

2015

Spring 2015 Forest Grove Recipes from the Garden



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Sprouting Chefs
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Warm Lentil Salad with Tarragon Vinaigrette

Inspired by: The French Safari

Ingredients:

4 Cups of Dried Green Lentils
4 Diced Carrots
4 Diced Celery
1 Diced Yellow Onion or 8 Diced Shallots
1 Bunch of Thyme
Salt & Pepper to taste
Water to cover

Vinaigrette:

2 Tbsp Chopped Tarragon
1 Cup of Grapeseed Oil
¼ Tbsp Balsamic Vinegar
Salt & Pepper

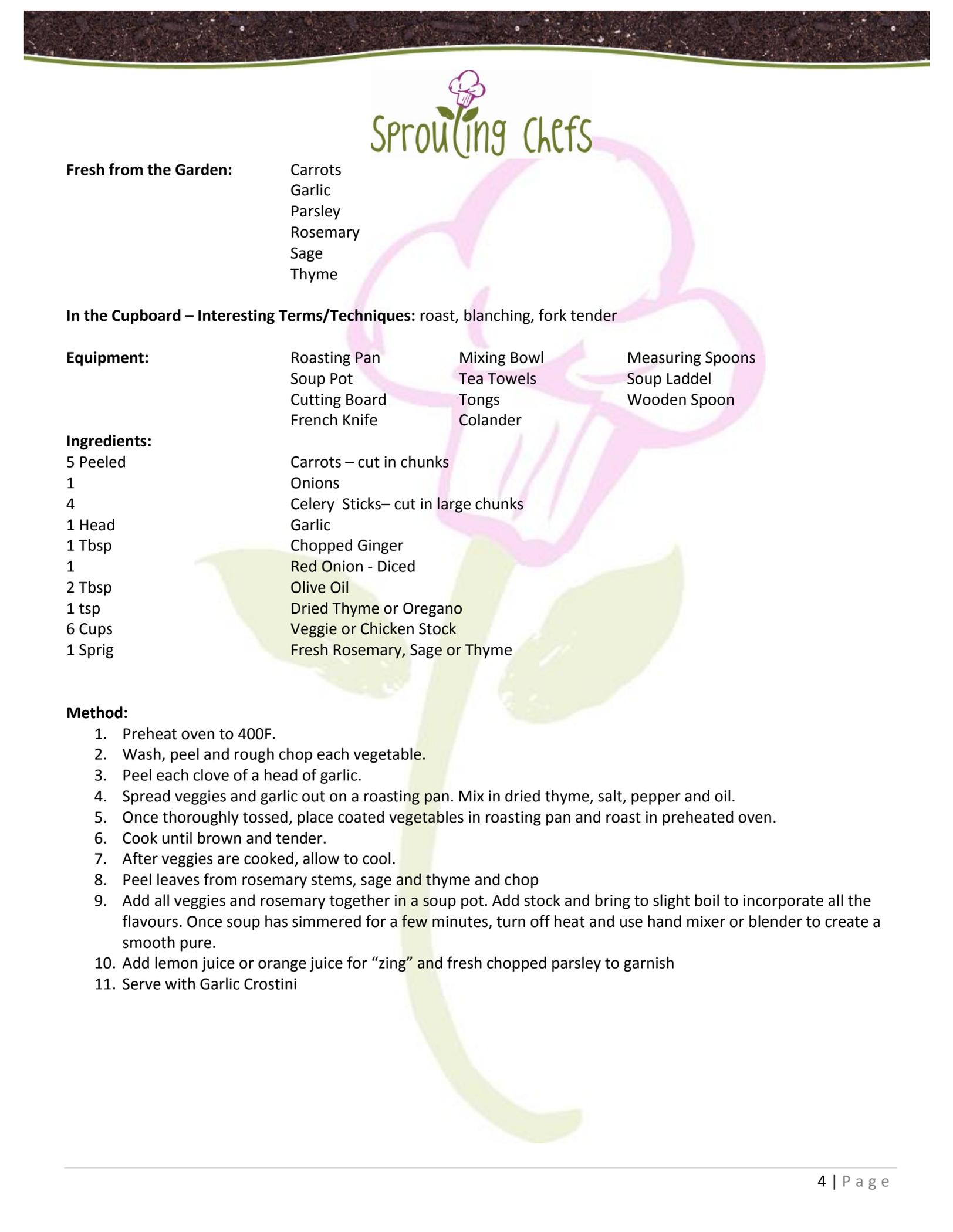


Items from the Garden: Thyme,
Tarragon, Carrots, Celery and Onions

Method:

1. Add all ingredients **EXCEPT ingredients for the Vinaigrette** into a pot and cover with cold water.
2. Bring to a boil and allow to simmer for 15-25 mins.
3. While Lentils are cooking, mix vinaigrette together.
4. Drain lentils and add to vinaigrette. **Note:** Both Classes enjoyed the tangy flavour of the balsamic vinegar on their salad. At home, start with half the amount and adjust to taste as your family likes. Also, if you can't find tarragon, use Thyme instead.
5. Serve on the side of any main course or as meat alternative.

Roasted Carrot Soup



SPROUTING CHEFS

Fresh from the Garden:

Carrots
Garlic
Parsley
Rosemary
Sage
Thyme

In the Cupboard – Interesting Terms/Techniques: roast, blanching, fork tender

Equipment:

Roasting Pan	Mixing Bowl	Measuring Spoons
Soup Pot	Tea Towels	Soup Laddell
Cutting Board	Tongs	Wooden Spoon
French Knife	Colander	

Ingredients:

5 Peeled	Carrots – cut in chunks
1	Onions
4	Celery Sticks– cut in large chunks
1 Head	Garlic
1 Tbsp	Chopped Ginger
1	Red Onion - Diced
2 Tbsp	Olive Oil
1 tsp	Dried Thyme or Oregano
6 Cups	Veggie or Chicken Stock
1 Sprig	Fresh Rosemary, Sage or Thyme

Method:

1. Preheat oven to 400F.
2. Wash, peel and rough chop each vegetable.
