,

containing seeds the size and texture of grains of uncooked rice. If you're up to the tedious task of removing

them, simply split the grape in half and pick out the seeds. Otherwise, reserve these varieties for making grape

jellies or juices where the grape is gently crushed and the seeds are strained out. Avoid crushing the seeds, which release a bitter taste.

Pick or Buy Now, Enjoy Later. Grapes are highly perishable, so enjoy them at their fresh best.

Some varieties can be harvested, juiced, and used to make grape jellies and preserves. Homemade grape

jelly and butter slathered on an English muffin or thick slice of homemade bread tastes extra special during

the colder months.

For a frosty treat, separate the grapes from the stem and freeze. These “grape-sicles” hold their flavor for a few

more weeks and are refreshing snack on a warm day.

Preserve the seasonal flavor of grapes with Grape Jelly on page 191.

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Grilled Grapes

A cluster of ripe grapes Makes 4 to 6 appetizer servings

on the grill is not only a

great conversation starter 1 bunch of
hardy seedless red grapes, washed,
dried, and left as a cluster

but also a great way to 4 sprigs fresh
rosemary

begin a fall meal. Fresh extra virgin
olive oil

bunches entwined with

sprigs of rosemary and remove any
shriveled or bruised grapes from the
bunch. Tuck the sprigs of rosemary

dabbed with a little olive between the

clusters of grapes. Lightly brush the surface of the grapes with olive oil.

oil quickly caramelize

without collapsing. Enjoy Preheat the grill to medium-high or heat a grill pan over medium heat on the stove.

the warm, sweet taste in

the company of a sharp Place the grapes on the cooking surface and grill on all sides, 2 to 3 minutes per side,

or tangy cheese and some until the grapes are warm and show a few grill marks. Transfer from the grill onto a plate.

toasted breads. serve with toasted baguette slices, cheeses, and a glass of local wine.

Grape Focaccia

Studded with sweet Makes 8 servings

grapes and flecks of

fresh rosemary, this 1 tablespoon active dry yeast

wonderfully soft and 1¼ cups warm water (90°F to 110°F)

tender focaccia makes it 3 cups all-purpose flour, plus extra

hard to decide whether 1 teaspoon salt

it should be served as an 2 tablespoons
chopped fresh rosemary

appetizer, with dinner, 1 tablespoon
extra virgin olive oil

or as a dessert. What's 1 cup seedless
red or purple grapes, removed from the
cluster, washed, dried

stopping you from trying

all three? ½ cup freshly grated
Parmesan cheese

coarse sea salt and freshly cracked black
pepper

stir the yeast into the warm water and let soften for 10 minutes.

Mix the flour, salt, and rosemary together in a large bowl. Make a well in the middle.

Pour the oil into the well, followed by the yeast mixture. With a wooden spoon, mix the

ingredients until they come together into a ball. Turn onto a floured surface and knead

until the dough feels firm and elastic and looks smooth, about 10 minutes. Place in a

lightly oiled bowl, turning to coat. cover with plastic wrap or a damp towel and let rise

in a warm place for 1 hour or until doubled in size.

Preheat the oven to 425°F.

remove the dough from the bowl and place on a floured surface. Using your hands,

stretch the dough into a 12-inch circle about ½ inch thick. Place on a baking sheet lined

with parchment paper. arrange the grapes over the surface of the bread and

lightly press

into the dough. Bake for 10 minutes.
sprinkle with Parmesan, salt, and pepper
and bake

for an additional 10 minutes or until
golden brown. Let cool slightly before
serving.

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Grape Jelly

Makes 6 to 7 half-pint jars

3½ pounds concord grapes or other
highly flavorful variety

½ cup water

6 cups sugar

As soon as you can smell ½ teaspoon
unsalted butter (optional)

the grapes on the vine 1 1.75-ounce
package powdered pectin

when the sun beats down

on them, it's time to make remove the
grapes from the cluster and discard the
stems (if a few little stems remain,

jelly. Grape jelly is one that's fine).
Place the grapes in a large heavy pot
and, using a wire potato masher,

of the easiest to make, gently crush the
grapes. add the water. Bring to a boil.
reduce the heat, cover, and

using pectin, a natural simmer for 10
minutes.

thickening agent made

from apples and widely Line a colander
with several layers of cheesecloth. Place
the colander over a large clean

available in liquid and pot or bowl that
will collect the juice. Pour the cooked

fruit into the cheesecloth. Gather

powder form. If you've the ends of the cheesecloth together and suspend the bundle, letting the juice drip into

made jams from recipes the bowl. (This may be done overnight.) Press gently to extract more juice. (vigorous

in this book during the pressing will cloud the juice and the finished jelly.) You should have about 5 cups of

spring and summer, juice. if you're just shy, add water to measure 5 cups.

you'll know that most

did not call for added Pour the juice into a large saucepan or Dutch oven. stir in the pectin and ½ teaspoon

pectin, relying on their butter to prevent the liquid from foaming, if desired.

Bring the mixture to a full rolling boil

natural pectin and longer (one that won't stop even when stirred) over high heat, stirring constantly. stir in the sugar

cooking times to thicken.

Grapes, however, lack and return to a full rolling boil, stirring constantly. Boil for an additional minute, stirring

enough natural pectin to constantly.

remove the pan from the heat and skim any foam that has developed.

create a spreadable jelly, Ladle the jelly into sterilized half-pint jars to within $\frac{1}{4}$ inch of the rim (headspace). seal

so commercial pectin is

a must. and process for 10 minutes.

new to making jams, jellies, and preserves? For a step-by-step guide to the basics,

see “Jams, Jellies, and Preserves” on page 237.

concord

What would a peanut butter and jelly sandwich be without grape jelly?

Certainly not the

best it could be. Most grape jelly, whether commercially prepared or the half pints that home

cooks put up, is made from Concord grapes, grown in great abundance on the east coast and

regularly appearing at farmers markets and roadside stands at summer's end.

These beautiful

purple-black-skinned grapes are highly

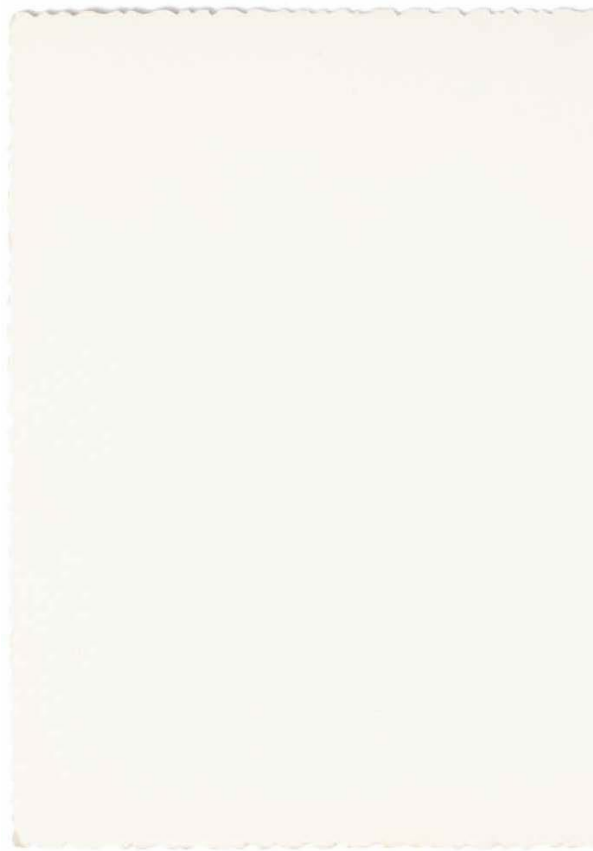
aromatic and have a sweet, juicy flesh
and the classic

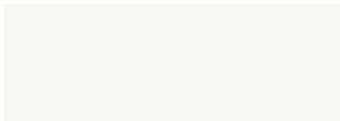
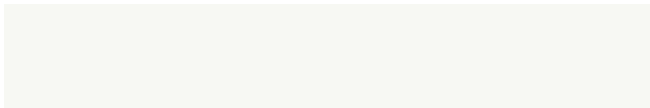
grape flavor expected in jelly. Go ahead
and experiment with different purple
varieties, but

few will top the Concord.

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FaLL







Local

Flavor

To feed our yen for locally grown and raised foods, 30 weeks, to reach processing weight. These breeds

innovative farmers have responded in many ways thrive outdoors, scratching for bugs, enjoying a vir-

such as growing specialty grains,

crafting homestead tual salad bar of weeds and grasses, all while soak-

and artisan cheeses, raising heirloom vegetables and ing up the sun. One breed is not necessarily better or

fruits—foods that often have personal or historic tastier than another, although some are easier to raise,

connections to the land.

some grow larger, and each has its quirks. Farmers

Some farmers have found their niche by raising and who raise these breeds attribute their superior taste

reviving interest in heritage breed turkeys, tradi-

and moist flesh to diverse diets, extended life spans,

tional “standard” breeds that graced Thanksgiving and greater care and respect for the animal, using no

tables prior to the 1960s when Broad Breasted Whites growth hormones or antibiotics and no preservatives

began filling the freezer cases at grocery stores at a or additives when processing.

fast and furious pace. Cheap to feed, fast to grow, and Make one of these breeds

part of your Thanksgiving

unnaturally breast heavy were the special features of table and the turkey, the traditional centerpiece of

this new breed of bird, all at the expense of taste.

the meal, ceases to serve merely as the protein course

Heritage breeds have been quietly gaining a renewed and becomes another reason to give thanks.

popularity and respect, treasured for the flavor they

return to the table along with a history that connects estimated roasting times for

locavores to the way our families used to eat. There turkey (unstuffed, brined, or are more than a dozen heritage breeds raised for meat

like the White Holland, a snowy white-feathered bird unbrined) using the above method

bred in Holland and very popular here before the

1960s; or the Bourbon Red, a fit and flavorful bird Weight of Bird

Roasting Time

named for Bourbon County, Kentucky; or
Standard

Bronze, a beautiful, majestic bird with a
coppery 12 to 14 pounds

2¼ to 3 hours

sheen, more than two centuries old, that
has been the 15 to 17 pounds

3 to 3½ hours

inspiration for children's drawings for
centuries.

18 to 20 pounds

3½ to 4 hours

Heritage breeds are slow-growth birds,
taking three 21 to 22 pounds

4 to 4½ hours

times longer than broad-breasted
varieties, about 23 to 24 pounds

4½ to 4¾ hours

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Roasted Heritage Turkey

Heritage breed turkeys Makes 10 to 12 servings

won't yield the "mega"

breasts of commercially 1 turkey, 15 to 17 pounds

raised birds nor do they $\frac{1}{4}$ cup extra virgin olive oil

have excessive amounts $\frac{1}{4}$ cup unsalted butter, softened

of fat. There's a better 1 large onion, peeled and quartered

balance between dark and 2 cloves
garlic, peeled and crushed

white meat so the trick 1 fresh lemon,
halved

is to roast it to perfection 1 apple,
peeled, cored, and quartered

so both are done at the

same time. This method 1 bunch fresh
parsley

gives the bird a blast of 6 sprigs fresh
thyme

high heat followed by a salt and freshly
ground black pepper, to season

longer cooking time at

moderate heat. Don't skip Preheat the oven to 450°F.

the step of letting it rest

before carving. That gives Pat the surface of the bird dry with paper towels. Mix the olive oil and butter together into a *the natural juices time* paste. rub all over the surface of the turkey, under the breast skin, and into the cavity. Loosely *to redistribute back into* stuff the cavity with onion, garlic, lemon, apple, parsley, and thyme. Place on a roasting rack

the flesh where you want in a roasting

pan and roast for 30 minutes until the breast has browned slightly.

them, not in a pool on the

cutting board. Drape a piece of oiled parchment paper over the breast. reduce the oven temperature to

350°F and roast, basting frequently with the pan juices, until an instant-read thermometer

inserted into the thickest portion of the thigh reaches 150°F. Total cooking time should be

3 to 3½ hours. remove from the oven, cover loosely with foil and let rest for

30 minutes

before carving.

Buttermilk Brine for Turkey

Brining is a process that Brines one 15-pound turkey

enhances flavor and

increases the moisture 1 15-pound turkey, rinsed and patted dry

content of lean meats 1 cup kosher salt

using a salt, sugar, and 1 gallon cold buttermilk

liquid solution. Using ½ cup brown sugar

cultured buttermilk is 4 cloves garlic, crushed

equally effective, adding 2 tablespoons whole peppercorns, crushed

subtle tang, and the milk

cultures break down the rub the salt all over the outside and in the cavity of the bird. Place the bird in a large,

proteins, tenderizing the

meat for a tender and heavy-duty plastic bag or a large, sturdy plastic

container with a lid. combine the

juicy bird. buttermilk, brown sugar, garlic, and peppercorns. add to the bag, squeeze out as much

air as possible, and seal tightly. (The bird should be submerged or enveloped in the

liquid. if needed, add cold water to increase the liquid level.) if using a bag, place it

in a deep roasting pan or large container. Place in the refrigerator for 24 to 36 hours,

turning occasionally.

When ready to roast, remove the turkey from the brine, rinse thoroughly and pat dry.

Discard the brine. Let the bird sit at room temperature for one hour before roasting.

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FaLL



in so
pumpkins













ason ...
& squash













in season . . .

pumpkins & squash

When summer turns off the heat,

pumpkins and squash begin to show up
on roadside

stands and markets in a multitude of
colors, sizes, and shapes—huge, tiny,
flat, short, tall, round, pear necked,

smooth, ribbed . . . even warty. Colorful
pumpkins have been used to add a fall
motif to home decorating, but

many of those same varieties are
absolutely delicious and have long been
overlooked in the kitchen.

The difference between pumpkins and
winter squash is largely culinary rather
than botanical, although in

general one can be substituted for another in recipes, especially in pureed soups. Despite the name, winter

squash is still a warm weather crop but unlike its summer counterpart, it keeps well into the winter.

Choosing the Best. By the time squash and pumpkin have reached monster proportions, the edible flesh

becomes stringy, woody, and generally lacking moisture. Pie pumpkins or sugar pumpkins are better choices—

small, weighing up to 4 pounds, and sweet, with dark orange flesh. Don't pass up on the oddly colored and

unusual-shaped pumpkins, though. Many are heirloom varieties, thick and meaty, with sweet-tasting, intensely colored flesh.

Squash or pumpkin should feel heavy for their size, which means they have more tender, edible flesh, and

the skin should appear fresh, glossy, and blemish free. It's best if the stem is intact and shows brown flecks or

corking. These are also called “sugar spots”—good indicators of a mature, ripe squash or pumpkin.

How to Store. Pumpkins and squash like

it cool, but because of their odd shapes and sizes, they might not

be welcome in most fridges. If going from the farm or garden to the kitchen, a few days on the countertop won't

hurt, but for longer storage, a cool (50°F to 60°F), dark, dry, ventilated place is best.

