



Slow Food Corvallis Cooking Class, June 29, 2016: 6:00 – 8:00pm
Simple Everyday Cooking from the Market/Garden and Pantry

Menu:

Mustard Greens Frittata

Beets and their Greens with Garlicky Yogurt

Green Curry with Broccoli and Basil

Cook-with-what-you-have Quinoa Salad with Lots of Herbs

Blackberry Apricot Crisp Bars with Whipped Cream

Mustard Greens Frittata

I often add all sorts of things to my frittatas—cleaning out the crisper, using up leftover herbs, etc. This frittata is notable for its simplicity. You can omit the cheese too and it will be lighter and the greens even more distinct. Both ways are delicious and the fresh, slightly bitter and peppery note of the mustard greens is prominent—which I love.

Serves 2 as a main, 4 as a side

1 1/2 tablespoons olive oil

2 cloves garlic, thinly sliced or chopped

1 large bunch mustard greens, washed, trimmed of any ratty stems and leaves cut in half lengthwise and then crosswise into thin strips

Salt

5-6 eggs (or more if you want to feed more or have a higher ratio of egg to greens)

1/2 cup grated sharp cheddar or cheese of your choice—a bit of crumbled fresh goat cheese is delicious here too

Heat oil in a heavy sauté pan or well-seasoned cast iron pan or non-stick (if it's heatproof and can go in the oven). Add the garlic and mustard greens and a few pinches of salt to pan and toss well and sauté for just 2-3 minutes until the greens are wilted.

Set your oven to broil.

Lightly whisk the eggs until they're just broken up—no need to get them frothy or really well mixed. Add a few generous pinches of salt. Pour eggs over the vegetables and tilt the pan to evenly distribute the eggs. Top with cheese, if using. Cover and cook on medium heat for a few minutes. When the eggs begin to set around the edge take the pan off the heat and set under the broiler (uncovered) until the eggs are cooked and slightly puffed and golden.

Let sit for a few minutes before cutting and serving. It will come out of the pan much more easily that way. Enjoy warm or at room temperature.

Beets and their Greens with Garlicky Yogurt

I use Greek yogurt a lot. Many years ago I started buying it instead of sour cream. I find it more versatile and somehow it finds its way onto/into many of my meals. It's also gotten a bit easier to find full-fat Greek yogurt which I always use.

This dish is quite garlicky. Reduce if you want it milder. And you can substitute spinach, chard or turnips greens if you don't have beet greens.

Serves 4

1 bunch beets, with greens (4-5 medium beets)
3 small garlic cloves, divided and minced
1 medium shallot or chunk of onion, finely chopped
½ cup of full fat Greek or regular yogurt
1 teaspoon lemon juice plus an extra squeeze or two
Olive oil
Salt and freshly ground pepper

Cut the greens off the beets, wash well and cut into wide ribbons. You can use most of the stems. I usually just toss the 2-3 inches closest to the beet root. Scrub the beets well and cut into wedges. Put the beets in a small pan and cover with water. Bring to a boil and cook covered for about 15-20 minutes until beets are tender when pierced with a fork. Alternatively you can roast them (takes a bit longer). Drain well. There is often no need to peel them but if they skin is prominent and at all tough, peel it off the wedges and discard. Then toss the beets with a little lemon juice and salt. Meanwhile sauté the onions or shallots in a little olive oil over medium high heat until soft. Add beet greens and a little olive oil if necessary and one clove of garlic, minced, and a few pinches of salt. It will only take about 3-5 minutes for the greens/stems to be tender. In a small bowl mix the yogurt with the remaining garlic, a pinch or two of salt and the teaspoon of lemon juice. Mix the beet wedges with the greens and heat thoroughly and then serve with a generous dollop of the yogurt.

Quinoa Salad with Lots of Herbs

This is a lovely *dinner* salad on a warm night and to really make it so you can add cooked beans, cheese and/or toasted seeds or nuts. And it's a pretty loose recipe so taste and adjust as you go and feel free to vary to suit your taste.

