

# Annie's Organic Buying Club

*making organics affordable for everyone!*



Escarole is the lettuce-looking item in your box today. It can be eaten raw in a salad, or cooked. It is a great addition to soups but doesn't need much time so can be added toward the end of the cooking or can be sautéed. It is a delicious source of fiber, folic acid, and vitamin K and A.

## **Italian White Bean Escarole Soup** by RecipeZaar

- 1 lb dried white bean, rinsed
- 2 tablespoons olive oil
- 2 cups chopped onions
- 1 tablespoon chopped garlic
- 3-4 quarts water
- 1 bay leaf
- 6 ounces escarole, trimmed, cut crosswise into 1-inch lengths (about 3 cups packed)
- 1 cup thinly sliced carrot
- 2 teaspoons salt (or to taste)
- 1/2 teaspoon fresh ground pepper
- 1/4 cup packed Italian parsley
- 2 slices lemon zest (3x1/2-inch)
- 1 garlic clove, peeled
- 2 tablespoons fresh lemon juice
- extra virgin olive oil (for serving)
- freshly grated parmesan cheese (for serving)



Soak beans overnight in large bowl of cold water; or heat to boiling in large saucepan of water, remove from heat, and let stand 1 hour. Drain well. Heat oil in large Dutch oven. Add onions and chopped garlic and cook, stirring occasionally, until golden, about 15 minutes. Add beans and stir to coat with oil. Pour in 3 quarts water and add bay leaf. Heat to boiling. Reduce heat and simmer, partially covered, until beans are tender, 1-1/2 to 2 hours; thin with additional water if necessary. Stir in escarole, carrots, salt, and pepper. Continue simmering until vegetables are very soft, about 45 minutes.

Finely mince parsley, lemon zest, and garlic clove together. Stir into soup and simmer 15 minutes. Taste and adjust seasonings. Stir in lemon juice just before serving. Serve hot, passing oil and Parmesan.

### **Escarole & White Bean Soup** by Eating Well

- 1/4 cup extra-virgin olive oil
- 1 large onion, chopped
- 1 cup halved cherry tomatoes
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped carrot
- 1/4 cup chopped garlic
- 2 teaspoons Italian seasoning or 1 tablespoon each chopped fresh basil and oregano
- 1/2 teaspoon freshly ground pepper
- 2 14-ounce cans vegetable broth or reduced-sodium chicken broth
- 2 15-ounce cans cannellini beans, rinsed
- 1 head escarole, chopped
- 1/2 cup freshly shredded hard Italian cheese, such as Parmesan, Romano or Asiago



Heat oil in a Dutch oven over medium heat. Add onion, tomatoes, celery, carrot, garlic, Italian seasoning and pepper and cook, stirring often, until the vegetables are beginning to soften and the onion is translucent, about 10 minutes. Add broth, bring to a simmer, and cook, stirring often, until the vegetables are tender. Stir in beans and escarole and cook, stirring often, until the escarole is just tender, about 5 minutes. Serve with a sprinkle of cheese.

### **Escarole with Lemon Bread Crumbs** by Rachael Ray

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons butter
- 1 cup bread crumbs
- 2 finely chopped green onions
- 2 lemons, zested, plus 1/2 lemon
- 2 escarole, thinly sliced
- Salt and freshly ground black pepper
- A few grates nutmeg
- 1/2 cup chicken stock
- A drizzle honey



Heat 1 tablespoon olive oil and the butter in a skillet over medium heat, when butter melts add bread crumbs, onions and lemon zest. Toast the bread crumbs until golden, transfer to a bowl and return pan to heat. Add remaining 2 tablespoons olive oil to the pan and then add the escarole. Turn escarole in oil to wilt, then season with salt, pepper and nutmeg. Add the stock and honey and simmer over low heat 2 to 3 minutes to mellow greens a bit. Squeeze the juice of 1/2 lemon over greens, top with the bread crumb mixture and serve.

## **Lentil and Escarole Soup** by InMamasKitchen.com

Celery adds freshness to lentils. Adding an extra stalk, chopped very fine, towards the end brings out the flavor.

- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 2 1/2 quarts water or vegetable broth
- 1 pound lentils, washed and picked over
- 3 stalks celery, roughly chopped
- 2 medium carrots, chopped
- 6 fresh plum tomatoes, roughly cut
- Salt to taste
- Freshly milled pepper
- 2 white potatoes, cut in 1/2 inch dice
- 2 small or 1 large head escarole
- 1 stalk celery, finely chopped
- 1/4 cup flat-leafed parsley minced
- 1 cup grated parmesan cheese

Heat oil in large soup pot. Cook onion over medium heat until it is translucent. As onion softens, add minced garlic. When onion is soft, pour in water or stock. Add lentils. Bring soup to a boil, then lower heat to medium. Add celery, carrots and tomatoes. Season with salt to taste. Do not oversalt as the parmigiano, added on serving, is salty. Grate in pepper. Cover and simmer for about 30 minutes. Add potatoes and cook for 15 minutes. Lentils should be tender.

While soup is cooking, clean the escarole and shred or chop into bite size pieces. Add to the soup and cook for an additional 10 to 15 minutes along with finely chopped celery. Garnish with parsley. Serve with freshly grated parmigiano.

## **Escarole & White Beans** by AllRecipes.com

- 3 tablespoons olive oil, divided
- 2 large heads escarole
- salt and pepper to taste
- 1/4 teaspoon crushed red pepper flakes
- 1 clove garlic, minced
- 2 (16 ounce) cans cannellini beans, undrained
- 3 sprigs fresh parsley, chopped

Heat 2 tablespoons olive oil in a large skillet over medium heat. Toss in escarole, turning to coat with oil. Season with salt, pepper, and crushed red pepper flakes. Cook, stirring occasionally, about 10 minutes, or until tender. In a separate skillet, heat remaining 1 tablespoon olive oil over medium heat. Stir in garlic. Pour in beans with juices, and simmer until creamy, about 10 minutes. Stir in escarole and parsley; simmer 10 minutes more.