To Prepare for Cooking. Most pumpkin or squash have tough skin that poses a challenge to remove. If

your recipe calls for peeling and cubing the squash or pumpkin, tackle the job in small pieces. It's best to use a

large sturdy knife to cut round pumpkins into wedges, like cutting a slice of cake. If the squash is oddly shaped,

try cutting it into large chunks. More manageable pieces make it easier to remove the skin with a paring knife

and scrape away the seeds and stringy matter.

If the squash is to be steamed or roasted before pureeing for a soup or pumpkin puree, leave the skin intact. It's

much easier to remove after the heat has softened the skin.

Pick or Buy Now, Enjoy Later. Pumpkin

or squash that has been roasted, baked, or steamed in the

shell can be scooped out, mashed into a pulp and frozen. Freeze it in the amounts needed for your favorite recipe

and thaw in the refrigerator. In the months to come, the puree can be used to make Next-Day, No-Knead Squash

Dinner Rolls on page 207 or Pumpkin Pancakes with Cider Syrup on page 208.

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pumpkin and squash primer

There are subtle differences in flavor and texture between most varieties of pumpkin and

squash. For the most part and taking into account the color differences in the flesh, varieties

with the same qualities can be swapped for another in recipes. This primer will point you

toward the flavor and best cooking techniques for each variety. Try them all to find your all-

time favorite.

A word about pumpkins: while you'll

only find a description for Pie Pumpkins,
an easy-to-

find variety, you will likely come across
dozens of other large, oddly colored,
and unusual-

shaped pumpkins at roadside stands and
farmers markets. Don't pass them up and
certainly

don't reserve them for fall decorating.
Some of the varieties like Cinderella,
Tan Cheese, Fairy

Tale, and the blue-shelled Jarrahdale
have fewer seeds, thick and meaty walls,
and the richest

and best taste you can find. These are good varieties to process into purees.

Acorn Squash: When you find this variety shaped, of course, like an oversized acorn missing

its cap, choose those with a mostly green rind, which is thick and very firm and almost

impossible to peel. Good for roasting or stuffing.

Ambercup Squash: A relative of the buttercup, this one looks like a little pumpkin. The bright

orange flesh has a dry, sweet taste and

can be used like or substituted for sweet potatoes.

Buttercup Squash: Squat and green and not to be confused with butternut squash, this is one

of the most flavorful squash you'll find. The dark yellow-orange flesh lacks moisture, so use

this one for soups and purees.

Butternut Squash: A good all-purpose squash with a smooth beige shell and a bell shape.

Easy to peel, with a deep orange flesh and sweet, nutty flavor. A common

substitute for

pumpkin in recipes and vice versa.

Carnival Squash: The shell is splashed with cream, orange, and green. Inside, the yellow flesh

can be used just like an acorn squash, baked or steamed and mixed with butter and herbs.

Delicata Squash: Oblong with a variegated shell, this tasty winter squash has a pale-colored

pulp similar to sweet potatoes.

Hubbard: Large, lumpy, and grayish

green, this squash is often sold cut into smaller pieces.

Don't judge it by its cover. The intensely colored orange flesh is sweet, creamy, and moist—a

good choice for pies.

Kabocha Squash: The thick, tough rind is worth getting through for the sweet flesh, which is

somewhat drier and less fibrous than that of other winter squash. The taste will remind you

of sweet potatoes.

Pie or Sugar Pumpkins: Typically around 4 pounds, these have a sweet taste, tender flesh, and

smooth texture—a good choice for pies and baking. Their giant look-alikes are indeed edible

but more challenging to work with and not as intensely flavored.

Spaghetti Squash: With the looks of a small golden watermelon, the larger ones with a

golden yellow rind are the best choice. Once cooked, the insides pull out like long strands of

noodles. The taste is mild and slightly nutty.

Sweet Dumpling Squash: Small, with cream-colored green-flecked skins, these are the perfect

size for stuffing and baking as individual servings. The flesh is mild and sweet.

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FaLL

Fresh Pumpkin Puree

Fresh pureed pumpkin Yields about 1¾ cups or about 1 pound

has a lighter texture,

brighter taste, and more 1 sugar
pumpkin (about 4 pounds)

vibrant color than canned 1½
tablespoons unsalted butter, melted

pumpkin. You can use this

same method to bake and Preheat the
oven to 400°F.

puree most squash—just

adjust the cooking time slice off the
stem end of the pumpkin 2½ inches from
the top, reserving it. scrape out

for the size of the squash. the seeds and the membranes and brush the inside of the pumpkin with butter. Put the top

You can use this pumpkin back on the pumpkin. Put the pumpkin in a shallow baking pan and roast for 1 hour or

puree in recipes that call until the pumpkin is soft to the touch.

for canned pumpkin. Be

sure to drain it well before remove and let sit until cool enough to handle.

using or freezing. Discard any of the liquid accumulated in the pumpkin. scoop out the pulp and, working

in batches, process into a puree using a blender or food processor.

When working with larger

pumpkins, split the pumpkins. Line a large sieve or colander with large paper coffee filters and place over a large

bowl. Cover the puree with plastic wrap. Place it in the refrigerator and let

stand overnight.

cut side down on a sturdy surface. Pack in freezer containers in 1-pound increments and freeze for up to 6 to 9 months.

baking sheet. Bake until Thaw in the refrigerator.

tender, an hour or more.

Pumpkin Risotto

So many of the pumpkin Makes 6 servings

recipes in our recipe

collections call for 5 to 6 cups
vegetable stock

pureeing the pumpkin $\frac{1}{4}$ cup unsalted
butter

to a silky texture. This 1 tablespoon

extra virgin olive oil

recipe is all about 6 shallots, finely
chopped

experiencing the texture 2 cloves
garlic, chopped

of fresh pumpkin that 1½ cups risotto

is so good at absorbing

flavors during cooking ½ cup dry white
wine

and adding brilliant 2 cups diced
pumpkin or butternut squash, about 1-
inch dice

orange colors to dishes ½ cup chopped
fresh flat-leaf parsley

like risotto. Take note— 1½ cups
freshly grated Parmesan cheese, plus
extra to accompany

there are no shortcuts for salt and
freshly ground black pepper, to taste

this dish, which requires

stirring constantly for heat the stock in
a saucepan until almost boiling. reduce
the heat to keep the stock at a

20 minutes and serving bare simmer.

immediately. One bite

and you'll realize it's heat the butter and olive oil in a large pan over medium heat. add the shallots and cook for

time well spent. 2 minutes, until soft and translucent. add the garlic and sauté for an additional 30 seconds.

add the risotto and stir until the grains are coated, about one minute. stir in the wine until it

has been completely absorbed. stir in the pumpkin and parsley. Begin adding the hot stock, a

ladleful (about $\frac{1}{2}$ cup) at a time, stirring until the liquid has been absorbed before adding the

next ladleful. continue to add stock at intervals until the rice is tender but firm (al dente) and

the pumpkin is tender. This will take 18 to 20 minutes. reserve one ladleful of stock.

add the reserved stock, cheese, and salt and pepper to taste, mixing well. remove from

the heat, cover, and let rest two minutes before serving.

spoon into warm bowls and serve with extra Parmesan cheese, if desired.

The Locavore's KiTchen

Spicy Pumpkin Ketchup

Why reserve ketchup for Makes about
1¼ cups

just tomatoes? Smooth

and sweet, pumpkin 1 cup fresh pumpkin
puree

is a great base for this 1 small onion,
minced

recipe that puts an 1 clove garlic,
minced

unusual spin on a classic ½ cup water

favorite. Serve with $\frac{1}{4}$ cup apple cider vinegar

Oven Fries (page 149) 2 tablespoons honey

and you have a fitting $\frac{1}{2}$ teaspoon ground ginger

salute to fall weather. $\frac{1}{2}$ teaspoon ground allspice

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground mustard

$\frac{1}{4}$ teaspoon ground cloves

$\frac{1}{4}$ teaspoon black pepper

combine all of the ingredients in a medium saucepan. Bring to a boil, stirring

occasionally. reduce the heat to low and simmer for 20 minutes, uncovered, until thick

and the consistency of traditional ketchup. (if you find the mixture gets too thick before the

cooking time is over, add more water in small increments.)

Let cool slightly, then process to a puree in a blender or food processor.

refrigerate for a couple of hours and

serve chilled as ketchup or hot as a sauce over a

burger. The ketchup will keep for one week stored in the refrigerator in a covered container.

Acorn Squash with Garlic Oil and Sage

Thick ruffled rings of Makes 6 to 8 servings

acorn squash get a boost

of flavor from garlic oil 2 acorn squash

you make yourself. A 2 tablespoons garlic-infused oil (see side note)

simple, quick infusion 12 fresh sage leaves, more or less to taste, chopped

does the trick. The fresh salt and freshly ground black pepper, to taste

sage crisps in the oven

and delivers bursts of Preheat the oven to 400°F.

flavor in every bite.

Using a large, heavy knife and working on a sturdy surface, slice the acorn squash

To make garlic oil: crush a widthwise into ½-inch-thick round slices. remove

the seeds and stringy membrane.

clove of garlic and put it in You will have 6 to 8 slices. arrange the slices in a single layer on a lightly oiled heavy

a small bowl with the olive baking sheet. Brush both sides with the garlic oil and sprinkle with the sage, salt, and

oil. Let sit for 30 minutes to pepper. roast for 20 minutes or until the squash is tender. remove with a spatula and

an hour before using. serve warm.

Butternut Squash Soup

with Roasted Hazelnut Cream

This rich and luscious Makes 6 servings

soup highlights one of the 1 cup heavy cream, divided use

best tastes of the season. $\frac{3}{4}$ cup whole roasted hazelnuts, finely chopped

Interestingly enough, it 1 butternut squash (about 3 pounds total)

calls the seeds and strings 4 tablespoons unsalted butter

into service where there's 1 large

shallot, chopped

more flavor to be coaxed.

You can also change up 6 cups water
(vegetable stock or chicken stock may be substituted)

the flavor by substituting ½ teaspoon
salt

cider for some of the 1 teaspoon dark
brown sugar

chicken stock. Freshly grated nutmeg, to
taste

Pour ½ cup of the cream into a saucepan
and add the nuts. Warm over medium

heat

until hot, but not boiling. remove from the heat and set aside.

halve the unpeeled squash vertically and scoop out the seeds and strings and reserve.

cut the squash into about 8 large chunks.

Melt the butter in a large stockpot; add the shallot and sauté until soft and fragrant,

about 4 minutes. add the reserved strings and seeds from the squash and sauté for an

additional 3 minutes. add the water.
insert a steamer basket and add the
chunks of

squash. cover tightly and bring the liquid
to a boil. reduce the heat to medium and

steam the squash for 30 minutes until
very soft.

remove the squash from the steamer and
set aside to cool. strain the liquid into
another

container, discarding the solids (you
should have approximately 3 cups of
liquid). When

the squash is cool enough to handle,

remove the pulp and discard the skin.

Working in batches, puree the squash in a blender until smooth. return to the stockpot. stir

in enough of the reserved liquid to achieve a creamy consistency. return the pot to the stove

and gently warm over medium heat. add the salt, brown sugar, and nutmeg. stir in the

remaining $\frac{1}{2}$ cup of cream. heat until hot, but do not boil. Taste and adjust seasonings.

When ready to serve, whisk the hazelnut

cream mixture until slightly thickened.
Ladle the

soup into bowls and top with some of
the hazelnut cream and freshly grated
nutmeg.

Spaghetti Squash with Feta and Pine Nuts

When spaghetti squash Makes 4 to 6
servings

is cooked, the pulp 1 spaghetti squash,
halved lengthwise and seeded

separates like glistening 2 tablespoons
unsalted butter, divided use

strands of golden pasta 1 small onion,
chopped

with a fresh buttery $\frac{1}{2}$ teaspoon red
pepper flakes

taste. This makes a great $\frac{1}{4}$ cup
chopped flat-leaf parsley, plus extra for
garnish

vegetarian main course $\frac{1}{2}$ cup toasted
pine nuts

or a satisfying side dish. 1 cup
crumbled feta cheese, divided use

salt and freshly ground black pepper, to
taste

Preheat the oven to 375°F.

Place the prepared squash, cut side down, on a heavy baking sheet. Bake for 40 to 45

minutes or until the shell is soft and yields to a gentle squeeze. remove and let cool for 5

minutes. Using a fork, scrape the flesh from the shell into a large bowl.

While the squash cooks, melt the butter in a large skillet. add the onion and sauté for 6 minutes

or until soft. add the red pepper flakes and sauté for an additional minute. add

the spaghetti

squash and parsley and cook for 3 to 4 minutes, stirring occasionally, to heat and combine.

Transfer to a large bowl. add the pine nuts and feta, tossing to combine. season with salt

and pepper and garnish with parsley. serve immediately.

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Pumpkin Fondue

This recipe calls for a Makes 8 to 10
appetizer servings

small pumpkin, and

while you might be 3 to 4 cups whole
wheat or whole grain bread chunks,
lightly toasted

tempted to reach for a

or dried in the oven

familiar pie pumpkin 1 4-pound
pumpkin, preferably a Tan cheese

(small and sweet), try a 1 cup half-and-
half or heavy cream

Tan Cheese. It's beautiful ½ cup rich
chicken stock

and beige on the outside, ½ teaspoon
grated nutmeg, plus extra

brilliant orange and sweet 1¼ cups
grated swiss or Gruyère cheese

on the inside. It looks

almost like a serving dish! 1 tablespoon
extra virgin olive oil

Preheat the oven to 400°F.

cut the top off the pumpkin and remove
the stringy pulp and seeds.

combine the half-and-half, chicken stock, and grated nutmeg in a small bowl.

To assemble, place a layer of bread chunks inside the pumpkin. add 1/3 of the cheese

and 1/3 of the liquid. repeat with two more layers, pressing and compacting the

ingredients in the pumpkin shell. Place the top back on the pumpkin and brush the

outside of the shell with the olive oil. (can be prepared a few hours in advance and

refrigerated.)

Place the pumpkin in a shallow baking dish or on a sturdy baking tray to catch any drips.

Bake for about an hour, more or less time depending on the size and thickness of the

pumpkin. if the pumpkin gets too charred for your liking, reduce the heat to 350°F.

The pumpkin fondue is done when the pulp on the inside is soft and buttery yet the shell

is still intact.

Before serving, grate additional nutmeg over the fondue. scoop out portions with a large

spoon into small bowls, making sure to get some of the pulp.

Roasted Squash with Thyme and Honey

Yes, this is a side dish, but Makes 4 servings

it's so wonderfully sweet

it will seem as if dessert 1 butternut squash, peeled, seeded, and cut into 1-inch cubes

arrived early. The honey $\frac{1}{4}$ to $\frac{1}{2}$ cup
honey

adds a caramel-like finish, 4
tablespoons butter, melted

creating a golden glaze $\frac{1}{2}$ teaspoon
dried thyme leaves

over the nuts and squash. $\frac{1}{2}$ cup
walnuts, coarsely chopped

salt and freshly cracked black pepper

Preheat the oven to 400°F.

combine the honey, butter, thyme, and
nuts in a medium bowl and stir to
combine. add

the cubed squash and toss until all the cubes are coated.

arrange the squash in a shallow baking dish and season with salt and pepper to taste.

roast for 30 to 35 minutes or until tender. serve immediately.

