

Spring Soups & Small Plates Cooking
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Living Web Farms & French Broad Food Co-op
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Sweet & Spicy Chilled Carrot Soup

1 stick butter
1 lb. carrots, chopped to ½ in. pieces
1 quart + ¼ C. vegetable stock
1 onion, chopped
1 t. salt
¼ t. coriander
¼ t. cumin
¼ t. paprika
1/8 t. cayenne
2 T. honey
1-1/2 t. lemon juice
extra lemon slices and honey for garnish

Melt the butter in a soup pot. Meanwhile, grind and mix the salt and the spices. Sauté the onion, carrot, spices, and salt until the onions are golden and the carrots are coated. Pour in stock, boil, then reduce to a simmer until the carrots are tender. Using an immersion blender, puree the soup until creamy. Add honey and lemon juice. Simmer 15 minutes more to meld flavors, then remove from heat. Cool to room temperature. Refrigerate, covered, until completely chilled through.

As soup is chilling, slice lemon as thinly as you can muster. When ready to serve, ladle soup by the cupful into serving bowls, and garnish with a few thin lemon slices, and a drizzle of honey.

Spring Vegetable Terrine with Balsamic and Goat Cheese

1 lb watermelon radish, diced
½ lb. snow pea, sliced thinly
1 leek, white part sliced into thin rounds, and green part chopped roughly
1 celery rib, chopped
1 large bunch parsley
2 carrots, rough chopped
10 black peppercorns
1 t. kosher salt
1-1/2 C. white wine
3-1/4 C. water
2 T. balsamic vinegar
2 envelopes unflavored gelatin

4 oz. plain goat chevre

10-12 edible flowers such as mustard flower, arugula flower, or violet

Blanch diced radishes, sliced leek white, and sliced snow peas for 1 minute in boiling water. Drain and rinse with cold water, and set aside. In a saucepan, place the parsley, leek top, carrot, celery, salt, peppercorn, wine, and 3 C. of the water. Bring to a simmer, cover, and simmer for about 45 minutes. Strain and discard the solids, add balsamic vinegar. Place the remaining $\frac{1}{4}$ C. water in a measuring cup and sprinkle the gelatin over it. Stir lightly, then add to the hot stock, stirring to dissolve the gelatin completely. Place the stock over a very light flame while you prepare the terrine mold.

Oil a standard loaf pan or terrine mold with neutral oil (I use sunflower), and then line it with plastic wrap so that you have wrap hanging over each side. Smooth out as many wrinkles as you can.

Arrange flowers petals-down into the bottom of the loaf pan. Carefully pour $\frac{1}{2}$ C. stock into bottom of pan, arrange flowers (which will surely float about at this point), and then place the pan in refrigerator and allow the gelee to set for 45 minutes.

After initial stock is set, remove pan from fridge. Layer half of the spring vegetables on top of the gelee, then add all of the chevre crumbles. Pour additional stock over top, until the pan is roughly $\frac{2}{3}$ full. Return to refrigerator to set once more, roughly 2 hours. When this layer is set, remove from fridge, and layer remaining spring vegetables, and then pour stock over top until pan is full. Pull plastic wrap flaps up over the top of the pan and gently seal. Place an even weight on top of the pan, like a cutting board, and return to the fridge to set one more time, around 2 hours.

After setting, prepare a platter for the terrine. To serve, invert the terrine over the platter, and then peel of the plastic wrap. Garnish with olive oil, fines herbs, and finishing salt. Slice and serve.

Bourbon glazed vegetable skewers

2 apples, halved, and then sliced into 1 inch pieces

1 lb. Jerusalem artichoke, peeled and sliced

1 large sweet onion, quartered and cut into scallop

2-4 large shiitake mushrooms, cut in half, then sliced thickly

3 T. bourbon

3 T. cane sugar

3 T. tamari or soy sauce

1 T. red pepper flake

1 garlic clove, minced

In a large bowl, combine bourbon, cane sugar, tamari, red pepper flake and garlic. Mix well. Toss vegetable pieces in this marinade, then refrigerate at least 3 hours. Soak wooden skewers 30 minutes, then skewer the vegetables and grill, rotating, until golden and soft, about 15 minutes.