### **Sausage and Escarole Soup** by CiaItalia.typepad.com

- 1 medium red onion, peeled and diced
- 1 cup celery, diced
- 2 all purpose potatoes, peeled and diced
- 3 cups kale torn into pieces
- 2 cups escarole, torn into pieces
- 1 cup diced Parmigiano Reggiano cheese rinds (optional)
- 2 tablespoons fresh thyme leaves
- 1 cup cooked ditalini, orzo or other soup pasta or cooked rice
- 1 cup sliced cooked Italian sausage or other cooked meat or chicken
- Salt to taste
- Grinding black pepper to taste
- 2 tablespoons fresh lime or lemon juice

Place the onion and celery in a soup pot and just barely cover with water. Cook over medium high heat until the onions and celery are soft and most of the water has evaporated.

Add the potatoes, kale, escarole, cheese rinds and thyme. Pour enough water into the pot to cover the ingredients. Cover and cook over medium heat until the greens have wilted down and the potatoes are soft, about 15 minutes. Stir in the pasta and sausage. Add salt and pepper to taste and stir in the lime or lemon juice. Serve piping hot with crusty bread.

### **Sauteed Escarole** by Epicurious

- 4 lb escarole (about 4 heads), cored and coarsely chopped
- 1/4 cup extra-virgin olive oil plus additional for drizzling
- 5 garlic cloves, thinly sliced
- 1/2 teaspoon dried hot red pepper flakes
- 1 (2-oz) can anchovy fillets in olive oil, drained, patted dry, and chopped

Wash escarole well in a sinkful of water, then lift out and drain. Cook escarole in a 7- to 8-quart heavy pot of boiling salted water until tender, about 10 minutes, then drain in a colander.

Heat oil in same pot over moderately high heat until hot but not smoking, then sauté garlic and red pepper flakes, stirring, until garlic is golden, about 1 minute. Add anchovies, then reduce heat to moderate and cook, stirring, until dissolved, about 1 minute. Add escarole, stirring to coat with oil, then increase heat to moderately high and cook, uncovered, stirring occasionally, until escarole is tender and most of liquid is evaporated, 8 to 10 minutes. Season lightly with salt.

Spoon onto a platter and drizzle with oil to taste.

## **Escarole-Stuffed Pizza** by Epicurious

- 3 lb escarole (about 3 heads), tough outer ribs discarded and leaves thinly sliced (20 cups loosely packed)
- 1 lb pizza dough at room temperature
- 6 tablespoons olive oil
- 5 garlic cloves, finely chopped
- 10 oz chilled Italian Fontina, coarsely grated (2 cups)

Special equipment: a 9-inch round metal cake pan (2 inches deep). Put oven rack in lowest position and preheat oven to 500°F. Lightly oil cake pan.

Cook escarole in a 6- to 8-quart pot of boiling salted water, uncovered, until tender, 5 to 10 minutes. Drain in a colander, then immerse colander in a large bowl of ice water to stop cooking. Drain again and press gently to remove excess water. Transfer escarole to a large kitchen towel, then gather corners and twist tightly to wring out as much liquid as possible.

Cut off one third of dough (keep remaining dough covered with plastic wrap) and pat into cake pan, covering bottom. Brush with 1 tablespoon oil and prick all over with a fork. Bake until golden, 8 to 10 minutes. Let crust stand in pan on a rack.

Meanwhile, heat 1/4 cup oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté garlic, stirring occasionally, until golden, about 30 seconds. Add escarole, 1/4 teaspoon salt, and 1/4 teaspoon pepper and sauté, stirring, until escarole is coated with oil, about 4 minutes. Transfer to a large shallow bowl to cool slightly, about 15 minutes, then stir in cheese.

Spread escarole filling over crust in pan, leaving a 1/4-inch border around edge. Roll out remaining dough into a 10-inch round (on a lightly floured board if it sticks). Transfer to pan, covering filling and tucking edge under bottom crust to form a flat top and completely enclose filling (stretch dough if necessary). Press edges to seal. Brush top with remaining tablespoon oil and bake until golden brown, 15 to 20 minutes.

Run a sharp thin knife around edge of pan. Invert a rack over pan and, wearing oven mitts and holding pan and rack firmly together, flip pizza onto rack. Turn pizza right side up and cool 15 minutes before serving. Slide pizza onto a cutting board and cut into wedges.

### **Cod with Escarole & Lemon** by MarthaStewart.com

- 2 lemons
- 1 tablespoon olive oil
- 1 medium red onion, halved and thinly sliced
- 2 garlic cloves, thinly sliced
- 2 heads escarole (2 pounds total), cored, trimmed, and coarsely chopped
- 4 boneless, skinless cod fillets (6 ounces each)
- Coarse salt and ground pepper

Thinly slice off both ends of one lemon. Cut into 8 thin slices. From remaining lemon, squeeze 1 to 2 tablespoons juice into a bowl. In a 5-quart Dutch oven or heavy pot, heat oil over medium-high. Cook onion and garlic, stirring occasionally, until golden brown, 6 to 8 minutes.

Stir in escarole and 1/2 cup water. Arrange cod on top; season with salt and pepper. Place two lemon slices on each fillet. Cover, and cook until cod is opaque throughout, 12 to 14 minutes. Transfer cod to a plate. Stir lemon juice into escarole mixture. Serve cod with escarole.

### **Celery, Spinach and Carrot Terrine** by FoodDownUnder.com

- 15 gm Butter, ( 1/2oz)
- 175 gm Celery, chopped (6oz)
- 3 med Size eggs
- 1 x 75 grams full fat soft cheese, (3oz)
- Salt and freshly ground black pepper
- 175 gm Frozen whole leaf spinach, cooked and squeezed dry (6oz)
- 175 gm Carrots, cooked (6oz)
- 1 sprg fresh basil to garnish

Preheat the oven to 160 C, 325 F. Melt the butter and cook the celery for 2-3 minutes, stirring occasionally. Place the mixture in a blender with 1 egg, 25g (1oz) soft cheese and seasoning to taste. Blend until smooth then pour the mixture into a lightly oiled 500g (1lb) loaf tin.