This recipe adapts beautifully for Buttercup or ambercup squash. cut the squash into thick slices, like

cutting slices of cake. remove the seeds and stringy matter and arrange the unpeeled slices on a

lightly oiled baking sheet. Prepare the

butter mixture without the nuts and brush on the squash. roast

until the flesh is tender. remove with a spatula. allow to cool slightly before slipping the skin off.

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FaLL

Sweet Pumpkin with Yogurt Sauce

This delicious vegetarian Makes 4 to 6 servings

recipe is inspired by a

traditional Afghan dish. ¼ cup corn oil

or canola oil

The pumpkin cubes 1 small pie
pumpkin, peeled, seeded, and diced into
2-inch cubes

soak up the slightly spicy 1 clove
garlic, crushed

tomato sauce as they 1 cup water

cook to a delightfully $\frac{1}{2}$ teaspoon salt

tender finish. A cooling, $\frac{1}{2}$ cup sugar

homemade yogurt sauce 4 ounces
tomato sauce

is the perfect $\frac{1}{2}$ teaspoon ginger root,

grated

crowning touch. 1 teaspoon coriander seeds, crushed

$\frac{1}{4}$ teaspoon freshly ground black pepper

Learn to make your own

yogurt on page 29. Sauce:

it's simple! $\frac{3}{4}$ cup plain yogurt

1 clove garlic, crushed

$\frac{1}{4}$ teaspoon salt

crushed dried mint leaves

cooked rice and pita bread slices, to accompany

heat the oil in a large frying pan with a lid. Fry the pumpkin cubes on all sides until

lightly browned.

in a small bowl, mix together the garlic, water, salt, sugar, tomato sauce, ginger root,

coriander, and pepper. add to the pumpkin mixture in the frying pan. cover and cook

20 to 25 minutes over low heat until the pumpkin is tender and has absorbed

most of

the liquid.

in a small bowl, mix together the yogurt, garlic, and salt.

To serve, spread some of the yogurt mixture on a serving plate and arrange the pumpkin

on top. Top with the remaining yogurt and sprinkle with dried mint. serve with rice and

pita bread.

The Locavore's KiTchen



Winter

Winter

Winter

Winter



Winter sends us back into the kitchen to cozy up with comfort foods . . . familiar, uncomplicated

foods that we use as a special reward or that give us a sense of well-being.

If you've prepared your lovacore kitchen for the off-season by stocking your pantry and filling your

freezer with locally grown and homegrown foods, then you've probably added another layer of

definition to the term “comfort foods”—
the comfort you find in knowing where
they came from

and that they were at their peak of flavor
and quality when they were preserved.

There is also comfort in knowing that
many of the distinctive flavors you
preserved during the

spring, summer, and fall are now waiting
in the freezer or pantry to be enjoyed
again in familiar or

new recipes to bring to your table
throughout the winter. Enjoy a few more
recipes and be inspired

to find other delicious ways to use these prized ingredients.



appetizers

Rosemary Meatballs with

Tangy Red Raspberry Glaze

The sweet crimson Makes about 32
meatballs

glaze on these aromatic

meatballs is sure to get 1 pound lean
ground beef

your guests' attention 1 clove garlic,
minced

during the holidays. Be 1 tablespoon
fresh rosemary leaves, minced

sure to let them know 1 tablespoon
chopped fresh parsley

which fabulous local 1 cup fresh
breadcrumbs

flavors are straight from 1 egg, lightly
beaten

your locavore's kitchen: ½ tablespoon
grated lemon zest

rosemary, raspberry

preserves, mustard, or 1 teaspoon salt

horseradish. ½ teaspoon freshly ground
black pepper

1 cup red raspberry preserves

3 tablespoons Dijon mustard

1½ tablespoons horseradish

Preheat the oven to 350°F.

Mix the beef, garlic, rosemary, breadcrumbs, egg, lemon zest, salt, and pepper together

in a large bowl. roll tablespoon-size portions of the mixture into about 32 meatballs.

Place in a large baking pan. Bake for 25 to 30 minutes or until the meatballs are cooked

through. Drain the meatballs on a paper towel.

While the meatballs are baking, combine the preserves, mustard, and horseradish in a

medium saucepan. Bring to a boil over medium heat and cook for 2 to 3 minutes, stirring

occasionally. remove from the heat and add the meatballs, tossing gently to coat in the

glaze. Transfer to a serving dish and use toothpicks to serve.

Baked Brie with Orchard Chutney

This quick appetizer calls Makes 6
appetizer servings

for Orchard Chutney

from the pantry. Warmed 8-ounce
wheel of Brie or other soft cheese

in the oven, it recalls a 1 cup or $\frac{1}{2}$ pint
orchard chutney (page 136)

morning in the orchard 1 whole grain
baguette, cut into $\frac{1}{4}$ -inch slices and
toasted

picking the ingredients as

well as the afternoon well Preheat the
oven to 350°F.

spent preserving them for

moments like this. Place the Brie in a small glass pie plate or other ovenproof plate just large enough to hold

the wheel of Brie. spread the chutney over the top. Bake for 15 to 20 minutes or until the

center of the Brie is soft. serve with crusty slices of toasted bread.

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Oven-Dried Tomato Spread

Intensely flavored oven- Makes about 1 cup

dried tomatoes makes this

versatile spread one you $\frac{1}{2}$ cup oven-dried tomatoes (page 122)

won't soon forget. Thin it $\frac{3}{4}$ cup (6 ounces) cream cheese, softened

with a little milk, cream, 3 large cloves garlic or 1 large shallot

or yogurt and use it as $\frac{1}{2}$ to 1 tablespoon extra virgin olive oil

a dip with toasted pita 2 tablespoons prepared pesto

chips or use as a spread salt and pepper, to taste

for bagels or sandwiches.

Place the tomatoes, cream cheese, garlic, and ½ tablespoon of the oil in a blender or

food processor. Process for about 1 minute until smooth. add the pesto and process for

an additional 10 seconds. if the mixture is not smooth and creamy, add additional olive

oil in teaspoon portions. Taste and season with salt and pepper. refrigerate

for at least 2

and up to 24 hours to allow flavors to meld. serve with crackers or toasted breads.

variations

add a roasted red bell pepper along with the tomatoes before processing or stir in finely

chopped walnuts at the end.

Chicken and Roasted Red Pepper Pizza

When the craving for Makes 6 to 8
servings

this pizza hits, you're

prepared with a stash of 1 recipe
Whole Wheat Pizza crust (page 115),
see note

sweet, roasted red peppers 1 tablespoon
extra virgin olive oil

in the freezer. The work 1 medium
onion, thinly sliced

is already done and your 1 clove garlic,
minced

only job is to enjoy them. 2 roasted red
peppers, cut into strips

$\frac{1}{2}$ cup heavy cream

Prepare the Whole Wheat 2 tablespoons
tomato paste

Pizza crust on page 115 ¼ teaspoon
crushed red pepper flakes

and freeze half for later 1 cup cooked
slivered chicken

use. shape the remaining 2 tablespoons
chopped fresh parsley

portion of dough to form

the crust; bake for 15 heat the oil in a
large skillet over medium heat. add the
onion and sauté until soft and

to 17 minutes at 425°F fragrant, about 6

minutes. add the garlic and sauté an additional minute. stir in the

before topping. pepper strips, cream, tomato paste, and red pepper flakes. cook until thickened and

well blended, about 3 minutes. add the chicken and heat through. spoon the mixture

over the prepared pizza crust. Garnish with chopped parsley. serve warm.

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WinTer

Chicken Pesto Cheesecake

Frozen pesto is one of the Makes 8
servings

handiest ingredients in the

locavore's kitchen. Drop 1 pound cream
cheese, softened

frozen chunks into soups 2 large eggs

like the Escarole Soup on 2 tablespoons
all-purpose flour, divided use

page 60, thaw and spread $\frac{1}{2}$ teaspoon
salt

on crostini, or blend it $\frac{1}{2}$ cup prepared
classic Basil Pesto (page 89)

into this luncheon-style 1 cup chopped
cooked chicken

cheesecake. If you've frozen 8 ounces
crème fraîche or sour cream

chives and chive blossoms, 10 cups
mixed salad greens

you get bonus points! chopped fresh
chives, for garnish

Preheat the oven to 325°F.

Beat the cream cheese with an electric
mixer on medium speed until smooth and
fluffy,

about 5 minutes. add the eggs, one at a

time, until just blended. add 1
tablespoon

flour, salt, and pesto, beating until
blended. stir in chopped chicken. Pour
into a 9-inch

springform pan. Bake for 25 minutes.

stir together the remaining flour and
crème fraîche. spread over the
cheesecake and

bake an additional 15 minutes. cool on a
wire rack for 10 minutes. run a knife
around

the edges of the cheesecake to release
the sides. remove the springform. allow

to cool

for 1 hour before cutting into slices.
serve hot, cold, or at room temperature
atop a bed

of fresh salad greens. Garnish with
chives and serve.

Spinach Balls

*The spinach (or chard Makes 30 balls
or fall greens) blanched*

*and frozen last year is 2½ cups thawed
frozen spinach or chard, squeezed to
remove*

likely destined for at

as much excess water as possible

least one batch of these 2 cups coarse whole wheat bread crumbs, toasted

savory appetizers. Once 1 cup grated Parmesan cheese

the spinach is thawed, 3 large eggs, lightly beaten

give it one final squeeze 1 small onion, minced

to remove any water 2 cloves garlic, minced

before beginning with

this recipe. ½ cup unsalted butter,
melted

½ teaspoon salt

½ teaspoon freshly ground black pepper

To make quick toasted

breadcrumbs, toast 3 to Preheat the oven
to 350°F.

4 slices of bread, cool,

and then process into Mix all of the
ingredients in a large bowl until
combined. roll tablespoon portions of

the

coarse crumbs in the mixture into balls and arrange them on an ungreased baking pan, close but not touching.

food processor. Bake for 20 minutes until hot, lightly browned, and firm enough to pick up.

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soups

Asparagus Soup with Blue Cheese

The fresh “green” taste Makes 4

Servings

of asparagus feels

delightfully out of place 4 tablespoons
unsalted butter

on a cold winter day, 1 large onion,
diced

and that's what makes 1 large leek,
thinly sliced (white part only)

the locavore's kitchen so 1 large potato,
peeled and cubed

special. It's where you can 6 cups rich
chicken stock or vegetable stock

expect the unexpected. 1½ pounds
asparagus, frozen, unthawed or fresh

The blue cheese is a 4 ounces blue
cheese, crumbled

tangy complement. salt and freshly
ground black pepper, to taste

Melt the butter in a large saucepan over
medium heat. add the onion and sauté for
2 minutes.

add the leek and continue to sauté for an
additional 6 minutes or until soft. add the
potatoes

and the broth. Bring to a boil. reduce the
heat to a simmer and cook until the

potatoes are

tender, about 10 minutes. add the asparagus and cook until just tender, about 4 to 5 minutes.

remove from the heat. Working in batches, puree the soup in a blender until smooth.

return to the saucepan and gently reheat. season to taste with salt and pepper.

To serve, pour into warm bowls, top with blue cheese, and garnish with reserved

asparagus tips.

Cream of Corn Soup with Rosemary

A little advance planning Makes 4 servings

is necessary when making

this soup: start the day 2 cups whole milk

ahead to gently infuse the 3 sprigs fresh rosemary

milk with the rosemary. 1 tablespoon unsalted butter

This strong herb subtly 3 tablespoons chopped shallots

scents and flavors the 3 cups fresh or frozen corn kernels

milk base, and the corn salt and freshly ground black pepper

adds natural sweetness. 2 tablespoons prepared pesto (page 89)

Here's a good use for

frozen kernels of corn The day before you plan to serve the soup, combine the milk and rosemary in a medium

from the summer harvest

and for rosemary saucepan. heat to a simmer. cool to room temperature.

Transfer milk and rosemary to a

sprigs, too. container with a lid and refrigerate overnight. The next day, strain the milk and discard

the rosemary.

To make the soup, melt the butter in a medium saucepan. add the shallots and sauté until soft

For a richer soup, substitute

½ cup heavy cream for ½ and fragrant, about 3 minutes. add the milk to the saucepan along with the corn kernels.

cup of the milk. Bring to a gentle boil

over medium-low heat. cook for 8 to 10 minutes or until the kernels are

tender. Working in batches, carefully transfer the soup to a blender and blend until smooth.

return to the saucepan and gently reheat. season to taste with salt and pepper.

To serve, ladle the soup into 4 warmed soup bowls and swirl ½ tablespoon of the

prepared pesto into each bowl, if desired. serve immediately.

WinTer

Savory Lentil and Rhubarb Soup

The tart taste of rhubarb Makes 6 servings

adds an unusual twist

to this lentil soup. When 1 cup boiling water

winter rolls around, 1 cup lentils

frozen rhubarb delivers 2 tablespoons extra virgin olive oil

the same delicious results 2 carrots, peeled and diced

and will remind you that 2 stalks celery,
diced

spring is not far off. 1 large onion,
diced

2 cloves garlic, minced

1 cup diced rhubarb

1 tablespoon tomato paste

1 to 2 tablespoons honey

4 cups chicken stock or vegetable stock

$\frac{1}{4}$ cup chopped fresh parsley, divided
use

½ teaspoon salt

Freshly ground black pepper, to taste

6 tablespoons or more of plain yogurt or sour cream

Place the lentils in a small glass bowl and cover with boiling water. set aside.

heat a Dutch oven or stockpot over medium heat. add the olive oil. sauté the carrot,

celery, and onion for 6 minutes, until vegetables are soft and aromatic. add the garlic

and sauté for an additional minute. add

the rhubarb and continue sautéing another

minute. add the tomato paste and honey and stir for another minute. add the lentils and

the liquid they were soaking in along with the chicken stock and half the parsley. Bring to

a boil. cover and reduce the heat. simmer for 20 minutes or until the lentils are tender.

season with the salt and pepper to taste.

serve with a dollop of yogurt or sour cream and a sprinkling of the remaining

parsley.

Farmhouse Chowder

A pot of simmering Makes 6 servings

chowder is great comfort

food when it's cold 3 slices thick-sliced
bacon, chopped

outside and your insides 1 small onion,
chopped

need warming up. Having ½ red bell
pepper, chopped

summer's sweet corn at 2 cloves garlic,
chopped

hand is another comfort 2 cups cubed potatoes, about 1/2-inch cubes

in the locavore's kitchen. 4 cups chicken stock

If you've frozen some corn 2 1/2 cups chopped cooked chicken (skin removed)

stock (see page 108 to

learn how), you can use it 2 cups corn kernels, frozen or removed from the cob

in place of some or all of 1 tablespoon chopped fresh thyme

the chicken stock. 1 to 1 1/2 cups heavy cream

2 tablespoons chopped fresh parsley

salt and freshly ground black pepper

cook the chopped bacon in a large Dutch oven over medium heat until crisp.

remove

with a slotted spoon and drain on a paper towel. set aside.