3. Peel each clove of a head of garlic.
4. Spread veggies and garlic out on a roasting pan. Mix in dried thyme, salt, pepper and oil.
5. Once thoroughly tossed, place coated vegetables in roasting pan and roast in preheated oven.
6. Cook until brown and tender.
7. After veggies are cooked, allow to cool.
8. Peel leaves from rosemary stems, sage and thyme and chop
9. Add all veggies and rosemary together in a soup pot. Add stock and bring to slight boil to incorporate all the flavours. Once soup has simmered for a few minutes, turn off heat and use hand mixer or blender to create a smooth pure.
10. Add lemon juice or orange juice for “zing” and fresh chopped parsley to garnish
11. Serve with Garlic Crostini



Carrot Top Pesto

Makes about 2/3 cup

From the Garden:

Carrot tops

Garlic

Equipment: Cutting Board

Food Processor

Small Bowl

Baking Pan

Ingredients:

1 cup lightly packed carrot leaves (stems removed) Note: Most grocery stores are removing carrot leaves. If you can't find any, flat leaf parsley works just as well. Otherwise, use the carrot tops you have thinned out from your garden

6 Tbsp Extra-Virgin Olive Oil

1 large Garlic Clove

1/4 tsp Kosher or Fine Sea Salt

3 Tbsp Pine Nuts or Walnuts, Toasted (see below)

1/4 cup Freshly Grated Parmesan Cheese To Toast The Nuts

Toasting pine nuts, almonds, walnuts, pecans, hazelnuts, cashews and pumpkin seeds brings out their flavor. Spread the nuts or seeds in a single layer on a rimmed baking sheet, place in a preheated 350-degree oven and toast until fragrant and lightly browned, 5 to 10 minutes, depending on the nut or seed. Alternatively, nuts and seeds can be browned in a microwave. Spread in a single layer on a microwave-safe plate and microwave on high power, stopping to stir once or twice, until fragrant and lightly browned, 5 to 8 minutes. Watch them closely so they don't burn.