Place the spinach, 25g (1oz) soft cheese, 1 egg and seasoning to taste in the blender, blend until smooth then carefully spoon on top of the celery layer. Finally, blend the carrots, remaining soft cheese, egg and seasoning and spread on top of the spinach layer. Cover with a sheet of lightly oiled foil and bake in the preheated oven for 1 hour. Allow to cool in the tin and chill until required.

Carefully run a knife around the edge of the tin and turn the terrine out onto a plate on a pool of tomato coulis. Garnish with sprigs of basil. Delicious served sliced as a first course or light lunch.

NOTES : An ideal first course served with salad garnish or tomato coulis.

**Juicing** is a powerful and easy way to get vegetables into your life, especially greens. Many of the things in our boxes today including Celery, Beet, Carrot, Spinach, Cucumbers, are all used regularly for juicing. Add a bit of garlic or parsley too. Carrots, beets and cucumbers are great for detoxing the liver, gallbladder and kidneys. Many combinations you can try including:

- Carrot & Spinach for Tooth Decay
- Carrot & Cucumber for Eczema
- Celery & Carrot for Flatulence
- Carrots, Celery & Parsley for Hayfever
- Carrot, Celery, Parsley & Spinach for Headaches
- Lettuce, Celery, Apple, & Onion for Insomnia
- Carrots, Cucumber, Celery, Spinach. Parsley for Detox

#### **Carrot Cucumber Beet Lemon Detox Juicer Recipe**

- 4 carrots
- 1/2 medium size cucumber
- 1/2 medium beet with greens
- 1/4 lemon

#### **Spinach** in Italian Cooking by [www.italiana.co.uk](http://www.italiana.co.uk)

Those of a certain age will recall the cartoon character Popeye the Sailor man consuming cans of spinach prior to taking on his enemies. Attributing superhuman properties to this humble leaf vegetable stems from the long held belief that it contains a large amount of iron. But while those deep-green leaves are indeed a source of valuable nutrition they are more likely to pack a punch in the kitchen than anywhere else.

#### Preparing Spinach for Use

The versatility of spinach is due to the silky mass to which it is reduced when heat is applied. Over 90% of it is water, and when that begins to evaporate the huge bag of green leaves that you brought home from the greengrocer's or supermarket will rapidly shrink in the pan before your eyes. But before the cooking process can begin, it is very important to wash the leaves thoroughly to remove any remaining soil and other impurities. Because of the large amount of raw leaf needed to produce a small amount for the average recipe, it is easier to wash under running water in batches, shaking any remaining liquid from the leaves before placing in the pan.

When the leaves are ready, simply turn on a moderate heat under the pan and turn occasionally with a wooden spoon. When the vegetable has wilted, transfer to a bowl of ice water. This will kill the residual heat, thereby ending the cooking process and ensure the maximum amount of nutrients remain, evidenced by the fact that the deep green colour will be retained. Then it is simply a case of placing the spinach in a tea-towel and wringing in order to squeeze out any remaining water. It is now ready for whatever purpose for which it is intended.

## Spinach Stuffed Pasta

Removing any remaining water is particularly important if the spinach is to form part of a stuffed pasta recipe, such as tortellini or ravioli. Otherwise when the pasta casing has been sealed, even a tiny amount of water in the spinach will leak out, because the pasta to become soggy and the parcel will split and disintegrate when placed in the boiling cooking water. So once all the water has been removed, simply combine the spinach with some chopped toasted pine nuts, ricotta cheese and some freshly grated parmigiano reggiano, nutmeg and black pepper, mix thoroughly and place a measure on each square of pasta before forming into the shape of your choice. The finished dish can be garnished with some melted butter or oil; alternatively, a simply tomato sauce provides an acidic contrast to the creaminess of the pasta stuffing.

## Spinach as a Vegetarian Alternative

A similar approach can be adopted when introducing spinach into a gnocchi or lasagne recipe, the bitterness of the leaf replacing meat to provide an ideal vegetarian alternative in the latter dish.

A variety of meat and fish dishes also thrive in the presence of a side order of spinach, the vegetable needing nothing else apart from some black pepper, the desired amount of finely sliced garlic and a dash of extra virgin olive oil before being plated up.

## Creamed Spinach

- 1 bunch spinach, washed in a sink full of water, stems trimmed slightly, remember the sweetness is in the stems, and chopped
- 1 teaspoon olive oil
- 2 Tablespoons butter
- 1/2 medium sweet onion, sliced very thin
- 1 medium clove garlic, minced
- 1 cup milk, cream or half and half
- 1/2 cup grated fresh Parmesan cheese
- 1/8 teaspoon nutmeg
- 1/4 teaspoon pepper
- sea salt to taste
- 1 lemon

Sauté spinach to wilt it in a little olive oil, about a minute, and remove from pan. Allow to drain on towel. Melt butter and gently sauté onion until translucent. Add garlic; sauté until fragrant, one more minute. If using milk or half and half, add 1-2 tablespoons flour and cook one minute coating onions well, no need to do this with cream. Pour in cream, milk or half and half and bring to a simmer. Add cheese, nutmeg, salt and pepper and simmer until sauce thickens, stirring constantly. Add spinach and stir. Add a little lemon zest at the end and stir.

### **Italian Spinach** by RecipeSource

- 2- 3 bunches Spinach, Well Washed And Trimmed
- Tablespoon Butter
- 1 Tablespoon Olive Oil
- 1 Garlic Clove -- Finely Chopped
- Salt -- To Taste
- 1/4 Teaspoon Cayenne
- Grated Parmesan Cheese

Cut the spinach into coarse shreds. Plunge into boiling salted water to cover and parboil 30 seconds. Drain well and place in a baking dish.

