

Radish-Cabbage Coleslaw

Gourmet | May 2007

Fresh radishes (plentiful at the market this time of year) add color and crunch to this slightly sweet vinaigrette-based slaw.

ingredients

- 1 1/2 pound cabbage, cored and thinly sliced (6 cups)
- 2 1/2 teaspoons salt
- 2 tablespoons olive oil
- 3 tablespoons red-wine vinegar
- 1 1/2 tablespoons honey mustard
- 1/4 teaspoon black pepper
- 5 radishes, thinly sliced

preparation

Toss cabbage with salt in a large bowl and let stand, stirring occasionally, 20 minutes.

Meanwhile, whisk together oil, vinegar, honey mustard, and pepper in a small bowl until combined.

Rinse cabbage with cold water in a colander, then firmly squeeze handfuls to remove excess water and transfer cabbage to cleaned bowl. Add radishes and dressing to cabbage, tossing to combine.

Spaghetti Squash with Chicken, Broccoli & Sun-Dried Tomatoes

Ingredients

- 1 spaghetti squash (about 3 1/4 pounds)
- 1/2 cup sun-dried tomatoes, packed without oil
- 1 cup hot water
- 2 cups small broccoli florets
- 2 cooked chicken breasts, cut into thin strips
- 1/2 cup tomato sauce
- 1 tablespoon extra-virgin olive oil
- 4 garlic cloves, minced (about 2 teaspoons)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Preparation

1. Preheat oven to 375°.
2. Pierce spaghetti squash 7 or 8 times with a fork. Place on a baking sheet; bake at 375° for 1 1/2 hours or until tender. Cool. Cut squash in half lengthwise; discard seeds. Scrape inside of squash with a fork to remove spaghetti-like strands. Keep warm.
3. While squash bakes, combine sun-dried tomatoes and 1 cup hot water in a bowl. Let stand 30 minutes or until soft. Drain, reserving 1/2 cup liquid. Chop the tomatoes.
4. Steam broccoli, covered, for 2 minutes or until crisp-tender. Rinse broccoli with cold water; drain and set aside.
5. Combine squash, tomatoes, broccoli, and remaining ingredients; toss gently.

Did you know? Stick Boy Cran-Apple Pumpkin Seed Bread makes fantastic French toast!

RATATOUILLE

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, crushed and minced
- 1 large onion, quartered and thinly sliced
- 1 small eggplant, cubed
- 2 green bell peppers, coarsely chopped
- 4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each) diced tomatoes
- 3 to 4 small zucchini, cut into 1/4-inch slices
- 1 teaspoon dried leaf basil
- 1/2 teaspoon dried leaf oregano
- 1/4 teaspoon dried leaf thyme
- 2 tablespoons chopped fresh parsley



Preparation:

In a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; stir until coated with oil. Add peppers; stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking.

Add tomatoes, zucchini, and herbs; mix well. Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

Broccoli Stuffed Acorn Squash

Ingredients

- 4 small Acorn squash
- 1 bunch of green onions
- 1 bunch of broccoli
- 1 cup of chopped walnuts
- 1 cup of raisins
- 4 tbsps. brown sugar
- Soy Sauce

Directions

Preheat oven to 350°F. Cut squash in half and remove seeds. Sprinkle 1/2 tablespoon of brown sugar over each acorn squash half and place in a 9x13 pan. Cover pan with foil, and bake in oven for 30-35 minutes. While squash is baking, saute the broccoli, onions, walnuts and raisins over medium heat.

Remove squash from oven, and stuff with broccoli mixture. Sprinkle soy sauce over vegetable stuffing. Return squash to oven and bake for another 20-25 minutes, until squash is soft and vegetables are completely cooked

Apple Lettuce Salad

Ingredients

- 1/2 cup unsweetened apple juice
- 2 tablespoons lemon juice
- 2 tablespoons cider vinegar
- 2 tablespoons canola oil
- 4-1/2 teaspoons brown sugar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 1/8 teaspoon ground cinnamon
- Dash ground nutmeg
- 3-4 Pink Lady apples, chopped
- 12 cups torn Romaine (or a mix of spinach & Romaine)

Directions

- In a large salad bowl, whisk the first 10 ingredients until blended.
- Add apples; toss to coat. Place lettuce over apple mixture (do not toss). Refrigerate; toss just before serving.

Parmesan-Roasted Broccoli

2008, Barefoot Contessa Back to Basics

Ingredients

- 4 to 5 pounds broccoli
- 4 garlic cloves, peeled and thinly sliced
- Good olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 3 tablespoons pine nuts, toasted
- 1/3 cup freshly grated Parmesan cheese
- 2 tablespoons julienned fresh basil leaves (about 12 leaves)

Directions

Preheat the oven to 425 degrees F. Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned. Remove the broccoli from the oven and immediately toss with 1 1/2 tablespoons olive oil, the lemon zest, lemon juice, pine nuts, Parmesan, and basil. Serve hot.

The Jarrahdale (blue) pumpkin in the tabletop box is a variety that originated in New Zealand, and is now grown right here in NC. It's really more of a squash. In Australia and New Zealand, all squashes are called 'pumpkin'. After enjoying it as a decoration, try it in this recipe. ~ Laurie

Jarrahdale Mashed Potatoes with Garlic and Horseradish

The Jarrahdale cooks up very well with the potatoes and adds a light and fresh flavor. The low sugar of the pumpkin can't be tasted and the garlic and horseradish give a piquant zing that spices up this old favorite.

- 1 Jarrahdale Pumpkin
- 6 medium sized Yukon Gold potatoes
- 4 cloves garlic, diced
- 1/4 C butter
- 1/4 C cream
- 1/4 C chopped horseradish
- salt and pepper to taste
- parmesan cheese to taste



Heat Jarrahdale in 250 oven for 25 minutes. Cool, halve and scoop out flesh.

Microwave potatoes with holes poked in them for about 12 minutes.

Skin potatoes if desired and then dice them.

Add potatoes, squash, cream and butter to a pot on medium heat.

Mash as the potatoes cook down and become tender, about 25 minutes.

Add more cream if the potatoes become stiff or dry.

Add garlic, horseradish, salt and pepper. Cook for another 5 - 10 minutes.

Serve in the Jarrahdale Pumpkin and top with parmesan cheese.

Almond Honey Butter

Makes 24 servings

- 1/2 lb. butter
- 1/4 cup almond flavored liqueur
- 1/4 cup honey
- 1 teaspoon grated orange peel

Beat butter until smooth. Gradually add liqueur and honey. Stir in orange peel. Chill until ready to serve.