



## August 2014 Cooking Class

### **A Farmer's Stew**

Serves 3 to 4

Taken from Local Flavors cookbook by Deborah Madison

*You can be completely relaxed and improvisational with this stew. Any kind of squash, onion, or eggplant will be fine, in any proportion. Some of the skinnier eggplants are interesting: yellow squash definitely enlivens the appearance, pattypans can be cut into thick wedges; zucchini into 2 inch logs, then halved or quartered; etc. Serve these vegetables with couscous or rice or mounded over a garlicky piece of toasted bread.*

#### Ingredients:

3 Tablespoons olive oil	1 ½ pounds summer squash, cut into large wedges or lengths
2 big onions, coarsely chopped	2 Tablespoons tomato paste
A few thyme sprigs	Sea Salt and Freshly ground pepper
3 Tablespoons chopped oregano	½ cup white wine or water
8 Skinny eggplants cut into 2-inch lengths	Vinegar, optional

#### Instructions:

1. Heat the oil in a Dutch oven or other deep pot that has a tight-fitting lid. Add the onions, thyme, and oregano and cook over medium-high heat, shaking the pan occasionally while you prepare the rest of the vegetables. By the time they're all cut, the onions will have wilted and started to color in places.
2. Add the vegetables, give them a stir, and cook, keeping the heat high and shaking the pan occasionally, until they begin to give off an enticing smell. This should take 10 to 15 minutes. Stir in the tomato paste; add the salt and the wine or water. Cover the pan, turn the heat to low, and cook for about 10 minutes. The vegetables should have an invitingly tender appearance and be blushing with a faint glaze of red from the tomato. Season with pepper. Add a few drops of vinegar for sharpness, if you like.

### **Grain with Cherry Tomatoes and Corn**

Serves 4

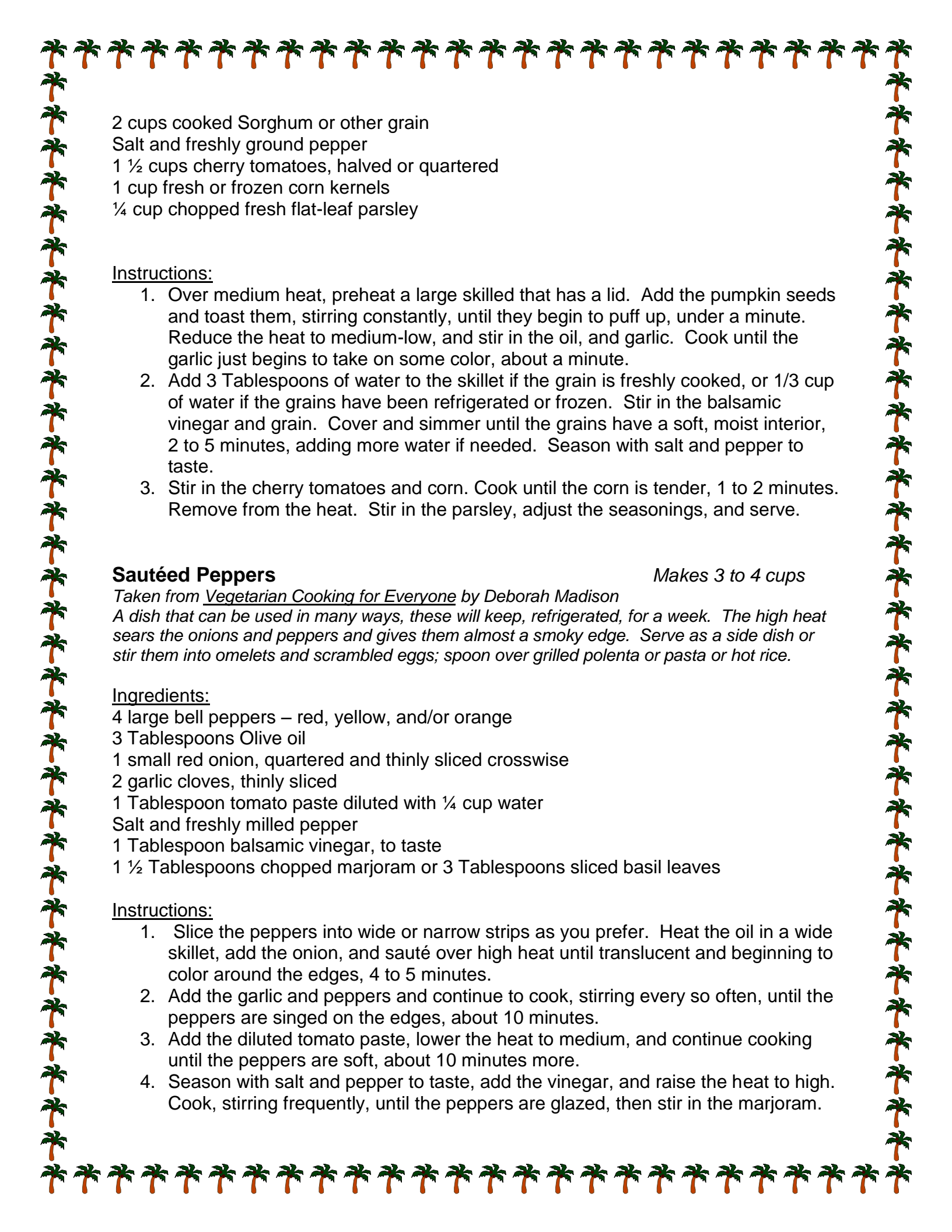
Taken from Whole Grains, Every Day, Every Way by Lorna Sass

