

Annie's Organic Buying Club

making organics affordable for everyone!



Fresh English Peas have a sweet delicate flavor. They need very little cooking. It may be a little time-consuming to shell them, but it's well worth it, and can be a fun way to get the kids involved.

English Peas in the Pod from the Los Angeles Times

Simmer the peas in their pods in a skillet with about 1 inch of water and a nice chunk of butter. Cook them just until the pods glow and begin to soften, about 3 minutes. Drain, sprinkle generously with coarse salt and then eat them by popping the whole pod in your mouth and pulling it out between your teeth. You get a scraping of slightly bitter green from the pod and then the explosion of sweet green flavor from the peas themselves.

Fresh English Pea Salad with Mint and Pecorino by Cooking Light

English peas and mint are a classic combination, given extra depth of flavor here with the addition of savory pecorino and bitter arugula. Fresh lemon juice (always better than bottled) in the dressing brightens all the flavors. Crumbled feta or goat cheese make excellent substitutes for pecorino.



English Peas & Mint by Epicurious

- 1 spring onion, sliced
- 2 tablespoons olive oil
- 2 cups English peas, shelled (about 12 ounces)
- 6 mint leaves, torn
- Salt
- Water

Sauté the spring onion in two tablespoons olive oil over medium-high heat. Add the shelled peas, a pinch of salt, and enough water to barely cover. Cook over high heat for 2 minutes, then add the torn mint leaves. Continue cooking until the peas are tender, a few more minutes. Check for seasoning, and add more salt if needed.

Minted English Pea Soup by Martha Stewart

- 3 tablespoons unsalted butter
- 1 medium yellow onion, chopped
- 1 leek, well cleaned and finely chopped
- 1 rib celery, chopped
- 1 medium russet potato, peeled and chopped
- 8 cups homemade Vegetable Stock
- 1 1/4 pounds fresh, shelled English peas (from about 3 pounds unshelled)
- Coarse salt and freshly ground white pepper
- 1 1/2 cups heavy cream
- 1 small bunch fresh mint
- Sugar



Melt butter in a large saucepan over medium heat. Add onion, leek, and celery, and cook until soft. Add potatoes and 7 cups vegetable stock; bring to a boil. Reduce heat and simmer until potatoes are soft, 10 to 15 minutes. Remove from heat.

Prepare an ice-water bath. Fill another large saucepan with water and bring to a boil over high heat. Add salt and return to a boil. Add peas and cook until tender, about 5 minutes. Drain and immediately transfer peas to ice-water bath to cool. Drain and add to saucepan with vegetables and stock.

Working in batches, puree the soup in the jar of a blender or bowl of a food processor. Strain liquid twice through a fine mesh sieve into another large saucepan. Add 1 cup of heavy cream and place saucepan over low heat. Season with salt, pepper, and sugar. Tie mint together using kitchen twine and add to saucepan; let steep for 10 to 15 minutes. Remove mint and discard. If soup seems too thick, add some of the remaining vegetable stock to thin.

In a medium bowl, whisk remaining 1/2 cup heavy cream until soft peaks form. Gently fold into the warmed soup. Serve immediately.

Zucchini Carpaccio by Tyler Florence

- 2 medium zucchini
- Kosher salt and freshly ground black pepper
- 1 tablespoon extra-virgin olive oil
- 1/2 lemon, juiced
- 1 leek, white part only, sliced thinly
- 1/4 pound piece Parmesan
- Fresh mint leaves, for garnish

Using a mandolin or a very sharp knife, slice zucchini into very thin rounds. Overlap zucchini disks in 1 layer on a plate; season with salt and pepper. Drizzle over the olive oil and lemon juice and scatter with leeks. Using a mandoline or a vegetable peeler, shave very thin slices of Parmesan and place them over leeks. Garnish with mint leaves. Serve immediately.

Sweet Pea, Scallop & Mint Risotto by Tyler Florence

- 5 tablespoons extra-virgin olive oil, plus more for drizzling
- 1/4 cup finely chopped shallots
- 2 cups Arborio rice
- 1/2 cup dry white wine
- Kosher salt and freshly ground black pepper
- 1/4 cup finely chopped fresh mint
- 8 cups chicken stock, heated
- 1 cup fresh peas, cooked (or frozen peas, rinse under cool water to thaw)
- 1/4 cup plus 1 tablespoon butter, room temperature
- 1/2 cup grated Parmesan
- 1 pound diver scallops

Place a large, deep skillet over medium heat and pour in 3 tablespoons olive oil. Add shallots and cook, stirring, for 5 minutes, until soft. Stir in rice and half of the chopped mint making sure to coat all the rice grains with the oil. Add wine and cook until most of the liquid (as well as the alcohol) has evaporated. Season with a little salt and pepper. Ladle in 1 cup of hot stock. Using a wooden spoon, stir gently until most of the stock has been absorbed. Keep adding stock a cup at a time and stirring. After about 10 to 15 minutes, test the rice. It should be cooked and creamy but still have a slight bite to it. (You may not need all of the stock.) Gently fold in peas and 1/4 cup butter. Stir in the parmesan cheese and taste for seasoning. Remove from heat and cover while you sear the scallops.