In a skillet heat the butter and olive oil. Add the garlic, salt and cayenne and cook over low heat 5 minutes. Combine the oil mixture with the spinach and sprinkle with cheese and additional butter, melted. Brown quickly under a broiler.

### **Italian Spinach Ricotta Frittata**

- 2 bunches spinach, washed well in a sink full of water, stems trimmed ever so slightly since the sweetness is in the stems, then chopped
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 tablespoon butter
- 1 onion, chopped
- 15 oz Ricotta cheese
- 2 Eggs
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/2 teaspoon freshly grated nutmeg
- 1/4 cup Grated Parmesan cheese

Heat oven to 400 degrees. In a frying pan add oil and spinach and sauté for a minute or two until it wilts. Remove and place on towel to drain. Add butter, garlic and onion to the pan and cook until onion is translucent and garlic is fragrant.

Mix eggs, ricotta, seasoning, and cheese in a bowl. Add spinach and onions to the egg mixture. Then pour it all back into the preheated pan. Move pan to oven and bake until golden and puffy. Serve before it falls to oohs and ahhs.

### **Wilted Spinach with Lemon & Pine Nuts** by WholeFoodsMarket.com

- 1 large bunch spinach, about 12 cups leaves
- 1 tablespoon extra virgin olive oil
- 1 to 2 garlic cloves, finely chopped
- 2 teaspoons fresh lemon juice
- Salt and pepper
- 1 tablespoon pine nuts, toasted

Sort through spinach, discarding stems and bruised or yellow leaves. Wash spinach in plenty of cold water; if it's sandy, wash a second time, then spin dry.

Heat oil in a large sauté pan over medium-high heat. Add garlic and lemon juice and sauté for 1 minute. Turn the heat to high and add the spinach, 1/4 teaspoon salt and a few pinches of pepper. Wilt the spinach, tossing with tongs to coat the leaves with the hot oil and garlic. (The water left on the leaves after washing will help it to wilt quickly.) Toss in the pine nuts and add salt and pepper to taste. Serve immediately.

### **Quick Spinach & Tomato Pasta** by Eating Well

- 1 pound whole-wheat pasta
- 1 onion, sliced
- 1 tablespoon extra-virgin olive oil
- 1 14-ounce can tomatoes, drained
- 1 pound frozen spinach
- Salt & freshly ground pepper to taste
- 1/3 cup crumbled feta cheese

Cook pasta in a large pot of boiling salted water until al dente, according to package directions. Meanwhile, heat oil in a large skillet over medium-high heat and sauté onion. Add tomatoes; simmer for 10 minutes. Stir in spinach; heat through. Drain the pasta, toss with sauce and season with salt and pepper. Top with feta.

### **Penne with Spinach Sauce** by Giada De Laurentis

- 1 pound whole wheat or multi grain penne
- 3 garlic cloves
- 2 ounces goat cheese
- 1 ounce reduced fat cream cheese
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 6 ounces fresh baby spinach leaves
- 2 tablespoons freshly grated Parmesan

Bring a large pot of salted water to boil. Add the penne and cook until it is tender but still firm to the bite, stirring occasionally, about 12 minutes.

Mince the garlic in a food processor. Add the goat cheese, cream cheese, 3/4 teaspoon of salt, 1/2 teaspoon of pepper, and half of the spinach leaves. Blend until the mixture is smooth and creamy. Set the cheese and spinach mixture aside.

Meanwhile, place the remaining spinach leaves in a large bowl.

Drain the pasta, reserving 1 cup of the cooking liquid. Spoon the pasta atop the spinach leaves in the bowl. Scrape the cheese and spinach mixture over the pasta mixture and toss to coat, adding enough reserved cooking liquid to moisten. Season the pasta, to taste, with salt and pepper. Sprinkle the Parmesan over and serve

### **Arugula**

The luscious tangy leaves of Italian arugula, also called rocket salad by the English and roquette in France, are ... absolutely essential in today's wonderful salads. The nutty zip they give to mixtures of lettuce and other greens becomes a taste you'll crave and wouldn't do without. Peppery arugula complements the traditional summer tastes of basil and sun-warmed tomatoes, and goes equally well with cool season salads of heartier greens, nuts and pears or apples. By DigTheDirt.com

Add chopped arugula or spinach to hot pasta to wilt it with oil and garlic. Use either to make a pesto.

### **Arugula Pesto Recipe** by SimplyRecipes.com

- 2 cups of packed arugula leaves, stems removed
- 1/2 cup of walnuts
- 1/2 cup fresh Parmesan cheese
- 1/2 cup extra virgin olive oil
- 6 garlic cloves, unpeeled
- 1/2 garlic clove peeled and minced

Brown 6 garlic cloves with their peels on in a skillet over medium high heat until the garlic is lightly browned in places, about 10 minutes. Remove the garlic from the pan, cool, and remove the skins. Toast the nuts in a pan over medium heat until lightly brown, or heat in a microwave on high heat for a minute or two until you get that roasted flavor. In our microwave it takes 2 minutes.

Combine the arugula, walnuts, roasted and raw garlic into a food processor. Pulse while drizzling the olive oil into the processor. Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese.

Because the pesto is so dependent on the individual ingredients, and the strength of the ingredients depends on the season or variety, test it and add more of the ingredients to taste.

Mix with freshly prepared pasta of your choice. You may need to add a little bit of water or more olive oil to mix the pesto more evenly with the pasta. Makes enough pesto sauce for an ample serving of pasta for four people.

