

June 2014 Cooking Class

Spring Pea Salad

Yields: 4 servings

Ingredients:

½ cup fresh mint leaves, torn	1/8 tsp. kosher salt
1 Tbsp Capers, roughly chopped	¼ tsp. black pepper
1 small shallot, thinly sliced	1 pound green peas, blanched (if fresh) or thawed (if frozen)
1 tsp. grated lemon zest	
¼ cup extra virgin olive oil	

Directions:

In a medium bowl, combine the mint, capers, shallot, zest, oil, salt, & pepper. Add the peas and goat cheese and toss gently. Serve at room temperature.

Three Pea Stir-Fry (Simply in Season)

1 large clove garlic (minced)
1 Tbsp. ginger root (minced)
1/8/to ¼ tsp. crushed hot chilies

- Heat 1 Tbsp. oil in a large frying pan over moderately-high heat until hot but not smoking.
- Add above ingredients and stir fry until fragrant, about 1 minute

1 ½ cups sugar snap peas (cut in 1 inch pieces)
1 ½ cups snow peas (cut in 1 inch pieces)

- Add and cook until crisp tender, about 3 minutes

1 cup peas

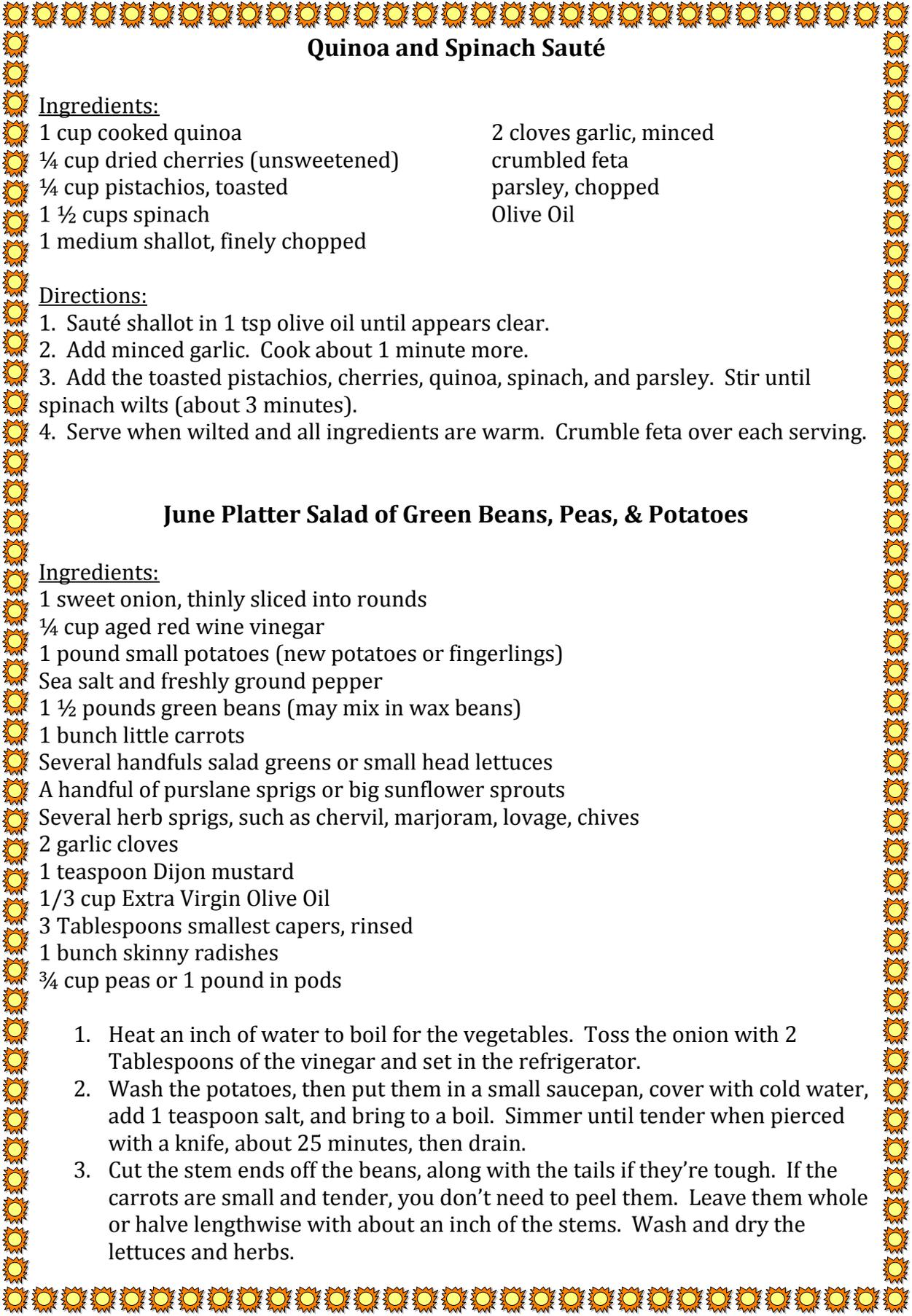
- Add and stir fry until hot, about 1 minute. Remove from heat.