Set a non-stick saute pan over medium heat and add 2 tablespoons olive oil and 1 tablespoon butter. Pat the scallops with paper towels to make sure they are very dry. Season on both sides with salt and pepper. Add scallops to pan, making sure not to overcrowd, and cook until they are nicely browned on both sides, about 4 to 8 minutes depending on the size of your scallops.

Check the risotto and add a bit more stock if it has gotten too thick. In a shallow bowl or plate, make a nice mound of risotto and top with 3 or 4 scallops. Garnish with remaining mint and a drizzle of olive oil. Serve immediately.

Barley Risotto with Caramelized Leeks and Mushrooms by Cooking Light

- 2 tablespoons olive oil
- 3 cups chopped leek (about 3 large)
- 3 cups sliced cremini mushrooms (about 8 ounces)
- 1 cup uncooked pearl barley
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 (14-ounce) cans fat-free, less-sodium chicken broth
- 2 tablespoons chopped fresh flat-leaf parsley

Heat the oil in a large saucepan over medium heat. Add leek; cook 20 minutes or until tender and golden, stirring occasionally. Add mushrooms; cook 5 minutes or until tender, stirring occasionally. Add barley, salt, and pepper; cook 1 minute, stirring constantly. Add broth; bring to a boil. Cover, reduce heat, and simmer 30 minutes, stirring occasionally. Uncover and cook 5 minutes or until liquid is absorbed. Stir in parsley.

Pureed Spinach and Sweet Pea Soup with Fresh Mint Cream by Reggie Southerland

- 2 big yellow onions, coarsely chopped
- 3 tablespoons unsalted butter
- 2 cloves fresh garlic coarsely chopped
- 2 (10-ounce) bag (or the equivalent) fresh spinach, rinsed
- 2 1/2 cups frozen petite peas
- 3 cups vegetable or chicken stock
- 1/2 cup light cream
- 1 tablespoon salt
- Freshly ground black pepper
- Fresh Mint Cream, recipe follows

Saute onions in the butter in a large soup pot over high heat, stirring occasionally to prevent onions from sticking until they begin to soften about 10 minutes. Add garlic, lower the heat to medium and continue cooking for another 10 minutes until onions are translucent. Stir in spinach and saute until wilted about 5 minutes more. Add peas and the stock to the pot and bring to a boil over high heat. Lower the heat and simmer, uncovered, for 10 minutes. Remove soup from heat and allow to cool for a few minutes.

Using a food processor puree soup in small batches (use a second bowl to pour puree in until all soup is pureed). Place puree back into pot, add cream and bring to simmer over low heat.

To serve, ladle soup into 4 large bowls and top with about 3 tablespoons of the fresh mint cream.

Fresh Mint Cream:

- 1/2 cup finely chopped fresh mint leaves
- 1 cup sour cream
- 1/2 cup half-and-half
- Salt and pepper

In a bowl, using a whisk, combine all ingredients until smooth.

Leeks are a delicious onion that can add flavor to any dish. They can be substituted for onions in any recipes but are so special; you'll want to make them the star of the show. Be forewarned: they are dirty. Simply chop off the dark green tougher top and the roots at the bottom. Then slice in thin rounds or cut in half and slice. Put it a bowl full of ice water and agitate. Mix it up again. The dirt will fall and the leeks will float. Then dry them off and use in a sauté or anywhere you want to showcase the delicious sweet flavor.



Zucchini Vichyssoise by The Barefoot Contessa

- 1 tablespoon unsalted butter
- 1 tablespoon good olive oil
- 5 cups chopped leeks, white and light green parts (4 to 8 leeks)
- 4 cups chopped unpeeled white boiling potatoes (8 small)
- 3 cups chopped zucchini (2 zucchini)
- 1 1/2 quarts Homemade Chicken Stock, recipe follows, or canned broth
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons heavy cream
- Fresh chives or julienned zucchini, for garnish

Heat the butter and oil in a large stockpot, add the leeks, and sauté over medium-low heat for 5 minutes. Add the potatoes, zucchini, chicken stock, salt, and pepper; bring to a boil; then lower the heat and simmer for 30 minutes. Cool for a few minutes and then process through a food mill fitted with the medium disc. Add the cream and season to taste. Serve either cold or hot, garnished with chopped chives and/or zucchini.