### **Lemon Fusilli with Arugula** by Barefoot Contessa

- 1 tablespoon good olive oil
- 1 tablespoon minced garlic (2 cloves)
- 2 cups heavy cream
- 3 lemons
- Kosher salt and freshly ground black pepper
- 1 bunch broccoli
- 1 pound dried fusilli pasta
- 1/2 pound baby arugula (or 2 bunches of common arugula, leaves cut in thirds)
- 1/2 cup freshly grated Parmesan
- 1 pint grape or cherry tomatoes, halved

Heat the olive oil in a medium saucepan over medium heat, add the garlic, and cook for 60 seconds. Add the cream, the zest from 2 lemons, the juice of 2 lemons, 2 teaspoons of salt, and 1 teaspoon of pepper. Bring to a boil, then lower the heat and simmer for 15 to 20 minutes, until it starts to thicken.

Meanwhile, cut the broccoli in florets and discard the stem. Cook the florets in a pot of boiling salted water for 3 to 5 minutes, until tender but still firm. Drain the broccoli and run under cold water to stop the cooking. Set aside.

Bring a large pot of water to a boil, add 1 tablespoon of salt and the pasta, and cook according to the directions on the package, about 12 minutes, stirring occasionally. Drain the pasta in a colander and place it back into the pot. Immediately add the cream mixture and cook it over medium-low heat for 3 minutes, until most of the sauce has been absorbed in the pasta. Pour the hot pasta into a large bowl, add the arugula, Parmesan, tomatoes, and cooked broccoli. Cut the last lemon in half lengthwise, slice it 1/4-inch thick crosswise, and add it to the pasta. Toss well, season to taste, and serve hot.

### **Arugula & Spinach Salad with Goat Cheese & Pepitas** by Rachael Ray

- 2 cups arugula or baby arugula, washed
- 2 cups baby spinach leaves, washed
- 1 8-ounce log goat cheese, crumbled
- 1/2 cup pepitas
- Juice of 1 lemon
- Salt and ground black pepper
- 3 tablespoons EVOO – Extra Virgin Olive O

Mix together the arugula, spinach, goat cheese, pepitas and lemon juice in a large salad bowl. Season with salt and black pepper.

Drizzle with about 3 tablespoons EVOO and toss to coat. Serve alongside Steakhouse Rib-Eye for the ultimate steakhouse supper ... at home!.

### **Beet and Goat Cheese Arugula Salad** by Giada De Laurentis

- 1/4 cup balsamic vinegar
- 3 tablespoons shallots, thinly sliced
- 1 tablespoon honey
- 1/3 cup extra-virgin olive oil
- Salt and freshly ground black pepper
- 6 medium beets, cooked and quartered
- 6 cups fresh arugula
- 1/2 cup walnuts, toasted, coarsely chopped
- 1/4 cup dried cranberries or dried cherries
- 1/2 avocado, peeled, pitted, and cubed
- 3 ounces soft fresh goat cheese, coarsely crumbled

Line a baking sheet with foil. Preheat the oven to 450 degrees F.

Whisk the vinegar, shallots, and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper. Toss the beets in a small bowl with enough dressing to coat. Place the beets on the prepared baking sheet and roast until the beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool.

Toss the arugula, walnuts, and cranberries in a large bowl with enough vinaigrette to coat. Season the salad, to taste, with salt and pepper. Mound the salad atop 4 plates. Arrange the beets around the salad. Sprinkle with the avocado and goat cheese, and serve.



### **Roasted Beets & Arugula with Blue Cheese Dressing** by Tyler Florence

- 3 bunches baby beets, washed, trimmed, and halved
- 1/3 cup extra-virgin olive oil
- 1 handful fresh thyme sprigs
- Kosher salt and freshly ground black pepper
- 5 bunches arugula, washed, dried, and hand-torn
- Celery leaves from 1 bunch celery, about 1/2 cup
- 1 cup walnut halves and pieces, toasted
- 1/2 pound blue cheese, crumbled
- 1 cup sour cream
- 2 tablespoons chopped fresh chives
- 1 lemon, juiced

Preheat the oven to 400 degrees F.

Lay the beets on a large sheet of aluminum foil, drizzle with the oil, toss the thyme on top, and season with salt and pepper. Fold up the foil tightly to make a sealed pouch and put it on a sheet pan. Bake until the beets are tender when pierced, about 45 minutes to 1 hour. (Drop a knife in the center of 1 beet; if it slides out without resistance, they're done.) Let the beets cool to room temperature and remove skins. Put beets in a large mixing bowl. Add the arugula, celery leaves, and walnuts; toss to combine.

To make the blue cheese dressing: Put the blue cheese and sour cream in a bowl, mashing with a fork to combine. Add the chives, lemon juice, and a few turns of freshly ground black pepper; mix to incorporate, leaving a few chunks of cheese in the dressing. Thin out the dressing with a tablespoon of water, if you wish, to smooth out the consistency.

Pour the blue cheese dressing over the salad and toss gently to coat; season with salt and pepper. Put the salad on a chilled platter and serve.

### **Tomato Salad with Cucumbers, Arugula and Sardines** by Epicurious

- 1 cucumber, quartered lengthwise, thinly sliced crosswise
- 1 1/4 pounds tomatoes, seeded, diced
- 1/2 medium onion, cut into thin rings
- 1/2 cup chopped fresh Italian parsley
- 1/2 cup coarsely chopped arugula
- 2 tablespoons chopped fresh mint
- 8 oil-packed sardines, drained, diced
- 1/3 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 teaspoons grated lemon peel

Combine cucumber, tomatoes, onion, parsley, arugula, mint, and all but 2 pieces sardines in large bowl; toss to combine.

Place reserved sardines in medium bowl; mash with fork until smooth. Whisk in oil and lemon juice. Season dressing with salt and pepper; mix into salad. Transfer to serving bowl; sprinkle with lemon peel.