*(Grain exchange: instead of sorghum, use hominy, Kamut, millet, or whole wheat couscous)*

*Sorghum is a dense grain that benefits from the companionship of juicy ingredients like tomatoes and corn. As a bonus, you have your starch and veggies in one side dish that goes well with grilled fish. You can easily use refrigerated or frozen cooked sorghum for this recipe because the grains are rehydrated just before the tomatoes and corn are added.*

#### Ingredients:

3 Tablespoons hulled, raw, unsalted pumpkin seeds  
1 Tablespoon Olive oil  
1 clove garlic, minced  
2 teaspoons balsamic vinegar



2 cups cooked Sorghum or other grain  
Salt and freshly ground pepper  
1 ½ cups cherry tomatoes, halved or quartered  
1 cup fresh or frozen corn kernels  
¼ cup chopped fresh flat-leaf parsley

Instructions:

1. Over medium heat, preheat a large skillet that has a lid. Add the pumpkin seeds and toast them, stirring constantly, until they begin to puff up, under a minute. Reduce the heat to medium-low, and stir in the oil, and garlic. Cook until the garlic just begins to take on some color, about a minute.
2. Add 3 Tablespoons of water to the skillet if the grain is freshly cooked, or 1/3 cup of water if the grains have been refrigerated or frozen. Stir in the balsamic vinegar and grain. Cover and simmer until the grains have a soft, moist interior, 2 to 5 minutes, adding more water if needed. Season with salt and pepper to taste.
3. Stir in the cherry tomatoes and corn. Cook until the corn is tender, 1 to 2 minutes. Remove from the heat. Stir in the parsley, adjust the seasonings, and serve.

**Sautéed Peppers**

*Makes 3 to 4 cups*

*Taken from Vegetarian Cooking for Everyone by Deborah Madison*

*A dish that can be used in many ways, these will keep, refrigerated, for a week. The high heat sears the onions and peppers and gives them almost a smoky edge. Serve as a side dish or stir them into omelets and scrambled eggs; spoon over grilled polenta or pasta or hot rice.*

Ingredients:

4 large bell peppers – red, yellow, and/or orange  
3 Tablespoons Olive oil  
1 small red onion, quartered and thinly sliced crosswise  
2 garlic cloves, thinly sliced  
1 Tablespoon tomato paste diluted with ¼ cup water  
Salt and freshly milled pepper  
1 Tablespoon balsamic vinegar, to taste  
1 ½ Tablespoons chopped marjoram or 3 Tablespoons sliced basil leaves

Instructions:

1. Slice the peppers into wide or narrow strips as you prefer. Heat the oil in a wide skillet, add the onion, and sauté over high heat until translucent and beginning to color around the edges, 4 to 5 minutes.
2. Add the garlic and peppers and continue to cook, stirring every so often, until the peppers are singed on the edges, about 10 minutes.
3. Add the diluted tomato paste, lower the heat to medium, and continue cooking until the peppers are soft, about 10 minutes more.
4. Season with salt and pepper to taste, add the vinegar, and raise the heat to high. Cook, stirring frequently, until the peppers are glazed, then stir in the marjoram.



## Cucumber and Mint Cooler

Ingredients:

- 6 cups chilled still spring or mineral water
- 12 thin slices cucumber
- Few sprigs of mint

In a 2- to 2 1/2-quart pitcher, combine water, cucumber, and mint. Serve, or cover and chill at least 2 hours or up to 8 hours. Add ice cubes just before serving.