Braised Zucchini & Leeks by Cooking Light

- 1 tablespoon butter
- 2 cups finely chopped leek (about 2 large)
- 6 cups finely chopped zucchini (about 5 small)
- 1 teaspoon salt
- 2 garlic cloves, minced

Melt butter in a large nonstick skillet over medium heat. Add leek; sauté for 2 minutes. Add zucchini, salt, and garlic. Cover; reduce heat to medium-low, and cook 20 minutes, stirring occasionally. Uncover and cook over medium-high heat 10 minutes or until most of liquid evaporates. Serve immediately.



Zucchini Leek Casserole (Dairy) by Healthy Kosher Eating with Chana

- 2 tablespoons olive oil
- 2 pounds (1 kilo leeks), trimmed, halved lengthwise and thinly sliced
- 1 pound (½ kilo) zucchini squash, coarsely grated
- 1 cup crumbled low-fat feta or Bulgarian cheese
- 1 cup shredded kashkeval, Jack or other mild yellow cheese
- ¼ cup chopped fresh dill or 1 tablespoon dried dill
- ½ to 1 teaspoon salt (depending on the saltiness of the cheese)
- 4 eggs, lightly beaten
- 1-2 teaspoons olive oil

Preheat the oven to 350 F (180 C)

Heat the olive oil in a large skillet. Add the leeks and sauté, stirring occasionally, until they just start to soften. Add the zucchini and stir. Cover the pan and cook for about 10 minutes, until the vegetables are soft but not mushy. If necessary, add a bit of water to prevent sticking.

Transfer the mixture to a large bowl and stir in the cheeses, dill and salt (start with the smaller amount). Taste for salt. Add the eggs and mix everything together.

Spray a shallow baking dish with non-stick spray or coat it with olive oil. Pour in the vegetable mixture. Drizzle with a teaspoon or two of olive oil and bake for 30-45 minutes, or until golden brown and firm.

Baked Omelet with Zucchini, Leeks, Feta & Herbs by Cooking Light

- 3/4 cup water
- 1/4 cup uncooked long-grain rice
- Cooking spray
- 2 1/4 cups thinly sliced leek (about 3 medium)
- 4 cups shredded zucchini (about 2 medium)
- 1/2 cup egg substitute
- 1 1/2 tablespoons chopped fresh mint
- 1 tablespoon chopped fresh dill
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 large eggs, lightly beaten
- 1/2 cup (2 ounces) crumbled feta cheese

Bring water to a boil in a medium saucepan; add rice. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Place rice in a large bowl.

Preheat oven to 325°.

Heat a large nonstick skillet over medium-low heat. Coat pan with cooking spray. Add leek; cover and cook 12 minutes or until tender, stirring occasionally. Remove from pan; add leek to rice. Coat pan with cooking spray; increase heat to medium. Add zucchini; cook 6 minutes or until tender, stirring occasionally. Remove from pan; add zucchini to rice. Add egg substitute and next 5 ingredients (through eggs) to rice mixture; stir until blended.

Pour egg mixture into an 8-inch square baking dish coated with cooking spray. Sprinkle with cheese. Bake at 325° for 35 minutes or until golden brown and set.

Tart with Leeks and Zucchini-Crostata by cafebacaro.blogspot.com

Pate Brisée

- 2 cups of all purpose flour
- 1 teaspoon salt
- 1/4teaspoon sugar
- 6 ounces butter cut in small cubes
- 1/2 cup ice cold water.

I like to make this dough in a food processor as it is very quick. Add the dry ingredients to the bowl of a food processor, pulse to combine. Add the chilled butter and pulse on and off until the butter is the size of peas. Add the cold water with the machine running, then pulse on and



off until the dough start to come together. Small pieces of butter should still be visible. Empty the dough on a floured counter and bring it together, do not over mix it. Wrap in plastic wrap and chill for 2 hours. The dough can be frozen for few weeks. Roll the dough to a 1/8 thickness, line a tart shell and freeze.

Tart Filling

2 medium leeks
2 medium zucchini
EVOO
chili flakes (to your taste)
parsley, finely chopped
1 cup heavy cream
2 large eggs
1/2 cup grated parmesan cheese
salt and pepper to taste

Slice and wash the leeks in cold water (click [here](#) to see a detailed post on how to prepare leeks). Heat the EVOO in a large pan, add the leeks and cook until translucent (like you would with onions). Add the zucchini and cook on medium heat until tender, seasoning with salt and pepper. Add the chili flakes and the parsley, and let cool. Mix the heavy cream with the eggs, add the cheese, and season with salt and pepper. Mix the cream mixture with the cooled vegetables and pour onto prepared tart shell. Bake at 375F until the filling is set and the crust is nicely browned. The above amounts will work for a 10", or a 8"x11" tart.

