

Living Web Farms

Vegetable Recipe Roulette

Patryk Battle & Meredith Leigh

Celeriac & Carrot Slaw

1 large celeriac, peeled and grated
2 carrots, grated
2 cloves garlic, minced
2 T. apple cider vinegar
¼ t. sea salt
2 T. Dijon or other mustard
1/3 C. extra virgin olive oil
1 T. sour cream
fresh ground black pepper

Celeriac & Turnip Au Gratin

1 large celeriac, peeled and sliced into 1/8 inch pieces
2 large turnips or 4-5 small turnips, cut into 1/8 inch pieces
2 T. butter
1 T. flour
1/2 C. vegetable or chicken stock
½ C. cream or milk
salt and pepper
1 t. grated fresh ginger
1 C. cottage cheese

Simmer the turnip and celeriac in water until tender, about 15-20 minutes. Drain. Make a roux with the butter and flour, then whisk in the stock, and then the cream, stirring until thickened. Sprinkle the ginger in, and then stir in the cottage cheese. Place the cooked vegetables into a shallow baking dish, then pour the sauce over top, add salt and pepper, and bake at 275F until bubbly and brown on top.

Rutabaga Custard

¾ lb. rutabaga, peeled and baked until soft
2 large apples, peeled and baked until soft
1 T. maple syrup
1.2 t. coriander
¼ t. ginger
1/8 t. nutmeg
pinch of salt
2 eggs
2 T. brown sugar
1 C. cream
1 pie crust

Puree the rutabaga and apples, then mix in the maple syrup, coriander, ginger, nutmeg, and salt. In a separate bowl, whisk together the eggs, sugar, and cream. Add the rutabaga mixture to the egg mixture, and pour into the pie shell. Bake at 400F for 15 minutes, then reduce the oven temperature to 350F for another 30 minutes or so, until the custard has set.

Chili Roasted Beets (works with other roots, too)

Olive oil
1-1/2 t. chili powder
1 t. onion powder
1 t. garlic salt
1/2 t. sugar
1/2 t. paprika
1/4 t. cayenne
1-1/2 lb beets, peeled and cut into 2 inch pieces

Combine the oil and all the spices in a small bowl and mix thoroughly. Toss the beet pieces in the spice mixture, then distribute evenly on a baking sheet. Roast 25 minutes or so at 400F.

Thai Turnip Cakes

2-3 medium turnips, grated
2 T. lime juice
1/4 C. unsweetened coconut
2 T. agave syrup or maple syrup
cilantro, chopped fine
1/2 t. coriander
1/2 t. cumin
salt and pepper
neutral vegetable oil or lard, for frying

Combine all ingredients except oil in a bowl. Shape into thin patties and pan fry until golden on each side, about 2-3 minutes.

Turnips in Creamy Mustard Sauce

2 T. butter
1-1/2 lb. turnips, chopped
salt and pepper
1 t. sugar
1/2 C. cream
1/2 C. vegetable or chicken stock
2 T. Dijon mustard

parsley

Melt the butter in a cast iron and cook the turnips until they begin to brown. Sprinkle the sugar over the turnips, and then pour the stock, then the cream ovetop. Simmer until the liquid has reduced to a thick syrup, and the turnips are tender. Add the mustard and stir to coat, and top with chopped parsley.

Roasted Root Vegetable Rosti

1-1/2 lb grated root vegetable such as beet, rutabaga, sweet potato, carrot, or turnip
1 t. rosemary
1 t. salt
¼ C. flour
2 T. butter

Combine the root veggies, rosemary, salt, and flour in a bowl. Melt the butter in a skillet, and when it is hot, add the vegetable mixture, pressing it down into the pan with a spatula. Cook over medium low heat until the bottom is nicely browned, and you can loosen it slightly with your spatula. Invert it onto a plate, then place the uncooked side back into the skillet to brown. Invert onto a plate again when done, for serving. Cut into wedges and garnish with blue cheese or goat cheese, and chopped walnuts.

Creamed Beet Greens with Orange & Garlic

1 bunch beet greens, washed and chopped, stems included
2 cloves garlic, chopped fine
olive oil
salt and pepper
½ C. heavy cream
zest and juice from one orange

In a skillet, heat the oil and sauté the garlic. Add the beet greens and the orange zest. Cook over medium high heat until the greens are mostly wilted, then add the cream and orange juice and simmer until the liquid has reduced and the greens and stems are tender. Salt and pepper to taste.

