



*"Picture a single imaginary plant, bearing throughout one season all the different vegetables we harvest...we'll call it a vegetannual"*

*Barbara Kingsolver*

*"Animal, Vegetable, Miracle"*

*April 14, 2010*

*Theresia Binder, Nancy Franich, Lynn Gay and Sheree Williams  
bring you local tastes of the season*

## Top 5 Ways to Eat Seasonally



- 1. FREQUENT THE FARMER'S MARKET**  
Find out firsthand which fruits and vegetables are freshest while supporting the local growers who bring their harvest to your community. To locate a market near you, visit [localharvest.org](http://localharvest.org). The site allows you to plug in your zip code for a list of local venues.
- 2. SIGN UP FOR A CSA**  
One of the easiest ways to cook and eat locally is to receive a weekly box of produce fresh from a nearby farm. To find a Community Supported Agriculture program in your area, and for more information, visit [localharvest.org](http://localharvest.org).
- 3. CHAT UP YOUR GREEN GROCER**  
Your supermarket may surprise you. Talk to the produce manager to find out if anything on the shelves is locally grown. If not, be sure to voice your interest.
- 4. PLANT A KITCHEN GARDEN**  
You may not have room for an entire vegetable patch, but it's easy and rewarding to grow herbs, baby lettuces—even radishes and tomatoes. Consider setting up a garden swap—your green peppers for your neighbors baby cukes!
- 5. SUBSTITUTE SEASONAL INGREDIENTS**  
You don't have to come up with a new repertoire of recipes to accommodate locally grown fruits and veggies. Just add them to dishes you're already familiar with, whether they be pastas, omelets, or stir-fries.



Visit [Kashi.com/recipes](http://Kashi.com/recipes) for delicious seasonal recipes.

### *Asparagus Wrapped with Prosciutto*

*8 stalks Asparagus*

*8 slices of Prosciutto*

*Steam asparagus 2-4 minutes until just crisp.*

*Plunge into ice cold water to stop the cooking.*

*Once asparagus is cold, wrap the stalk with prosciutto.*

*Serve.*

*Beets and Goat Cheese Salad with Pistachios from Gourmet, December 2002*

- 3 large red beets (1 2/3 lb without greens)
  - 2 large golden beets (1 lb without greens)
  - 1/4 cup minced shallot
  - 2 tablespoons fresh lemon juice
  - 3/4 teaspoon salt
  - 1/4 teaspoon black pepper
  - 1/4 cup pistachio oil
  - 4 oz soft mild goat cheese
  - 3 tablespoons salted shelled pistachios (not dyed red), coarsely chopped
  - 1 oz mâche (also called lamb's lettuce), trimmed (4 cups)
- Special equipment: a 2 1/2-inch round cookie cutter (without handle; at least 2 inches high)*



*Preparation:*

*Preheat oven to 425°F.*

*Separately wrap red and golden beets tightly in double layers of foil and roast in middle of oven until tender, 1 to 1 1/2 hours. Unwrap beets.*

*While beets are cooling slightly, whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a stream, whisking.*

*When beets are cool enough to handle, slip off and discard skins. Separately cut red and golden beets into 1/4-inch dice and put in separate bowls. Add 2 1/2 tablespoons dressing to each bowl and toss to coat.*

*Place cookie cutter in center of 1 of 8 salad plates. Put one eighth of red beets in cutter and pack down with your fingertips. Crumble 2 teaspoons goat cheese on top, then one eighth of golden beets, packing them down. Gently lift cutter up and away from stack. Make 7 more servings in same manner. Drizzle each plate with 1 teaspoon dressing and scatter with some pistachios.*

*Toss mâche with just enough remaining dressing to coat and gently mound on top of beets. Serve immediately.*

*Cooks' notes: Beets can be roasted and diced 1 day ahead and chilled, covered. Bring to room temperature before using. • Molded beet salad (without mâche) can be assembled 45 minutes ahead and kept, covered, at cool room temperature.*

*Serves 6-8*

## Barba Yianni's Grilled Lamb

Here's our version of Barba Yianni's grilled lamb.

### ingredients

*Greek Marinade for Lamb:*

1/3 cup olive oil

juice of 2 lemons

1/4 cup dried oregano, preferably Greek, or 1/2 cup chopped fresh

6 garlic cloves, chopped

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

3 1/2-4 1/2 pounds lamb loin or rib chops, 3/4-1 1/4 inch thick, trimmed.

### preparation

Mix all the ingredients together into a paste in a small bowl and rub it all over the lamb. Place the lamb in a shallow bowl and cover with any remaining marinade. Marinate for about 2 hours at room temperature, or, preferably, cover the lamb and marinate overnight in the refrigerator, turning the meat from time to time.

To grill lamb chops: Depending on their thickness, grill the chops over medium-hot coals for 3 to 5 minutes per side, turning once or twice. The chops should register 120° to 135°F at the thickest part for rare to medium rare. You can also broil them 3 inches from the flame for 3 to 5 minutes per side, or until cooked as above.

