



Cooking Demonstration Recipe by Francesca Zito

October 19th, 2013

Rosemary Walnuts

The perfect fall snack!

Shopping List

1 cup walnuts, shelled
1 8" sprig of rosemary
Olive oil
Salt and Pepper

LCCF Vendor Who Provided Produce/Product for Recipe

EGB Farms or Neufeld Farms
Glo's Glee Organic Garden
*From your pantry
preferably kosher or sea salt / freshly
ground pepper*

Directions

First, finely chop rosemary, remove leaves from stem. Chop very fine, so it looks like medium ground pepper. You should have about a tablespoon or more.

Put 1 T. of olive oil in a pan over medium heat, add walnuts, toast to desired doneness, stirring every minute. This should take about 3-5 minutes depending on heat. You can taste the walnuts when you think they are done to see if they have that light texture and nice deep walnut flavor.

Remove from heat and toss with rosemary, several pinches of salt and several grinds of pepper (you can start off light with the S&P and then adjust). Rosemary should make a sizzling sound when you add it to the pan. Taste and add more salt or pepper to your liking. Serve!

Variation

Haven't done it but this could be good with some dried tarragon or oregano, possibly basil. Experiment! Also, a good hit of cayenne could spice things up on those cold nights! Had a thought: if you have nice walnut halves for this recipe, make as directed then cool and dip in melted dark chocolate, sprinkle with grey sea salt before chocolate hardens – sweet, salty, herby, crunchy... think that pretty much makes it YUM!

Suggested Wine Pairing

Versatile, serve with any wine you like or cocktails!

Roasted Pepper and Caramelized Onion Spread on GREAT Bread

A good starter for a Fall evening.

Shopping List

2 large red peppers
1 medium onion
1 loaf GREAT Bread
Olive oil
Seasoned Rice Wine Vinegar
Salt and Pepper

LCCF Vendor Who Provided Produce/Product for Recipe

Sky Hoyt Specialty Grower
Sky Hoyt Specialty Grower
Main Street Bakery
*From your pantry
From your pantry
preferably kosher or sea salt / freshly
ground pepper*

Directions

Chop onion roughly into small pieces. Set aside.

This spread is enough to use about half of a loaf. See the tomato jam recipe to use up the rest of the bread. Cut bread into slices then cut each of those into 4 pieces.

Place a sauté pan over high heat and then add the peppers turning as little bits of char start to happen on each side. Remove peppers and let cool enough to handle and chop. Reduce heat to medium/medium low and add 1-2 T. olive oil, add onions and let cook until translucent and golden. Add peppers and sauté until peppers are soft.

Let cool a little bit and put all of the pan contents – onions, peppers and any liquid into blender and blitz. Add a little more olive oil. You don't need to obliterate just incorporate so it holds together but still has texture. I used the food mill at the market mill about half the mixture for a binder. Add salt and pepper to taste.

Spread mixture on bread and serve.

Variations

This is pretty yummy as is but to spin it, you could mix with yogurt.

Suggested Wine Pairing

A nice appetizer so good with most anything.



Cooking Demonstration Recipe by Francesca Zito

October 19th, 2013

Refrigerator Tomato Jam on GREAT Bread

How to make your kids eat and actually like tomatoes!

Shopping List

4 c. chopped tomatoes, about 4 large tomatoes
1 loaf of GREAT Bread
Sugar
Olive oil
Salt and Pepper

LCFF Vendor Who Provided Produce/Product for Recipe

Sky Hoyt Specialty Grower

Main Street Bakery
From your pantry
Chacewater Olive Oil
preferably kosher or sea salt / freshly ground pepper

Directions

Chop tomatoes into 1/2" chunks. In a medium size pot over medium heat add the tomatoes with 1/4 c. plus 1/8 c. of sugar, 2 T. olive oil, 1/2 tsp. salt and 1/8 tsp. of ground pepper. Let simmer until tomatoes have released liquid and most of that liquid has reduced.

This spread is enough to use about half of a loaf. See the pepper and caramelized onion spread recipe to use up the rest of the bread. Cut bread into slices then cut each of those into 4 pieces.

Spread mixture on bread and serve. This should keep in the refrigerator for a month.

Variations

Good with cheese! Try spreading bread with chevre and then top with jam. Top bread with grated cheddar and a sprinkle of salt, place under broiler until cheese melts, top with jam.

Suggested Wine Pairing

Good with Chardonnay or Cabernet Sauvignon, or for the littles – Milk!

Beet and Carrot Chips

Just like potato chips only homemade and filled with Vitamin A and beta-carotene! Plus beets usually keep for a while in the fridge so you can load up now. If the skin gets funky looking just peel it off, generally the interior is fine.

Shopping List

3 beets, one chioggia, one golden and one Detroit
1 large carrot
Olive oil
Salt and Pepper

LCFF Vendor Who Provided Produce/Product for Recipe

Sky Hoyt Specialty Grower

Sky Hoyt Specialty Grower
Chacewater Olive Oil
preferably kosher or sea salt / freshly ground pepper

Directions

At the market, we used a mandoline to make very thin slices. At home if you don't have a mandoline (not the musical instrument but a kind of manual slicer) then try your best to cut as thinly as possible. They'll just take a little longer to cook. Slice all of the beets and carrots.

Line a sheet pan with a layer or two of paper towels to drain chips.

In a sauté pan or deep frying pan, add about 1/2 of oil. I had olive oil at the market and use that but you could use canola or peanut oil. Get the heat up but not so high that it's smoking (olive oil has the lowest temperature for smoking of the oils). When oil is hot, add slices of the beets and carrots, don't overcrowd, just put in enough so that they don't overlap. Flip occasionally to see how they are browning. When they stop sizzling they're done. Remove and drain. Keep adding in batches.

Sprinkle with salt and pepper to taste. Serve!

Variations

You could sprinkle with seasoned salt, or add a little cayenne for some punch.

Suggested Wine Pairing

Beer and chips sounds good to me!



Cooking Demonstration Recipe by Francesca Zito

October 19th, 2013

Strawberries with Persimmon Puree and Basil

Fresh and fruity, a good end to the season with Fall berries and that winter fave, persimmons.

Shopping List

1 pint of strawberries
1 ripe persimmon
2 sprigs of basil
Salt

LCFF Vendor Who Provided Produce/Product for Recipe

Cerro Negro Farms
EGB or Neufeld Farms
Sky Hoyt Specialty Grower
preferably kosher or sea salt

Directions

Slice strawberries. Set aside.

Roughly chop ripe persimmon and puree. At the market, we used a food mill but you can use a blender and then sieve using a fine mesh strainer and the back of a spoon.

Remove basil leaves from stems. Stack and roll, slice horizontally into thin ribbons. This technique is also known as chiffonade.

Divide strawberries into 4 or 6 bowls, top with persimmon puree and basil chiffonade and just a few granules of salt. Serve!

Variations

This would be nice over an angel food cake slice that has been toasted (it caramelizes all that sugar!) or poundcake. You can flip this arrangement and puree the strawberries, then peel and slice the persimmon.

Suggested Wine Pairing

This wants a nice dry sparkling wine to keep up with all those fresh flavors. Cheers!