Leek and Zucchini Pasta recipe by Rotini.com

- 3 cups of Rotini pasta.
- 2 medium leeks.
- 1 medium zucchini, julienned.
- 2 tablespoons of vegetable oil.
- 1 ½ cups of sliced mushrooms.
- 1 cup of sour cream.
- ¼ cup of dry white wine.
- 1 teaspoon of tarragon leaves.
- ½ teaspoon of salt.

Discard the green part of leeks and slice thinly lengthways. In a large frying pan, heat the oil over medium-high heat. Sauté the leeks, mushrooms, and zucchini for 5 minutes.

Add the dry white wine and simmer for another 5 minutes. Stir in the cream, tarragon and salt. Bring to a boil and simmer until slightly thickened. While preparing sauce, cook the Rotini pasta according the instructions on its packaging. Drain thoroughly. Spoon onto plates and top with sauce.

Zucchini, Leek, and Chevre Tart in Wild Rice Crust by Recipesource.com

WILD RICE CRUST

- 1 egg
- 1/3 cup grated Parmesan cheese preferably Parmigiano-Reggiano
- 2 tablespoons fresh lemon juice
- 3 tablespoons unsalted butter -- melted
- 2 1/2 cups cooked wild rice
- Salt
- Freshly ground black pepper

CUSTARD FILLING

- 2 cups zucchini -- coarsely grated
- Salt
- 1/4 pound unsalted butter
- 2 cups thinly sliced leek --include some stalk
- 4 eggs
- 1 1/2 cups whipping cream
- 1 teaspoon Dijon mustard
- 1 cup crumbled chevre cheese (goat's milk)
- 1 tablespoon chopped fresh marjoram – or savory
- Freshly ground black pepper

A zucchini quiche but the crust is made with a crunchy wild rice; try Wehani. It's a satisfying counterpoint to the creamy French custard filling. Allow time to cook and cool the rice. Preheat an oven to 350F.

To make the crust, beat the egg, cheese, lemon juice, and melted butter together in a bowl. Stir in the cooked rice, season to taste with salt and pepper, transfer to a 9-inch pie pan, and press with your fingertips to cover bottom and sides evenly. Bake until set and crisp, about 15 minutes. Remove from the oven and cool to room temperature, about 30 minutes. (Or cover and refrigerate as long as overnight; return to room temperature before filling.)

Meanwhile, make the filling. Place the squash in a colander set over a bowl or in a sink. Generously sprinkle with salt, mix with your fingertips to distribute the salt, and let stand for 30 minutes. Gather squash in your hand and gently squeeze to release any additional surface moisture. Reserve.

Heat the butter in a sauté pan or skillet over medium-high heat, add the leek, and sauté until soft, about 5 minutes. Add the drained squash and sauté about 5 minutes longer; reserve.

In a bowl, combine the eggs, cream, mustard, cheese, marjoram, and salt and pepper to taste and whisk to blend well. Stir in the leek and squash mixture, pour into the rice shell, and bake in the 350F oven until filling is set and the top is golden, about 30 to 35 minutes. Serve hot or at room temperature.

Leek Mushroom and Cheese Frittata by freshf.com

- 1 tblspn olive oil
- 3 leeks, thinly sliced
- 1 zucchini, cut into thin slices
- 2 cups sliced mushrooms
- White pepper to taste
- 1 tblspn freshly chopped parsley
- 5 eggs, lightly beaten
- 1/3 cup grated parmesan cheese
- 1/3 cup grated low fat cheddar cheese

Heat oil in frying pan. Add leeks. Cook for about 3 - 4 minutes or until softened. Add zucchini and mushrooms. Place lid on pan. Cook for about 8 minutes or until just tender. Transfer to a bowl. Cool. Add remaining ingredients to the bowl. Brush frying pan lightly with oil. Add leek and egg mixture to frying pan. Cook over low heat for about 15 minutes or until egg is almost set. Cook under hot grill for about 4 - 5 minutes or until top is set and golden. Stand 5 minutes before serving. Accompany with a fresh tomato based salad and fresh crusty bread.