Beet Carpaccio with Bacon & Onion Marmalade

6 medium beets
3 medium onions, sliced thin
1 C. chopped bacon, fried crispy
3 T. butter
salt
½ t. cane sugar
2 t. balsamic vinegar
1/3 c. white wine
black pepper
¼ C. extra virgin olive oil
8 oz. parmesan cheese

Wrap the beets in foil and roast at 400F until tender. Cool until you can handle them, and then peel them. Set aside. In a cast iron skillet, cook onions in butter over medium-high heat for about 15 minutes. Add ½ t. salt, the sugar, vinegar, and bacon and cook until caramelized (20 minutes or more). Add wine and boil until the wine is reduced (about 3-5 minutes). Season with salt and pepper.

Slice the beets paper thin using a mandolin or food processor with a slicing attachment. Arrange on a plate with the bacon onion marmalade. Drizzle with olive oil, grate parmesan over top, and serve.

Chickweed Pakoras with Cilantro lime dipping sauce

For Pakoras:

2 C. all purpose flour
1 t. baking powder
1 T. salt
1 egg
1 T. vegetable oil
1 C. milk or water
1 T. curry powder
½ lb. chickweed, washed and cut into 3 inch pieces
sunflower oil, for frying

Combine flour, baking powder, salt, egg, 1 T. vegetable oil, milk, and curry powder in a medium bowl. Set aside.

Heat at least 2 inches of sunflower oil in a deep cast iron skillet, until a pinch of bread dropped in the oil fries easily. Add chickweed to batter, and then drop by the ¼ C. into the hot oil. Fry until dark golden, and drain on a rack placed over a baking sheet.

For dipping sauce:

1 C. chopped cilantro
2 cloves garlic, sliced
zest and juice from 1 lime
1-2 t. grated fresh ginger
salt to taste

Combine all ingredients in a small food processor and process to chop. Add additional lime juice if needed. Salt to taste.

Beets, Apples, and Cress with Walnuts and Curry Vinaigrette

For vinaigrette:

1 clove garlic
½ t. coarse sea salt
2 t. curry powder
½ t. fresh ginger
1-1/2 t. lemon juice or red wine vinegar
6 T. olive oil

Combine first 4 ingredients in a mortar and pestle and pound until smooth. Stir in lemon juice or vinegar, and then whisk in the oil.

For the salad:

1 lb. beets
6 scallions, white parts only, minced
lemon juice or red wine vinegar to taste
½ c. currants
2 large bunches of watercress, curly cress, or a mixture
2 firm apples
1 celery heart, sliced
¾ c. walnuts, chopped

Roast beets in a 400F oven until tender. Cool until easy enough to handle, then peel and slice, first in half, and then into wedges. Toss them with 2 T. of the vinaigrette and half of the scallion. Add lemon juice or vinegar to taste. Set aside.

Cover the currants with hot water and let them stand to soften for 15 minutes. Drain and squeeze gently, then add to beets.

Wash the cress and spin dry. Quarter apples and then slice. Combine apples with celery, walnuts, and the remaining scallions, then toss with 2 T. of vinaigrette. Combine cress with apple mixture, and dress lightly with some of the remaining vinaigrette. Serve this onto plates and arrange the beet and currant mixture on top.

Pumpkin and White Bean Soup

1 pumpkin or winter squash
½ C. white beans
5 fresh sage leaves, or ¾ t. dried sage, divided
4 large cloves garlic
1 bay leaf
2 thyme branches
1 t salt, divided
5-6 cups water
2 T olive oil
3 leeks
2 carrots
1 celery heart
1-2 t nutritional yeast
pepper
parsley
olive oil, for garnish

Cut the pumpkin in half and scoop out the seeds. Cut the tops off of the leeks, the stem ends off of the carrots, and remove stems from herbs. Place seeds, stem ends, and leek tops and 2 cloves of garlic in a pot and cover with cold water. Simmer this at least 45 minutes, to create a stock.

Cover the beans with boiling water and soak them 1 hour. Drain, and then cook the beans by placing them in a pot with 3 sage leaves or ½ t dried sage, 2 cloves garlic, the bay leaf, the thyme, ½ t. salt, and the water. Bring everything to a boil, then reduce heat and cover. Cook until beans are tender, approx. 1 hour. Drain, reserving liquid.

Cut the pumpkin halves into slices and peel. Then, cut the peeled slices into ½ inch squares. Warm the olive oil in a soup pot and add the pumpkin, leek whites, celery heart, carrot, remaining garlic, nutritional yeast, remaining sage, and remaining salt. Stir to coat and cook over medium low heat for 10 minutes. Pour strained stock over all, plus some cooking water from the beans (total around 8 cups). Bring to a boil, then lower the heat and simmer for about 30 minutes, until the pumpkin begins to soften. Add the beans and cook until the pumpkin breaks. Season with salt and pepper. Serve with parsley garnish, and some olive oil drizzled on top.

