



## COLUMBUS COUNTY COMMUNITY FARMER'S MARKET

# SUMMER 2019 COOKING SERIES

## WEEK 2 RECIPES

Instructor: Adante Hart, MPH-RD Student, UNC Chapel Hill  
Hart815@gmail.com

Recipes for this week's session from "Vegetables Unleashed" by Jose Andres (2019). Cookbook can be purchased wherever books and ebooks are sold.

### SMASHED CUCUMBER SALAD

Prep time: 10 minutes    Cook time: 30 minutes    Serves 4-6

#### Ingredients

- 2 seedless (English) cucumbers
- 2 tablespoons kosher salt
- 4 garlic cloves
- Kosher salt
- 2 tablespoons sherry vinegar
- 2 tablespoons paprika
- 2 chiles de árbol, stemmed, seeded, and broken up
- 2 tablespoons chopped parsley
- ¼ cup extra virgin olive oil
- Chopped parsley

#### Directions

##### Cucumbers

1. One at a time, put the cucumbers in a sturdy plastic bag and smash lightly with a rolling pin or heavy skillet to crack the skin and flesh a bit—this will make more nooks and crannies for the dressing.
2. Quarter the cucumbers lengthwise, then cut crosswise into 1-inch pieces and place in a bowl.

3. Sprinkle the cucumbers with the salt and refrigerate while you make the dressing.

##### Dressing

1. Finely chop the garlic, then smash it to a paste with a pinch of salt, using the flat side of your knife. Transfer the paste to a small bowl, add the vinegar, paprika, chiles, and parsley, and season with salt.

##### To finish

1. Drain the cucumbers and pat dry. Return to the bowl, add the dressing, and toss well. Let marinate for 5 to allow the cucumbers to absorb the flavors of the dressing.
2. Spoon the salad into a serving bowl and drizzle the dressing on top. Sprinkle chopped parsley and serve immediately.

### LITTLE GEMS WITH WARM GARLIC DRESSING

Prep time: 5 minutes    Cook time: 3 minutes    Serves 4

#### Ingredients

- 4 heads little gem lettuce (or hearts of romaine), halved lengthwise
- ¼ cup extra virgin olive oil
- 2 large garlic cloves, thinly sliced
- 1 tablespoon plus 1 teaspoon sherry vinegar
- 2 oil-packed anchovies, finely chopped (optional)
- Flaky sea salt (Maldon)
- Paprika

#### Directions

1. Fill a large bowl with cold water. Holding the lettuce halves by the root ends, submerge them in the water and shake gently to release the grit. Shake out the excess water, then pat the leaves very dry with paper towels. Divide the lettuce halves among four plates.
2. Heat the olive oil and garlic in a small skillet over medium heat, stirring occasionally, until the garlic is light brown, about 3 minutes.
3. Remove the skillet from the heat and spoon the garlic and oil over the lettuce. Drizzle with the sherry vinegar.
4. Garnish with the anchovies, sprinkle with sea salt and paprika, and serve.

# RAW ZUCCHINI SALAD WITH PARMESAN AND LEMON

Prep time: 10 minutes    Cook time: 5 minutes    Serves 4

## Ingredients

- 1 tbsp plus 1 tsp fresh lemon juice
- 1 tsp honey
- ¼ cup extra-virgin olive oil
- Kosher salt
- 2 medium zucchini (3/4 to 1 pound)
- Kosher salt

### To finish

- A chunk of Parmigiano-Reggiano for shaving
- Extra-virgin olive oil
- Maldon salt
- Freshly cracked black pepper
- Thyme leaves
- Nasturtium leaves (optional)

## Directions

### Lemon dressing

1. Stir the lemon juice and honey together in a small bowl until blended. Whisk in the olive oil until the dressing is emulsified. Season with salt.

### Salad

1. Cut the zucchini crosswise in half. Slice 3 of the halves lengthwise on a mandoline as thin as possible; if the slices are too thick, they'll crack as you roll them up. If you don't a mandoline, use a sharp vegetable peeler. Cut the remaining zucchini half into ¼ -inch dice.
2. Put the zucchini slices and dice in a bowl, season salt, and toss gently. Let stand for 5 minutes.
3. Roll each strip of zucchini up around your finger and stand the rolled strips on 2 serving platter or individual salad plates. Sprinkle the diced zucchini around the rolls and drizzle with the lemon dressing.
4. Shave some Parmesan over the zucchini, drizzle with olive oil, and garnish with Maldon salt, pepper, thyme, and nasturtium leaves, if you're using them.

# MOM'S LENTIL STEW

Prep time: 10 minutes    Cook time: 45 minutes    Serves 8

## Ingredients

- ¼ cup extra-virgin olive oil
- 2 or 3 garlic cloves, minced
- 1 tablespoon paprika
- 1 pound brown Spanish lentils (pardinas) or other brown lentils, rinsed and picked over
- 1 medium white onion, halved
- 3 small tomatoes, cored
- 8 cups water
- 3 medium carrots, peeled and cut into ½ -inch-thick coins
- 2 medium boiling potatoes, peeled and cut into ½ -inch dice
- Kosher salt

## Directions

1. Heat the olive oil in a large pot over medium heat. Add the garlic and cook until the garlic is golden (be careful not to burn it), 2 to 3 minutes.
2. Add the lentils, onion, tomatoes, and water and bring to a boil over high heat, then turn the heat down to medium so the soup simmers gently and cook for 20 minutes.
3. Using a slotted spoon, transfer the onion and tomatoes to a bowl.
4. Add the carrots and potatoes to the pot and cook until the vegetables and lentils tender, about 20 minutes longer. Do not overcook—no one wants pasty lentils.
5. Meanwhile, after the tomatoes have cooled a bit, peel them and discard the skins. Puree the onion and tomatoes in a blender or food processor.
6. Stir the puree into the simmering stew.
7. When the stew is done, season with salt and serve. Or let cool, refrigerate overnight, and serve the next day, when it will be even more delicious.