This makes a lot of salad so feel free to cut the recipe in half but it keeps well and makes a fine lunch the next day. I load mine up with herbs—mint, parsley, cilantro, chives and thyme. The more the better I think.

Serves 4-6

2 cups quinoa
One bunch radishes, trimmed and chopped
3-4 carrots, scrubbed and thinly sliced or diced
2 cups mizuna, fairly finely chopped
4 green onions (scallions) or 1 shallot or 1/2 and onion, finely diced
1 cup chopped fresh herbs (parsley, mint, oregano, cilantro, etc.)
Salt and pepper

Dressing

1 ½ tablespoons Dijon-style mustard
1 garlic scape or stalk of green garlic or 2 cloves garlic, minced
Grated zest of a lemon
1/3 cup red wine vinegar
1/3 – 1/2 cup good olive oil
Salt and pepper to taste

Put the quinoa in a fine meshed sieve and rinse it under cold, running water for a minute. Quinoa has a natural coating (saponin) which is a bit bitter and the rinsing removes it. Put the rinsed quinoa in a pan and add 2 ¼ cups water and ½ teaspoon salt. Bring it to a boil then cover and turn down to a simmer. Cook, for about 15 – 18 minutes until the quinoa is tender and all the water has been absorbed. Let sit, covered, while you prepare the vegetables.

In a large bowl mix chopped vegetables and herbs. In a small bowl whisk mustard, garlic, zest and vinegar until smooth. Slowly add oil while whisking until the mixture is smooth. Add salt and pepper to taste. This dressing needs to be salty and tart. The quinoa will absorb a lot. You'll be surprised how much vinegar and salt you need especially if you don't eat it right away.

Toss the cooked quinoa with the vegetables and herbs and drizzle on the dressing and adjust with salt and pepper to taste.

Green Curry with Broccoli and Basil

This is the simplest of curries. Just a few ingredients and the broccoli and garlic shine. I love to make this dish in the spring when green and then fresh (uncured) garlic is in the CSA share or at the market. The immature garlic is sweet and fragrant and you can use a lot of it without it imparting a sharp flavor. You can certainly add diced, firm tofu or chicken to the curry if you'd like. Do so towards the end, just to warm through (if the chicken is already cooked, if raw, add it with the curry paste).

Serves 4

About 3-4 cups broccoli florets and chopped stems
1 head green/fresh garlic or 2 stalks younger green garlic, finely chopped (if using green garlic stalks chop up all but the outermost layer and any ragged tops—it should be nice and tender)
1 can coconut milk (full fat)
2 – 4 teaspoons green curry paste (Thai and True is my favorite and a local product)
1 2/3 cup water (1 can's worth of water)
Sea salt
Juice of 1 lime
Basil
Rice, for serving

Everyone's taste varies so experiment with the amount of curry paste. 2 teaspoons gives the dish a mild to medium kick and 3 is about medium.

Add the curry paste and ¾ teaspoon of salt to a large soup pot along with about ¼ cup of the thickest part of the coconut milk and the garlic. Coconut milk is often partially solidified at room temperature and you want to use the thickest (or solid) part for this early stage though if it's all uniform, which it sometimes is, just use 1/4 cup and call it good. Over medium heat cook the curry paste and garlic in that small amount of coconut milk for about 3 minutes, stirring frequently. Then add the remainder of the coconut milk and one can's worth of water and bring the curry to a simmer. Add the broccoli and cook for about 4-

5 minutes until its tender but still bright green. If you have basil, add a handful of whole leaves at this point. Taste the curry and season with additional salt if needed. Finish with the juice of the lime and serve hot, over rice.