Drain off all but 2 tablespoons of the bacon fat. return to the heat and add the onion

and pepper, sautéing until soft and translucent, about 6 minutes. add the garlic and sauté

for an additional minute. add the potatoes and chicken stock. Bring to a boil. reduce the

heat to medium and cook until the potatoes are soft and break apart easily with a fork,

about 20 minutes. reduce heat to medium-low and add the chicken, corn, and thyme.

return to a simmer and cook for 15 minutes. slowly add the cream and heat through

without boiling. stir in the parsley and reserved bacon. season to taste with salt and

pepper. Let stand, or “cure,” for an hour.
reheat gently, if necessary, and serve.

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bread/baked goods

Next-Day, No-Knead Squash Dinner Rolls

It's worth waiting a day Makes 18 rolls

to taste these amazingly

*tender rolls. Be sure to 2 .25-ounce
packages active dry yeast*

*drain the puree as it ¼ cup warm water
(90°F to 110°F)*

*thaws to rid it of any 2 large eggs,
beaten*

*excess liquid. 1 cup squash or pumpkin
puree, thawed if frozen*

*½ cup unsalted butter, at room
temperature*

½ cup sugar

1 tablespoon fresh minced thyme

2 teaspoons kosher salt

$\frac{1}{4}$ teaspoon cayenne pepper

$3\frac{1}{2}$ cup all-purpose flour, plus extra if needed

3 tablespoons melted butter, for greasing the bowl and pans

sprinkle the yeast over the warm water in a large mixing bowl and stir to dissolve. stir

in the eggs, pumpkin puree, butter, sugar, thyme, salt, and cayenne. stir in the flour and

beat with an electric beater until smooth, adding up to an additional $\frac{1}{2}$ cup flour to make

a soft dough (the dough should be tacky but manageable).

Brush another large bowl with butter and turn the dough into it, turning to coat the dough

with butter on all sides. cover with a kitchen towel and let rise in a warm spot for $1\frac{1}{2}$

hours or until double in size. Punch the dough down, cover with plastic wrap, and

refrigerate overnight.

Preheat the oven to 375°F. Grease two 8-inch round cake pans with the remaining butter.

Punch the dough down again and divide into 18 pieces. shape each piece into a ball

and arrange in the pans, leaving some space between each. cover with a kitchen towel

and let rise in a warm spot for 30 minutes or until double in size.

Bake for 25 to 30 minutes or until the rolls are browned. serve hot or warm.

WinTer

Yogurt Bread

Once you've learned to Makes 2 loaves
make your own yogurt

on page 29, you'll be 1 .25-ounce
package active dry yeast

hooked on the fresh 2 teaspoons sugar
taste and texture. It will $\frac{1}{4}$ cup warm
water (105°F to 115°F)

probably become a staple 1 cup (8

ounces) plain yogurt, at room temperature

in your kitchen all year ½ cup unsalted butter, melted and cooled

round and the perfect ½ teaspoon baking soda

on-hand ingredient for ½ teaspoon baking powder

this soft, silky bread.

This recipe is one with ½ teaspoon salt

which even those new to 3 to 3½ cups all-purpose flour

bread making will enjoy 1 egg, beaten
with 1 tablespoon water

delicious success. ¼ cup sesame seeds
(optional)

Dissolve the yeast and sugar in the warm
water. Let sit for 5 minutes, and then
blend

with the yogurt, butter, baking soda,
baking powder, and salt. stir in the flour
until a soft

dough forms. Turn out onto a lightly
floured surface and knead for about 5
minutes, until

soft and smooth. cover and let rest for 10

minutes.

Divide the dough into two equal portions. shape into round or oblong loaves and place

on lightly greased baking sheets. cover loosely with plastic wrap or a slightly damp lint-

free cotton towel and let rise for about 30 minutes, until about doubled in size.

Preheat the oven to 350°F.

Lightly brush each loaf with the egg wash. sprinkle with sesame seeds, if desired. Bake

for 35 to 40 minutes, until golden brown.
remove to a baking rack and allow the
breads

to cool before slicing.

Pumpkin Pancakes with Cider Syrup

Add a little twist to your Makes about
16 pancakes

Sunday breakfast routine

with these nicely spiced 2 cups all-
purpose flour

pancakes and a drizzle 2 teaspoons
baking soda

of naturally sweet cider 1 teaspoon
ground allspice

syrup, a perfect pairing 1 teaspoon
ground cinnamon

of local, seasonal flavors. ½ teaspoon
ground ginger

The pumpkin puree ½ teaspoon salt

comes from the freezer,

and the syrup? You did 1½ cups milk,
plus extra to thin

make some during apple 1 cup pumpkin
puree

cider season, didn't you? 1 egg

If not, there's always the 2 tablespoons
vegetable oil, plus extra for the griddle

next season . . . or 2 tablespoons apple
cider vinegar

maple syrup! apple cider syrup (page
137), to accompany

combine the flour, soda, spices, and salt
in a large bowl. in a separate bowl,
combine

apple cider syrup is a

sweet treat over pancakes the milk,
pumpkin, egg, oil, and vinegar. add the

pumpkin mixture to the dry ingredients

or waffles. Learn to make stirring until just combined. add more milk, if needed, to thin the batter.

your own on page 137. heat a griddle over medium-high heat. Brush with oil. Working in batches, pour batter by

$\frac{1}{4}$ cupfuls onto the griddle. cook until bubbles form on the surface of the pancakes and

the edges appear set. Flip and cook an additional minute. Keep the finished pancakes in

a warm oven until finished. serve with

the cider syrup.

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“Bring on the Jam” Muffins

If your pantry is lined Makes 12 muffins

with jars of jams and

jellies lovingly created 1 cup water,
room temperature

from fruits and berries, 2 tablespoons
sugar

they are deserving of 1 .25-ounce

package active dry yeast

only the best muffins. 4 cups all-purpose flour

These emerge from the 3 teaspoons baking powder

oven with a rustic crown 1½ teaspoons salt

and a bread-like texture, 1 stick unsalted butter, cut into small pieces and chilled

tender yet sturdy enough

to spread with any sweet 1½ cups crème fraîche or sour cream

preserve. Enjoy warm 2 tablespoons
unsalted butter, melted

with softened butter. Butter one
standard 12-cup muffin tin. combine the
water, sugar, and yeast in a small

bowl. Let stand until foamy, about 10
minutes.

Place the flour, baking powder, salt, and
butter in a large mixing bowl. Mix until
the

mixture is coarse and crumbly and some
of the butter chunks still remain the size
of small

peas. add the yeast mixture and mix until

blended. add the crème fraîche and mix until

all the ingredients are moistened. (The batter will be sticky and appear slightly chunky.)

spoon the mixture into the prepared muffin tin. Let stand at room temperature for one hour.

Preheat the oven to 400°F.

Bake for 10 minutes, brush with the melted butter, and bake an additional 10 minutes

or more until golden and a toothpick inserted in the center of a muffin comes

out clean.

serve warm with jam from the cupboard
and butter.

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WinTer





main dishes

Pesto-Stuffed Pork Tenderloin with Hot Pepper Jelly Glaze

Instead of heading to the Makes 6
servings

grocery store for some

*of the key ingredients, 4 tablespoons hot
pepper jelly (page 157)*

simply gather as many 6 tablespoons
pesto (page 89), divided use

as you can from your 1 tablespoon
balsamic vinegar

cupboard and freezer: 3 tablespoons
crumbled feta cheese

pepper jelly, pesto, and 2 cloves garlic

locally raised pork. Not 1 teaspoon
freshly ground black pepper

only is it delicious, there's 1 teaspoon
fresh thyme

plenty of satisfaction 2 tablespoons
extra virgin olive oil

knowing you didn't have

to rush off to a grocery 2 1-pound pork tenderloins, trimmed of fat and silver skin

store for the ingredients. To prepare the glaze, melt the hot pepper jelly in a small saucepan. add 3 tablespoons

of the pesto and the balsamic vinegar. Gently simmer for a few minutes, remove from

heat, and set aside.

To prepare the filling, combine the remaining pesto and feta cheese in a small bowl.

To prepare the rub, mash together the garlic, pepper, and thyme (a mortar and pestle

does the job best). Mix in the olive oil.

To prepare the tenderloins, slice a deep pocket down the length of each tenderloin but

not all the way through and 1 inch from the ends. stuff the pesto filling into the pockets.

close the pockets by tying the tenderloins with butcher twine.

rub the exterior of the tenderloin with the olive oil mixture. (can be wrapped in

plastic

and refrigerated for up to 6 hours.)

Preheat the oven to 450°F.

Place a large ovenproof skillet over medium-high heat. When the skillet is hot, brown the

tenderloins on all sides, about 3 minutes per side.

Brush the tenderloin generously with the hot pepper jelly glaze. Transfer the skillet to the

oven and roast for 12 to 15 minutes or until the internal temperature reads

140°F when

tested with an instant-read thermometer.

Let the meat sit for 10 minutes before cutting into ½-inch-thick slices.

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Plum-Glazed Chicken

Jazz up Plum Jam from Makes 4 to 6 servings

the cupboard with a few

additional ingredients for 1 whole

chicken, cut into pieces

this simple, sweet, and extra virgin olive oil, for brushing

spicy glaze for chicken salt and freshly ground black pepper, to taste

or pork. Serve with a 1 cup plum jam

side of Perfectly Mashed 1 teaspoon freshly ground black pepper

Potatoes (page 150) and 2 teaspoons freshly grated ginger root

think back (or ahead) to 1½ teaspoons prepared horseradish

summer. Make a mental

note to make more Plum

Jam (page 105). It's Preheat the oven to 350°F. Brush a heavy baking sheet with the olive oil. arrange the

that good. chicken skin side up on the tray and sprinkle with salt and pepper. Bake for 20 minutes.

Meanwhile, combine the jam, pepper, ginger root, and horseradish. Brush the chicken

with the glaze and return to the oven. Bake for an additional 15 to 20 minutes or until an

instant-read thermometer inserted into a thigh piece reads 160°F. Brush again lightly with

the plum glaze. Let rest for 10 minutes before serving.

Local Chili

Chili is one of winter's Makes 8 servings

most satisfying dishes.

When it's filled with 2 tablespoons extra virgin olive oil

ingredients that have 1 large onion, diced

local connections, 4 cloves garlic,
minced

including the beef, 5 tablespoons chili
powder,

tomatoes, stock or beer,

divided use

and cornmeal, it's all the 2 pounds
ground beef

more satisfying. Serve it 1 cup beef
stock or locally brewed beer

with the Sweet Corn and 1 quart whole
tomatoes,

Poppyseed Cornbread on

undrained and chopped

page 110, which can be

made with frozen 1 teaspoon ground
cumin

corn kernels. 1 teaspoon dried oregano

1 teaspoon garlic powder

$\frac{1}{4}$ teaspoon ground cayenne pepper,
more or less to taste

salt, to taste

1 15-ounce can beans, either kidney

beans or black beans, drained and rinsed

2 tablespoons medium or finely ground cornmeal

1 tablespoon honey

heat the oil in a large Dutch oven over medium heat. add the onion and sauté for

6 minutes until tender. add the garlic and sauté an additional minute. sprinkle 3

tablespoons of the chili powder over the onion mixture and cook, stirring constantly, for

an additional minute. Transfer the onion mixture to a separate bowl and set aside.

Wipe the interior of the Dutch oven with a paper towel. increase the heat slightly and

brown the ground beef. Drain off the excess fat, if necessary. return the onion mixture

to the pot and stir to combine with the beef. add the stock or beer, tomatoes and their

juices, cumin, oregano, garlic powder, cayenne pepper, and the remainder of the chili

powder. season with salt. stir well. When the mixture comes to a boil, reduce the heat to

low and simmer for 20 minutes.

add the beans, cornmeal, and honey and cook for an additional 10 minutes. Taste and

adjust seasonings, if necessary.

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WinTer





desserts

Rosemary and Walnut Shortbreads

Shortbreads rely on a few Makes 16
shortbreads

good ingredients for great

flavor and texture. Toasty $\frac{1}{4}$ cup
walnuts, coarsely chopped

walnuts, fresh butter, and $\frac{1}{2}$ cup

unsalted butter, cut into pieces

fragrant, tender rosemary ½ cup
confectioners' sugar

leaves make this cookie a 2 tablespoons
chopped fresh rosemary

delicious accompaniment 1 cup all-
purpose flour

to iced tea in the summer.

And since you've planned

ahead by freezing some Preheat the
oven to 350°F.

rosemary, your friends spread the

chopped walnuts on a baking sheet and toast for 5 to 8 minutes until lightly

and family will enjoy this browned and fragrant. Watch carefully so the nuts don't burn. remove from the baking

as a great holiday cookie. sheet into a bowl and let cool.

in a medium saucepan, melt the butter over medium heat. stir in the confectioners' sugar,

the rosemary, and the nuts. stir in the flour to make a stiff batter.

Distribute the dough in an ungreased 8-inch square baking pan, patting into

place. Bake until

the bars are golden brown, firm, and appear dry on the surface, about 20 minutes. cool for

about 2 minutes and then cut the shortbread into squares. Let cool completely before removing

from the pan. store tightly covered for up to 5 days or freeze for one month.

Simple Raspberry Mousse

*This creamy mousse Makes 4 servings
is a great way to use*

*frozen berries—whether 1 cup fresh or
frozen raspberries, thawed*

raspberries, strawberries, 2 egg yolks

or blackberries— 2 tablespoons sugar

*especially when the 1 cup heavy cream,
chilled*

*season for fresh is just too 2 teaspoons
grated lime zest*

far away. Enjoy it now

. . . make it again in

*the summer. Puree the berries in a
blender or food processor. strain through*

a fine mesh sieve to

remove the seeds. Discard.

in the top of a double boiler off the heat,
whisk the berry puree with the egg yolks
and

sugar until blended. Place over gently
simmering water and cook, whisking
constantly for

10 minutes or until the mixture begins to
thicken. Transfer to a medium bowl,
cover, and

refrigerate for 1 hour. The mixture will
firm up as it chills.

in a large mixing bowl, whip the cream until stiff peaks form. Gently fold a third of

the whipped cream into the raspberry mixture. Then fold the raspberry mixture into the

remaining whipped cream.

serve in chilled dessert glasses with a sprinkle of lime zest on the top.

