



Olive Festival 2013 Cooking Demonstration Recipe by Francesca Zito

April 21, 2013

Blood Orange Olive Oil Chocolates

Good tasting and good for you!

Shopping List

One bar of dark chocolate,
Safeway Select 78% Cacao, 3.5
oz/100 grams or similar
Blood Orange Olive Oil

LCFF Vendor Who Provided Produce/Product for Recipe

No chocolate vendors at the market yet!

Chacewater Olive Co.

Directions

For this recipe you can either make molded chocolates (molds can be purchased at kitchen shops or online – make sure mold is for chocolates vs. candy as they have different heat capacities) or you can use parchment paper on a baking sheet or lined cupcake tins. The final look is up to you – molded shapes, something akin to bark (basically one big slab of chocolate) or 2"+/- rounds of chocolates.

Chop chocolate into small pieces (1/2"-ish). Melt chocolate. This can be done either in a double boiler or in a microwave. With the double boiler method you are able to really watch the chocolate. The microwave method provides an easy alternative. If you use the microwave, place chocolate in microwave safe bowl (about cereal bowl size). Heat in microwave in 10 second intervals, stirring after each.

In either case, you want the chocolate to get a consistency where it is softened but not liquefied. It will continue to melt off heat (or out of the microwave) from the residual heat of the pan/bowl. When it is melted and about the consistency between fudge and chocolate ice cream syrup add about 1/2 teaspoon of the olive oil and stir vigorously.

Pour into molds, onto parchment or into cupcake liners. Place in freezer for about 5-10 minutes.

With the molds you can tell chocolate is ready when you look at underside of mold and it is pulling away. For the molds, you can use the heat of your hand to unmold just hold your hand on the mold for a minute and then turn over and pop out the chocolates.

After 10 minutes in a cold freezer, the bark or cupcake chocolates should be ready to either chop up or pull off paper.

Variations

You can use any flavored or unflavored olive oil for this. And if you're feeling crazy you can sprinkle a little Maldon, grey sea salt or even freshly ground black pepper over the chocolates when you pour them into the molds.

Suggested Wine Pairing

Try with zinfandel wine or a one of our local ports.



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Greens Crostini

What to do with all those greens that are good for you!

Shopping List

Baguette
Onion
Beet greens

Dandelion Greens
Honey
Olive Oil
Seasoned Rice Wine Vinegar
Salt and Pepper

LCFF Vendor Who Provided Produce/Product for Recipe

Main Street Bakery
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower or F+G Farms
F+G Farms
Wildcat Bees
From your pantry
From your pantry
preferably kosher salt / freshly ground pepper

Directions

Wash and dry greens. If ribs are tough then remove ribs. The greens I used for this recipe were very young and tender so there was no need. Stack leaves, roll and slice horizontally into thin strips.

Dice half the onion, reserve other for another use.

Cut bread into approximately 1/4" to 1/2" thick slices.

In a large skillet, add 2 T. of olive oil and heat. Add slices of bread, sprinkling with a little salt and pepper. I typically will add the bread then quickly turn over so each side gets coated before the bread sucks up all the oil. If you want to use your grill, brush each side of the bread with olive oil and grill. Bread slices should be taken on a golden hue and be quite toasted/crunchy. As slices are done, remove from heat and place on serving platter. If you want to serve warm, use a heat resistant platter and place in a low oven.

In the same skillet, over medium heat 1-2 T. of olive oil add onions and lightly sauté until translucent (about 3-4 minutes). Then add greens, 1-2 T. of honey, 1 T. of rice wine vinegar, 1/2 teaspoon of salt and several grinds of black pepper. Reduce heat to low and sauté for about 10 minutes. Add a little olive oil, wine or water if there does not seem to be much moisture as you want the greens to cook not burn. You are essentially caramelizing the greens.

To serve, top each crostini with a spoonful of greens. Simple, different, good for you and yummy! FYI - If you are not use to bitter greens, you can soak some of the bitterness out by placing greens in a bowl of water for several hours before cooking.

Variations

For another layer of flavor, stir in some chopped herbs such as tarragon, basil, oregano or parsley right before serving.

Suggested Wine Pairing

Try with bubbles, a Pinot Gris or Zinfandel.

Beet and Fromage Blanc Appetizers

Creamy, crispy, tangy.