Blackberry Apricot Crisp Bars adapted from this recipe at smittenkitchen.com
<http://smittenkitchen.com/blog/2014/05/strawberry-rhubarb-crisp-bars/>

Additional Recipes

Eggy “Quesadilla” with Herbs

One of the quickest best meals/snacks I know. Use any herbs, finely chopped vegetables (cooked or raw), sauces, cheeses, spices you want. They are so quick to make that you can easily make a few in a row to feed more than 1 person.

Serves 1

1 egg, lightly beaten and mixed with a pinch of salt
1 corn tortilla
Oil
A little sharp cheddar or other cheese of choice, grated or crumbled
1-2 tablespoons chopped fresh herbs
1 small piece of scallion or onion, thinly sliced (about 1-2 teaspoons worth)
A little hot sauce

Heat a little oil in a small skillet that is as close to the circumference of the tortilla as possible. When the oil is hot but not smoking pour in the egg and tilt pan to cover evenly. After about 20-30 seconds, when the bottom of the egg is set but the top is still runny and raw, lay the tortilla on the egg and press down gently. The egg will cook into the tortilla and adhere to the tortilla. If the tortilla lifts up in places just gently hold it down with a spatula. After another 30 second or when you can tell the egg is cooked through, carefully loosen the edges (if they're sticking a bit) and flip the whole thing over. Now cover half the egg side with the toppings, starting with the cheese and evenly sprinkling the herbs over the cheese and finishing with a little hot sauce. Now flip the empty half over the garnished half and press down gently. Let cook for another 30 seconds to melt the cheese and just warm things through. Serve immediately.

Sheet Pan Chicken Tikka Masala

--adapted from Smittenkitchen.com

One sheet pan, 15 minutes of prep, 35 minutes of baking time and you have a lovely meal.

For the chicken:

4 cloves of garlic, minced or pressed
1 fresh green chili (I used a jalapeno), seeded and minced
1/2 cup whole-milk yogurt
1 teaspoon sea salt
1/8 teaspoon cayenne, or to taste
1 teaspoon paprika or mild chili powder
1/2 teaspoon ground turmeric
1/2 teaspoon ground cumin
1 teaspoon garam masala
2 pounds chicken thighs, drumsticks or halved chicken breasts (all skin-on, bone-in)

For the vegetables

2 tablespoons olive oil
4 medium potatoes, scrubbed and cut into bite-sized chunks
1 small head cauliflower, cut into small bite-sized florets and pieces of stem
1/2 teaspoon salt

1/2 cup Greek or plain whole-milk yogurt
3 tablespoons cilantro, chopped
1 tablespoon chives, finely chopped

Combine garlic, fresh chili, yogurt, salt, spices in a bowl (or freezer bag). Put aside 3 tablespoons of the marinade in a large bowl. Add chicken pieces to the remainder of the marinade and toss to coat evenly. Let marinate for 15 minutes or up to a day in the fridge.

When you're ready to cook the dish, heat your oven to 425°F. Add potatoes, cauliflower, salt, cumin and remaining 2 tablespoons olive oil to the 3 tablespoons of marinade and toss together with until evenly coated. Spread vegetables on a half sheet pan (13 x 18").

Remove chicken from marinade and leave excess behind. Make spaces in the vegetables for chicken parts throughout the pan. Roast in oven for 20 minutes, then toss the potato and cauliflower to ensure they're cooking evenly, and return the pan to the oven for 10 to 20 minutes more (i.e. 30 to 40 minutes total roasting time), until chicken and vegetables are cooked through.

When chicken and vegetables are cooked, top with yogurt and herbs and serve right from the pan.

Veggie Fried Rice with Bacon

This is the quintessential quick dinner, utilizing whatever bits and pieces you have on hand. Carrots, broccoli, peas, turnips, chard stems, sweet peppers, green beans, cauliflower and most any other vegetable that's not too wet (like tomatoes) all work well in this dish. Quantities are all approximations and you can vary them as you like. You just want to be sure you cut the vegetables small and fairly uniformly and you don't want to crowd your skillet or wok. To avoid a soggy dish you need to be brave with the heat level.