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Sour Cherry Slump

A slump is a simple, Makes 8 servings

dumpling-like pudding,

much like a cobbler, but Topping:

prepared on the stovetop. 1 cup all-purpose flour

The topping is steamed 2 tablespoons sugar

instead of baked. Frozen 1 teaspoon baking powder

fruits find a good home $\frac{1}{4}$ teaspoon baking soda

all year round in recipes $\frac{1}{4}$ teaspoon

salt

like slumps and cobblers.

The cherries you froze 2 tablespoons
unsalted butter, melted

this summer are already $\frac{1}{4}$ cup sour
cream, plus extra if needed

packed in sugar, so take

that into account as you Filling:

begin this recipe. 4 cups sour cherries,
drained

$\frac{1}{2}$ cup firmly packed brown sugar

3 tablespoons sugar

3 tablespoons water

1 tablespoon fresh lemon juice

Grated zest of 1 fresh lemon

coarse sugar, for sprinkling

Freshly sweetened whipped cream, to accompany

in a large bowl, combine the flour, sugar, baking powder, baking soda, and salt. add

the melted butter and stir until combined. stir in half of the sour cream, adding

additional

tablespoons as you stir until the dough feels wet. set aside.

in a heavy 10-inch skillet (cast iron is best), combine the cherries, sugars, water, lemon

juice, and zest. cover loosely with a piece of aluminum foil and bring to a boil over

medium heat. remove from the heat and drop heaping tablespoons of the batter over the

cherries, covering as much of the filling as possible. sprinkle the top with coarse

sugar.

cover the skillet tightly and return to the stove over low heat. cook for 15 minutes without

removing the lid. after 15 minutes, check to see if the topping is baked and dry to the

touch, and a pale color (it will not brown). serve directly from the pan, drizzling pan

juices over the top and accompanying with whipped cream.

WinTer

Pumpkin Custard with Peppered Brittle

Spicy, crunchy brittle Makes 6 servings

and a slight drizzle of

pure maple syrup are the 2 eggs, lightly beaten

perfect touches for this 1 cup pumpkin puree (thawed and drained, if frozen)

creamy custard. Grab $\frac{3}{4}$ cup half-and-half or heavy whipping cream

some pumpkin puree from $\frac{1}{4}$ cup packed

brown sugar

the freezer and get mixing. ½ teaspoon
pumpkin pie spice (recipe below)

Be sure to drain the puree ¼ teaspoon
salt

as it thaws for the densest 1 cup
coarsely chopped walnuts or pecans

custard possible. 3 tablespoons sugar

2 tablespoons light corn syrup

¼ teaspoon cayenne pepper

¼ cup pure maple syrup

Preheat the oven to 350°F.

combine the eggs, pumpkin, cream, brown sugar, pumpkin pie spice, and salt in a

medium bowl. Beat with a wire whisk until smooth.

arrange 6 4-ounce ramekins in a shallow baking pan. Divide the pumpkin mixture

between the ramekins. Place the pan on the oven rack and carefully add boiling water

until it reaches halfway up the sides of the ramekins. Bake for 35 to 40 minutes or until a

knife inserted in the center comes out clean. (The custards will still be wiggly but will firm

as they chill.)

remove from the water and cool on a wire rack. chill in the refrigerator for at least 2 but

up to 8 hours. serve with a drizzle of maple syrup and a sprinkling of peppered nuts.

To make Peppered Brittle: Preheat the oven to 325°F. combine the nuts, sugar, corn syrup,

and cayenne pepper in a small bowl.

Line a small baking sheet with foil.
Butter the top of

the foil. spread the nut mixture on the
foil and bake for 15 minutes, stirring
twice. allow to

cool before breaking into small clusters.
sprinkle on top of the custards before
serving.

Pumpkin Pie Spice: $\frac{1}{2}$ teaspoon
cinnamon + $\frac{1}{4}$ teaspoon ground ginger +
 $\frac{1}{8}$ teaspoon

ground allspice or ground cloves + $\frac{1}{8}$
teaspoon ground nutmeg = 1 teaspoon
pumpkin

pie spice.

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Preserving

the Harvest

in the Locavore's Kitchen

Pretend for just a moment
that it's the middle of January—unless,
of course, it is. Outside, any hint of
green is buried under a blanket of
snow. Farmers markets are closed
for the season and vegetable gardens,
productive right up until the first hard
frost, are also at rest. But step inside the
locavore's kitchen and you'll find
freshly

baked bread waiting to be slathered
with strawberry jam canned last
spring. Blueberries picked and frozen
last summer fill the sugary-crowned
muffins coming out of the oven. The
batter for pumpkin pancakes waiting
to dot the hot griddle includes puree
from heirloom pumpkins, and the
syrup to drizzle over them is made
from the apple cider crafted by an

orchard down the road.

Moments, or meals, like these

arrive with intention, some

planning, and a dedication

to capturing fresh homegrown

flavors by preserving the harvest

through canning or freezing. It takes

effort—as much or as little as you want to put into it.

Be assured, though, that your efforts will be rewarded with

great taste.

No matter where you are right now in the local harvest season, it's a good time to think about

preserving the flavors you love now so you can enjoy them later, too—when a taste of something so

totally out of season feels perhaps a bit out of place, but oh, so welcome.

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preserving the harvest





Just the Basics

This introduction to preserving takes a close look at a few basic techniques that will

help you make the best choices using the simplest methods to preserve a variety of

fresh, seasonal foods. “Canning” will take you through the basic steps of

canning se-

lected fruits and vegetables for more than 25 recipes found throughout the book. In

“Freezing,” you’ll learn which fruits and vegetables freeze well and how to prepare

them for a long life in the freezer.

Most important, this introduction to preserving will serve as inspiration and encouragement to get

you into the kitchen following a morning of berry picking, or when bushels of fresh, fuzzy peaches

brighten up farmstands, or when sweet corn arrives piled high in the back of a pickup truck at your

favorite farmers market. Enjoy your fill of fresh, seasonal food while you can and then, with a little

advanced planning and some time set aside for a morning in the kitchen, you can carry all of those

great flavors into the winter and beyond.

Keys to Success When Preserving the Harvest

Choose only the best fruits or vegetables

Make sure that whatever fruit or vegetable you choose to can or freeze is deserving

of your efforts. There is no magic feature in any preserving technique that will

improve the taste or texture of underripe or overripe fruits or vegetables. As the

saying goes, “it is what it is,” and that’s exactly what it will be when you pluck it from

the freezer or pantry months from now. If it’s not in peak condition, ask yourself if it

is worth your time. If you don’t

appreciate the flavor now, you certainly won't later.

It's best to work with any fruit or vegetable as soon after picking or buying as pos-

sible. If you're not sure what to look for, "Choosing the Best" in each specific fruit

or vegetable section in this book will be of help. Following these tips will ensure

that the fruits or vegetables you get from a farmers market, roadside stand, or a CSA

(defined on page xvi) are the best your

money can buy and suitable for preserving.

Cleaning fruits and vegetables

Fresh homegrown and locally grown fruits and vegetables often arrive in the kitchen accompanied

by a little dust or grit. It's not for lack of care. It's just better to wait to clean these foods until imme-

diately before preparing them for recipes or preserving.

Sturdy vegetables like asparagus, pickling cucumbers, zucchini, and corn can be cleaned under run-

ning water, using a soft vegetable brush, if necessary, to dislodge any dirt.

Delicate berries and smooth-skinned vegetables like rhubarb, peas, green beans, and tomatoes fare

better if you place them in a colander and submerge it in a sink or container filled with cool water.

You can also place them directly in the water, gently swish to clean, then transfer with a strainer to a

colander. Both methods are good for leaving any grit behind.

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[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]



Spinach, chard, and fall greens trap a lot of dirt in the creases of the leaves, so you might need to give

them more than one gentle washing in a sink or large water-filled container, changing the water once

or twice until no more grit appears.

After washing vegetables headed for

blanching, simply shake off the excess water in the sink. For

foods like berries and fruit slices that will be frozen using the dry pack method (page 221), drain

them in a colander, then spread them on a clean linen towel or several layers of paper towels. Using

another towel, gently blot the excess moisture.

Choose an Appropriate Preserving Method

Become familiar with the best way to preserve individual fruits and vege-

tables before they arrive fresh and full of flavor in your kitchen. Each fruit

and vegetable section in this book features a “Pick or Buy Now, Enjoy Later”

section that includes suggestions on how to preserve the harvest now to use

later in recipes. Some foods, like rhubarb and blueberries, can head straight for

the freezer while others, like green beans and broccoli, must be blanched before

being frozen. Beets are best pickled in

an acidic vinegar solution. Turn peaches into jam or slice and freeze. Tomatoes can be frozen, or canned, or turned into a sauce and canned, or even oven-dried. Herbs can be dried or frozen. And then there are other foods, like tender salad greens and melons, that are only to be enjoyed fresh and really cannot be preserved beyond their fresh life.

Some fruits and vegetables take a different route to preserving. For example, you could simply freeze

chopped red bell peppers, but because they keep for only 3 months in the freezer and lose texture

when frozen, their use after freezing is limited to cooked dishes. Turn them instead into Roasted Red

Peppers on page 158 and the taste, texture, and storage time improve; they can be used on sand-

wiches and pizzas and in dips as well as in cooked dishes. Roasting a fresh pumpkin for Fresh Pump-

kin Puree (page 196) is not only easier than steaming it but also produces a more flavorful result, and

roasted pumpkin freezes perfectly. And while some sources recommend freezing shredded cabbage,

it will lose texture as it thaws—so consider a “Making Your Own” project to turn fresh cabbage into

Sauerkraut (page 178), which can then be canned or refrigerated for an extended time.

The information on the following pages will help you decide which preserving projects or methods

you might want to take on, depending on your tastes, energy, and time, as well as on the harvest.

Can or freeze a little or a lot. If you preserve food properly, in any measure, you'll always be satisfied.

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preserving the harvest

Freezing

Freezing





Freezing

Freezing Fresh Vegetables

Blanching and Shocking Vegetables for Freezing

Blanching is an essential step in

preparing vegetables for freezing. A simple pro-

cess, it's a quick, timed plunge into a pot of boiling water and then a reciprocating

plunge into ice water to "shock" or halt the cooking. Blanching destroys the

enzymes that cause vegetables to deteriorate quickly and helps vegetables maintain

their vibrant color, fresh flavor, pleasing texture, and nutritional content. The

technique of blanching also loosens the skins on fruits like tomatoes and peaches

so that they slip away easily, making preparation for a recipe or canning that much

simpler. Not all vegetables can or should be frozen—radishes and onions are ex-

amples of vegetables that do not freeze well—but all vegetables headed for the

freezer, including asparagus, green beans, and corn, require blanching.

Here's what you'll need:

- A large stockpot, 8- to 10-quart size, with a

properly fitting lid

- A blanching basket, pasta insert, or steamer

basket sized for the stockpot

- A large container of iced water waiting to

the side

- A supply of ice to replenish, as needed
- A large colander
- Clean, lint-free cotton towels

Preparing Vegetables for Blanching

Before you take the plunge and begin blanch-

ing the harvest, it's important that you know

how to prepare the vegetables so they blanch

quickly and evenly. Use the information provided-

vided in "Preparation and Blanching Times

for Selected Vegetables" on page 220 as a guide

to working with the specific produce

found

in this book.





Deciding Which Type of Blanching Method You Want to Use

- ***Blanching in Boiling Water.*** Easier than steaming, blanching

in boiling water may leech some of the precious color from

fresh vegetables and may weaken the flavor. Follow blanch-

ing times very closely. Fill the stockpot with about 4 quarts

of water and bring to a rolling boil. Working in one-pound

increments, arrange the prepared vegetables in the blanching

basket and submerge in the boiling water. Begin timing once

the basket is submerged. (See the chart of blanching times

for specific vegetables.) With larger

vegetables like asparagus,

corn, or broccoli, you can use tongs or a handheld strainer to

remove them after blanching.

- ***Blanching with Steam.*** This method yields the best results

in terms of taste, color, and nutrition retention. You'll need

a specially designed steamer pot or a steamer basket that fits

into your stockpot and keeps the food just above the boiling

water. Bring about 3 inches of water to a rolling boil in the

stockpot. Working in one-pound increments, arrange the

prepared vegetables in an even layer in the steamer basket,

insert into the pot, and begin timing once the lid is in place.

(See the chart of blanching times for recommended veg-

etables.) Replenish the water as needed and return to a boil

before steam-blanching the next batch.

Immediately Following Blanching

Regardless of which blanching method you use, all

blanched vegetables must be “shocked” by plunging

them into an ice-water bath immediately following

their blanching time. This halts the cooking process

and helps maintain color, texture, and firmness. The

vegetables should remain in the ice-water bath for

twice the amount of time they were blanched. For

example, blanch shelled peas for 3 minutes and keep

them in the ice-water bath for 6 minutes.

Draining and Drying Blanched Vegetables

After the vegetables have sat in the ice-water bath, transfer them to a large colander using tongs or a

strainer, leaving the ice behind. Let them drain for a few minutes, then transfer them to a clean lint-

free cotton towel or several layers of paper towels to absorb additional moisture. Blot the surface of

the cooled vegetables with another towel. Removing as much excess water as you can prevents excess

ice crystals from forming during freezing—and the less ice accumulates, the better the vegetables

will be preserved.

When working with leafy greens like spinach, chard, and kale, allow them to drain in the colander

for a little longer, and then gently

squeeze to remove as much water as possible before packaging for the freezer.

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freezing

Preparation and Blanching Times for Selected Vegetables

The vegetables listed in the table “Preparation and Blanching Times for Selected Vegetables” are by

far the best candidates for blanching and freezing. They hold their color, texture, and flavor better

than most and perform well in recipes after freezer storage. If properly prepared and packaged, these

vegetables will keep for 12 months at 0°F. If you don't see directions here for freezing your favorite

seasonal vegetable, refer to the section "Pick or Buy Now, Enjoy Later" for that vegetable for more

information and other preserving options. Remember that the vegetables should be shocked in the

ice-water bath for twice the amount of time they were blanched.

Preparation and Blanching Times for Selected Vegetables

Vegetable

Preparation

Steam Blanch

Boiling Water

Blanch

Asparagus

Medium stalks, remove and discard

5 minutes

3 minutes

woody stems, leave whole or cut into

2-inch pieces

Beans, snap

Snip stem end, leave whole or cut

5 minutes

3 minutes

into 2-inch lengths

Broccoli*

Trim to uniform sizes, about

5 minutes

3 minutes

1½ inches across

Brussels sprouts, medium* Trim,
remove outer leaves

6 minutes

4 minutes

Chard

Leaves only, cut into thick strips

3 to 4 minutes

3 minutes

Corn, sweet, whole ears,

medium size, 1½ inches

in diameter

Remove husks and silks

13 minutes

9 minutes

Corn, sweet, cut from cob Remove husks and silks, trim ends

6 minutes

4 minutes

Fall greens

Remove any thick ribs and tough stems 3
minutes, add 2 minutes,

(collards, kale,

2 minutes for

add 1 minute

and mustard greens)

collards

for collards

Peas (shelled)

Remove from pods

3 to 5 minutes

1½ to 2½ minutes

Peas (sugar or snap), small Remove
stems, blossom ends, and any 4 minutes

2 minutes

string, leave whole or cut into smaller
lengths

Spinach

Whole leaves, tough stems trimmed

3 minutes

2 minutes

Summer squash or Zucchini Do not peel;
cut into 1/2-inch slices

5 minutes

3 minutes

*Soak fresh-picked bunches of broccoli
or Brussels sprouts in salted water for
30 minutes to purge of small insects.