### **Roasted Beet and Cucumber Salad with Ricotta Salata** by SeriousEats.com

- 1 bunch beets
- Salt, to taste
- Extra-virgin olive oil
- Red wine vinegar
- Freshly ground pepper, to taste
- 1 English cucumber
- 1 bunch radishes
- 1 teaspoon chopped fresh dill (or more to taste)
- 1 teaspoon chopped fresh mint (or more to taste) Ricotta salata

Roast the beets: Remove tops and wash beets. Place beets in a roasting pan; sprinkle with salt and olive oil. Add a little water to the pan to prevent beets from sticking. Roast in 350°F oven until beets are easily pierced with a knife. Let cool; peel off the skins and slice into quarter-inch slices. Toss with a little vinegar, olive oil, salt, and pepper.

Make the cucumber salad: Prepare this at least half an hour before serving to let the vegetables soften. Peel cucumber in alternating strips, cut it in half lengthwise, and scoop out the seeds with a spoon. Slice

on the bias into quarter-inch slices. Slice the radishes into thin rounds. Cut the red onion in half and slice it as thin as possible against the grain. As with the beets, toss cucumber, radishes, and onion with olive oil, vinegar, salt, and pepper as well as the dill and mint.

Place beets on the plate, put the cucumber salad on top of the beets, and shave ricotta salata on top.



**Onions, Carrot & Celery** in Italian Cuisine by [www.italiana.co.uk](http://www.italiana.co.uk)

In any winning team there are always those that play a supporting role while others are destined to take all the glory. Onion, carrot and celery are often very much found in the former category, whether as a basis for a tomato sauce or providing the foundations for a sturdy braise.

This is not to say that any of them should be treated with disrespect or their preparation regarded as of little importance.

*Structured Approach*

Italians pay particular attention to this structured approach to cooking, working on the basis that there is little chance of a recipe falling down provided each step is followed to the letter. Therefore, every dish begins with the battuto, or literally beaten, stage that refers to the downward action of the knife through the vegetables and onto the chopping board. This is followed by the soffritto which involves the sautéing of the vegetables in a skillet or casserole pan.

It is very important that all the pieces colour and cook at the same rate so care should be taken during the battuto to chop evenly in order to achieve this, otherwise, for example, one piece of carrot is going to cook at a different rate to another, compromising the taste and texture of the finished dish.

When sautéing, add the carrot and the celery first, followed by the onions. While the onion will soften and become translucent relatively quickly, the other two will take longer to break down and the desired result is that all three are at the same stage when the next series of ingredients are added.

High Jumps and Sizzling: Be careful with the heat under the pan when sautéing, too. The word translates as jumping around, but light skips in the fat rather than high jumps and sizzling are the order of the day, otherwise the vegetables will burn, leaving a nasty taste that will permeate through the finished dish.

While the sweetness of the carrot and subtle aniseed of the celery are best used as a base to build flavours, onions can take centre stage on a more regular basis. For example, a simple red onion salad can work very well with a number of grilled fish dishes. Rather than cutting the onion into fine dice as would be appropriate when preparing a soffritto, it should be reduced to very thin rings by approaching it side on and cutting across the equator. The layers should be built up on a large serving dish, and then finished off with some extra virgin olive and balsamic vinegar in a ration of 3:1 immediately prior to laying on the table.

Scoop out the Soft Centre: Onions also work well stuffed or ripieno in Italian. Using a sweeter white onion cut across the equator and nip off the end of the root so that the onion halves sit steadily in an over-proof dish. Then bake for around half an hour, remove and scoop out the now soft centre. Mix with any combination you like, for example some browned meat, or perhaps some cheese and chopped flat-leaf parsley. Fill the onion hollows with the mix, sprinkle on some breadcrumbs and then bake for a further 15 minutes.

**Pomarola (Pummarola)** - Neapolitan Tomato Sauce with Carrot, Celery, Onion, Garlic, and Herbs by FOodDownUnder.com

- 2 1/2 cup   canned, peeled plum tomatoes in juice, or 2 1/2 lbs fresh, sweet, mature vine-ripened plum tomatoes, peeled, seeded, and chopped
- 4       tbl    extra-virgin olive oil
- 2       lrg    garlic cloves bruised
- 1       sm    red onion finely chopped
- 1       med   celery stalk, including leaves finely chopped
- 1       sm    carrot scraped, chopped fine
- 1       tbl    chopped fresh Italian parsley
- Small handful chopped fresh basil
- 2       tbl    tomato paste
- 1/2     tsp    salt - (scant) or to taste
- Freshly-milled black or white pepper to taste

If using canned tomatoes, drain the tomatoes in a colander, reserving their juice. Strain the captured tomato juice to hold back the seeds. Using your fingers, push out excess seeds from each tomato. Chop the tomatoes and set aside.

If using fresh tomatoes, bring a large saucepan three-fourths full of water to a boil. Slip in the tomatoes and blanch for 30 to 45 seconds. Drain the tomatoes and immediately plunge them into cold water. Using a paring knife, lift off the skins and cut out the tough area around the core of each tomato. Cut the tomatoes into quarters lengthwise and, using your fingers, push out the excess seeds. Chop the tomatoes.

In a saucepan over medium-low heat, warm 3 tablespoons of the olive oil, the garlic, and onion together, and saute until the garlic is golden and the onion is translucent, 4 to 5 minutes. Then add the celery, carrot, parsley, and basil, and saute until the vegetables are soft, about 10 minutes. Press down on the vegetables with the back of a wooden spoon to release their flavors. Add the tomato paste and continue to saute for 3 minutes. Then add the tomatoes and their juice, cover partially, and simmer gently until thickened, about 45 minutes. Remove and discard the garlic cloves and season to taste with salt and pepper. Remove from the heat and stir in the remaining 1 tablespoon olive oil.

If a smooth sauce is desired, allow it to cool somewhat. Position a food mill over a clean saucepan and pass the sauce through it, being sure to press out as much of the pulp as possible. Place over medium

heat just long enough for the sauce to heat through, about 3 minutes. Remove from the heat and stir in the remaining 1 tablespoon olive oil.

Yields approximately 2 cups, sufficient for saucing 1 pound of pasta. The sauce can be made 4 to 5 days in advance of using and stored tightly covered in the refrigerator, or it can be frozen for up to 3 months. Whether storing it in the refrigerator or freezer, leave out the remaining 1 tablespoon olive oil. Stir it into the sauce after reheating.