Pasta with Beans and Greens

(adapted from The Savory Way by Deborah Madison)

1 lb cranberry beans, lima beans, or field peas, fresh and in their pods
4 C water
1 bay leaf
6 sage leaves (1/2 t dried)
3-5 T extra virgin olive oil
4 cloves garlic

1 medium carrot, diced
salt and fresh ground pepper to taste
1-2 bunches of mustard, collards, kale, or turnip greens
1 medium red onion, diced
¼ t red pepper flakes
8-10 oz. pasta
fresh grated romano or parmesan cheese

Shell the beans, then put them in a sauté pan with the water, bay leaf, half of the sage, and 1 T of the olive oil. Add 1/3 of the garlic, along with the carrot. Salt lightly and simmer until the beans are tender, about 30+ minutes (depends on the maturity of the beans). If the beans absorb all the water, add more, and make sure there is a little water left over at the end of cooking.

Remove the stems of the greens and chop the leaves. Heat the rest of the olive oil in a skillet and wilt the onion. Add remaining garlic, sage, and pepper flakes. Cook for 1-2 minutes, then add greens. Lightly salt, then add a little cooking water from the beans, and cook the greens until tender. Add the beans, and enough liquid to make a nice sauce.

Bring a large pot of water to boil. Salt, then cook the pasta. Drain and toss with the beans and greens. Season to taste and top with the cheese.

Lentils and Wild Greens

(adapted from Verdura by Viana La Place)

14+ leaves of radish, mustard, or other tender bitter green, stems trimmed, and leaves stripped from ribs
salt and freshly ground black pepper, to taste
3 T. extra virgin olive oil
1 onion, diced
2 garlic cloves, minced
1 celery rib, diced
1 small carrot, diced
1 t. finely chopped fresh rosemary
1 t. finely chopped fresh oregano
2 T. finely chopped Italian parsley
2 T. chopped basil leaves
2 C. green lentils, washed and picked over
3 small tomatoes, roasted, peeled, and diced
3 T. lemon juice

Cook the greens in a tiny amount of water (just what clings to the leaves after washing is enough). Add salt to taste and drain. Chop coarsely and set aside.

In a medium skillet, heat olive oil and onion, garlic, celery, and carrot. Cooked, covered, over medium heat until the vegetables are tender. Add the herbs and lentils and stir. Let the lentils absorb the flavors for a few minutes, then add 4 C of water, plus salt and pepper. Bring to a boil, then simmer, with the pan's lid partially cracked, until the lentils are just tender, (about 30 minutes). About 10 minutes before the lentils are cooked, add the tomatoes.

Just before serving, stir the greens and the lemon juice into the lentil and tomato mixture.

Russian Vegetable Pie p 158 veg epicure #1
(adapted from Vegetarian Epicure #1 by Anna Thomas)

Two 9" pie crusts
1 small head of cabbage, coarsely shredded
½ lb. fresh mushrooms, sliced
1 sweet onion, chopped
to taste: fresh basil, chopped
 fresh marjoram, chopped
 fresh tarragon, chopped
 salt and freshly ground pepper
3 T. butter
4 oz. softened cream cheese
4 to 5 hard cooked eggs
dill

In a large skillet, melt 2 T. of butter. Sauté the onion and cabbage, then the herbs, then salt and pepper. Allow the mixture to cook until the cabbage is wilted and the onions are golden. Remove from pan and set aside.

Add another tablespoon of butter to the pan and sauté the mushrooms lightly for 5-6 minutes, stirring constantly.

Spread the softened cream cheese in the bottom of the pie shell. Slice the boiled eggs and arranged the slices in a layer over the cream cheese. Sprinkle with dill, then cover with the cabbage mixture. Add the mushrooms last, and then cover with the second pastry shell. Press the pastry edges together, and flute using your fingers or a fork. Use a knife to cut a few vents in the center of the top of the pie.

Bake at 400F for 15 minutes, then turn the oven down to 350F and continue baking for another 20-25 minutes, or until the crust is light brown.

Jerusalem Artichoke Salad

1 lb jerusalum artichokes

whites of 2 hard cooked eggs
1 large red bell pepper
1 large dill pickle
green olives, to taste
pickled pearl onions, to taste
1 crisp stalk celery
2/3 C fresh green peas, blanched
salt and pepper

Sauce:

yolks of two hard cooked eggs
2 T lemon juice
1 T. safflower oil
¼ C mayonnaise
¼ C sour cream
2 t. Dijon mustard
salt and pepper

Steam the artichokes 10-15 minutes, peel, and then chop them with the egg whites, pepper, pickle, olive, onions, and celery. Mix all ingredients including eas and season. Set aside to chill while you make the sauce.

For the sauce: mash the egg yolks, then alternately add lemon juice and oil a few drops at a time, creaming until smooth. Then add sour cream mayo and mustard, and mix will. Salt and pepper to taste, pour over salad, and toss until just mixed. Chill thoroughly.