Shopping List

Baguette
Two beets
Fromage Blanc
Seasoned Rice Wine Vinegar
Salt and Pepper

LCFF Vendor Who Provided Produce/Product for Recipe

Main Street Bakery
Sky Hoyt Specialty Grower
Yerba Santa Dairy
From your pantry
preferably kosher salt / freshly ground pepper

Directions

Dice the beets. Place beets into a small bowl, sprinkle with salt and pepper and cover with rice wine vinegar. Let sit while you prepare the remainder of the recipe.

Cut bread into approximately 1/4" to 1/2" thick slices. Spread slices of bread with a teaspoon of Fromage Blanc and top with a spoonful of drained pickled beets. Serve!

Variations

Add some herbs for another layer of flavor. If using Chiogga beets, thinly slice vs. dice as the Chiogga's have alternating rings of red and white making them pretty to look at. Top with chives for another option..

Suggested Wine Pairing

Nice with a light Grenache or a full bodied white such as Viognier.



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Whole Wheat Pasta with Snap Peas and Onion

Home made pasta with locally grown and milled wheat flour!

Shopping List

Whole Wheat Flour
Onion
Snap Peas
Olive Oil
Water
Salt and Pepper

LCCF Vendor Who Provided Produce/Product for Recipe

Clover Creek Family Farm
Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
Chacewater Olive Co.

*preferably kosher salt / freshly ground
pepper*

Directions

String peas and chop into approximately 1" pieces. Set aside.

Dice half the onion, reserve other for another use. Set aside.

For the home made pasta, it is really easy. All you need is some plastic wrap, a cutting board, a tea towel (something that is a flat weave like a flour sack towel), and a baking sheet.

This recipe is from the cookbook, My Calabria, by Rosetta Costantino. Calabria is the region located in toe of the boot of Italy. Like most of Southern Italy it is a poor area where most residents still have a subsistence farming culture. The recipes are simple because they are based on what was available on the farm during that season. Many still grow their own wheat for flour as well as their own olives for oil. They've been living the slow food, locavore, seasonal life since time eternal.

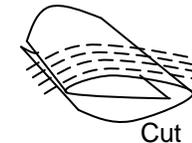
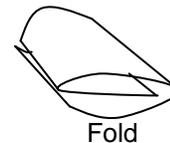
Pasta. In a bowl or on a large cutting board, mix 2 cups of flour with 1/2 cup plus 1 tablespoon of water (on the board you put the flour and make a "well" in the middle then slowly add the water and mix in the flour from the sides). When mixed it should feel firm but moist kind of like fresh play dough. Form into a disc and wrap in plastic. Let sit at room temperature for 30 minutes.

The pasta cooks really quickly so when you are ready to form the pasta, put the kettle onto boil. Lots of water and salt. When the pasta is cooking is the only time it will take on the salt so be generous.

Place the tea towel onto the baking sheet, put it on so you can fold it over the noodles and lightly flour it.

Grab your rolling pin, a wine bottle or a closet rod cut down to size and roll out the dough similar to rolling out pie dough on a lightly floured surface. When it is about 1/8"-1/4" thick cut the dough into half. Set aside the other half but keep it covered so it doesn't dry out. With the half you have, roll it out to less than an 1/8" thick – go for thin but manageable. Actually you can roll to any thickness, it will just take a little longer to cook. Sprinkle with flour as needed.

Next take the dough, dust the top lightly with the flour and fold into thirds. Kind of like below only yours will look flatter.



Using your sharp, 8" chef's knife, cut into strips (similar to chopping the herbs/greens into a chiffonnade). As you cut the pasta unfold the noodles and lay onto the lightly floured towel.

Okay, pasta is at the ready, water is boiling. Heat up the skillet for the "sauce". Put in 2 T. of olive oil. Keep on a medium/medium-low heat and throw in onions and sauté for 3-4 minutes. Next put the pasta into the water, set timer for 2 minutes. Have the peas at the ready and throw those into the skillet. Check the pasta, it should be a little undercooked or "al dente". Lift the pasta out of the kettle and put into the skillet with the peas and onions. Add some salt and pepper and another tablespoon of olive oil. Cook for about a minute or two.

Variations

Great with some chopped mint and some of Yerba Santa Dairy's aged cheese that taste like great Italian Pecorino!

Suggested Wine Pairing

Chardonnay on the white side, a Primitivo on the red side.