



In The Kitchen September 2019

with Christine Ciancetta

All The Vegetables

Sweet Corn Chowder with homemade cob stock

For the cob stock:

5 ears of sweet corn	2 cloves garlic, smashed
1 teaspoon sea salt	1 dried bay leaf
10 whole peppercorns, black or white	1 medium onion, peeled and cut in half

Break the ears in half and using a sharp knife cut the kernels off the cob; reserve the kernels. Using the side of a spoon or a butter knife, scrape down the sides of the cobs into a deep stockpot to release the "milk" and loosen any bits of corn. Add scraped cobs and 8 cups water to the pot, along with the salt, peppercorns, garlic, bay leaf and onion. Bring to a boil over medium-high heat. Reduce the heat to medium-low and let the broth cook for 20 minutes. Let cool slightly and strain. (Makes about 6 cups)

For the chowder:

4 sliced center cut Hempler's bacon	3 cups sweet corn cut from cobs
½ large onion, large dice	1 ear corn, milked on grater
2 ribs celery, small dice	1 cup cream (optional)
1 medium yellow carrot, small dice	1 bay leaf
3 medium red potatoes, diced (about 1 cup)	Sea salt
4 cups cob stock	Chopped parsley

Chop bacon into ½-inch pieces and brown in a stock pot. Add onion, celery, carrot and bay leaf. Sauté until onion is translucent and just beginning to brown. Add potatoes, salt and stock. Simmer for about 10 minutes. Add corn and adjust seasoning. Simmer another 5 minutes or until potatoes and corn are tender. Add cream, if using, and heat without boiling. Garnish with parsley. (Makes about 7 cups)

White Bean, Zucchini and Tomato Soup

1 tablespoon olive oil	2 sprigs fresh thyme
1 yellow onion, diced	1 teaspoon sea salt
6-8 cloves garlic, minced	½ teaspoon black pepper
6 cups vegetable broth	4 (15 ounces) cans cannellini beans drained and rinsed
1 pound chopped fresh tomatoes (about 1 very large or 2 medium)	4 cups baby spinach (about 6 ounces)
3 tablespoons chopped Italian parsley	¾ cup fresh grated Parmesan cheese (for serving)
1 tablespoon each chopped fresh oregano	3 tablespoons chopped fresh flat-leaf parsley (2-3 ends of old parmesan)

In a large pot or saucepan, heat olive over medium high heat. Add onion and cook until translucent; add garlic and cook until fragrant (about 2-3 minutes). Add in the broth, tomatoes, herbs, salt and pepper and Parmesan rinds if you have them.

Bring to a boil, reduce heat and simmer for 5 minutes to combine. Stir in the beans and spinach. Continue to simmer gently until the spinach has wilted, about 2 minutes. Taste for seasoning. Serve with grated parmesan and parsley.



POWERS

This fall Bayview School of Cooking is proudly featuring
delicious wines from Powers Winery

Roasted Summer Vegetable Quesadillas with Fresh Salsa

For the salsa

1 pint cherry tomatoes	1 small clove garlic
½ bunch fresh cilantro	1-2 limes
½ red onion (sliced and soaked in water)	Salt
2 fresh jalapeños, seeds removed	

In the bowl of a food processor, add garlic and jalapenos. Process until finely chopped. Add whole cherry tomatoes to the bowl and top with onion and cilantro. Pulse to combine. Add juice of 1 lime and about ½ teaspoon salt. Pulse again. Taste and adjust with additional lime and/or salt.

4-2-1 basic seasoning* (combine the following:)

4 tablespoons sea salt	1 tablespoon ground black pepper
2 tablespoons granulated garlic	

*variations: replace or add other spices such as smoked paprika, onion powder, cayenne pepper, lemon pepper, smoked salt to find a combination you like.

For the Quesadillas

1 pound baby Arugula	Black beans, 1 15 ounces can, drained and rinsed
1 medium-large zucchini, cut in half-moons, about ¾-inch wide	Large onion, sliced, about ¼ inch
1 medium-large yellow squash, cut in half-moons, about ¾-inch wide	3 tablespoons olive oil
3 bell peppers, preferably red, orange and yellow, seeded, cut in ¾-inch strips	4-2-1 seasoning
	8 whole wheat flour tortillas
	1½ cups shredded cheese

Heat oven to 400°F (or heat barbecue grill). Toss each cut vegetable in a large bowl with 1 tablespoon olive oil and about 1 teaspoon 4-2-1. Spread on baking sheet covered in parchment, keeping each vegetable separate. Bake in hot oven until vegetables are browned and tender, about 15-25 minutes. (They will take different amounts of time.) Combine cooked vegetables in a bowl.

Reduce oven to 350°F. Place 4 of the tortillas on a baking sheet (ok to reuse your vegetable sheets). Spread some vegetable mixture, beans, arugula and cheese evenly on each tortilla. Top with remaining tortillas. Lightly brush with remaining 2 teaspoons oil. Sprinkle lightly with additional 4-2-1 seasoning, if desired. Bake until cheese melts, about 7 minutes. Cut into wedges and serve with salsa and cucumber-cilantro sour cream.

Cucumber-Cilantro Sour Cream

½ teaspoon salt	2 tablespoons chopped chives or a grating of onion
1 teaspoon cider vinegar	2 tablespoons chopped fresh cilantro
1 cup sour cream	1 firm fresh cucumber, seeds removed, grated

Slice cucumber in half, lengthwise. Scoop out seeds. Grate into a medium bowl. Add remaining ingredients, combine and taste for seasoning.

Hearty Greens and Ricotta Pie

1 large head of Swiss chard (1¾ pounds)	¼ teaspoon ground nutmeg
1 tablespoon olive oil	4 large eggs
1 bunch green onions, sliced	15 ounces ricotta cheese
2 cloves garlic, chopped finely	¾ cup milk
½ teaspoon salt	½ cup grated Parmesan cheese
¼ teaspoon ground black pepper	2 tablespoons cornstarch

Pre-heat oven to 350°F. Grease a 9½ inch deep dish glass pie plate. Trim chard stems from leaves. Thinly slice stems, coarsely chop leaves. Heat olive oil over medium heat, Add stems and garlic and cook for about 4 minutes until both are soft. Add green onions, salt and pepper, and cook for another minute. Add chopped leaves, and cook them until wilted. Remove from heat and set aside. Mix eggs, ricotta cheese, milk, parmesan cheese, cornstarch in a large mixing bowl. Stir in chard mix. Transfer mixture to pie plate and bake 40 minutes. Great served hot, warm or cold.