To Make the Pesto

1. In a food processor, combine the carrot leaves, oil, garlic, and salt and process until finely minced.
2. Add the pine nuts and pulse until finely chopped.
3. Add the Parmesan and pulse just until combined. Taste and adjust the seasoning. Use immediately or cover and refrigerate for up to 2 days.

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Garlic Crostinni

Serves 20

In the Garden:

Garlic

Equipment:

Cutting Board
French Knife
Tea Towel
Cookie Sheet

Pastry Brush
Measuring Spoons

Ingredients:

1 clove, peeled and left whole
2 to 3 Tablespoons
1 Stick

Garlic
Olive Oil
French, Whole Wheat or Multigrain Baguette

Method:

1. Slice baguette on an angle 1 to 2 inch thick.
2. Brush each slice with olive oil. Place each slice on a cookie tray.
3. Grill under broiler until slightly brown. Remove from broiler and rub gently with the peeled garlic clove on each piece of toasted bread.
4. Serve.



Asian Salad Rolls

From the Garden:

Salad Greens
Carrots/Tops

Beet Tops
Radishes

Cucumbers
Cilantro

Equipment:

Large Bowl
Warm Water

Paper Towel

Ingredients:

10 package

1 cup

½ cup-

1/2 cup

1/2 cup

1/4 cup

Rice Paper Wrappers

Cooked Rice Noodles

Julienned Bell Pepper, Cucumber

Shredded Carrots

Mixed Salad Greens, Beet Tops or Carrot Tops

Cilantro, Mint or Thai Basil Leaves

Method:

1. Cook rice noodles then rinse in cold water. Set aside
2. Prepare all the veggies: shred carrots, julienne cucumbers & peppers
3. In a large bowl filled with warm water, soak 1 rice paper wrapper for about 20 seconds or until soft. Lay wrapper out on a tea towel to absorb excess water. Transfer wrapper to a flat surface
4. About 1/3 from the bottom of the wrapper, create a 3-inch long row by placing some shredded lettuce, followed by some rice noodles, bell pepper, carrots, lettuce and cilantro/mint and or Thai basil leaves.
5. Carefully fold the bottom of the rice paper wrapper over the vegetables. Turn in the sides and continue rolling up from the bottom.
6. Serve with Hoi Sin sauce on the side for dipping

Optional: Add cold poached shredded chicken, cold poached prawns or baby shrimp, or any other protein of your choice



Sprouting Chefs

Kale Chips

In the Garden:

Kale

Equipment:

Cutting Board
Cookie Sheet

Salad Spinner or Colander
Bowl

Ingredients:

1 Large Bunch
1 Tbsp.
Salt to taste

Kale
Olive Oil

Optional:

Parmesan Cheese
Lemon Zest
Curry Powder

Sprinkle Crushed Kale Chips on Popcorn!

Method:

1. Preheat oven to 350 degrees
2. Clean and dry kale leaves. VERY IMPORTANT to have dry leaves
3. Tear leaves into bite size pieces removing and discarding stems into compost
4. Toss leaves with olive oil. Do not use too much oil.
This will create mushy instead of crispy leaves.
5. Arrange leaves on a baking sheet
6. Drizzle with salt
7. Bake until edges turn slightly brown



Why Kale is so darned good for you:



Cancer prevention: The sulfur-containing phytonutrients in kale activate detoxifying enzymes in the liver that help neutralize potentially cancer-causing substances. This reduces the risk of bladder, breast, colon, ovary, and prostate cancers, as studies with kale have shown us.