1 tsp. soy sauce (or tamari sauce)
1 tsp. sesame seed oil

- Stir in. Sprinkle with toasted sesame seeds and salt to taste.
- Serve immediately

Fresh Green variation on above:

Spinach, Swiss chard, kale, arugula, dandelion greens, baby Bok Choy, and other tender young greens may be prepared using this stir-fry method. Instead of 3 kinds of peas, handful by handful, add 12 to 16 loosely packed cups stemmed and chopped fresh greens and stir to coat with oil and garlic. Stir in crushed hot chilies, cover and cook until just wilted and heated through (about 5 minutes). Add water if necessary. Season with salt and pepper to taste. Drizzle with balsamic vinegar immediately before serving.



Quinoa and Spinach Sauté

Ingredients:

1 cup cooked quinoa	2 cloves garlic, minced
¼ cup dried cherries (unsweetened)	crumbled feta
¼ cup pistachios, toasted	parsley, chopped
1 ½ cups spinach	Olive Oil
1 medium shallot, finely chopped	

Directions:

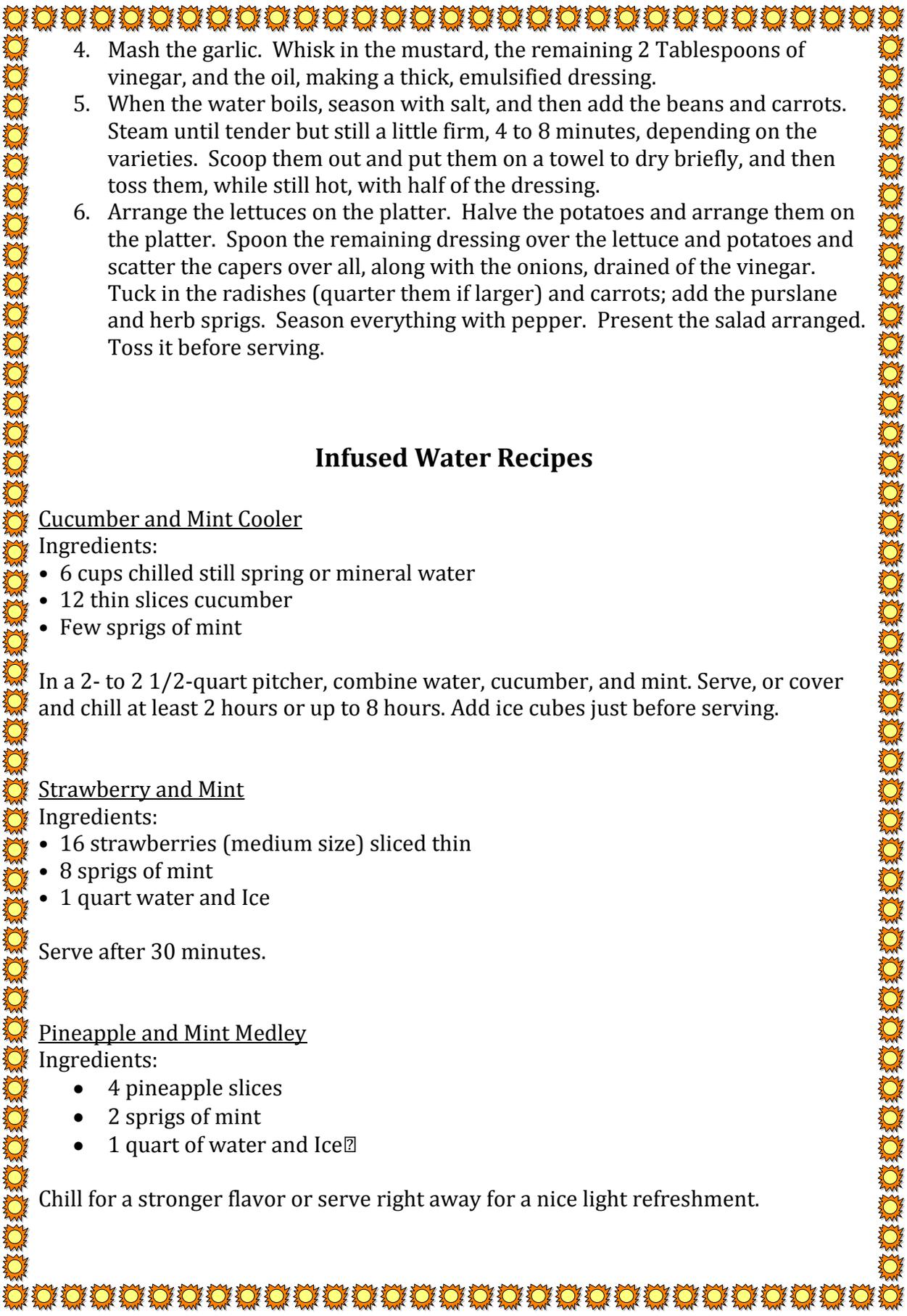
1. Sauté shallot in 1 tsp olive oil until appears clear.
2. Add minced garlic. Cook about 1 minute more.
3. Add the toasted pistachios, cherries, quinoa, spinach, and parsley. Stir until spinach wilts (about 3 minutes).
4. Serve when wilted and all ingredients are warm. Crumble feta over each serving.

