



In the Kitchen

with Barb Agee!

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Glorious Garlic!

A famous cook said: "It is not an exaggeration to find that happiness and health is found where a lot of garlic is used in the kitchen." Garlic can be added to many dishes to achieve rich, strong flavors which satisfy the healthiest of appetites.

Char-Roasted Summer Vegetables

2 small yellow summer squash
2 small green zucchini
1 small eggplant
1 red bell pepper
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1 red onion
¼ pound mushrooms
20 to 25 cloves of garlic
Olive oil
3 tablespoons parsley, finely chopped

Marinade

½ cup balsamic vinegar
½ cup olive oil
½ cup honey
1 tablespoon kosher salt
2 teaspoons fresh ground pepper

Cut vegetables in 1-inch chunks; place in a large bowl. Make the Marinade by mixing all the ingredients listed and pour over vegetables. Cover and chill for 1 hour up to 3 hours. Drain vegetables well. Lightly oil a baking pan. Spread vegetables out in a single layer. Bake at 450°F for 15 to 25 minutes - until vegetables are done and lightly charred. To serve, sprinkle parsley over vegetables. *Serves 6*

Barb's Note: You may barbecue vegetables on a 450°F grill. Place vegetables in a grill basket. Turn once; cook until done, about 10 minutes.

Ajo Blanco: White Garlic Soup with Grapes

6 slices day old bread, crusts removed (coarse bread is best)
1 cup blanched almonds
6 cloves garlic
½ cup extra virgin olive oil
5 tablespoons white wine vinegar
2 teaspoons salt
½ cup chicken broth
½ cup dry white wine
1½ cups water
12 muscatel grapes, halved and seeded

Put the bread in a bowl and add water to cover. Let soak for 5 minutes until softened. Meanwhile, place the almonds and garlic in a blender and pulse until almonds are finely ground. Squeeze out the water from the bread. Add to the food processor. Blend until a smooth paste. With the motor running, add the olive oil in a slow stream then add the vinegar and salt. Thin the ingredients with ½ cup of chicken broth.

Place the blended soup in a tureen or pitcher and add ½ cup wine and about 2 cups of water. Taste for seasonings, add more salt and/or vinegar to taste. The soup should be fairly tangy. Chill until serving time. Stir before serving into bowls. Garnish with the grape halves.

Garlic, Carrots and Lentil Patties

1½ cups red lentils
1 tablespoon olive oil
1 small onion, finely chopped
1½ cups carrots, very finely chopped
4 cloves garlic, finely chopped
2 teaspoons ground cumin

½ teaspoon cayenne pepper
4 tablespoons fresh parsley, chopped
1 cup fresh bread crumbs
1 egg, beaten
Sauce (*see recipe below*)

Rinse lentils and put in a large pot of salted water and bring to a boil, then simmer for 15 minutes until tender; drain well. Let cool.

Heat the oil in a skillet, add onion and cook until golden, then add the carrots and garlic and cook 3 minutes longer. Mix cumin and cayenne to beaten egg. Mix parsley into bread crumbs. Mix all ingredients together; season to taste. Shape the mixture into 12 patties, place on a tray and chill.

To cook patties, brush both sides with olive oil and place on a foil-lined broiler pan. Broil each side for 4 to 5 minutes, until golden brown. *Makes: 6 main course servings or 12 side dish servings.*

Sauce

¾ cup plain yogurt
4 cloves of garlic, crushed
1 teaspoon lemon zest

1 teaspoon lemon juice
½ teaspoon salt
½ teaspoon fresh ground pepper

Mix all ingredients together and chill until ready to serve.

Flounder with Leek and Garlic Stuffing

6 large flounder fillets, skinned**
8 ounces leeks, trimmed with a small of the green part
4 tablespoons of butter, divided
Extra butter to grease baking dish
5 cloves of garlic, finely chopped

5 tablespoons blanched almonds, finely ground
¾ cup fresh whole wheat bread crumbs
2 tablespoons slivered almonds
2 tablespoons fresh parsley, chopped

Preheat oven to 375°F. Cut each fillet along the central line into 2 smaller fillets. Cut leeks in half lengthwise, rinse and drain, then thinly slice.

Melt 2 tablespoons of butter in a small skillet, add the leeks and garlic, stir well and cook gently until the leeks are tender. Remove from the heat, stir in the ground almonds and season. Set aside to cool. Put a spoonful of the stuffing at the thick end of each flounder fillet, roll up and put in a buttered baking dish. Cover with foil and bake for 20 minutes.

Meanwhile, melt the remaining butter in a skillet. Add the crumbs and cook until they start to crisp. Add the almonds and cook 1 to 2 minutes. Remove from the heat and add parsley. Remove the fish from the oven. Transfer to serving plates, spoon a little of the juice over the fish and top with the golden crumbs.

** You may use tilapia if flounder is not available