Frittata with Leeks, Zucchini & Spaghetti by Cooking Light

- 1 tablespoon butter
- 2 cups thinly sliced leek
- 1 1/2 cups diced zucchini
- 1/3 cup 1% low-fat milk
- 2 teaspoons chopped fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 large egg whites
- 3 large eggs
- 2 cups hot cooked spaghetti (about 4 ounces uncooked pasta)
- 1/3 cup (about 1 1/2 ounces) shredded Gruyère or Swiss cheese

Heat 1 1/2 teaspoons butter in a skillet over medium heat. Add leek and zucchini; sauté 6 minutes or until lightly browned. Combine milk and next 5 ingredients (milk through eggs) in a bowl; stir with a whisk. Stir in leek mixture and spaghetti. Preheat broiler. Heat 1 1/2 teaspoons butter in skillet over low heat. Add egg mixture. Cover; cook 10 minutes or until almost set. Top with cheese. Wrap handle of skillet with foil. Broil 5 minutes or until cheese melts.

Leek Rosti by Emeril Lagasse

- 2 large Idaho potatoes
- Salt
- Water to cover
- 2 tablespoons butter
- 1 cup chopped leeks, white part only
- Freshly ground white pepper



Place the potatoes in a saucepan, cover with water and season with salt. Over medium heat, bring the water to a boil, reduce the heat to medium low and cook until the potatoes are tender. Remove from the water and cool completely. Peel the potatoes and pass through a coarse grater. In a large non-stick saute pan, over medium heat,

melt the butter. Add the leeks. Season with salt and white pepper. Saute for 2 minutes. Add the potatoes and mix thoroughly. Using the back on a wooden spoon press the potato mixture firmly into the pan. Reduce the heat to low and cook until the potatoes are crispy and golden brown. Using a spatula, flip the potato cake over and continue cooking the other side. **Add more butter if needed. Remove from the pan and slice into individual servings.

Mac and Cheese with Leeks and Gorgonzola by The Cookworks

- 1 pound penne pasta
- 2 tablespoons unsalted butter, plus 1 tablespoon
- 1 tablespoon olive oil
- 3 leeks, thinly sliced
- Bechamel Sauce, recipe follows
- 1/2 cup Gorgonzola, crumbled
- 1/4 cup grated Asiago
- 1 tablespoon chopped fresh thyme leaves
- 1 tablespoon chopped fresh oregano leaves
- 1 tablespoon chopped fresh Italian parsley leaves
- Kosher salt and freshly ground black pepper
- Special equipment: 9-inch springform pan

Preheat the oven to 375 degrees F.

In a large pot of boiling salted water cook the pasta until al dente, drain and set aside.

In a skillet over medium heat melt 2 tablespoons of butter and oil and cook the leeks until tender but not browned. In a bowl combine the cooked leeks with the Bechamel Sauce, Gorgonzola, Asiago, thyme, oregano, and parsley. Toss the sauce with the pasta until well coated and season, to taste.

Grease a 9-inch springform pan with the remaining butter. Fill the springform pan with the pasta mixture and place on a baking sheet. Bake for 40 minutes. Let rest for 10 minutes before removing from the pan and slicing.

Bechamel Sauce:

- 1/4 cup unsalted butter
- 1 clove garlic, smashed
- 1/4 cup all-purpose flour
- 3 cups milk
- 1/4 cup grated Parmesan
- 1/4 teaspoon kosher salt
- Pinch freshly ground nutmeg

In a heavy bottomed pot over medium heat, melt the butter and saute the garlic for 2 minutes until fragrant, but not brown. Remove the garlic and discard. Reduce the heat to low and whisk in the flour to make a roux, cook for 4 minutes, stirring constantly to prevent scorching.

Heat the milk to just below boiling. Pour 1 cup of milk into the roux, whisking constantly as the sauce thickens. Add the rest of the milk, in 1/2 cup portions, whisking constantly to prevent lumps. Simmer the sauce over low heat for 8 minutes, stirring the bottom of the pot with a spatula to prevent burning. Remove the pot from the heat and stir in the cheese, kosher salt and nutmeg to finish the sauce.

Pasta with Bacon, Leeks & Mushrooms by AGoodAppetite.blogspot.com

- 6-oz medium pasta shells
- 1 T olive oil
- 2 slices bacon, roughly chopped
- 2 leeks, white & light green sections sliced thin
- 1 1/2 c mushrooms, trimmed & sliced
- salt & pepper
- 2 T creme fraiche
- handful fresh flat leaf parsley, chopped
- parmesan, grated



Put the pasta in to cook according to directions. Meanwhile, heat the olive oil over medium-high heat in a skillet. Add the bacon & cook for about 2 - 3 minutes. Add the leeks & mushrooms and season with salt & pepper. Cook for 6 - 8 minutes, stirring occasionally.

Drain the pasta once it is cooked & add to the skillet. Stir in the creme fraiche. Divide into two bowls. Sprinkle with parsley & parmesan.

Check out: [Leek & Mushroom Quiche](#) by Buff Chickpea

Beech Mushrooms, also known as Shimeji, are considered some of the best gourmet mushrooms. They have a delicate nutty flavor. We love these exotic mushrooms sautéed on their own or with some garlic, but you can use them in place of mushrooms in any dish.