### **Tomatoes and the Italian Culture** by [www.italiana.co.uk](http://www.italiana.co.uk)

What would an Italian chef do without tomatoes? Think of those two staples of the peninsula's repertoire pasta and pizza, and it is impossible not to envisage a combination that includes the sweet, juicy red and green fruits reduced in the pan to increase the intensity of their flavour. Indeed, both pasta and pizza both really came of age when this good companion was introduced into the nation's diet around two hundred years ago.

#### *The Best Tomatoes for Cooking*

For the best results, always choose the plum variety for a sauce, either fresh or tinned: it contains less water than other varieties and has firmer flesh, both characteristics ensuring that the optimal result is achieved. There are a number of different brands of the tinned variety available both in supermarkets and delicatessens but most food enthusiasts will state without hesitation that the best are labelled San Marzano, particularly if the enthusiast in question hails from the region of Campania, where they grow in the shadow of Vesuvius, close to the city of Naples. The fruit has an intensity that matches the volcanic temper of Vesuvius herself, and once they have sampled them, cooks are very reluctant to use any other variety. Analysing the tomato by its constituent parts, it should be understood that the flavour comes from the flesh; both the water and seeds in the middle and the skin have absolutely nothing to contribute to the success of a dish, hence the reason why when a tin of plum tomatoes is opened, the product inside has already had the skin removed.

**How to Remove Skin and Seeds from Tomatoes:** When using the fresh variety, it is simplicity itself to remove the seeds and the skin. First, make a small cross on the base of the tomatoes with a sharp knife, then plunge them into boiling water for around 10 to 15 seconds (the intense heat makes the skin shrink). Then transfer the blanched tomatoes to some iced water in order to kill the action of the heat immediately, otherwise the flesh will begin to cook. Then simply lift out each tomato individually and peel: the skin will come away with ease.

To remove the seeds in the watery centre, slice lengthways and scoop them out with a spoon. This process is ideal for preparing any number of tomato-based salads.

#### Tomato Based Salad: Panzanella

One of the most famous tomato salads is panzanella, essentially a peasant dish designed to use up bread which has gone stale. There are a number of variations of the theme, whether the salad is being constructed in Tuscany, Umbria or Campania, but as a basic recipe for four people, peel and deseed four plum tomatoes, cut the flesh into dice and put to one side. Take a clove of garlic, finely slice and reduce

to a paste together with two anchovy fillets and a tablespoon of capers washed to remove either the vinegar or the salt that they have been preserved in. Dice half a red onion, then take four slices, or half a loaf, of stale bread and cut into croutons. In a glass bowl, mix all the ingredients together, then add a combination of one tablespoon extra virgin olive oil with three tablespoons red-wine vinegar. Toss the contents of the bowl in order that everything receives a good coating of oil and vinegar, cover with a cloth and leave for a couple of hours to allow the different flavours to infuse. Adjust for seasoning and serve.

### **Tagliatelle Bolognese** by Tyler Florence

- 2 ounces dried porcini mushrooms, wiped of grit
- 1/4 pound pancetta or slab bacon, finely chopped
- 1 medium onion, finely chopped
- 2 celery stalks, finely chopped
- 2 carrots, finely chopped
- 5 garlic cloves, minced
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 bay leaves
- 2 sprigs rosemary
- 1 1/2 pound ground pork
- 1 1/2 pound ground beef
- 2 cups milk
- 1 (28-ounce) can crushed tomatoes
- 2 cups dry red wine
- Kosher salt and freshly ground black pepper
- 1 pound dry tagliatelle pasta
- Freshly grated Parmigiano-Reggiano, for serving
- 1 handful fresh basil leaves
- Fresh ricotta cheese

Reconstitute the mushrooms in boiling water for 20 minutes until tender, drain and coarsely chop.

Puree the mushrooms, pancetta, onion, celery stalks, carrots, garlic, together in a blender.

In a heavy-bottomed pot add olive oil, bay leaves, herbs and cook gently until fragrant, then add vegetable puree and continue to cook for a further 5 to 10 minutes.

Raise the heat a bit and add the ground pork and beef; brown until the meat is no longer pink, breaking up the clumps with a wooden spoon. Add the milk and simmer until the liquid is evaporated, about 10 minutes. Carefully pour in the tomatoes, and wine and season with salt and pepper. Bring the sauce to a boil, then lower the heat and cover. Slowly simmer for 1 1/2 to 2 hours, stirring now and then, until the sauce is very thick. Taste again for salt and pepper.

When you are ready to serve, bring a large pot of salted water to a boil, add the pasta and cook for 8 to 10 minutes or until tender yet firm (as they say in Italian "al dente"). Drain the pasta well and toss with the Bolognese sauce.

## **Bollioto Misto** by Giada De Laurentis

- 4 pounds beef brisket or top round
- Salt and freshly ground pepper
- 4 cups beef stock or broth
- About 4 cups water, enough to cover the beef
- 2 onions, peeled and quartered
- 4 celery stalks, cut in 1/2
- 1 bay leaf
- 4 carrots, peeled and cut into thirds
- 1 pound small boiling potatoes
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Gorgonzola Sauce, recipe follows
- Salsa Verde, recipe follows



Heat a large braising pot over medium-high heat. Season the beef with salt and pepper. Sear the beef, browning it on both sides, about 5 minutes a side. Carefully add the stock and enough water to just cover the meat. Add the onion, celery, and bay leaf. Bring the liquid to a boil. Lower the heat to a simmer, cover, and cook for 1 hour. Add the carrots and potatoes and cook until the meat is tender, about another hour. Carefully lift out the meat, place on a cutting board, and cover with foil. Strain the vegetables from the stock. Discard the celery, onion, and bay leaf. Arrange the carrots and potatoes on a platter and cover with foil to keep warm. Continue cooking the stock uncovered over medium heat until reduced by half, about 20 minutes. Meanwhile, slice the meat against the grain, on an angle. Arrange the meat alongside the carrots and potatoes on the platter. When the stock has reduced, season with salt and pepper, to taste, and transfer to a gravy dish. Serve the Bollioto Misto with the gravy and bowls of the Gorgonzola Sauce and the Salsa Verde.

