



*Seasonal, Healthy, and Tasty for Chimacum Corner Farmstand
January 2014: Cold Weather Comforts!*

Cauliflower Steaks with Olive Pistou

For the Cauliflower:

- 1 head cauliflower, leaves and root end trimmed
- 4 cups vegetable stock
- 1 cup dry white wine
- 1/4 cup plus 2 Tablespoons olive oil, divided
- Juice of 1 lemon
- 4 garlic cloves, peeled and smashed
- 1 bay leaf
- 2 Tablespoons kosher salt

For the Olive Pistou:

- 1/4 cup extra virgin olive oil
- Juice of 1 lemon
- 2 oranges, peeled, segmented and coarsely chopped
- 1/2 cup green olives, pitted and coarsely chopped
- 2 Tablespoons golden raisins
- 1 garlic clove, finely chopped
- 1 Tablespoon coarsely chopped flat leaf parsley
- Salt and freshly ground pepper

Preheat the oven to 350°. Slice the cauliflower in half vertically. Cut off any florets that do not connect to the cauliflower's core, creating two "steaks" that are about 2 inches thick.

In a 9 x 11 inch baking dish, stir together the stock, wine, 1/4 cup olive oil, lemon juice, garlic, bay leaf and salt. Add the cauliflower steaks and tightly cover the pan with foil. Roast until the cauliflower is fork-tender, about 35 to 40 minutes.

While the cauliflower is roasting, make the pistou: In a medium bowl, stir together the olive oil, lemon juice, oranges, olives, raisins, garlic, and parsley, along with salt and pepper to taste.

Remove the cauliflower from the oven and carefully unfold the foil to vent some steam. Then remove the foil completely. Use a spatula to transfer the cauliflower steaks from the liquid in the pan to a paper-towel lined plate. Blot the top of the cauliflower to dry and set aside.

Set a skillet over medium heat until hot, about 2 minutes. Add the remaining 2 Tablespoons olive oil and once the oil shimmers, add the cauliflower steaks. Cook until golden brown on both sides, about 3 to 4 minutes per side. Serve warm with the olive pistou.

Makes 2 Servings

Lentil, Black Kale and Squash Soup

- 8 Tablespoon olive oil, divided
- 1 sprig of thyme, finely chopped
- 3 sage leaves, finely chopped
- 1 bay leaf
- 2 shallots or 1 medium onion, finely chopped
- 1 carrot, finely chopped
- 1 Tablespoon curry powder
- Pinch of red pepper flakes
- 2 cups small black or green lentils, rinsed
- 3 plum tomatoes, chopped
- Hot Water
- Salt and freshly ground pepper
- 1 pound butternut squash, peeled and diced
- 1 clove garlic, thinly sliced
- 1 bunch black (lacinato) kale, coarsely shredded
- Pinch of sugar

In a large pot, heat 5 Tablespoons of the olive oil. Add the thyme, sage, bay leaf, shallots (or onion) curry, pepper flakes and carrots and sauté until the vegetables begin to soften.

Add the lentils and tomatoes, season with salt and pepper and cook 2 or 3 minutes. Add enough hot water to cover the lentils by 1-1/4 inches and continue cooking.

Heat the remaining oil in a skillet and sauté the squash with the garlic until tender but still firm, about 10 minutes.

Before the lentils are completely done, after about an hour of cooking, add the kale and squash to the pot. Cook until the lentils are done to taste. Taste for seasoning and add the sugar if desired.

Makes 6 Servings



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Red Lentil and Sweet Potato Stew

Olive Oil
1 Small Red Onion, finely chopped
Salt and Pepper, to taste
7 Carrots, peeled and thinly sliced
2 Celery Ribs, finely chopped
3 garlic cloves, finely minced
2 cups Red Lentils, rinsed
2 teaspoons ground cumin
1 teaspoon ground coriander
1/4 teaspoon chipotle chili powder (or more to taste)
1/2 teaspoon turmeric
6 cups water
1 sweet potato, peeled and finely diced (about 1 cup)
1 bunch Black Kale (finely shredded)

In a heavy bottomed pot over medium-high heat, add about 4 Tablespoons olive oil. When the oil is hot, add the onion. Season with salt and sauté 4 to 5 minutes, until soft.

Add the carrots and celery and cook for 3 more minutes. Add the garlic and sauté 1 minute. Add the cumin, coriander, chipotle and turmeric and continue to toast for another minute, until fragrant. Add the water and a big pinch of salt and pepper. Stir and bring to a boil. Reduce to a very low heat and gently simmer for about 10 minutes.

Carefully stir in the sweet potato and kale. Cook for another 10 to 15 minutes, until the lentils are cooked through but not mushy.

Once cooked, adjust seasoning with salt and pepper and drizzle with a little more olive oil.

Makes 8 Servings

1-1/3 cups yellow cornmeal
1-1/3 cups all-purpose flour
1/2 cup sugar
1 Tablespoon baking powder
1 teaspoon salt
3 large eggs
1 – 15 or 16 ounce can cream style corn
1 cup milk
1/3 cup butter, melted

Preheat the oven to 400°. Grease or spray a 9"x 9" x 2" baking pan.

Slow Cooked Collard Greens

2 large bunches Collard Greens
3 Tablespoons Olive Oil
1 medium onion, sliced
2 garlic cloves, minced
2 bay leaves
1 smoked ham hock (To make this a vegan dish, substitute the ham hock with 1 Tablespoon smoked paprika)
6 cups vegetable stock
3 Tablespoons cider vinegar, divided
1 teaspoon sugar
Salt and freshly ground pepper

Cut away the tough stalks and stems from the collards. Discard any leaves that are bruised or yellow. Wash the leaves thoroughly 2 or 3 times to remove the grit, until the water runs clear. Dry and tear the leaves into large pieces.

Place a large pot over medium heat and add the olive oil. Add the onions, garlic, bay leaves and ham hock or smoked paprika. Cook until the onions are soft and starting to brown, about 8 to 10 minutes. Pack in the greens, pushing them down into the pot. Add the stock, 2 Tablespoons of the vinegar and the sugar. Bring to a boil, turning the greens occasionally as they wilt. Lower heat to a simmer, cover the pot and let cook for 45 minutes, remove the pork hock, chop the meat, add back to the soup. Taste the liquid for seasoning and add salt and pepper if necessary. Cover and let cook 15 minutes more. Remove the bay leaves and add the remaining 1 Tablespoon vinegar. Serve.

Makes 6 to 8 servings

Corn Bread

In a large bowl, stir together the cornmeal, flour, sugar, baking powder and salt.

In a medium bowl, beat the eggs. Stir in the corn, milk and butter and stir until completely combined.

Stir the liquid ingredients into the dry ingredients until just blended. Pour into the pan.

Bake 40 to 50 minutes, until the top is golden and a toothpick inserted in the center comes out clean.

Sometimes I add a small can of diced green chilies or diced jalapenos and/or a couple of handfuls of shredded cheddar, jack or pepper jack cheese.