Check out: (be sure to hold the CTRL key when you click to open)

- [Lemon Zest, Beech Mushrooms & Skillet Chicken Pasta](#) from Verves in Composition
- [Mum's Yaki Udon with Shimeji & Shrimp](#) by The Sugar Bar



Beech Mushrooms with Sherry on Buttered Toast by the Inquisitive Palate:

<http://www.inquisitivepalate.com/?p=31>

- 1 tablespoon unsalted butter plus some for the toast
- 1/3 medium white onion, or three small shallots, chopped
- 1 small garlic clove, diced
- 1 cup Beech mushrooms, stems separated
- 1 tablespoon dry sherry
- 1 tablespoon plus 1 teaspoon flat parsley, chopped
- 1/4 teaspoon fresh lemon juice
- salt, to taste
- freshly ground black pepper, to taste
- 1 slice whole wheat bread

Melt butter over medium heat in non-stick frying pan. Saute onion until translucent. Stir in Beech mushrooms and garlic, cover and cook for 3 to 4 minutes, stirring once more. Uncover pan, stir in sherry, and cook until liquid evaporates. Mix in parsley and lemon juice. Season with salt and pepper to your liking. Toast bread once or twice until it is nicely browned and spread with butter. Spoon mushrooms over toast and serve.



Japanese Noodles with Shimeji Mushrooms by SteamyKitchen.com

- 7 ounces dried Japanese style noodles (udon or soba...or you could use spaghetti)
- 1/2 cup olive oil (or other cooking oil)
- 2 garlic cloves, minced
- 6 ounces shimeji mushrooms, base discarded, mushrooms separated
- 2 tablespoons soy sauce
- 2 teaspoons miso paste
- salt and pepper
- 2 tablespoons finely minced parsley

Bring a large saucepan of water to a boil and cook the noodles according to package instructions. Meanwhile, heat the oil in a skillet over a low heat and add the garlic cloves. Saute until fragrant, about 30 seconds.

Turn up the heat and add the shimeji mushrooms and saute until the mushrooms are soft. Lower the heat and add a ladleful of cooking water from the noodles, the soy sauce, and the miso paste. Stir until the miso is dissolved well. Adjust seasoning with salt and pepper and seave the sauce to simmer.

Drain the noodles and add them to the sauce. Stir well to coat every noodle and serve with chopped parsley

Shimeji Mushroom Stir Fry by Dianasaur.blogspot.com

- 2 servings of noodles
- 2 TBS dark sesame oil
- 2 TBS finely chopped red onion
- 1 inch grated ginger
- 2 cloves garlic grated or minced
- 1 small bunch shimeji mushrooms
- 1 handful spinach leaves torn into bite size pieces
- juice of 1/2 lime
- 1 TBS fish sauce

Prepare your noodles according to package directions and drain when cooked. Heat sesame oil in a pan over medium high and add onion, ginge and garlic. Fry two minutes and add drained noodles. Stir to coast noodles well with the oil.

Fry noodles for 3 minutes and add mushrooms and spinach. Stir well and fry another 3 minutes. Add lime juice and fish sauce, stir a final time and fry 2 more minutes

Vietnamese Style Cauliflower with Straw Mushrooms by Emeril Lagasse

- 1 tablespoon soy sauce
- 2 tablespoons water
- 1/4 teaspoon sugar
- 1 tablespoon olive oil
- 1 cup cauliflower florets, sliced thinly lengthwise
- 1 leek (about 6 ounces), white part only, sliced thinly horizontally
- 1/2 cup straw mushrooms
- 1 cup hot steamed rice

Combine the soy sauce, 1 tablespoon of water, and sugar in a small bowl.

Heat the oil in a frying pan over high flame. Drop the leeks in the oil and cook, stirring for 30 seconds. Add the cauliflower. Add remaining tablespoon of water and cover, turn heat to medium and cook for 2 minutes. Uncover and add the straw mushrooms and sauce. Cook, stirring often, for 2 more minutes. Serve over steamed rice.

Cauliflower & Bacon Gratin by Giada De Laurentis

- Unsalted butter, for dish, plus 1/2 stick (4 tablespoons), cut into 1/2-inch pieces
- 3 slices day-old sourdough bread or 2 cups bread crumbs
- 3/4 cup heavy cream
- 1 teaspoon all-purpose flour
- 1/4 cup capers, rinsed and drained
- 8 ounces bacon, cooked until crispy and cut into 1/2-inch pieces
- 1 cup grated Gruyere, divided
- Kosher salt and freshly ground black pepper
- 1 pound cauliflower, trimmed and cut into florets
- Olive oil, for drizzling

Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Butter an 8 by 8-inch casserole dish. Set aside.

