



# In The Kitchen

June 2019

with Christine Ciancetta

## Welcome The Sun

### Baby Root Vegetable and Herb Salad

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|---|--|
| 4 tablespoons hazelnuts, lightly toasted, divided | 1 small turnip, peeled                   |
| 2 teaspoons hazelnut oil                          | 1 carrot, peeled                         |
| Kosher salt and freshly ground black pepper       | 2 radishes, trimmed                      |
| 1 medium red beet, peeled                         | ¼ cup (loosely packed) flat-leaf parsley |
| 1 medium golden beet, peeled                      |  |

Crush 2 tablespoons hazelnuts; place in a small bowl. Thinly slice beets, turnip, carrot, and radishes using a mandoline or V-slicer. Place red beet slices in another small bowl and remaining vegetables and parsley in a medium bowl. Spoon 3 tablespoons creamy vinaigrette over red beets; spoon 4-6 tablespoons vinaigrette over vegetables in medium bowl. Toss each to coat. Season with salt and pepper.

Arrange red beets on a platter; spoon over any vinaigrette from bowl. Top red beets with remaining vegetables. Drizzle salad with hazelnut oil; garnish with remaining 2 tablespoons hazelnuts. Serves 4-6

### Creamy Vinaigrette

- 1 clove large garlic - chopped
- 1 Lemon, juiced microwave for 15 seconds on high if your lemon is too firm
- 3 tablespoons Dijon mustard
- ¼ cup apple cider vinegar sub white in a pinch
- ¾ cup extra light olive oil sub full flavor olive oil, vegetable or canola
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons chopped fresh parsley, optional (*sub tarragon or your favorite fresh herb*)

Place all ingredients in a blender and blend until well incorporated. Or place ingredients in a bowl and use an immersion blender. Makes 1½ cups

### Blue Cheese Dressing

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|--|---------------------------------|
| 1 cup good quality mayonnaise, or homemade | 1 tablespoon lemon juice        |
| 2 tablespoons finely chopped onion         | 1 tablespoon white wine vinegar |
| 1 teaspoon finely minced garlic            | **¼ pound blue cheese, crumbled |
| ¼ cup finely chopped parsley               | Salt to taste, if desired       |
| ½ cup sour cream                           | Freshly ground pepper to taste  |

Place all ingredients except cheese in a medium bowl. Whisk together ingredients, then stir in blue cheese.

\*\*Note: Use the best quality blue cheese you can for a rich flavor. Avoid the pre-crumbled varieties, unless you like a milder blue cheese flavor. Makes 2 ½ cups

*Angeline*

This Summer BSC is featuring wines from Angeline Vineyard & Winery.

## Oven-Roasted Cauliflower and Carrots with Blue Cheese

1 pound cauliflower, about 1 medium-large head, trimmed and cut into ¼ -inch-thick slices  
1 pound organic carrots, scrubbed and cut into ¼ inch matchsticks  
4 tablespoons olive oil, to coat  
Sea salt  
Coarsely ground black pepper  
Side of blue cheese dressing, for dipping

Preheat oven to 375 degrees. Place cauliflower and carrots in separate large mixing bowls. Pour on enough olive oil to coat (a few tablespoons). Season generously with salt and pepper and toss gently until evenly coated.

Lay vegetable pieces out on separate baking sheets lined with parchment paper. Drizzle any remaining oil from the bowl on top. Bake, turning once, until caramelized on edges and tender, 30-45 minutes. Serve warm or at room temperature, as a side dish. You can also sprinkle it with a very good aged vinegar. Or, cut florets into smaller pieces and add to salads. Or top with Franks Red Hot Sauce for buffalo style vegetables. Serves 4

## Lentil and Rice Salad with Sunflower Sprouts

1 cup vegetable or chicken stock	6 scallions, coarsely chopped
1 cup brown rice or wild rice blend	2 cups halved cherry tomatoes or diced regular tomatoes
1 cup dry French green lentils	2 cups coarsely chopped fresh arugula
½ cup extra virgin olive oil	2 cups sunflower sprouts
½ cup freshly squeezed lemon juice	1 cup crumbled goat or sheep feta cheese
½ cup red wine vinegar	
2 garlic cloves, minced and mashed	

Combine 1 cup water and the stock in a saucepan over high heat and bring to a boil. Add the rice, cover, and simmer over medium heat until all the liquid has been absorbed, about 30 minutes.

Meanwhile, place lentils in a saucepan over medium heat and cover with 1½ cups water. Simmer until just tender, about 20 minutes. Drain and let cool. In a large salad bowl, combine the cooked rice and lentils.

Prepare a vinaigrette by whisking together the olive oil, lemon juice, vinegar and garlic in a small bowl. Pour the dressing over the lentils and rice. Add the chopped scallions and cherry tomatoes. Place in the refrigerator and chill for at least 2 hours. Just before serving, add the chopped arugula, sunflower sprouts and crumbled feta cheese. Mix well and serve. Serves 6-8

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