[Adapted with permission from the Ohio
State University Extension Fact Sheet:

the Locavore's Kitchen

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Freezing Fresh Fruits

After the fruit is cleaned, you'll want to prepare it for the way you plan on serving it. For example,

while blueberries and raspberries are used whole in recipes, peaches can be halved, sliced, or coarsely

chopped. Strawberries, especially small berries, are either left whole or halved,

sometimes crushed to

release the natural juices. Once you have decided on the preparation, your next step is to decide how

to pack it for the freezer.

Three Methods for Packing and Freezing Fresh Fruits

Here are three commonly used treatments and packing methods for freezing fruits. Each has specific

advantages for specific types of fruits. Read through these carefully and refer to the table “Prepara-

tion and Packing Methods for Selected Fruits” on page 222 before moving on.

Wet Pack Using Sugar

Some fruits hold their color, shape, and firmness better if packed in sugar syrup. Use these fruits later

for desserts like cobblers, crisps, and pies. Because they are packed in syrup, taste before adding any

additional sugar to the intended recipe. The strength of syrup used is largely a matter of preference,

but a medium-weight syrup is a good all-purpose choice.

Sugar Syrups for Freezing and Canning Fruits

Type of Syrup

Sugar

Water

Yield

Light

1 cup

4 cups

4³/₄ cups

Medium

1 $\frac{3}{4}$ cups

4 cups

5 cups

Heavy

2 $\frac{3}{4}$ cups

4 cups

5 $\frac{1}{3}$ cups

[Adapted with permission from the Ohio
State University Extension Fact Sheet:
Family and Consumer Sciences HGY-

5349-19.]

To prepare sugar syrup, combine the sugar and water in a saucepan and warm over medium heat,

stirring frequently, until the sugar is completely dissolved. If the syrup is to be used for canning

peaches or other stone fruits, let it come to a boil, then reduce the heat to low and cover. Keep the

syrup hot until needed. If the syrup is to be used for freezing fruit, transfer to a plastic container and

chill completely in the refrigerator (it

can be made a day or two ahead).

Note: Some canning manuals and guides publish conversions for substituting honey or corn syrup

for a portion of the sugar. While this is a safe practice, both honey and corn syrup have an impact

on the flavor and cost. Honey ranges in flavor from mild to robust. For medium syrup, gently heat

2 cups of mild honey with 3 cups of water and cool before using. Corn syrups often have added salt

and vanilla. Intrigued but not sure?

Experiment with one jar and taste for yourself.

Sugar Pack

This method works best with fruit that has been halved or sliced, such as strawberries, cherries, and

peaches. Simply sprinkle the recommended amount of sugar on the prepared fruit and mix gently with

a large spoon or clean hands. Let the fruit sit until juice has been drawn out and the sugar is dissolved.

Dry Pack or Unsweetened Pack

This is the easiest way to freeze fruit slices and berries without adding sugar. It allows for more

versatile use later, and you won't have to make adjustments in recipes that call for sugar. The absence

of sugar means juices are not drawn out, so this is a good method to use if you want berries to remain

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separate and loose. Making sure there is no excess moisture on the berries or fruit slices, scatter them

in a single layer on a rimmed baking sheet. Place in the freezer and when frozen solid, in about 3 to 4

hours, pop them off the tray and store in freezer containers or heavy-duty freezer bags.

To Prevent Fruit from Browning

Fruits like peaches, apricots, and nectarines have a tendency to darken and lose flavor when exposed

to air. They will do the same when stored in the freezer. An easy way to prevent this is to treat them

with ascorbic acid (vitamin C), a readily

available water-soluble powder packaged as Fruit-Fresh. It can

be added to sugar syrups or sprinkled over fruit just before dry or sugar packing. Unsweetened fruit

slices, like peaches, can also be soaked for a short time in cold water treated with ascorbic acid, drained,

arranged in a single layer on a baking sheet, and frozen. Pop them off the tray once frozen and transfer

to freezer bags. For the best results, follow the manufacturer's directions that come with the product.

Freezing Fruits

The fruits listed in the table “Preparation and Packing Methods for Selected Fruits” are by far the

best candidates for freezing using any of the three methods described. They hold their color, texture,

and flavor better than most and perform well in recipes after freezer storage. If properly prepared

and packaged, these fruits will keep for 8 to 12 months at 0°F. If you don't see directions for freezing

your favorite seasonal fruit, refer to that

fruit's "Pick or Buy Now, Enjoy Later" section for more

information and other preserving options.

Preparation and Packing Methods for Selected Fruits

Fruit

Preparation

Treat w/

Wet Pack:

Sugar Pack:

Dry Pack, No

Ascorbic Type of Sugar

Sugar per

Sugar

Syrup

4 Cups Fruit

Apricots

Peel, pit; halve or slice

Yes

Medium

½ cup

Not

recommended

Blackberries

Leave whole

No

Medium or Heavy ¾ cup

Yes

Blueberries

Leave whole

No

Medium or Heavy $\frac{2}{3}$ cup

Yes

Cherries, sour Pit

No

Medium

$\frac{3}{4}$ cup

Yes

Cherries, sweet Pit

No

Medium

Not recommended Yes

Nectarines

Peel, pit; halve or slice

Yes

Medium

Not recommended Yes*

Peaches

Peel, pit; halve or slice

Yes

Medium

2/3 cup

Yes*

Plums

Peel, pit; halve or slice

Yes

Medium

Not recommended Not

recommended

Raspberries

Leave whole

No

Medium

$\frac{3}{4}$ cup

Yes

Rhubarb**

Remove leaves, cut

stalks into 1-inch lengths No

Medium

Not recommended Yes

Strawberries

Remove caps, leave

whole or slice

No

Heavy

$\frac{3}{4}$ cup

Yes

Tomatoes

Core, peel, slice or chop No

Not necessary

Not necessary

Not necessary

*Only if treated with ascorbic acid before freezing.

**If using brightly colored stalks, blanch prepared rhubarb for 1 minute in boiling water and cool in ice-water bath for another minute. This will help retain the color.

[Adapted with permission from the Ohio State University Extension Fact Sheet: Family and Consumer Sciences HYG 5349-09]

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Guidelines for Freezing Fruits

Use rigid freezer containers or heavy-duty freezer bags that hold 2 to 4 cups of fruit. When packing

fruits in sugar syrup or juice, add enough of the liquid so that the fruit is submerged. Leave $\frac{1}{2}$ inch

of headspace, seal, label, and freeze.

Fruit prepared using the dry pack method can be stored loosely

in heavy-duty freezer bags, squeezing out as much air as possible.

Thawing and Serving Frozen Fruits

Freezing may slow or halt the growth of bacteria, but it does not destroy them.

Thawing slowly in the

refrigerator is the best way to prevent bacteria growth, while thawing on a countertop in hot weather

could encourage their growth.

If you are using frozen fruits in a fruit salad or as part of another cold or chilled dish, add them

partially thawed for the best flavor and texture. For the best flavor and performance in baking, use

fruits still frozen or just slightly thawed as substitutes for fresh fruit, measure for measure, in many

recipes, including pies, breads, and desserts. Toss frozen fruits right from the freezer into the blender

for smoothies and milkshakes or use them to top yogurt, oatmeal, or cereal.

Packaging Fruits or Vegetables for the Freezer

Most of the work in getting foods freezer ready is in proper preparation, but an equally important

step is in packaging for long life in the

freezer. Freezing temporarily stops spoilage and the growth

of organisms and is the best way to preserve color, texture, flavor, and nutritional content in foods.

Begin by making sure that your freezer is in optimal working condition, that it has tight door seals,

maintains a constant temperature of 0°F, and doesn't build up excessive frost or ice crystals. With that

in order, the two elements that work most against frozen foods are air and moisture.

When air gets into the package as a result of a weak seal or improper packaging, it evaporates the

moisture in frozen foods, causing freezer burn—dull, grayish streaks that are harmless but leave

foods dry and tough.

Excessive moisture in foods and freezing foods too slowly both result in the formation of large ice

crystals. Properly frozen foods will have some small ice crystals, but it's the large, excessive buildup

that compromises taste and texture when

food is thawed and cooked.

Here are some important guidelines for packaging all foods heading for the freezer, whether meats

and poultry, fruits, vegetables, prepared foods, or breads and other baked goods.

- Package frozen fruits and vegetables in airtight containers, including plastic freezer-safe storage contain-

ers with tight-fitting lids or heavy-duty plastic storage bags that seal securely and completely.

- Squeeze or press as much air as possible out of freezer bags before

putting them in the freezer.

- Be diligent about blotting vegetables and fruit after blanching to remove excess water. This will help prevent the formation of ice crystals in the freezer.
- If you can, chill foods in the refrigerator before packaging them for the freezer. They will freeze more quickly and form fewer ice crystals.
- Arrange foods as flat as possible in freezer bags, in single layers, to speed up freezing (and defrosting)

and to use less space in the freezer. Flat packages can be stacked once frozen.

- Label and date everything, using freezer labels or a permanent marker. Include not only the name of the

contents but when it was packaged and the weight or quantity.

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Types of Packaging for the Freezer

You dress to protect yourself from the cold and frostbite. Use the same kind of thinking when you

package your foods for freezer storage. There are many choices on the shelves that will protect foods

from loss of color, texture, nutrients, and flavor. Here's a list of the most commonly found.

- **Heavy-Duty Foil.** Choose heavy-duty varieties made specifically for freezer storage. Foil has a few ad-

vantages over other freezer wraps in that it molds to the shape of the foods, eliminating air pockets, and

won't tear or puncture easily. Use it to wrap foods like meats, breads, and other baked goods. Storing

foil-wrapped food in freezer bags adds an extra measure of protection.

- Heavy-Duty Freezer Bags. Specifically designed for freezing food, these come in a variety of sizes,

including pint (2 cups), quart (4 cups), and gallon (16 cups), with zippered closings. Make sure that

they hold liquid well by filling with water and testing for leaks or gaps. If they hold water, they will

also keep out air. Do not substitute thinner storage bags, which can split in the freezer, exposing or

scattering the contents.

- Freezer-Grade Plastic Containers. Ideal for storing liquids, sauces, or cooked foods, they are also better

choices for preserving more delicate foods that could be crushed in a crowded freezer, like raspberries.

- Plastic Freezer Wrap. This heavy-duty plastic wrap is usually lightly textured and designed to cling to

foods, avoid air pockets, and let you easily see the contents.

temperature of freezer

A busy day preserving the harvest in the locavore's kitchen can be taxing on the freezer as well as its

contents. If you've prepared large quantities of the local seasonal harvest for freezing or find yourself

with a half dozen whole chickens you plan on freezing for use throughout the next few months,

reduce the temperature of the freezer to its lowest point (about -10°F) 24 hours in advance before

adding anything new to the freezer. In the next day or two, reset the temperature back to 0°F or the

normal position. This little trick keeps the foods you've already stored in good condition while the new

additions freeze solid.

freezing whole tomatoes

In recipes that call for removing the skins from tomatoes, blanching and shocking in an ice-water bath is

a necessary step. However, if you want to freeze whole tomatoes to toss into stews, soups, or stocks, skip

the blanching step. Simply core the tomatoes and place them whole on a heavy-duty baking sheet and

freeze. When they are frozen solid, store them in heavy-duty freezer bags.

Remove the tomatoes as you

need them and let them sit at room temperature for a bit. As they thaw, the skins will slip right off, as

easily as if they were blanched. Whole tomatoes will keep for 3 to 4 months in the freezer.

vacuum sealers

Vacuum sealers are an effective way to prolong the life and freshness of foods.

These small electric

countertop appliances remove the air

from specially designed storage bags that hold food, heat-sealing

the bag closed. They are great at prolonging the life of foods in the freezer but they do require an

investment. Basic models start at about \$150; deluxe models feature more vacuum power and a host of

accessories, as well as a higher price tag. There's also the cost of the freezer bags, which usually come in

rolls so you can cut the bags to the size you need. If you plan on making this investment, get the best

model your budget can handle.

Here's an important tip about vacuum-sealing foods. Delicate fruits like berries, breads and other baked

goods, and vegetables that have been softened somewhat by blanching can be crushed and ruined as the

air is vacuumed out and the bags compress. One way to prevent crushing is to place these items in the

freezer before packaging. As soon as they are frozen solid, pack them in the bag and then vacuum-seal.

You'll avoid the problem of crushed

food this way.

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Removing the Skin on Whole Tomatoes, Peaches, and Other Stone Fruits

When a recipe calls for removing the skin on smooth-skinned fruits, there's always the option of

peeling it away with a vegetable peeler, a paring knife, or a peeler with tiny serrated teeth designed

specifically for these fruits. If you're peeling only a few fruits, this method

will do, but if you're

blessed with a basket, bushel, or bounty of fruit, it will be quicker to blanch them in boiling water

and shock them in an ice bath. (See "Blanching and Shocking Vegetables for Freezing" on page {000}

for full details.)

Simply use a paring knife to cut a small x in the bottom or blossom end of ripe fruit. Have water

boiling in a stockpot. Working in batches so as to not overcrowd the stockpot, place some of the

fruits, loose or using a blanching basket to dip them, into the boiling water for 30 to 60 seconds. The

riper the fruit, the less time you'll need.

Transfer immediately to the ice bath to halt any cooking. Let the fruit sit for a minute, drain, and slip

off the skins, then proceed with the recipe.

Freezing Meats and Poultry

Locavores seek out the best meat and poultry their money can buy, whether organic, pasture-

raised, free-range, heritage breeds, or grain- or grass-fed. Locavores understand the dedication and

work involved, and attach value to meat and poultry raised responsibly, without the aid of growth

hormones or antibiotics, and with respect for the land and animal. If you've gone to any length to

learn how to prepare and cook these meats for the best results, it only makes sense to be sure you

know how to package and store them correctly.

Many meat and poultry producers will sell their products already vacuum-sealed and labeled for

the freezer, a plus for the buyer. If they are not already frozen when you buy them, chill them in the

refrigerator at 40°F for 24 hours. This small detour ensures that when they are placed in the freezer,

they'll freeze more quickly and form fewer damaging ice crystals.

To prepare fresh, unpackaged meat and poultry for freezer storage, trim excess fat. Be sure to remove

the giblets and any other parts from the cavities of whole chickens. If you must rinse the meats, do so

after defrosting and before cooking, blotting excess moisture with a paper towel.

