



In The Kitchen with Barb Agee - May 2019 Spring Forth!

Spring Greens Gratin

3 tablespoons unsalted butter, divided
2 tablespoons all-purpose flour
2 cups whole milk
4 slices smoky bacon, thinly sliced
2 tablespoons olive oil
2 tablespoons minced shallots
Few gratings of fresh nutmeg
2 bunches (about 8 cups) chopped greens such as
collard greens, mustard greens, Swiss chard,
dandelion greens or kale

1 cup finely chopped sweet onion
2 large garlic cloves, minced
¼ teaspoon dried red pepper flakes
1 tablespoon cider vinegar, or to taste
Sea salt and freshly ground black pepper
1½ cups cooked barley
3 to 4 ounces Gruyere cheese, shredded
1 ounce (¼ cup) Parmesan, shredded

Heat oven to 400 degrees.

For the béchamel sauce: Melt 2 tablespoons butter in a heavy medium saucepan over medium heat, then add flour and cook, stirring 1 minute. Add milk in a stream, whisking until thoroughly mixed, then add shallot, a few gratings of nutmeg and bring to a boil, whisking. Reduce heat, simmer, whisking constantly for 5 minutes. Add salt and pepper to taste.

Remove center ribs from the leaves, then coarsely chop leaves. (Save ribs for another use.) Heat a heavy skillet over medium-high heat, add bacon and cook until lightly crisp. Remove from skillet and set aside. Reduce heat to medium-low, add remaining 1 tablespoon of butter and olive oil to the skillet. Add onion and cook until softened, about 3 minutes. Add garlic and red pepper flakes; cook until fragrant but not browned. Increase heat to medium-high, then stir in greens, 1 handful at a time, letting each handful wilt before adding the next. Add a bit of vinegar and taste.

Add the béchamel sauce and combine coating the greens. Mix in the bacon and barley. Transfer to a butter or oil coated baking dish. Top with grated cheeses. Bake until top is browned and bubbly, about 10 minutes.

Cook's notes:

Add 1 to 1½ cups cooked rice, barley or farro to the mixture to give it more body. Bacon or ham is also delicious with greens. Feel free to experiment with various types of greens.

Spaghetti with Greens and Garlic

1 pound high quality dried spaghetti
Sea salt
1 large bunch Swiss Chard, stems removed and
leaves sliced in strips (or a large box of mixed
hearty greens)
6 cloves of garlic, peeled and chopped fine

2 tablespoons extra virgin olive oil, plus extra for
drizzling
½ teaspoon dried red chili pepper flakes
½ lemon
Reserved pasta water
Parmesan cheese

Bring a large pot of water to boil. Add 1 tablespoon sea salt to the boiling water; add the pasta. Cook with lid off for about 8 minutes or until al dente. Reserve 1 cup of the pasta water. Drain the pasta.

Meanwhile, heat about 2 tablespoons olive oil in a large skillet. Add the garlic and red chili flakes; cook for a minute or so, until the garlic just begins to turn brown. Add the greens and cook, stirring occasionally, for 3 to 4 minutes or until the greens have slightly wilted. Add the lemon zest.

Add the pasta to the sautéed greens with a splash of pasta water. Squeeze lemon juice over the pasta mixture. Serve topped with a drizzle of good extra-virgin olive oil and finely grated Parmesan. Serves 6 to 8.

Cook's note:

Serve with a cooked egg on top of each serving and sprinkled with bacon bits.

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

Rice Salad with Lentils And Greens

1 cup wild rice blend
(or try a blend of wild rice, brown rice and red rice)
½ cup green French lentils
Sea salt
3 cups water
1 medium shallot, thinly sliced
½ cup raisins or cranraisins
5 ounces baby arugula leaves

½ cup blanched slivered almonds
½ cup torn mint leaves
½ cup extra virgin olive oil
¼ cup red wine vinegar
1 tablespoon fresh lemon juice
1 large clove garlic, minced
Freshly ground black pepper
Radishes, thinly slice for garnish

Heat 1½ cups water in a medium-sized sauce pan over high heat and bring to a boil. Add ½ teaspoon salt. Add the rice, cover, reduce heat to medium-low and simmer until all the liquid has been absorbed and rice is tender, about 30 minutes. (Or follow the package instructions for cooking the rice blend.)

Meanwhile, rinse lentils in cold water, then place in a medium saucepan with 1½ cups water and ½ teaspoon salt. Simmer lentils until just tender, about 15 to 20 minutes. Drain and let cool. (Can cook the rice and lentils ahead and refrigerate until ready to use, or use leftovers from another meal.)

In a large salad bowl, combine the cooked rice and lentils. Prepare a vinaigrette by whisking together lemon juice, vinegar and garlic. Slowly whisk in the olive oil. Season with salt and pepper to taste.

Pour the dressing over the rice and lentils. Gently add in the shallots, raisins, arugula, almonds and mint.

Cook's notes:

I like to use RICE SELECT – Royal Blend – Texamati/White/Brown/Wild/Red Rices
Try 11 olives Sicilian Herb Balsamic Vinegar instead of the red wine vinegar

Baked Crusty Greens

8 to 10 cups of coarsely chopped fresh greens
or 4 cups cooked greens, cooked cauliflower or
cooked broccoli
3 tablespoons unsalted butter
3 garlic cloves, minced
½ cup panko bread crumbs (or homemade bread
crumbs)

¼ cup grated Parmesan cheese
2 tablespoons chopped fresh parsley
3 tablespoons olive oil, divided, additional for
drizzling
8 cups coarsely chopped winter greens
Salt and pepper

Melt the butter in a skillet over medium heat. Add the garlic and cook, stirring often, until it just begins to turn golden, 2 to 3 minutes. Stir in the bread crumbs and cook until well combined. Transfer to a bowl; cool 5 minutes and stir in the cheese and parsley.

Wash greens leaving some water on the leaves, remove tough ribs and coarsely chop greens. In a large skillet, heat 2 tablespoons olive oil over medium heat. Add the chopped greens and sauté until wilted; cover and steam for 5 minutes, may need to add a tablespoon of water to skillet. Season with salt and pepper

Rub the inside of a shallow baking dish with the remaining 1 tablespoon of olive oil; add cooked vegetables in one layer (1-2 inches). Drizzle with a little olive oil over the top of the vegetables. Top with bread crumb mixture. Bake at 400 degrees for 10 minutes or until vegetables are warmed through and crumbs are golden brown.

Cook's notes:

A great method of using up leftover cooked greens and cooked broccoli or cauliflower.
May use garlic balsamic olive oil for drizzle.

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