Excellent source of vitamins: A (good for your eyes), C (antioxidant and immune support), K (bone-building), B6 and manganese and a good source of dietary fibre and minerals. This mixture of vitamins is also very beautifying both for your skin and promotes shiny healthy hair.

. - Joy McCarthy, Registered Holistic Nutritionist and Health Coach of [Joyous Health](#)



Spanakopita - Swiss Chard and Kale

In the Garden:

Kale
Swiss Chard
Parsley
Dill

Equipment:

Cutting Board Saute Pan Pastry Brush
Cookie Sheet Bowl Small Pot

Ingredients:

1/3 cup Olive Oil
1 pound Kale Washed, Dried
1 pound Swiss Chard Washed, Dried
1 bunch Green Onions, white and green parts chopped
1 Clove Garlic
2 Tbsp Chopped Dill
1 Lemon Zested and Juiced
Salt and freshly ground black pepper
1/2 pound Feta Cheese - Crumbled
1 to 2 Eggs, lightly beaten
1 cup (2 sticks) unsalted butter, melted
1 pound Filo Pastry Sheets

Method:

1. Remove kale and Swiss Chard stems. Rough chop into smaller pieces or tear with hands.
2. Chop onions, dill, and garlic.
3. Heat olive oil in sauté pan with chopped garlic. When garlic starts to brown, add kale first as it takes longer to cook. Add salt and pepper, onions and dill to pan turning over kale as it cooks from the bottom.
4. Squeeze a small amount of lemon juice over mixture and if necessary, add a bit of water.
5. When water has evaporated, kale is done. Set aside in a bowl to cool.



Sprouting Chefs

6. Repeat the above steps with Swiss chard. Note: Swiss Chard takes less time to cook and does NOT require extra water.
7. Stir the feta and as much beaten egg to moisten the cooled kale/chard mixture.
8. Preheat the oven to 350 degrees F. Brush a baking sheet with some of the melted butter.
9. Unroll the filo dough on a flat surface and keep it covered with waxed paper and a damp towel so it doesn't dry out and become brittle.
10. Using a sharp knife, cut the filo into 3 by 11 inch strips, and recover with the towel. Use a pastry brush to brush a strip of filo with melted butter.
11. Place a small spoonful of filling 1 inch from the end of the pastry. Fold the end over the filling to form a triangle, then continue to fold up the strip in triangles, like folding up a flag. Continue with remaining strips of dough, placing filled triangles on the baking sheet and keeping them covered with a towel until all are ready to bake.
12. Brush the triangles lightly with butter, then bake for 20 to 25 minutes, or until golden and crisp. Serve hot. (These may be frozen before baking, layering waxed paper between layers of triangles to keep them from sticking. Bake frozen triangles an extra 10 minutes.)

Variation: Butter a 9 by 13 inch baking pan, and spread 6 sheets of filo, brushing each with butter, on the bottom. Spoon the filling over the filo, then cover with 6 more sheets of filo, buttering each sheet. Score the top 3 sheets with a sharp knife. Bake 40 to 45 minutes, or until top is golden, let stand 15 minutes, then cut into squares and serve warm.





Best Ever French Green Beans - Jamie Oliver

From the Garden: Beans
Garlic

Equipment: Cutting Board Sauté Pan (non stick)
French Knife Medium Pot
Colander Grater
Serving Platter

In the Cupboard -Interesting Terms/Techniques: blanching,
saut eing

Ingredients:
1 ¼ lbs. French or other Green Bean
Pinch of Salt
3 Cloves Garlic
1 ½ Cups Grated Parmesan Cheese
1 to 2 Tbsp. Olive Oil
½ Whole Lemon (Juice)



Method:

1. Line up green beans on a chopping board and cut off the stalks leaving the wispy ends as they are.
2. Put the beans in a large saucepan of boiling water with a pinch of salt for about 6 minutes. This is called “blanching”
3. Try one – if it’s soft and not squeaky when you eat it, they’re done.
4. Drain them in a colander, reserving some of the cooking water, and set aside to steam dry
5. Peel and slice 3 cloves of garlic
6. Finely grate 1 and ½ cups of parmesan cheese
7. Put the pan back on the heat and add olive oil and the sliced garlic.
8. When the garlic starts to turn golden, add the beans and move the pan around to coat them in the garlicky oil.
9. Add a ladleful of the reserved cooking water, the parmesan and the juice of ½ a lemon.
10. Stir and simmer until the water and cheese start to form an oozy, sticky sauce, then remove from heat and serve immediately.