Use only quality heavy-duty plastic freezer wrap, aluminum foil, or freezer paper. For long-term

storage (more than 3 months), the recommended method is to double-wrap, first in a layer of plastic

freezer wrap, molding it around the meat or poultry to press out any air pockets, followed by another

layer of foil or freezer paper or a heavy-duty plastic freezer bag. Heavy-duty freezer bags are good for

ground meats and boneless cuts, as well as for smaller cuts like chops and steaks. For quicker freezing

and defrosting, arrange meats in a single layer and avoid overcrowding the bags before sealing. Be

sure to squeeze or press as much air as possible out of the bag before sealing. Always remember to

label with the contents and date, and the weight, if desired. Properly packaged and stored, meats will

last up to 9 months and poultry up to 12 months.

Thawing Meats and Poultry

Always thaw meats and poultry in the refrigerator on a tray to catch any moisture. Large turkeys, up

to 24 pounds, can take 3 to 4 days, while a 4-pound chicken or large cuts of beef or pork will take

from 24 to 48 hours. Smaller cut-up pieces such as chicken legs and breasts or ground meats will

thaw in 12 to 24 hours.

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Freezing Dairy Products and Eggs

When the season for farmers markets winds down, that favorite cheese or butter or the fresh eggs

you bought on a weekly basis can still be enjoyed throughout the winter with some planning, proper

packaging, and freezer space. Follow these guidelines and always ask the producer, cheesemaker, or

farmer—those who know best—about

whether it's possible or advisable to freeze their products.

Butter. Delicious, locally produced butter from the farmers market usually comes in a large roll,

not neatly wrapped sticks. Divide the butter into small portions and wrap each tightly in plastic

freezer wrap or store in small heavy-duty freezer bags. Frozen butter often becomes a little grainy and

crumbly in texture once thawed. It won't make a difference in your cooking, but for a spread, stirring

helps smooth the texture. Butter will keep up to 9 months in the freezer.

Cheeses. Another advantage of shopping locally or at a farmers market is that you often know the

person who crafts the cheeses you love. Ask them about the freezing qualities of different varieties.

Cheeses heading for the freezer should be tightly wrapped in plastic freezer wrap, never aluminum

foil. Soft cheeses like goat cheese can be stored for about 2 months. If the cheese comes in vacuum-

sealed packaging, the shelf life can be even longer. Semisoft varieties like Muenster and Havarti can be

frozen for up to 3 months but will become crumbly when defrosted—okay for cooking purposes, not

as great for a cheese board. Hard, aged cheeses like Cheddar should just be wrapped and refrigerated

so they will continue to age and develop flavor. Soft cheeses like Brie should never be frozen, and the

same goes for ricotta and cottage cheese.

Eggs. If the idea of being without fresh

eggs for baking as you head into the winter months is

worrisome, then get cracking. Eggs can be frozen in a variety of ways and still perform well in baking.

Gently thaw in the refrigerator overnight.

Whole Eggs. Using a fork, combine the yolks and white with a pinch of salt.

Pour into small

containers, allowing for headspace, seal, and freeze for up to 9 months. Allow one or two eggs per

container. Use for baking and scrambling.

Egg Yolks. Separate the eggs, reserving the whites, and stir the yolks together with a pinch of salt. Twelve

egg yolks will yield 1 cup, so divide and package as desired. Use in sauces, mayonnaise, and custards.

Egg Whites. Separate the eggs and combine the egg whites in a container, allowing for headspace.

(Make sure that no egg yolk gets into the white or it will affect the performance of the eggs when

whipping.) Seal, label, and freeze. Use for meringues, cakes, and glazing for baked goods.

Canning

Canning

Canning

What are you going to get out of preserving food by canning? Certainly a lot of wonderful local and

seasonal flavors sealed in a jar and waiting patiently in the pantry for when your taste buds demand

the genuine flavors of homegrown or locally grown foods. It's a wonderful way to make the tastes of

the seasons live on through jams and jellies, pickles, relishes, salsas, sauces, and more.

The information in this section will leave you with but a taste of the possibilities canning offers,

using basic, easy, and safe techniques for canning high-acid fruits and vegetables, pickling, and mak-

ing jams and jellies. It should not be regarded as a complete and comprehensive guide to all canning

methods. *You will not find instructions for pressure canning, an entirely different technique and the only*

safe, acceptable technique for canning low-acid vegetables. What you will find on the following pages

is encouragement, motivation, and complete and detailed instructions to give you the basic working

knowledge of canning necessary to prepare any (or all) of the recipes found in *The Locavore's Kitchen*.

Canning Guidelines

Safe canning techniques and good kitchen hygiene cannot be stressed enough and can make the

difference between wholesome,

delicious canned goods and food that can become contaminated, posing a health threat.

Here is a checklist of what you need to know and do before and during any canning project.

- ☐ Make sure that all equipment used in canning is perfectly clean. This includes the canner, cutting boards,

knives, bowls, and towels . . . and especially your hands. Wash them often as you work.

- ☐ Use only fresh, quality fruits and vegetables. Those that show signs of

spoilage and bruising may contain

bacteria that will contaminate an entire recipe. Fruit sold as seconds can be used as long as bruises and

damaged areas are removed.

☐ Clean all fruits and vegetables properly. See “Cleaning fruits and vegetables” on page 216 or refer to

the instructions in each particular fruit and vegetable section. Do not soak any fruit or vegetable in water

prior to canning.

☐ Use standard canning jars and lids.

Readily available and easy to find, especially as the harvest begins,

these come in a variety of sizes—quarts, pints, and half pints—as well as regular and widemouthed

styles. Do not reuse commercial food jars, such as the ones that contained salad dressing, mayonnaise,

or pickles. They may not seal properly and could break during heating.

☐ Check that canning jars are in good condition, whether new from the box or ones that are reused yearly.

Discard any jars that have cracks or

chips.

☐ Thoroughly wash all canning jars, whether new from the box or ones that are reused yearly. Wash them

first with hot, soapy water and rinse thoroughly to remove all soap.

☐ Keep jars hot until ready to fill. This can be done by leaving them in the water bath canner as it heats, by

filling them with very hot tap water, or by running them through a clean and empty dishwasher on the rinse

cycle. Jars used in jam and jelly making should be sterilized for 10 minutes in

boiling water before filling.

☐ Check canning lids and bands.

Canning ring bands can be reused from season to season as long as

they are in good condition with no dents, cracks, or rust. *Lids may only be used once.* If you attempt to

reuse them, they may not seal properly.

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A Word about Pressure Canning

Unless they are packed in vinegar brine,

vegetables lack the natural acidity to make them good choices

for canning with the boiling water bath method used for all the canning recipes found in this book.

There are only two other ways to preserve vegetables. The first is to blanch and freeze them, which, if

done properly, is an excellent way to preserve their color, texture, taste, and nutrition (see “Freezing

Vegetables” on page 218). The only other safe way to preserve vegetables is by pressure canning.

A pressure canner is a metal kettle with a cover that clamps to make it steam tight and gauges

to measure and regulate pressure. The principle of pressure canning is to expose low-acid foods

(vegetables, meats, some fruits, and some prepared foods like soups) to high temperatures of 240°F

and above, to sterilize the contents and destroy the microorganisms that cause botulism. Water bath

canners can reach only 212°F, the boiling point of water, not hot enough to kill the bacteria in low-

acid foods, but safe and recommended for high-acid fruits and vegetables and all the canning recipes

found in this book.

If you're interested in exploring pressure canning, be prepared to make an investment. There are a

handful of manufacturers who offer different models and sizes of pressure canners that cost upwards

of \$80. Don't confuse pressure canners with pressure cookers, which are not recommended for

canning purposes. The canning

publications and websites listed below should guide you in the right

direction when it comes to pressure canning.

canning publications and websites

These books and websites are among the best sources for comprehensive information about canning,

including pressure canning.

Ball Complete Book of Home Preserving, edited by Judi Kingry and Lauren Devine (2006)

Ball Blue Book of Preserving (2006)

Ball Canning Company online resource
<http://www.freshpreserving.com>

Complete Guide to Home Canning,
Bulletin No. 539, United States
Department of Agriculture (2009

revision), available online, along with
other publications, at the National
Center for Home Food

Preservation website,
<http://www.uga.edu/nchfp/>

Canning and Preserving for Dummies
(2nd edition), by Amelia Jeanroy and
Karen Ward (2009)

cooperative extension services

There's something special and heartwarming about discovering a family recipe from long ago. When

it comes to those that require canning, however, even some techniques used just a generation ago

are no longer considered safe. To get more information on whether or not a recipe, family heirloom

or not, is safe for canning or to find information on ways to safely adapt it to today's canning

techniques, contact your local Cooperative Extension Service. Through the United States Department

of Agriculture, every state hosts this valuable research-based resource, often through land grant

universities, providing information on agriculture and food, home and family, the environment, and

more. To find one in your area, go to the USDA's National Institute of Food and Agriculture website at

<http://www.nifa.usda.gov/extension>.

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What You Need to Get Started

Most of what you'll need to take on a canning project is probably already in your kitchen. If you don't

already have a water bath canner, consider the size of your range and the

burner it will occupy before

making the investment, typically under \$30. Once you have assembled all of this equipment, you're

ready to begin canning.

- Water bath canner with lid

21.5-quart size (holds 7 quart, pint, or half-pint jars)

or 33-quart size (holds 9 of each)

- A wire jar rack (usually included when buying a water bath canner)
- Canning jars with ring bands and lids

sold by cases of 12 in quart, pint, and half-pint sizes

- Large saucepan to hold ring bands and lids
- Teakettle with additional boiling water, if necessary
- Jar lifter or sturdy tongs, preferably with rubber grips

necessary for lifting jars from boiling water

- Widemouthed canning funnel

not essential, but very helpful in filling jars with liquids

- Kitchen timer
- Clean kitchen towels

lint-free cotton towels preferred

- Flexible rubber spatula

used to eliminate air pockets in filled jars

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Canning Methods: Boiling Water, Raw Pack, and Hot Pack

About Boiling Water Bath Canning

To preserve any of the recipes found in this book by canning, you will be using a water bath canner.

Filled jars are submerged in a boiling water bath. The heat destroys the molds, yeast, and bacteria

that cause foods to spoil. High temperatures drive the air out of the jar, creating a vacuum that forms

an airtight seal, preventing contamination of the food during storage. This is a safe and easy way to

preserve high-acid foods—whole or sliced fruits, jams and jellies, relishes, chutney, and pickled foods.

The presence of acid, natural or added, in foods prevents bacteria from forming or flourishing. You'll

notice that in all the recipes, there's a measure of vinegar or lemon juice added to boost the acidity

for some foods to an optimal level.

Don't skip or alter these measurements in any recipe.

Raw Pack Method or Hot Pack Method

There are two safe and acceptable methods used for the recipes found in this book for packing foods

into canning jars.

The first is the *raw pack method*. Raw prepared fruits like tomatoes or peaches are packed tightly in

jars, and hot syrup, juice, or water is added to cover. The jars are then sealed and processed. Raw pack

fruit is more likely to float yet is perfectly safe to eat. This method is also used for pickling vegetables

using vinegar brine. The process for Canned Whole Tomatoes on page 235 uses the raw pack method.

The other is the *hot pack method*. This is where prepared foods such as sauces, salsas, or pickles are

heated before being packed in the jars. Additional hot liquid or juices released during cooking are

also included. This method keeps fruits from floating to the top, so it's the preferred method to make

Canned Peach Slices on page 236.

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Basic Canning Techniques: A Step-by-Step Picture Guide

This picture guide will walk you through the basics of water bath canning. The same principles will

apply when canning other recipes in this

book. Look for important tips and information about specific

preparations in “Jams, Jellies, and Preserves” on page 237 and “Pickles, Relishes, and Salsas” on page 239.

Place a rack in the bottom of the water bath

canner and fill it with enough water to reach

1 to 2 inches above the rims of the jars you

will be using when they’re placed on the rack. It’s also a good idea to have a

kettle of

boiling water on the side in case the water

level drops and needs replenishing.

Fill a separate pan with water and

heat over a low flame; do not boil.

Add the bands and lids. The hot

water gently softens the rubber on

the underside of the lids, which

helps create a good seal later.

Be sure to follow recipes closely and to completion before filling jars. Pay close attention to the amount of headspace and the processing time called for in a recipe.

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Fill the jars as the recipe directs,
leaving
the required amount of headspace, which

allows for expansion of the food during processing. A canning funnel is helpful during this step to keep rims and threads on jars clean.

Run a flexible rubber spatula around the interior of filled jars to remove air pockets.

Foods that are packed whole or have a chunky

texture can trap pockets of air, and that could

affect the seal. (This step is not necessary

when the contents are liquid, like jelly.)

Wipe the contact surfaces (rims and threads of jars) with a clean lint-free cotton cloth or paper towel dipped in hot water. This ensures a good seal.

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Remove the lids as needed from the hot

water and place, rubber side down, on the rims of the jars. Add the bands, screw

on snugly and securely, but do not over-tighten. Once the jars are filled and sealed,

they should go directly into the canner.

Using a jar lifter or tongs, stand the jars on the rack

in the canner. Always make sure the jars are on a

rack, not sitting directly on the bottom of

the canner,

which could cause them to crack. Make sure the

water covers the tops of the jars by at least 1 inch.

Add additional boiling water, if necessary.

Place the lid on the canner.

When water returns to a boil, begin timing for

processing as directed in the recipe. (If the water falls

below boiling during processing, stop the timing, wait

for the water to return to a boil, and resume timing.)

Using the tongs, remove the jars from the canner and allow them to cool, undisturbed, at room temperature for 12 to 24 hours. Do not adjust, tighten, or remove ring bands during this time.

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Once the jars have cooled, it's time to move them to a dark, cool storage place.

Remove the ring bands and wipe the jars with a damp cloth. Label the jars with the

contents and processing dates.

pop!

That's the sound you should listen for as the

jars cool from the hot water bath. Within 5 to

15 minutes, the heat inside the jar will force out

the air, creating a vacuum. When this happens,

you'll hear a distinct "pop" or "ping," your sign

that the jar has formed a good seal. Not sure?

Hold the jar up and look across the lid. The

surface should be concave, curved down in the

center. If it's flat or bulging, or springs

up when

touched, the lid did not seal. Jars that did not

form a seal should be refrigerated and used in

the next few weeks.

Troubleshooting and Common Problems

The best part of a canning project is at the end. You can sit back and admire your work and know

that some great flavor is in store for you in the months ahead. If you've closely followed the recipes

and directions for canning, your efforts should pay off in delicious and safe foods. Here are some of

the common problems you might experience, especially if this is your first attempt at canning. *Don't*

be discouraged—practice makes perfect. Keep canning!

- If the lid did not form a seal after processing, do not reprocess. Instead, store the jar in the refrigerator

and enjoy the contents within the next few weeks.

