



## Cooking Demonstration Recipe by Francesca Zito

June 1<sup>st</sup> and 4th, 2013

### Snap Pea Soup

An elegant spring version of pea soup! Serves 4-6.

#### Shopping List

Four cups of snap peas  
One onion  
Two carrots  
Aligote Wine  
Tuscan Olive Oil or similar  
Salt and Pepper

#### LCFF Vendor Who Provided Produce/Product for Recipe

Sky Hoyt Specialty Grower  
Morgan Valley Farms  
Sky Hoyt Specialty Grower  
Steele Wines  
Chacewater Olive Co.  
*preferably kosher salt / freshly ground  
pepper*

#### Directions

Prepare the vegetables. String the peas, set aside. Dice the onion, set aside. Dice one carrot and grate the other carrot, keeping them separate and set aside. This will make cooking the dish easier.

Prepare a pot or pan of water. At the market, I had a 12" straight sided sauté pan. Place about an inch of water in the pan, add about a cup of the Aligote wine and bring to a boil. Sprinkle about 1/2 teaspoon of salt into the water. Add the peas and simmer briefly just until tender but not limp – 3-4 minutes. Reserve about a cup of the slightly green tinted liquid then drain off the rest of the water.

Now mill the peas. If you are new to a food mill (the original non-electric food processor), it is quite easy to use and inexpensive. Assemble the mill per manufacturer's instructions and use the medium coarse grind insert. Place mill over bowl and working in batches add the peas and mill. You could use a blender or food processor however just don't turn the peas into a smoothie, it should have the consistency of a Slushie. Set aside.

Add 1-1/2 tablespoons of olive oil to the sauté pan and add onion and diced carrot. Saute over medium heat until onions are translucent and carrots are soft. Combine the peas, onions and carrots. In batches, run all of the veg through the mill again. This should yield a green liquid with no obvious particles almost like an opaque broth. If you don't have a food mill then place all the veg in a fine meshed strainer or sieve and push through with a wooden spoon. Taste for salt and pepper and add as needed. If it doesn't taste as sweet as you'd like it add a touch of sugar to taste.

To serve, either hot or cold, divide the grated carrot amongst the bowls or cups you are using and then add the soup.

#### Variations

Add some shelled peas at serving time. Spoon in a little crème fraiche or Fromage Blanc (from Yerba Santa Dairy) when serving. Top with chopped chives or sliced shallots.

#### Suggested Wine Pairing

Try with a Riesling or fruity but dry Rose.

### Stone Fruit Toss

A simple dessert that takes the great fresh stone fruit of summer and amps it up with a little caramel-y flavor. Serves 4-6.

#### Shopping List

4 apricots  
4 pluots  
4 plums  
2 Sage Honey straws  
2 T. Natilla

#### LCFF Vendor Who Provided Produce/Product for Recipe

Neufeld Farms  
Neufeld Farms  
Neufeld Farms  
Dollar Mountain Apiary  
Yerba Santa Dairy

#### Directions

Slice all fruit in half, remove pit and dice, place in bowl, add honey and Natilla, toss to coat. Divide into bowls and serve!

#### Variations

This would be great with some homemade vanilla ice cream or fold this fruit into softened ice cream! You can top with whipped cream substitute maple syrup for the sugar and vanilla, then sprinkle with some grey sea salt and a grind of pepper – savory and sweet!

#### Suggested Wine Pairing

This would be nice with a Tawny Port or Champagne.



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### **Caramelized Onion Hors d'Oeuvres**

Rich and tasty!

#### **Shopping List**

1 supersized Walla Walla onion  
2-3 thick carrots  
1 bunch of chives  
Tuscan Olive Oil or similar  
Salt and Pepper

#### **LCCF Vendor Who Provided Produce/Product for Recipe**

Sky Hoyt Specialty Grower  
Sky Hoyt Specialty Grower  
Kalikai Farm  
Chacewater Olive Co.  
*preferably kosher salt / freshly ground  
pepper*

#### **Directions**

Quarter the onion and slice thinly. In a large sauté pan, add about 2-3 T of Olive Oil and gently heat. Add onions and cook over medium-low heat. We do not add salt at this point as it will release the water in the onion making the onions stringy. Reduce heat if needed to keep from burning. This is long and slow cooking. The longer you cook the more deep the color of the onions. I cooked for about 30 minutes at the market which was enough to get color on the onions and make the melt in your mouth. When onions are cooked add a sprinkle of salt and some good grinds of pepper, toss.

At the Tuesday market on the 4<sup>th</sup> I did not have access to bread so I used a thick carrot and sliced on the diagonal about 1/8"-ish thick and used as a "chip." It was quite nice providing a contrast of crunch and creamy.

Chop the chives. Slice carrot, top with onions and sprinkle with chives. Serve!

#### **Variations**

You could of course use baguette sliced about 1/4" to 1/2" thick. Untoasted, toasted or brushed with olive oil and grill. You could grate a little Chevito (Yerba Santa Dairy) on the top for another layer of flavor or if you want to go over the top with creaminess top the baguette slices with Fromage Blanc (Yerba Santa Dairy) then top with onions. Chopped herbs such as tarragon, basil or parsley on top would provide both color and another layer of flavor.

#### **Suggested Wine Pairing**

For hors d'oeuvres I love bubbles – Champagne, Cava, Sparkling. This would also be nice with Sauvignon Blanc.

### **Pickled Beets**

Pickling the easy way!

#### **Shopping List**

One beet per person  
Seasoned Rice Wine Vinegar  
Salt and Pepper

#### **LCCF Vendor Who Provided Produce/Product for Recipe**

Sky Hoyt Specialty Grower  
*From your pantry  
preferably kosher salt / freshly ground  
pepper*

#### **Directions**

Dice the beet and place in small bowl. Sprinkle with a little salt and as much pepper as you like and cover with rice wine vinegar. Let sit about 15-20 minutes. Either serve in individual bowls as a first course or drain and toss into a salad for burst of pickle-y beet flavor!

#### **Variations**

If serving on it's own you can slice the beets as some of the beets such as Chioggia look really pretty. This is a fun salad to have if you're having an Asian inspired night. Serve this as a starter then create a great stir fry with all the yummy veggies at the Lake County Farmers' Finest market!

#### **Suggested Wine Pairing**

Wines with a more round profile work best with pickled things so try with Chardonnay, Viognier, Marsanne, Rousanne or a Riesling.



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### **Creamy Fruity Hors d'Ouevres**

Serve as an appetizer or as a dessert.

#### **Shopping List**

2-3 yellow nectarines  
Fromage Blanc, small  
1 baguette

#### **LCFF Vendor Who Provided**

#### **Produce/Product for Recipe**

Neufeld Farms  
Yerba Santa Dairy  
Main Street Bakery

#### **Directions**

Slice the baguette into 1/4"-1/2"-ish thick slices. Heat a sauté pan and working in batches, place the slices in the pan – no oil/butter needed. Toast both sides of each slice. Remove from pan and set aside.

Slice nectarines in half, remove pit and chop the nectarines. When the bread is done, keep the pan heated and throw in the nectarines and heat for about 2-3 minutes.

In a bowl combine nectarines and fromage blanc. Spread on toast. Serve!

#### **Variations**

Take a few slices from the nectarine and dice those to place on top of each baguette. Top with herbs – tarragon, basil, parsley- for a more savory garnish. Top with chopped nuts.

#### **Suggested Wine Pairing**

Serve with a sparkling or Moscato when you have a savory profile. Try with a Muscat Canelli or late harvest Riesling for dessert.