Spring Vegetable Ragout

1 pound fava beans
1 bunch asparagus
4 oz. snow peas
8 small chard leaves or sorrel or spinach
4 oz. leek or scallion
4 oz. oyster mushroom
6 T. unsalted butter, cut into pieces
1 T. virgin olive oil
12 carrots, peeled and halved lengthwise
1 clove garlic, chopped fine
small handful fresh herbs such as chervil, savory, basil, chives, parsley
salt
juice from 1 lemon
pepper

Slit open the pods on the fava beans by hand and take out the beans. Drop them into a pot of boiling water and leave for 30 seconds, then remove them and put them into a bowl of cold water to stop the cooking. Take off the outer skins and set the peeled beans aside.

Cut off the tips of the asparagus. Trim the peas on both ends and pull off the strings. Cut chard, sorrel or spinach into ribbons. Slice the leeks or scallions in half and then cut into 2 inch pieces. Chop oyster mushrooms. In a deep pot, melt 2 T. of butter with the oil. Add leeks or scallions and sauté for about 1 minute. Next add the mushrooms, carrots, chard/spinach/sorrel stems (reserve leaves for later), garlic, a few pinches of the herbs, and some salt. Squeeze a tablespoon of lemon juice over all, and then add a cup of hot water. Stir and cover, then lower the heat for about 2 minutes, or until the carrots have begin to soften but are not yet fully cooked. Add asparagus, peas, greens, and fava beans. Cover again, and cook another 1-2 minutes.

Remove the lid and add the butter and remaining herbs. Cook until butter has melted and vegetables are done. Taste, and season with salt and pepper as needed. Serve with toast or croutons.

Butter-Fried Onions with Vinegar & Thyme

4 medium red onions
4 T butter
2-3 T sherry vinegar, balsamic vinegar, or red wine vinegar
salt
pepper
several sprigs of thyme, chopped

Chop the onions and sauté in butter, stirring frequently. After 4-5 minutes, add the vinegar. Stir quickly as vinegar reduces, then season the onions to taste with salt, generous pepper, and the thyme.

Buckwheat Crepe Batter

1 C. water
1 C milk
3 eggs
½ C buckwheat flour
2/3 C all purpose flour
½ t salt
3 T. melted butter

Put all ingredients into a blender in order, and blend briefly at medium speed. Stop scrape sides of blender, and blend another 5 seconds or so. Pour batter into a bowl, cover, and let rest 1 hour before using. To cook the crepes, melt some butter over medium heat and cook until bubbling before flipping. Buckwheat can absorb a lot of liquid, so you may find the need to thin the batter with more milk or water as you work.

Cream of Watercress Soup

4 T butter
2 C finely chopped yellow onion
½ C minced shallot
3 C chicken or vegetable stock
1 medium potato, peeled and diced
4 bunches watercress
1 C. heavy cream
salt and pepper, to taste
nutmeg and cayenne pepper, to taste

Melt butter in a soup pot. Sauté the onion and shallot and cook, covered, for about 25 minutes. Add stock and potato, boil, then reduce heat and simmer until the potato is very tender, about 20 minutes. Add watercress to pot, cover, remove from heat and let stand 5 minutes. Pour soup through a strainer, reserving liquid, and then puree the solids. Add 1 cup of the remaining stock, or more, and process until smooth. Set over medium heat, season with salt and pepper, nutmeg and cayenne.

Borscht

2 cups shredded fresh beets

1 cup shredded carrots

1 cup chopped onion

2 cups water

1/2 teaspoon salt

2-2/3 C chicken stock, or stock made from simmering 4-6 well-sauteed shiitake mushrooms, simmered in 2 C water for 10 minutes

1 cup shredded cabbage

1 tablespoon butter

1 tablespoon lemon juice

Sour cream, optional

In a saucepan, bring the beets, carrots, onion, water and salt to a boil. Reduce heat; cover and simmer for 20 minutes. Add broth, cabbage and butter; simmer, uncovered, for 15 minutes. Just before serving, stir in lemon juice. Top each serving with a dollop of sour cream if desired. Yield: 8 servings (2 quarts).