Side Note: This recipe works well with other veggies such as broccoli. Substitute with spinach or Asian Greens and skip the step about blanching first. You can saut  leafy greens directly without cooking ahead ☺



Sprouting Chefs

Asian Style Coleslaw

Serves 10 or 25 tastes in the kitchen

From the Garden:

Su Choy
Carrots
Radishes

Red Cabbage
Green Onion
Snap or Snow Peas

Equipment:

Cutting Board
Large Bowl
Small Bowl
Box Grater

Chef's Knife
Serving Platter
Whisk

Ingredients:

1 Whole
 $\frac{1}{2}$
4
4 Cups
4
 $\frac{1}{2}$ Bunch
2 Cups
4 Tbsp

Su Choy Cabbage
Red Cabbage
Carrots – Grated
Bean Sprouts
Spring Onions
Cilantro
Snow or Snap Peas
Toasted Sesame Seeds

Vinaigrette:

$\frac{1}{4}$ Cup
2 Tbsp
2 Tbsp
2 Tbsp
 $\frac{1}{2}$

Soy Sauce
Sesame Oil
Rice Wine or White Wine Vinegar
Hoi Sin Sauce
Lime Juice



Method:

1. Shred cabbage & grate carrots
2. Cut peas into small bite size pieces
3. Tear off cilantro leaves from the stalks
4. Add all prepared ingredients into a serving bowl.
5. Whisk ingredients for the vinaigrette and adjust to taste. Consider adding some chili flakes or siracha for extra spice if wanted.
6. Drizzle vinaigrette over chopped veggies. Serve
7. This is a great addition to Asian style Korean BBQ or as a side with grilled meats.



Ms. Li/Ms. Tang: Asian Greens, Yu Choi Sum, Pac Choi

Stir Fry Yu Choy Sum

Servings: 4 Prep Time: 3 Cook Time: 5

Equipment:

Colander
Frying Pan/Wok
Tongs
Cutting Board
Chefs Knife

Ingredients:

1 pound Chinese greens (called yu choy), cut into 3-inch lengths
4 -6 cloves garlic, whole
1 tablespoon oil
1/4 cup vegetable or chicken broth



Method:

1. Heat the oil in your wok until hot. Turn the heat to medium. Add the garlic cloves to the oil and fry until the cloves are golden brown (but not burnt!). This will flavor the oil.
2. Add the Yu Choy, stir so that each stalk gets a light coating of the garlic-flavored oil. Add the chicken broth and immediately cover. Let the vegetable steam for 3 1/2 minutes until tender. The Yu Choy should still be bright green, the stalks should be soft and still have a nice bite to it.

Notes: When cooking fresh vegetables like this, the heat of your wok should stay at medium to medium-high. If the heat is too hot, the broth may evaporate too quickly and your vegetables may burn. To low, and your vegetables will cook too slowly and you will lose your bright green coloring of the vegetable. You can cook other vegetables the same way, just adjust the amount of broth you add accordingly. Thicker stems need more broth and more steam time. If you are like me, and you love to eat soft, tender, mild garlic cloves, you can add more cloves. Because they are toasted in the oil and then cooked with the vegetables, the garlic turns into a sweet nugget of flavor without the sting of minced garlic.



