



September 2014 Cooking Class Recipes

Brussels Sprout Slaw

Ingredients:

1/3 cup olive oil	½ teaspoon kosher salt & pepper
3 Tablespoons cider vinegar	1 pound Brussel Sprouts
2 teaspoons Dijon mustard	½ cup raisins
2 teaspoons honey	½ cup pecans, toasted & chopped
1 clove garlic, minced	

Directions:

Whisk 1/3 cup olive oil with 3 tablespoons cider vinegar, 2 teaspoons each Dijon mustard and honey, 1 minced garlic clove, 1/2 teaspoon kosher salt, and pepper to taste. Toss with 1 pound shredded Brussels sprouts and 1/2 cup each raisins and chopped toasted pecans.

Pan-Roasted Radishes & Apples with Italian-Style Greens

Serves 6 Time: 30 minutes or less

Cooked radishes taste a lot like turnips, their Brassicaceae cousins, but with a milder flavor. If your radish greens look bug-eaten or browned, substitute watercress or arugula in the recipe.

- 1 cup thinly slice apple
- 2 Tbs. olive oil, divided
- 2 cups trimmed radishes, halved or quartered (10 oz.)
- 8 cups baby spinach and
- 4 cups radish greens
- ¼ cup pine nuts
- ¼ cup chopped black oil-cured olives, optional
- 2 tsp. balsamic vinegar, plus more to taste

1. Heat 1 Tbs. oil in large skillet over medium-high heat. Add radishes, cover, and cook 3 minutes, or until browned on one side (do not stir). Add the apples to the pan with the radishes, mix them up, and cook, uncovered, 3 to 4 minutes more, or until radishes & apples are just tender. Transfer to bowl, and season with salt, if desired. Set aside.

2. Return skillet to heat, and add remaining 1 Tbs. oil. Add spinach and radish greens, and cook 2 minutes, or until barely wilted, turning with tongs. Add pine nuts, apples, olives (if using), and radishes. Cover, and cook 3 minutes more, or until greens are tender and radishes are heated through. Transfer to serving bowl, and drizzle with balsamic vinegar.



Buckwheat Hash with Potatoes & Dill Sour Cream

Serves 4 to 6

Ingredients for the Hash:

1 teaspoon olive oil

1 large onion

1 ½ cups untoasted whole buckwheat, lightly rinsed

¾ pound red-skinned potatoes, cut into ½ inch dice (2 cups)

¾ teaspoon salt

Ingredients for Dill Sour Cream:

1 cup light, reduced fat sour cream

½ cup chopped fresh dill

1 teaspoon apple cider vinegar

Instructions:

1. Heat the olive oil in the pan over medium heat. When hot, add the chopped onion and cook until lightly browned, about 4 to 6 minutes.
2. Stir in the buckwheat and coat with the oil (may need to add additional oil).
3. Stir in the potatoes, 1 ½ cups of boiling water (or low sodium broth), and salt (only needed if using water). Stir well to loosen and browned bits stuck to the bottom of the pan.
4. Cover and cook over medium heat until the buckwheat and potatoes are almost tender and most of the water/broth has been absorbed, about 15 minutes. Turn off the heat, and let the mixture rest for 10 minutes to complete cooking. Leave the pan covered.
5. While the hash is cooking, prepare the dill sour cream. In a small bowl, blend the sour cream, chopped fresh dill, and the vinegar.
6. When the buckwheat hash is done, mound it onto 4 to 6 plates. Top each with a dollop of the dill sour cream.