In the bowl of a food processor, blend the bread until it forms into crumbs.

In a large non-stick skillet, heat the butter over medium heat. Add the bread crumbs and cook, stirring constantly until all the butter has been absorbed and the bread crumbs are toasted, about 1 to 2 minutes.

In a medium bowl, whisk together the cream and flour. Add the capers, bacon and 1/2 cup of the Gruyere. Season with salt and pepper, to taste.

Bring a medium saucepan of water to a boil over high heat. Add the cauliflower and cook for 2 minutes. Drain the cauliflower and toss with the cream mixture. Pour the cauliflower mixture into the prepared baking dish. Sprinkle with the bread crumbs and remaining 1/2 cup of cheese.

Drizzle with olive oil and bake for 35 to 40 minutes until the cheese has melted and the top is golden brown.

Cauliflower, Spinach, Chickpea Balti by DinnerCoops.cs.cmu.edu

Balti is a stir-fried curry invented by the Pakistani community the English Midlands. Unlike curry, it's usually eaten with naan bread rather than rice. The first part of the recipe (making balti sauce) is more or less standard for all baltis; you can substitute almost any vegetables in the second part. I tend to build up a stock of balti sauce in the freezer, and use up any leftover vegetables by making baltis. Originally from: High Quality Balti, Birmingham, England Printed in: 100 Best Balti Curries, Diane Lowe and Mike Davidson

3 tbsp vegetable oil
0.75 inch cube of ginger, grated
1 large garlic clove, crushed
5 onions, chopped
4 tomatoes, chopped
2 tsp chopped fresh coriander (cilantro)
1 tsp ground cumin
0.5 tsp turmeric powder
0.25 tsp chilli powder
0.5 tsp paprika
0.5 tsp garam masala
2 bay leaves
4 brown cardamoms, broken slightly open
1.5 tsp dried methi (fenugreek leaves)
1.5 tsp salt

12 oz cauliflower florets
14 oz frozen spinach, thawed and drained (or use 1.25 lb fresh, cooked and drained)
15 oz cooked chickpeas
5 tbsp vegetable oil
4 onions, chopped
1 inch cube fresh ginger, grated
6 garlic cloves, crushed
2 tsp salt
4 tomatoes, chopped
2-3 fresh green chillies, finely chopped
1 tbsp chopped fresh coriander (cilantro)
1 tsp garam masala

Part 1: Sauce: Heat the oil over a moderate heat. Add the ginger and garlic and stir. Add the onions and stir-fry until they are translucent. Add 9 fl oz water and bring to the boil. Add everything else, cover and simmer on a low heat for 30 minutes. Remove the bay leaves and cardamom pods, and liquidize the rest in a blender. This will make about 2 pints of balti sauce.

Part 2 : Stir-frying: Heat the oil in a large wok (or a frying pan) over a medium high heat. Fry the onions gently until they begin to turn brown. Add the ginger and garlic, stir well, and cook for one minute. Add the spinach, tomatoes, cauliflower, chickpeas, salt and enough balti sauce to coat all the vegetables (4-6 ladles of sauce). Turn the heat to low, cover and simmer until the cauliflower is just tender. Add the green chillies and stir-fry for 3 more minutes. Stir in the coriander.

Just before serving, sprinkle the garam masala on top. Serve with naan bread or chapatis.

Cauliflower and Spinach Gratin by CWinters.com

Door-to-door: Assemble, but do not bake, the gratin up to two days ahead and refrigerate. If desired, use a disposable/recyclable aluminum lasagna pan.

- 1 large head cauliflower (about 2.75 lbs), cut into small florets
- 10 oz fresh spinach, stemmed and well-rinsed
- 2 slices whole-wheat bread, crusts trimmed and discarded, bread torn into large pieces
- 1 T olive oil
- 12 oz. soft or firm silken tofu (optional: low-fat)
- 1/3 c dijon mustard
- 1/2 t salt
- 1/2 t freshly ground pepper
- Pinch cayenne pepper
- 3/4 c grated Parmesan cheese

Heat oven to 375F. Coat shallow 2-quart gratin or baking dish (~11.5 x 8 inches) with cooking spray.

Bring large pot of lightly salted water to a boil. Add cauliflower and cook until tender, 7-9 minutes. Drain, rinse under cold water and drain again. Set aside.

In same pot over med-high heat, cook spinach with very small amount of water (leftover from rinsing), stirring often, just until wilted, 3-5 minutes. Drain, rinse under cold water and drain again. Press out excess water. Set aside.

In food processor turn bread into coarse crumbs. Transfer to small bowl and coat with olive oil.