Fresh Tomato Sauce for Pasta

Serves 5

From the garden:

Tomatoes
Garlic
Basil

Equipment:

Cutting board

Knife
Large pot
Large sauce pan

Ingredients:

1 lb	Pasta
5	Tomatoes on the vine or Cherry or Grape
6 cloves	Garlic, sliced
pinch	Chili Pepper Flakes (Optional)
1 tbsp	Dried Oregano
1 tsp	Kosher or Sea Salt
3 tbsp	Extra Virgin Olive Oil
8	Basil Leaves
1 cup	Fresh Grated Parmesan Cheese



Method:

1. Bring cold water to a boil in a large pot. Add 2 tbsp salt when water boiling. Add enough pasta for 5 (1 lb cooked for a family) (size depends upon appetites or whether serving dish as a meal or snack) and let cook.
2. slice garlic cloves. Place in a cold pan with olive oil. Turn stove on to med heat and let garlic gradually heat up in pan.
3. Cut tomatoes in halves, and then in sixes.
4. Add chili flakes and oregano to the pan. Stir until garlic begins to brown.
5. Add cut up tomatoes to the pan.
6. Add salt to the tomatoes. Stir.
7. Let tomatoes cook on medium heat. When pasta is cooked to al dente, using tongs grab pasta directly from the pot and place in the pan with the tomatoes, allowing some pasta water to be incorporated into the pasta sauce. Stir and mix thoroughly. Finish with chopped basil and grated parmesan cheese.



Crostinni w/ Tomato & Basil

In the Garden: Tomato
Basil
Garlic

Equipment: Cutting Board Medium Bowl
French Knife Small Bowl
Bread Knife Pastry Brush
Tea Towel
Cookie Sheet

In the Cupboard -Interesting Terms/Techniques: rubbing garlic, raw vs. roasted garlic

Ingredients:

Tomato Topping:

2 Cups chopped Tomato (Grape, Cherry, or Heirloom in season)
1 Bunch chopped Basil
2 Tbsp Olive Oil
1 Tbsp Balsamic Vinegar
Salt & Pepper

Crostinni:

2 clove, peeled and left whole Garlic
½ Stick French, Whole Wheat or
Multigrain Baguette
2 Tbsp Olive Oil – for brushing sliced
baguette before toasting



Method:

8. Slice baguette on an angle 1 to 2 inch thick.
9. Brush each slice with olive oil. Place each slice on a cookie tray.
10. Grill under broiler until slightly brown. Remove from broiler until tomato topping is ready
1. Chop tomatoes and basil. Cut basil into chiffonade pieces by rolling basil leaves into a tube and slicing very thin.
11. Add to bowl with olive oil, balsamic vinegar, salt & pepper
12. Top grilled baguette slices with tomato topping

Optional:

Top each slice with grated parmesan cheese and serve. OR top each with mozzarella and broil until melted. Add a grated clove of garlic to left over tomato topping and serve over hot pasta. DELISH! 😊



Sprouting Chefs

Radishes with Chive Butter

Recipe from Martha Stewart

From the Garden: Chives Radishes

Equipment: Cutting Board Pairing Knife Pastry Bag and tip or a Ziploc bag Serving Dish

Ingredients:

- 8 tablespoons (1 stick) unsalted butter, softened
- 2 tablespoons chives, finely chopped, plus more for garnish
- 2 bunches (about 1 pound) radishes, washed, trimmed, and halved lengthwise

Method:

- 1/ Cut radishes in half lengthwise.
2. Arrange on a platter.
3. Mix butter and chives in bowl.
4. Transfer to small pastry bag fitted with a tip.
5. Pipe butter onto radish halves.