Serves 4 +/-

2 1/2 – 3 cups cooked, cooled rice (day-old or previously cooked and frozen rice works much better than fresh—fresh is too moist)
2 tablespoons coconut, sunflower or olive oil
1/2 a medium onion, finely diced
2 cloves garlic, minced
2 teaspoons grated fresh ginger
2 ounces bacon, cut into small dice (optional)
1 cup thinly sliced carrots
1 cup broccoli, cut into 1-inch pieces or 1 cup or more shelling peas or snow or snap peas, cut into thirds
1/2 cup turnips, cut into 1/2-inch dice (optional)
1 small bunch turnip greens or mustard greens or other quick-cooking leafy green, well washed and chopped
1 Serrano or jalapeño chili, seeded (if you don't want it very spicy) and finely chopped or 1/2 teaspoon red pepper flakes (optional)
2 eggs, lightly beaten
2-3 teaspoons Tamari or soy sauce

2 teaspoons fish sauce (or to taste)
3 tablespoons roughly chopped basil, mint or cilantro (or a combination)
Salt

Heat the oil in a wok or largest skillet you have, over high heat. Add the onions, garlic, ginger, carrots, broccoli, and turnips (or whatever vegetables you're using just not any leafy greens at this stage) and hot chili, if using, and bacon and cook stirring very frequently for about 5 minutes until the vegetables begin to soften. Add the rice and turnip greens and mix everything very well. Cook for about three more minutes to heat the rice through and wilt the greens.

Push the contents of the pan to one side and add the eggs to the empty spot and scramble them until almost set. Some stray rice kernels or veggies will make their way in which is just fine. You just don't want to mix the raw egg into the rice right away since you'll lose track of it as it just coats the kernels instead of scrambling. When the eggs are almost set, mix them gently into the rice, add the soy and fish sauce, stir well and then mix in the herbs. Adjust seasoning—it may need salt or more soy or fish sauce, hot sauce or a squeeze of lime juice—and serve immediately.

Basic Dry Bean Soaking/Cooking Instructions

If you aren't in the habit of soaking and cooking dry beans here are the basic steps. The flavor of the beans is very good this way and they are much, much cheaper than cans. Once in the habit, it's not much work at all. And I always soak and cook more than I need for any given recipe and freeze the rest in some of the cooking liquid. I also rarely cook beans for use in the moment. They improve so much if you can let them sit in their cooking liquid for an hour or so, or up to 8 hours. I usually cook them while I'm doing something else in the kitchen and then have them on hand for the next few days and/or freeze them for later use.

3-4 cups dried beans (garbanzo, white, black, pinto. . .) Rinse beans if they look dusty and pick out any stones. Usually I don't find anything like that. Place in a large bowl covered by about 4 inches of cold water. Soak overnight or 6-8 hours. Drain and rinse beans.

Place soaked beans in a large pot and cover with cold water by several inches. Add a few whole, peeled garlic cloves, a bay leaf and a big chunk of peeled onion. Bring to a boil, turn down to a simmer and let cook covered until the beans are tender, stirring occasionally (this helps prevent some beans from softening before others.) If your beans are old (hard to tell!) salting them at the beginning can prevent them from cooking properly, so salt mid-way through or at the end. When you do add salt, be generous, as in at least 3 teaspoons kosher salt to start if you're cooking 4 cups or so of dried beans. They'll probably need more still. The time it takes for the beans to cook will vary depending on the kind of bean and the freshness of the dried beans. Garbanzos take the longest, usually about 45 minutes. Black, white and pinto can be done in 15-40 minutes. Let beans cool in their liquid (if you're not in a rush) and then use, freeze, etc. If you're freezing some, fill your container with the beans and then ladle in the cooking liquid until the beans are almost covered. Cooked beans also keep in the fridge for 5-6 days and for several months in the freezer.