In food processor run through tofu, mustard, salt, pepper and cayenne until smooth and creamy. Pulse in parmesan until just mixed. Mix with cauliflower and spinach in large bowl until they're coated.

Scrape everything evenly into gratin dish, spread bread crumbs on top. Bake until heated through and top golden -- 35-45 minutes. Serve hot.



Tomato, cauliflower & spinach curry by BBCGoodFood.com

Fry the onion in 2 tbsp oil until soft and golden - about 7 minutes. Add the curry paste and cook for a couple of minutes until fragrant. Throw in the cauliflower, tomato and 300ml water then bring to a gentle simmer for 10-15 minutes until the tomato has broken down and the cauliflower is tender. Stir through the spinach until wilted and serve with warm naan bread.

Tomato, Spinach, Cauliflower Soup by Health & Nutrition Deborah.org

- 1 1/2 lb one head cauliflower cut
- 1/4 cup white onions, 1/4 dice
- 2 large garlic cloves, finely chopped
- 1 tsp olive oil
- 1 liquid margarine, spray
- 3 large tomatoes, diced medium
- 1 olive oil spray
- 2 Tbsp chopped green chilies
- 1/4 cup salsa verde; optional
- 6 cup chicken stock
- 4 oz chopped spinach, leaves
- 1/4 cup fresh cilantro leaves; tightly packed
- 1 salt and pepper, to taste
- 2 Tbsp low-fat sour cream
- 1 chopped fresh cilantro, for garnish
- 1 hot pepper sauce



Position a rack about 5 to 5 1/2 inches below the broiler in an oven. Preheat the broiler. Combine the cauliflower, onion, garlic, and oil in a mixing bowl. Toss to coat. Transfer mixture to a baking sheet or pan, spray with little liquid margarine and broil for 12-15 minutes or until the edges of the florets are dark brown, almost black. Remove from oven. Set aside to cool.

Spray a large soup pot; place pot over high heat; sauté the tomatoes and chopped green chilies or other peppers for 5 minutes, stirring often. Add concentrated soup base, stir; bring to a boil, let boil for 5 minutes, then decrease the heat and simmer for about 10 minutes.

Coarsely chop the broiled vegetables and add them to the pot along with the spinach and cilantro. Let simmer 10 minutes. Add the cauliflower. Puree with a handheld blender until as smooth as possible. Season to taste with salt. Let simmer 3 minutes. Ladle the soup into bowls. Garnish with a dollop of sour cream and cilantro and serve with hot pepper sauce.

Mexican tomato zucchini soup by chow.com

This is the classic recipe developed from leftovers that were going to spoil if I didn't use them. Checking the fridge, I had lots of zucchini, a lime, and half a can of tomato sauce.

My favourite hot sauce to use with this recipe is Marie Sharp's orange or grapefruit habanero sauce, but any other quality hot sauce will do. Tabasco, in my opinion, is an abomination unfit for human consumption.

INGREDIENTS

- 2-3 cups diced zucchini
- 2 Tbsp. olive oil
- 3 cloves garlic, crushed
- 2 tsp. ground cumin
- Hot sauce to taste
- 4 cups chicken stock
- 1/2 to 1 can of tomato sauce (you could also use crushed tomatoes)
- Cooked chicken (optional, but a great way to use up leftovers)
- 1/2 cup of couscous
- Juice of 1 lime

Saute the zucchini and garlic in olive oil over medium heat, stirring, until zucchini is golden. Add cumin and hot sauce, stir to blend in. Add chicken stock and tomato sauce. Increase heat and bring to a simmer (boiling too hard will create unattractive tomato scum on the top). When soup is simmering, add couscous and lime juice. Let sit for two minutes to allow the couscous to soften, then serve.

Watermelon and Cantaloupe Salad with Mint Vinaigrette by Giada De Laurentis

- 1 bunch fresh mint, chopped
- 1/4 cup lemon juice, from about 1 lemon
- 1/4 cup simple syrup, recipe follows
- 1/8 teaspoon amaretto
- 2 cups watermelon balls, from about half a watermelon
- 2 cups cantaloupe balls, from about 1 cantaloupe

In a blender, combine mint, lemon juice, simple syrup, and amaretto. Blend until smooth. In a large bowl, combine the watermelon and the cantaloupe. Add the vinaigrette and toss. Transfer to a serving bowl and serve.

Simple Syrup:

- 1/2 cup water
- 1 cup sugar

In a saucepan, combine water and sugar over medium heat. Bring to a boil, then reduce heat and simmer for 5 minutes, until the sugar has dissolved. Take pan off heat and cool the syrup. Any extra cooled syrup can be saved in an airtight container in the refrigerator.