Minted Pea Puree with Crostini

Recipe Inspired by Claire Robinson

From the Garden:	Peas	Mint		
Equipment:	Cutting Board Food Processor	Serving Dish Measuring Cups	Baking Sheets Bread Knife	Bowl

Ingredients:

- 1 (10-ounce) Package Frozen Peas, thawed
- 1 cup Parmesan Cheese or Ricotta Cheese
- 2 Tbsp Olive Oil
- Juice of 1 Lemon to taste
- 1 Clove of Garlic
- 2 Tbsp Fresh Mint Leaves - Chopped
- Kosher salt and freshly cracked black pepper
- 1 Whole Grain Baguette, sliced 1/2-inch thick on a bias



Method:

1. Preheat the oven to 400 degrees F.
2. Bring a large pot of salted water to a boil over medium heat. Add the peas and cook until tender, about 3 minutes.
3. Drain, put them into a food processor and pulse until chunky.
4. Add the parmesan and pulse to combine. While the processor is running, pour in the oil in a slow steady stream. Add a bit of lemon juice to balance the flavours and to thin out the mixture if needed.
5. Transfer the puree to a serving bowl, then stir in the mint and season with salt and pepper, to taste.
6. Arrange the bread on a lined baking sheet and drizzle with olive oil. Toast in the oven until light golden, about 5 to 7 minutes.
7. After the toast has cooled, rub with a garlic clove.

Spread the pea puree over the toasts and serve.



Sprouting Chefs

Quinoa Salad with Mint and Spring Peas

Fresh From the Garden: Peas, mint, parsley

Equipment:

Saucepans	Pairing knife
Bowls – 3 small, 3 medium	Cutting board
1 Large	Ladle
Colander	Wooden Spoon
Grater	
Measuring spoons and cups	

Ingredients:

-  4 Cups of Chicken Stock or Water
-  2.5 tsp of Salt
-  2 Cup of Quinoa (pre soaked in filtered water and apple cider vinegar)
-  2 Cups of Spring peas
-  1 quarter cup of Mint Leaves
-  Lemon Zest
-  1 quarter cup of olive oil

Method:

1. Soak quinoa in a bowl with filtered water and apple cider vinegar (2 Tbsp) for up to 6 hours prior to cooking to enhance nutrient absorption.
2. In a medium saucepan, bring the chicken stock and 1 tsp of salt to a boil.
3. Chop mint and parsley leaves. Zest lemon with a grater only removing bright yellow skin.
4. Add the quinoa and lower the heat to a simmer, cover the pan and cook for 15 mins. The quinoa will absorb the water. Transfer to a large bowl to cool, about 15 minutes.
5. Meanwhile, in a medium saucepan, bring about 3 cups of water and the remaining 2 tsp of salt to a boil.
6. Add the peas to the boiling water for about 1 minute. Transfer peas to a bowl of ice water to stop cooking and retain bright colours. This is called **blanching**.
7. Add blanched peas to the cooked quinoa in a bowl. Add olive oil, salt and pepper, chopped mint and parsley leaves, and lemon zest. Serve at room temperature or chilled as a side salad.

Quinoa is not a grain but an edible seed found mostly in the Andes Mountains in South America. It is a great source of fibre and protein. It is also Gluten Free.

Mint should be grown in pots as it will take over your garden. Mint is also a perennial which means it grows back year after year.





Optional: Add 1 cup of crumbled feta cheese or another sharp soft cheese such as chevre, goat's cheese, broad beans or fava beans can also be used along with the peas.

Vinaigrettes 101

Best way to make vinaigrettes and easiest way to get kids to be involved with the process is to use an old jam or small jar with a lid. Add all the ingredients into the jar and shake! The following is just a guide and base to any kind of vinaigrette dressing.

Ratio for vinaigrettes by practice is 1 part vinegar to 3 parts oil. To ensure the vinaigrettes emulsify or "stay together", Dijon mustard or an egg yolk can be added. To be safe, use Dijon instead. To be a purist, especially when making a traditional Caesar salad, both an egg yolk and Dijon are used. Again, the following is just a guide where creativity can abound with various vinegars and oils that are readily available.