Prepared Pantry

I think of the Prepared Pantry as items (that you make in those spare moments) that make weeknight cooking quicker and easier.

- Cooking and freezing beans in quantity (see above)
- Cooking and freezing grains (making double batches in the moment, one to freeze, rice for fried rice, etc.)

Other Weekend or Spare Time Prep Ideas

- Hard-boil eggs for use in Salade Nicoise, for salads, for egg salad (sandwiches), deviled eggs, etc. (cover eggs with cold water, bring to a boil, turn heat off and leave covered for 9 minutes. Rinse in cold water, refrigerate)
- Make a batch of peanut sauce (recipe above) for rice and vegetables
- Toast sunflower seeds and hazelnuts to have on hand for snacks, to add to salads, soups, gratins, etc.

Planning

- Splitting up the cooking process/using kitchen time wisely
- Roasting veggies ahead of time to use throughout week in a variety of preparations
- Using items from your “prepared pantry” (above)

Seeds and Nuts

I keep raw and toasted nuts and seeds on hand, for snacking, adding to salads, etc. I primarily use sunflower and pumpkin seeds, which I buy in quantity raw and then toast in smaller amounts. Toasted they lose their crunch after about a week in a tightly sealed jar in the cupboard. I don't think refrigerating the toasted seeds works well but by all means refrigerate your bulk, raw seeds, if you have the space.

To toast sunflower and pumpkin seeds preheat oven to 350 degrees. Toss seeds with a little olive oil and salt, if you'd like, and spread on a sheet pan and toast until golden and toasty smelling, anywhere from 10 -15 minutes. I usually salt and oil and sunflower seeds but not the pumpkin seeds. I also sometimes toast the pumpkin seeds in a dry skillet on the stove top, also without oil and salt.

Sesame seeds are quickly toasted on the stovetop in a dry skillet in a just a few minutes. Watch them carefully and move them around the pan as they quickly burn.

Notes on Salad Dressing

Basic vinaigrette:

3 parts good olive oil to 1 part vinegar (or a little more if you're using lemon juice), salt, pepper

Add minced garlic and a little Dijon-style mustard to add depth and richness to the basic vinaigrette.

Add minced thyme to either for a wonderful dressing.

Add herbs of your choice (with the exception of sage and rosemary) to the dressing or the salad itself.

Add a teaspoon or two of reduced apple cider or a little honey or sugar, especially in the winter with the heartier greens.

Use different vinegars to mix things up. My favorites include: champagne, red wine, sherry and balsamic (use the last two with moderation).

Aioli

Aioli is garlicky mayonnaise. I make aioli starting in the spring when asparagus and snap peas show up. I love dipping the veggies in aioli and making egg salad with aioli or spreading it thickly on toast and

topping with whatever else I have on hand, until the tomatoes arrive and then it's tomatoes and cucumbers . . . and then green beans and artichokes get dipped in it. I sometimes add lots of chopped basil or chives or parsley and tarragon. I thin it out to make salad dressings top halves of hard-boiled eggs with it for a fake deviled egg. It's also perfect on a simply cooked piece of fish, chicken or any meat.

Yields about 1 1/2 cups

2 egg yolks (preferably organic)

2-5 cloves garlic (start with the smaller amount if you're uncertain and it does get stronger as it sits) or 2 stalks green garlic (the immature garlic that looks like a green onion and can be used as such, green parts too, minced finely.)