Serves 6 to 8.

*Source Information:*

from *Epicurious* | September 2001

*The Complete Meat Cookbook* by Bruce Aidells and Denis Kelly.

## Yukon Gold Potato Gratin with Horseradish & Parmesan

- 1 bunch fresh thyme
- 1 tablespoon black peppercorns
- 1 dried bay leaf
- 3 pounds boiling potatoes, such as Yukon Gold, peeled and cut crosswise into 1/8-inch slices
- 2 tablespoons sea salt
- 5 garlic cloves, peeled and smashed with back of knife
- 4 cups heavy cream
- 1/4 cup fresh horseradish, grated
- 1 1/2 cups Parmesan cheese, coarsely grated

Place rack in middle position and preheat oven to 400°F.

Generously butter a 2 1/2- to 3-quart gratin dish or other shallow baking dish.

Make a bouquet garni by wrapping thyme, peppercorns, and bay leaf in 6-inch square of cheese cloth and securing with kitchen string.

In heavy, 6-quart saucepan, combine potatoes, bouquet garni, salt, garlic cloves, and cream. Set over moderate heat and bring to a boil. Reduce heat to low and simmer, uncovered, until potatoes can just be pierced with a fork, about 10 minutes. Using slotted spoon, remove bouquet garni and garlic and discard. Stir in horseradish.

Spread potato mixture in buttered dish and sprinkle with cheese. Bake until top is golden brown and potatoes are tender, about 30 to 40 minutes. Let stand 15 minutes before serving.

Serves 10 as side dish.

Source: *Epicurious*, October 2006,

Chef-owner Shawn McClain of Custom House Restaurant in Chicago

*Greens from Simple Soirees  
by Peggy Knickerbocker*

*4-6 C greens (chard, escarole, kale or dandelion greens in any combination)  
washed, tough stems removed and chopped.*

*3T extra-virgin olive oil.*

*2 springs of fresh sage or 1t of dried sage, crumbled.*

*1 clove of garlic, crushed with the back of a knife.*

*2 anchovy fillets*

*Sea salt and freshly ground black pepper*

*To prepare the Greens*

*Drop the greens into a large pot of salted boiling water and blanch for 3 minutes. Drain and press out the excess liquid. Heat the olive oil in the same pot over medium heat. Add the garlic and anchovies, stirring for a minute or two until the anchovies melt into the oil and the garlic is translucent. Add the greens and continue to cook, stirring occasionally, until they are tender, about 20 minutes.\*\**

*Serves 6*

*\*\* I did not press out the excess liquid and only cooked the greens until tender*

*crisp: 10- 15 minutes. TB*

## Summer Meringue with Berries

For the meringue:

5 large egg whites or  
6 medium/small whites  
at room temperature  
1 cup sugar, preferably superfine  
1 sheet parchment paper

For the topping:

1/2 pint heavy whipping cream  
2T superfine sugar or confectioners' sugar  
A handful each of blueberries, blackberries,  
raspberries or other fresh berries,  
rinsed and dried.

To make the meringue:

Preheat the oven to 225-250° F. Line a baking sheet with parchment paper. Using a 10-11 inch circle (use a cake pan or plate) trace a circle on the parchment with a pencil. Set aside.

Make sure the bowl you use is very clean, and to be extra sure, wipe it and the mixer paddles with white vinegar (this helps in stabilizing the eggs and gets rid of any oil or fat that might be lingering). Use the freshest eggs you can find.

Place the egg whites in a large bowl and beat them on medium/high speed with an electric mixer until soft peaks form. Gradually add the sugar, a tablespoon at a time, until the meringue forms stiff, shiny peaks. Then whip at high speed for about a minute or two longer.

Using a rubber spatula, scoop the meringue mixture onto the parchment circle and spread it out to the edges, flattening the top so that the sides are even and contained within the circle.

Bake in the upper third of the oven for 1 1/2 to 2 1/2 hours, depending upon your oven, until the meringue is crisp and dry. To check for doneness, lift it up carefully with a spatula and tap the bottom of the meringue; if it has a hard, hollow sound and the top is crisp and well set, it is done.

Do not remove the parchment. It will keep the meringue intact until ready to serve.

To prepare the topping

In a medium bowl, beat the heavy whipping cream and sugar together with an electric mixer until soft peaks form.

To assemble

The dish is best assembled just as you are about to serve it but it will hold nicely for half an hour or more. Peel the parchment off the meringue and place the meringue and place the meringue on a 12 inch platter. Spread the whipped cream over the cooled disk and scatter the berries over the top.

To serve, make nice clean cuts through the meringue with a sharp knife into pie-shaped wedges.

Serves 6-8

Asparagus Wrapped in Prosciutto



Beet Salad with Goat Cheese & Pistachios



Wilted Greens  
Barba Gianni's Grilled Lamb,  
Potato Gratin with  
Horseradish & Parmesan

Right: Summer Meringue  
with Berries