Basic Lemon Vinaigrette:

2 Tbsp or ½	fresh squeezed lemon juice
1 tsp	kosher salt
1 tsp	pepper
1 tsp	Dijon mustard
6 Tbsp	olive oil (if you like a milder tasting dressing, use canola instead)

Using a jar start with the vinegar or lemon juice. To help the salt dissolve, add to the vinegar or lemon juice first. Shake or stir the vinegar and Dijon together then add the olive oil. Shake until well combined.

Options:

Any fresh or dried herb.

Basic Greek Salad Dressing

2 Tbsp	red wine vinegar
1 tsp	kosher salt
1 tsp	black pepper
1 tsp	dried or fresh oregano
1 tsp	Dijon mustard
6 Tbsp	olive oil

Follow the same method as above

Sesame Ginger Dressing

1 Tbsp	rice wine vinegar
1 Tbsp	mirin
1 tsp	soy sauce
1 tsp	fresh grated ginger



3 Tbsp
3 Tbsp

roasted sesame oil
canola oil

Caesar Salad Dressing

1 Tbsp
1 Tbsp
1 tsp to 1 Tbsp
1 Tbsp
3 to 4 pieces
1 tsp
½ tsp
1 tsp
1 Tbsp
1 clove
6 to 8 Tbsp

lemon juice
red wine vinegar
Dijon mustard
capers
anchovies
Worcestershire sauce
salt (capers and anchovies are quite salty. Use salt at your own discretion)
black pepper
grated parmesan cheese
fresh garlic
olive oil.

Traditionally, this dressing is actually made in a wooden bowl with a wooden spoon and made fresh tableside just before a diner is about to eat the salad. But can also be made simply in a mortar in pestle. Start with the clove of garlic, anchovies, capers and salt. The salt will help break down and crush the other ingredients. Pound away with the pestle until the mixture is like a paste. Add Dijon mustard, lemon juice and red wine vinegar until well combined. Transfer into a jar and add remaining ingredients. Shake well until combined. Or add remaining ingredients to the bottom of a wooden bowl and whisk. Add washed romaine leaves, parmesan, toasted croutons and serve!



Roasted New Potatoes with Roasted Garlic and Rosemary

From the Garden: New Nugget Potatoes, Garlic, Rosemary

Equipment:

Medium Soup Pot	Cutting Board
Chef's Knife	Baking Sheet
Stovetop	Oven
Tongs	Colander

Interesting Terms: Par Boil, Roast, Cloves vs. Heads of Garlic

Ingredients:

- 1 ½ Lbs of New Potatoes
- 1 Whole Head of Garlic
- 2 Sprigs of Rosemary
- 3 to 4 Tbsp of Olive Oil
- 1 ½ Tbsp of Sea Salt (1 Tbsp for boiling water)

Method:

1. Preheat oven to 415F degrees.
2. Place a pot of water on the stove top on high heat to boil the potatoes ahead of roasting. Boiling them first ensures that the potatoes will be soft and squidy on the inside while crispy on the outside.
3. Cut potatoes into pieces that are all the same size to cook evenly.
4. Remove rosemary leaves from the stems and set aside.
5. Add 1 Tbsp of salt to the boiling water. Water should taste salty to add flavour right from the beginning.
6. Separate the cloves of garlic. You can keep the skin on or you can peel and remove the skins.
7. Add potatoes and the cloves of garlic to the salted water.
8. Cook the potatoes until the potatoes are well cooked.
9. When potatoes are well cooked, drain in a colander in the sink. (You can choose to keep the potato garlic water for a future potato soup)
10. Add the drained potatoes and cloves of garlic from the colander on to a baking tray and drizzle with olive oil and ½ Tbsp of salt.
11. Roast in the oven for approximately 10 mins. When potatoes begin to brown, take out of the oven and turn them over. Sprinkle over rosemary leaves to the potatoes.
12. Return the tray to the oven and continue roasting for about 5 more minutes. Potatoes and garlic should be golden brown and the smell should be heavenly!
13. Serve as a side dish to a Thanksgiving or Christmas Dinner, Roasted Beef or Chicken Sunday Dinner 😊