2 teaspoons Dijon-style mustard (optional)

Lemon juice (1/2 to a whole lemon's worth depending on your taste and size of lemon) or white wine or champagne vinegar

Sea salt and freshly ground pepper

1/2-3/4 cup neutral oil like sunflower oil

1/2 cup good-tasting olive oil (not too bitter or strong or the aioli will have a bitter taste)

Mash garlic to a paste with salt (either in mortar and pestle or with a knife). Put garlic in a medium-sized bowl. Add the egg yolks, mustard (if using) and 2-3 teaspoons of lemon juice and some pepper. Whisk well. Then start adding the olive oil drip by drip or in a very thin stream at first. You'll need to incorporate about 1/4 cup of oil like this before you can safely speed things up. This is the most important step in ensuring that it properly emulsifies and doesn't break. Incorporate the rest of the olive oil and neutral tasting oil (it can get too bitter if you use just olive oil, though this is a non-traditional approach but one I like) and adjust seasoning with more lemon and/or salt. The more oil you incorporate the thicker it gets, however, at some point it can't hold any more oil and can break.

You can also make it in a food processor and you will end up with a slightly stiffer/denser texture—also good just a little different. For the food processor version follow the process above but just feed the oil through the feeder tube while the machine is running.

Aioli keeps in the fridge for about 4 days and it does get a bit stronger as it sits.

Stocking your kitchen

This is a fairly comprehensive list and you certainly don't need everything I've listed to cook many basic dishes. And your pantry will reflect your particular taste. This is just a loose guide.

Fridge

Eggs

Butter

Milk

Cream

Yogurt (Greek is useful as a topping or sauce base for many dishes)

Cheese (sharp cheddar, Parmesan or Asiago stella—a cheaper, good alternative—feta or goat cheese)

Onions

Garlic

Carrots

Serrano chilies

Bread

Corn and/or whole-wheat Tortillas

Mustard (Dijon)

Peanut butter/Almond butter

Fresh parsley, cilantro, etc.
Capers (in salt or brine)
Mayonnaise
Green/Red Curry Paste
Hot sauce (Tapatio, Sriracha)
Maple syrup

Freezer

Cooked Beans

Cooked Grains (Barley, Rice, etc.)

Bacon

Sausages (pork, spicy, mild, etc.)

Whole or pieced chicken

Fish

Bread/bread crumbs

Veggie bouillon

Chicken Stock

Extra butter

Spices, whole

Sea salt

Black pepper

Nutmeg

Cumin

Coriander

Dried red chilies

Mustard seeds

Spices, ground

Cumin

Coriander

Cinnamon

Ginger

Chili powder

Cayenne

Red pepper flakes

Curry powder

Paprika (smoked, sweet)

Turmeric

Cardamom

Herbs, dried

Oregano

Thyme

Bay

Oils/Vinegars/Sauces

Olive oil, better quality for raw use

Olive oil, cheaper for sautéing, etc.

Sunflower oil, coconut oil, or other veg or seed oil

Toasted Sesame Oil

Red-wine or Cider vinegar

Rice vinegar

Sherry or Balsamic Vinegar

Soy Sauce/Tamari

Fish sauce

Dry Storage**Nuts** (raw almonds, hazelnuts, walnuts)

Sesame seeds

Sunflower seeds

Raisins

Canned tomatoes**Canned Coconut milk****Canned tuna****Bulk Beans** (dried—black, pinto, garbanzo, white, etc.)

Beans, canned

Pasta (spaghetti, penne, etc. whole wheat if you like--Barilla is a good brand)

Israeli Couscous

Couscous

Soba noodles

Rice (long or short-grain brown, white, Jasmine, Arborio, etc.)**Lentils** (small French green, large regular, red lentils, split peas, etc.)

Barley (hulled or pearled)

Quinoa

Bulgur Wheat

Flour (unbleached all-purpose, whole-wheat pastry, bread, etc.)**Polenta** (coarse-ground cornmeal)**Cornmeal**, medium grind**Granulated sugar** (unrefined, New Seasons bulk)

Coconut sugar

Brown sugar

Honey

Molasses

Baking soda

Baking powder

Vanilla extract

Chocolate chips/chunk baking choc.

Other**Apples (whatever fruit is in season)****Lemons/Limes****Fresh ginger****Potatoes**