- If upon taking a jar from the pantry you

find that the seal is broken or bulging, the jar is leaking or spurts

upon opening, or the food has developed an off-odor, discard the contents. There are various reasons

why the seal has failed and the food has spoiled. Here are some of the most common causes and ways

to avoid these problems in the future:

- Processing times were not followed.
- Canning lids were not new or were not properly softened in hot water.
- Ring bands were applied too tight or

ring bands were adjusted following processing.

- Not enough or too much headspace was left in the jar.
- Recipe was not followed or ingredients were not properly measured.

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No matter what else you decide to preserve for your pantry, tomatoes are a perennial favorite of can-

ning enthusiasts. Canning novices, make this your first project. It will give you practical hands-on

experience, knowledge, and confidence to take on any canning project. Best of all, in the middle of

winter, a jar of canned tomatoes can be turned into sauces, added to stews and chili, made into or

added to soups—used in any recipe searching for the garden-fresh taste of tomatoes.

Any variety of tomato can be used as long as you understand the result. Flavorful, meatier tomatoes

like plum and Roma varieties are usually just the right size to be preserved whole without chopping

or slicing; simply peel and core. When they are added to recipes later on, they will cook up into

thicker sauces.

Beefsteak tomatoes and larger cherry tomatoes can be preserved, but because they are juicy to begin with,

they will release even more water along the way and may not be as flavorful as other meatier varieties.

For this project, the raw pack method described on page 230 is used to help the tomatoes hold their

shape. You'll notice that salt is listed as optional. It is used as a flavor enhancer, not a preservative.

Canned Whole Tomatoes

Makes 7 quart jars or 14 pint jars

20 pounds fresh meaty tomatoes of similar size, peeled and cored, bruises and soft

or damaged areas removed, halved or quartered if very large

4 cups tomato juice or water, or a combination (approximate)

$\frac{1}{2}$ cup freshly squeezed lemon juice (approximate)

$\frac{1}{4}$ cup kosher salt (approximate and optional)

For instructions on

how to remove Bring the tomato juice or water to a boil in a medium saucepan.

Reduce the heat to

the skin on whole maintain the liquid at a simmer.

tomatoes, see

“Removing the Skin Pack the prepared tomatoes in hot jars to within $\frac{1}{2}$ inch of the rim. Press the

on Whole Tomatoes, tomatoes down as you pack to fill the spaces and release some of the juice.

Peaches, and Other Add 1 tablespoon of lemon juice and 1 teaspoon of salt

(optional) to quart jars,

Stone Fruits” on $\frac{1}{2}$ tablespoon of lemon juice and $\frac{1}{2}$ teaspoon of salt (optional) to pint jars.

page 225. Add enough hot juice or water to cover the contents to within $\frac{1}{2}$ inch of the rim

(headspace). Run a rubber spatula around the edges to release air pockets. Add

more hot liquid, if necessary. Seal and process 40 minutes for pints or 45 minutes

for quarts.

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One of the most beautiful seasonal sights
in the locavore's kitchen is freshly

canned peach slices,

bright, colorful, and promising the true taste of peaches long after the last are picked from the or-

chard down the road. Once the local peach season ends, the true taste of fresh peaches goes with it.

You might find peaches at the local grocery off-season, but chances are very good the taste will not

accompany them.

You'll want to choose the best-quality peaches, perfectly ripe, yielding to gentle pressure, free of

bruises and blemishes, and giving off the aroma of a peach, sweet and highly perfumed. For perfect

peach slices, use freestone varieties, whose fruit comes away cleanly from the pit. Cling peaches,

which “cling” to the pit, can also be used but won’t slice as neatly. Better to use these for jams and

recipes where peaches do not need to hold their shape.

For this project, using the hot pack method described on page 230 is preferred to keep peach slices

from floating to the top of the jar.
Peaches must be packed in sugar syrup
to enhance flavor, stabilize
color, and hold the shape of the fruit.

Canned Peach Slices

Makes 4 quart jars or 8 pint jars

11 pounds fresh peaches, peeled, pitted,
and sliced (soft or damaged areas
removed)

¼ cup ascorbic acid or lemon juice, to
prevent browning

1 recipe medium sugar syrup, page 221

For instructions on Place the prepared peach slices in a large bowl and toss with the ascorbic acid or

how to remove lemon juice to coat the slices, preventing them from browning.

the skin on whole

peaches, see Bring the sugar syrup to a boil in a large stockpot. Reduce the heat just enough to

“Removing the Skin keep the syrup at a gentle simmer. Add the peach slices to the syrup, stirring gently.

on Whole Tomatoes, Let them heat for 5 minutes.

Peaches, and Other

Stone Fruits” on Remove the peaches from the syrup with a slotted spoon and pack into hot jars to

page 225. within 1 inch of the rim, pressing down gently to fill the spaces. Add enough hot

syrup to cover the contents to within $\frac{1}{2}$ inch of the rim (headspace). Run a rubber

spatula around the edges to release air pockets. Add more hot syrup, if necessary.

Seal and process 20 minutes for pints or

45 minutes for quarts.

other hot pack method recipes

Look for these recipes that also use the hot pack method of canning:

Chunky All-Purpose Tomato Sauce,
page 121

Fresh Tomato Ketchup, page 124

Maple Applesauce, page 135

Pear Sauce, page 136

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Jams, Jellies, and Preserves

When fruit is abundant, it's time to think about making jams, jellies, or preserves—you won't believe how

much wonderful seasonal flavor you can fit into a little jar. But what is the difference between them?

Jams feature pieces of crushed fruit like strawberries, raspberries, or blueberries, often with the seeds

left in berry jams. Jam will have more texture, will not spread as smoothly as jelly, and is usually made

with added commercial pectin.

Jellies are made from only the juice of the fruit, which is crushed, strained, and then boiled with

sugar and commercial pectin, a natural thickening agent derived from apples added to make the

mixture gel, or set up. Grapes are best made into jelly because they contain too many hard seeds and

tough skins to create a decent jam.

Preserves really don't differ much from jams. It's a term used long ago that means the fruit was

cooked longer with extra sugar instead

of added pectin and “preserved” by canning. You’ll find the

majority of recipes for spreads in this book are made without added pectin.

Marmalade is a cooked fruit preserve that features some kind of citrus in the mix.

All of these should be prepared according to the recipe directions and canned using the basic canning

principles. For the best results in making jams, jellies, preserves, and marmalade, follow these rules:

- Always use fresh, fully ripe seasonal

fruits. It's best if they are used within 24 hours of picking.

- Do not soak fruits in water.
- Unsweetened frozen fruit and juices may be substituted for fresh in recipes.

- Slightly underripe fruits contain a natural amount of pectin. If desired, substitute a small measure of

these for fresh in recipes that do not use commercial pectin.

- Always measure ingredients carefully and never double recipes for jellies, jams, or preserves, espe-

cially those that use pectin.

- With pectin-free recipes, remember that when you've achieved the desired consistency after cooking

the jam, the mixture will firm up even more when cooling.

- Jars for jams and jellies should be sterilized for 10 minutes in a boiling water bath before filling. (This

is not required for foods that will be processed for 10 minutes or more.)

- Fill the jars completely, leaving $\frac{1}{4}$ inch of headspace.

- Follow processing times closely. Never underprocess and take care not to overprocess, which will

overcook the contents. Most jellies and jam only require 10 minutes of processing.

- After processing, let the jars sit undisturbed for at least 24 hours before storing.

About Pectin

Pectin is a necessary component for quickly setting up or gelling jellies and jams. Whether to add

pectin is a matter of personal preference.

Most of the recipes in this book for jams and preserves are

pectin free, relying on added sugar and natural pectin in the fruit to create a soft set. *Recipes that call*

for added pectin are formulated specifically for its use. Do not omit pectin from recipes that call for it.

For information on how to make jams and preserves using commercial pectin in both powdered and

liquid forms, refer to the manufacturer's detailed instructions that come with the product.

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Performing a Gel Test

Recipes for pectin-free jams and preserves require a gel test to determine if the mixture has set up

properly and is ready to be added to the jars for processing. Here are two ways to perform a gel test:

Freezer Test: Chill a few small plates in the freezer. When ready to test for gel formation, place a

tablespoon of the hot fruit mixture on a plate and return it to the freezer. Wait 3 minutes. (During

this time, the pot should be off the heat to avoid overcooking). To test if the mixture is properly

cooked, tilt the plate. If the mixture moves slowly, it will form a gel. If the mixture runs off the plate,

return the pot to the heat and cook for another 2 minutes and repeat until the freezer test shows a

gel has formed.

Spoon Test: Place a few metal spoons in the refrigerator. As the mixture nears the end of the

cooking time, test for gel formation by dipping a spoon into the mixture and lifting it out so the

mixture runs off the edge of the spoon.

At first, the consistency will be light and syrupy. As it nears

the gel stage, the mixture will get thicker and run off the spoon in big drops. When the mixture sheets

off the spoon and two drops run together as one, a gel has formed and the mixture is ready to can.

recipes for jams, jellies, and preserves

Strawberry Preserves, page 28

Grilled Rhubarb and Lemon Preserves,
page 10

Raspberry Jam, page 71

Blueberry Lemon Jam, page 71

For delicious jams,

jellies, and preserves, Blackberry Lime Jam, page 71

look for these recipes Sour Cherry Jam, page 105

throughout the book.

Peach Ginger Jam, page 105

Plum Jam, page 105

Plum Dipping Sauce, page 106

Hot Pepper Jelly, page 157

Carrot and Lemon Marmalade, page 166

Grape Jelly, page 191

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Pickled Vegetables, Relishes, and
Salsas

Simply put, pickling is a method of
preserving foods in a vinegar solution,
often seasoned with herbs

and spices. It's a safe and effective way to preserve cucumbers, radishes, green beans, and other low-

acid vegetables so that they keep their crunch and flavor.

Recipes for pickled vegetables use either the *Raw Pack Method* or the *Hot Pack Method* followed by

processing in a boiling water bath. They should be prepared according to the recipe directions and

canned following the basic canning principles. For the best results in making pickles, relishes, and

salsas, follow these rules:

- Use nonreactive bowls, pots, and utensils when preparing pickled recipes. Glass, stainless steel, and

ceramic bowls are acceptable; aluminum, copper, and cast iron pans and utensils react with the acids

in vinegar and will affect the flavor, color, and quality of the finished product.

- Never reduce or increase the amounts of vinegar, lemon juice, other acids, or salt listed in pickling recipes.
- Pickling salt is formulated especially

for canning, especially pure and fine grained so it dissolves eas-

ily. Kosher salt is a suitable substitute but might cause harmless clouding of the brine.

- The most economical vinegar to use is distilled white vinegar. Rice wine or white wine vinegars can

be substituted for a milder flavor. Cider and red wine vinegars may darken the solution, so do not

substitute them for white vinegar unless specified in the recipe.

- Pack the jars tightly with the prepared

vegetables, always making sure vegetables like asparagus,

pickles, and beans are trimmed to fit vertically in the jar. Vinegar brine should be added to cover the

contents, leaving $\frac{1}{2}$ inch of headspace.

- Follow processing times closely. Never underprocess and take care not to overprocess, which will

overcook the contents, robbing them of their color and crisp texture.

- Store for a minimum of one month before opening to allow the flavors to meld.

recipes for pickled vegetables, relishes,
and salsas

Pickled Asparagus Spears, page 6

Lemon Dill Beans, page 49

Classic Garlic Dill Pickles, page 54

Sweet Garlic Dills, page 54

Classic Bread and Butter Pickle Chips,
page 55

For delicious pickles,

relishes, and salsas, Gingered
Watermelon Rind Relish, page 76

look for these recipes Zucchini Relish,
page 97

throughout the book. Pickled Beets with
Caraway, page 166

Margaret's Salsa, page 121

Orchard Chutney, page 136

Smoky Green Tomato Salsa, page 188

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Resources

Resources

Sources and Inspiration

There's much to be learned about fresh, local, seasonal, and homegrown foods when you have

the ear of a farmer, grower, producer, or skilled gardener, but for those times when you need

inspiration, motivation, or confirmation, the following sources, both printed and electronic,

are useful references.

Books

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<http://www.freshpreserving.com>

Michigan State University Extension

<http://www.msue.msu.edu/>

Ohio State University Extension Service

<http://extension.osu.edu/>

***University of Illinois Extension
Service***

<http://urbanext.illinois.edu/veggies>

Finding Locally Grown Food,

No Matter Where You Live

Where does your food come from?
Whether you're a dedicated locavore
who knows all the

best sources for locally grown fruits and
vegetables, meats and poultry, dairy and
more or

you're new to living the life of a locavore, it's important to create a network of resources

that will point you to farms, farmers markets, CSAs, and artisan or homestead producers

in or close to your community. Here are a few reliable and popular websites to help in your

search, no matter where you live.

Farm Bureaus

Also remember that most states have large farming organizations such as farm bureaus that

provide information to consumers on how to find products, farms, and farmers markets in

their state. To find the link to the farm bureau in your state, start with the American Farm

Bureau website.

<http://www.fb.org>

Finding a Winter Farmers Market

<http://www.farmaid.org>

Food Routes

<http://www.foodroutes.org>

Local Dirt

<http://www.localdirt.com>

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Local Harvest

<http://www.localharvest.org>

National Sustainable Agriculture Information Service

http://attra.ncat.org/attra-pub/local_food/search.php

Real Time Farms

<http://www.realtimefarms.com/markets>

Rodale Institute Farm Locator

http://www.rodaleinstitute.org/farm_locator

Slow Food USA

<http://www.slowfoodusa.org>

University Extension Services

Through the United States Department of Agriculture, every state hosts research-based

resources through land grant universities. Use them to find information on local agriculture,

food, home and family, the environment, and more. To find one in your area, go to the

USDA's National Institute of Food and Agriculture website and click on your state.

<http://www.nifa.usda.gov/extension>

USDA Farmers Market Listing

<http://apps.ams.usda.gov/FarmersMarket>

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Adapted from a recipe by Karen Conant,
Ridge Bridge Farm, Avon, Ohio

Linguine with Chard and Bacon, page 36

Adapted from a recipe by Peace Angel
Garlic Farm, Morrow, OH

Greens with Goat Cheese Croutons and
Honey Thyme Vinaigrette, page 59

Adapted from a recipe by Parker

Bosley, Cleveland, Ohio

Escarole Soup, page 60

Adapted from a recipe by Diane
Firestone, Vermilion, Ohio

Cornmeal Cookies, page 114

Adapted from a recipe by Heather
Haviland, Lucky's Café, Tremont, Ohio

Heirloom Pasta Sauce with Maple
Syrup, page 118

Recipe courtesy of Lisa Sippel, Sippel
Family Farms, Mt. Gilead, Ohio

Heirloom Tomato Bisque, page 120

Adapted from a recipe by Karen Conant,
Ridge Bridge Farm, Avon, Ohio

Margaret's Salsa, page 121

Recipe courtesy of Margaret Bellis,
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Laura's Potato Pancakes, page 148

Recipe courtesy of Laura Taxel,
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