**Gorgonzola Sauce:** Put all the ingredients in a food processor until smooth. Serve in a side dish.

- 4 ounces Gorgonzola
- 2 cups mayonnaise
- 1 tablespoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

**Spicy Salsa Verde:** In a bowl, stir all the ingredients together until combined. Serve in a side dish.

- 1 cup chopped parsley leaves, about 1 bunch
- 2 shallots, chopped
- 2 tablespoons chopped capers
- 2 cloves garlic, minced
- 2 teaspoons hot sauce, or 1/4 teaspoon red pepper flakes
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons sherry vinegar
- 1 1/2 cups extra-virgin olive oil

## Hunter's Minestrone by Tyler Florence

- 2 quarts chicken stock
- 1 head garlic, halved
- 1/2 pound small rigatoni
- Extra-virgin olive oil
- 8 fresh sage leaves
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 3/4 pound loose sweet Italian pork sausage
- 2 medium carrots, roughly chopped
- 2 celery ribs, roughly chopped
- 1 onion, roughly chopped
- 1 (28-ounce) can crushed plum tomatoes
- 1 bay leaf
- 2 (28-ounce) cans cannelloni beans, drained and rinsed
- 1/2 bunch fresh parsley leaves, finely minced
- Coarsely ground black pepper
- 12 slices baguette
- 1 cup freshly grated Parmigiano-Reggiano

Combine the stock and halved garlic head in a big saucepan and simmer for about 15 minutes to give the stock a nice, garlicky taste; strain out the garlic. Keep warm.

Bring a pot of salted water to boil for the rigatoni.

Pour 1/4 cup olive oil in a large saucepan. Add the sage, rosemary and thyme and warm the oil over medium heat to infuse it with the flavor of the herbs, 3 to 4 minutes. Add the sausage and cook, breaking up the sausage with the side of a big spoon until well browned. Chop the carrots, celery, and onion in a food processor. Add to the saucepan and cook for 3 to 4 minutes, until the vegetables are softened but not browned.

To the pan with the sausage stir in the crushed tomatoes, bay leaf, cannelloni beans, and chicken stock. Bring to a simmer and cook for 15 minutes stirring occasionally.

Cook the rigatoni in the boiling water for 6 minutes; it should be slightly underdone. Drain and stir into the simmering soup. Add the parsley, and salt and coarsely ground black pepper, to taste. Discard the bay leaf and herb sprigs.

To serve, preheat the broiler. Put the baguette slices in a single layer on a baking sheet. Sprinkle with the Parmigiano and broil until the cheese is bubbly and golden brown, about 3 minutes. Ladle the soup into bowls and float a couple of the baguette slices on top

Serve with a good scoop of fresh ricotta cheese and garnish with some shredded basil, grated Parmigiano and a drizzle of olive oil.

How **Garlic** is Used in Italian Cuisine by [www.italiana.co.uk](http://www.italiana.co.uk)

The Italians have devised a special role for the garlic bulb, a member of the allium family which also counts among its ranks the onion and the leek. While a great many Mediterranean recipes seem to take the presence of garlic as a given, this is not always the case in the Italian peninsula for the simple reason that its distinctive taste can sometimes detract from more shy and retiring ingredients. Similarly, whereas the more ballsy Neapolitans may throw it in without a thought, some of their more reserved Northern compatriots would hold back.

#### *How Much Garlic to Use?*

If garlic is to be included, then there is the question of how much. For example, a piece of roast pork or a whole roast chicken could be accompanied in the oven by one, even two whole bulbs. An hour or two in the intense heat will effectively pulp the flesh but bestow on it a relatively subtle taste and aroma. It would then simply be a case of squeezing out the cooked garlic and adding it to the meat juices for a delicious sauce. When adding garlic to the soffritto for a pasta sauce, only one clove is usually required, given that its close relative, the onion, will already be contributing to the influence of the alliums.

**How to Prepare Garlic:** The simplest method for peeling a garlic clove is to give it a gentle strike with the flat of a knife. This will split the very dry skin which should fall away from the flesh with ease. If, however, even this simple operation is rather too labour intensive, then pop the clove, or cloves, on a plate and microwave for 10 seconds (no longer, you don't want the garlic to begin cooking). Once the skin has been removed, either finely slice the clove with a very sharp knife, place it on the cutting board and chop into tiny dice by placing the free hand on top of the knife blade and the other to rock the handle up and down against the board, or pulp by chopping, adding a little ground salt, and crushing with the flat of the knife blade against the cutting surface.

**Sautéing Garlic:** When sautéing, ensure that the butter and/or oil is sufficiently hot in order that the garlic begins cooking as soon as it hits the pan. It should then be allowed to sizzle for around 30 seconds before the cooking liquor is added. At all costs, avoid overcooking because as the garlic browns it begins to exude a bitter aroma that will be a portent of its contribution to the final flavour of the dish. Medieval superstition had it that garlic was a potent weapon in fighting off the unwanted attentions of the local vampire. Overcooking it will ensure that mere mortals will think twice before darkening your kitchen door too

#### **Lemon Garlic Broccoli** by About.com

- 3 tablespoon butter
- 2 cloves garlic, finely minced
- 3 tablespoons fresh lemon juice
- salt, to taste
- pepper, to taste, optional

Steam broccoli until tender but firm, about 5 to 7 minutes. Heat the butter in a heavy nonstick skillet over medium heat; add the garlic and sauté for 1 minute. Add the cooked broccoli, lemon juice and salt and pepper to taste, cooking briefly to combine.