



In The Kitchen

March 2019

with Christine Ciancetta

Spring's Humble Beginnings

Winter Panzanella

For the croutons:

¼ cup olive oil
2 teaspoons finely chopped garlic
2 teaspoons finely chopped fresh thyme

1 small loaf crusty whole grain bread, cubed (about ½ lb)
4 tablespoons mixed seeds (pepitas, sunflower, sesame)
Salt and freshly ground black pepper

For the salad:

1 small red onion, sliced thinly lengthwise
3 tablespoons sherry or balsamic vinegar
sea salt

4 cups butternut squash, peeled, seeded,
and diced (½ -inch small dice)

½ cup plus 1½ tablespoons extra-virgin olive oil

1 tablespoon chopped fresh sage
Freshly ground black pepper

2 bunches kale, any variety, stems removed and leaves chopped

½ cup fresh Italian parsley leaves

⅔ cup grated Pecorino Romano or Parmesan cheese

½ cup dried cranberries

Preheat oven to 400 degrees F.

Toss the squash with 1 ½ tablespoons of the olive oil, sage, salt, and pepper. Arrange in a single layer on a baking sheet and bake until the squash is tender and lightly caramelized, about 15 minutes. Let cool.

Heat olive oil in a large skillet over moderate heat until fragrant. Add the garlic and thyme, and immediately add the bread cubes. Toss to coat well. Add the seeds and stir. Transfer bread and seeds to a baking sheet. Bake, stirring once or twice, until the croutons are crisp and lightly colored on the outside but still soft within, about 10 to 15 minutes. Set aside and let cool.

Soak the sliced onion in the sherry vinegar and a pinch of salt for about 15 minutes. Set aside. Into the reserved red onions and vinegar, whisk in remaining ½ cup olive oil. Season with pepper.

In a large bowl combine the roasted squash, croutons, and chopped kale. Add the vinaigrette and toss. Add the parsley leaves and cranberries and toss again. Taste and adjust the seasoning. Garnish with grated Parmesan and serve immediately. Serves 6

Chef's note: Soaking the onion briefly in vinegar--sometimes called blooming the onion--mellows the raw onion taste.

Chicken or Beef Stock

Leftover bones and skin from 2 cooked chicken carcasses or
2 lbs. Roasted beef bones (with marrow)
Celery tops and 1 large celery rib, cut into 2-inch segments

1 large onion, quartered with skins
1 carrot, cut into 2-inch segments
Parsley stems

Put the leftover bones and skin from a chicken carcass (or roasted beef bones) into a large stock pot. Add vegetables like celery, onion, carrots, parsley. Cover with water.

Bring to a boil and immediately reduce heat to bring the stock to barely a simmer. Simmer partially covered at least 4 hours, occasionally skimming off any foam that comes to the surface.

Remove the bones and vegetables with a slotted spoon or spider ladle, and strain the stock through a fine mesh sieve.

If making stock for future use in soup you can reduce the stock by simmering an hour or two longer to make it more concentrated and easier to store.

This stock is unsalted.

DEL RIO
VINEYARD ESTATE

This spring BSC is featuring Rock Point, Jolee & Del Rio Wines
from Del Rio Vineyards Estate.

Borscht

2 quarts vegetable broth
1 tablespoon light olive oil
4 strips Hempler's bacon, chopped
2 onions, diced
2 garlic cloves, minced
1 teaspoon dried marjoram
2 celery stalks, trimmed, thinly sliced
2 organic parsnips, scrubbed, thinly sliced
1 organic carrot, scrubbed, thinly sliced

1 leek, white and light green parts, thinly sliced
½ head savoy cabbage, shredded
1 bay leaf
1 teaspoon salt, or to taste
½ teaspoon freshly ground black pepper, or to taste
2 organic beets, scrubbed, grated
¼ cup dill, minced
2-3 tablespoons red wine vinegar, or to taste
½ cup sour cream

Bring the broth to a simmer while you peel and prepare the vegetables. Heat a large soup pot over medium heat with the oil. Add the bacon and cook until slightly crispy. Remove bacon and set aside. Add the onions and garlic. Cook, stirring frequently, until the onions are tender and golden, about 5 minutes. Stir in the marjoram.

Add the celery, parsnips, carrot, leek, and cabbage. Cover and cook over low heat, stirring occasionally, until the vegetables are slightly tender, about 8 minutes

Add the broth and the bay leaf. Season to taste with salt and pepper. Bring the soup to a simmer and cook, partially covered, for 10 minutes. Add the grated beets. (You can grate them directly over the pot to save a little time and clean-up.)

Simmer, partially covered, until the soup is flavorful and the vegetables are completely tender, about 15 minutes. Stir in the dill. Add the red wine vinegar, salt, and pepper to taste. Garnish the soup with sour cream and serve.

Slow Cooker Winter Vegetable Soup with Lentils

1 lb. sweet potatoes, peeled and cubed into small pieces
1 cup carrots, chopped
1 cup onions, chopped
1 cup celery, chopped
1 red bell pepper, diced
6 cloves garlic, minced or pressed
1½ cups green or brown lentils, rinsed and picked over

½ teaspoon each coriander and cumin powder
1 teaspoon curry powder (optional)
½ teaspoon each smoked paprika, ground cinnamon, and turmeric
⅛ teaspoon ground nutmeg
6-7 cups low sodium broth (vegetable or chicken)
2½ cups baby spinach, roughly chopped
¼ cup lemon juice or lemon wedges for serving

Place the sweet potatoes, carrots, onions, celery, red bell pepper, garlic, lentils, spices, and 6 cups of broth into a slow cooker. Cover and cook on the low setting for 6-8 hours or on high for 4-6 hours. Check the lentils for doneness. If the lentils are old, they will take a bit longer to cook through.

Place half the soup into a blender along with ½ cup additional broth. Blend until mixed well but still chunky. (You can use an immersion blender to blend the soup in the pot.) Add the puree back into the slow cooker. Stir in the baby spinach and lemon juice. Cover the slow cooker, unplug it, and allow the ingredients to sit for 30 minutes or so until the spinach wilts.

Season to taste with salt, pepper and curry powder. Thin with additional broth if the soup becomes too thick. Serve warm with Greek yogurt, pita bread and of chopped parsley or cilantro.



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