June Platter Salad of Green Beans, Peas, & Potatoes

Ingredients:

1 sweet onion, thinly sliced into rounds
¼ cup aged red wine vinegar
1 pound small potatoes (new potatoes or fingerlings)
Sea salt and freshly ground pepper
1 ½ pounds green beans (may mix in wax beans)
1 bunch little carrots
Several handfuls salad greens or small head lettuces
A handful of purslane sprigs or big sunflower sprouts
Several herb sprigs, such as chervil, marjoram, lovage, chives
2 garlic cloves
1 teaspoon Dijon mustard
1/3 cup Extra Virgin Olive Oil
3 Tablespoons smallest capers, rinsed
1 bunch skinny radishes
¾ cup peas or 1 pound in pods

1. Heat an inch of water to boil for the vegetables. Toss the onion with 2 Tablespoons of the vinegar and set in the refrigerator.
2. Wash the potatoes, then put them in a small saucepan, cover with cold water, add 1 teaspoon salt, and bring to a boil. Simmer until tender when pierced with a knife, about 25 minutes, then drain.
3. Cut the stem ends off the beans, along with the tails if they're tough. If the carrots are small and tender, you don't need to peel them. Leave them whole or halve lengthwise with about an inch of the stems. Wash and dry the lettuces and herbs.

- 
4. Mash the garlic. Whisk in the mustard, the remaining 2 Tablespoons of vinegar, and the oil, making a thick, emulsified dressing.
 5. When the water boils, season with salt, and then add the beans and carrots. Steam until tender but still a little firm, 4 to 8 minutes, depending on the varieties. Scoop them out and put them on a towel to dry briefly, and then toss them, while still hot, with half of the dressing.
 6. Arrange the lettuces on the platter. Halve the potatoes and arrange them on the platter. Spoon the remaining dressing over the lettuce and potatoes and scatter the capers over all, along with the onions, drained of the vinegar. Tuck in the radishes (quarter them if larger) and carrots; add the purslane and herb sprigs. Season everything with pepper. Present the salad arranged. Toss it before serving.

Infused Water Recipes

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.

Strawberry and Mint

Ingredients:

- 16 strawberries (medium size) sliced thin
- 8 sprigs of mint
- 1 quart water and Ice

Serve after 30 minutes.

Pineapple and Mint Medley

Ingredients:

- 4 pineapple slices
- 2 sprigs of mint
- 1 quart of water and Ice

Chill for a stronger flavor or serve right away for a nice light refreshment.