



Seasonal, Healthy, and Tasty for
Chimacum Corner Farmstand

November 2015: Crunchy Sides!

Kale and Brussels Sprouts Salad

- 1/4 cup fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 tablespoon minced shallot
- 1 small garlic clove, finely grated
- 1/4 teaspoon kosher salt plus more for seasoning
- Freshly ground black pepper
- 2 large bunches of Tuscan kale (about 1 1/2 pounds total), center stem discarded, leaves thinly sliced
- 12 ounces Brussels sprouts, trimmed, finely grated or shredded with a knife
- 1/2 cup extra-virgin olive oil, divided
- 1/3 cup almonds with skins, coarsely chopped
- 1 cup finely grated Pecorino

Combine lemon juice, Dijon mustard, shallot, garlic, 1/4 teaspoon salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld. Mix thinly sliced kale and shredded Brussels sprouts in a large bowl.

Measure 1/2 cup oil into a cup. Spoon 1 tablespoon oil from cup into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel lined plate. Sprinkle almonds lightly with salt.

Slowly whisk remaining olive oil in cup into lemon-juice mixture. Season dressing to taste with salt and pepper. **DO AHEAD:** Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature.

Add dressing and cheese to kale mixture; toss to coat. Season lightly with salt and pepper. Garnish with almonds.

Serves 8–10

Brussels Sprouts Salad with Maple Dressing

Dressing

- 1/4 cup mayonnaise
- 1/4 cup maple syrup
- 1/2 tablespoon apple cider vinegar

Salad

- 1-1/4 pounds Brussels sprouts
- 1/2 cup diced red onion
- 1/2 cup dried cranberries
- 1/2 cup chopped toasted pecans
- 1/2 cup chopped crisp bacon (optional)

For the dressing, whisk together the mayo, maple syrup and vinegar, and set aside.

Thinly slice the Brussels sprouts. Transfer to a large bowl. Add onion, cranberries, pecans and bacon. Toss. Add dressing. Mix well and chill 2 - 5 hours, or serve immediately.

Serves 6–8

Fennel Salad with Oranges, Arugula, and Black Olives

- 3 blood or navel oranges
- 1/4 cup extra-virgin olive oil
- 1 tbsp. red wine vinegar
- Salt
- Freshly ground black pepper
- 2 bunches trimmed arugula
- 2 cored, halved, trimmed medium fennel bulbs
- 1/4 cup oil-cured black olives

Trim off and discard peel and all of the white pith from oranges, then slice crosswise into thin rounds and set aside. Mix together extra-virgin olive oil and red wine vinegar in a large salad bowl, then season to taste with salt and freshly ground black pepper. Tear arugula into large pieces and arrange in the salad bowl. Slice fennel bulbs into long strips. Toss salad just before serving, adjust seasonings, then arrange orange slices and black olives on top.

Serves 4



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Celery Root, Carrot and Beet Salad

- 1/2 teaspoon kosher salt
- 1 Tablespoon whole grain mustard
- 1 Tablespoon lemon juice
- 2 Tablespoons olive oil
- 1/4 cup whole milk yogurt
- 1 medium celery root (celeriac), about 3/4 pound
- 1 small shallot, minced
- 1/2 pound carrots
- 1/2 teaspoon fresh minced dill
- 1 Tablespoon capers, chopped if large
- 2 Tablespoons minced parsley leaves
- 4 small beets, steamed but still crunchy, sliced

Dressing

Blend salt, mustard and lemon juice in small bowl. Whisk in oil and yogurt.

Salad

Peel and quarter celery root. Cut into coarse shreds with food processor or grater. Transfer to a bowl. Add shallot and 3/4 of the dressing. Using your hands, toss and separate the strands to coat well.

Peel and shred carrots. Mix with remaining dressing and dill in another bowl. Cover both vegetables and refrigerate a few hours.

To serve, toss together the celery root and carrot with the capers and parsley. Add the beets, toss again and serve.

Serves 4

Kohlrabi Salad

- 3 medium kohlrabies (about 1-2/3 pounds total)
- 1/3 cup Greek yogurt
- 5 Tablespoons sour cream
- 3 Tablespoons mascarpone cheese
- 1 small garlic clove, crushed
- 1-1/2 teaspoons lemon juice
- 1 Tablespoon olive oil
- 2 Tablespoons finely shredded fresh mint
- 1 teaspoon dried mint
- 12 sprigs baby watercress
- Salt and white pepper

Peel the kohlrabies, cut into medium dice (about 2/3-inch) and put in a large mixing bowl. Set aside while making the dressing>

Put the yogurt, sour cream and mascarpone, garlic, lemon juice and olive oil in a medium bowl. Add 1/4 teaspoon salt and a grind of white pepper and whisk until smooth.

Add the dressing, fresh and dried mint and half the watercress to the kohlrabi. Gently stir. Place on a serving dish and drop the remaining watercress on top. Serve.

Serves 4