



Carrboro & Southern Village

FARMERS' MARKETS

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Recipe of the Week featuring **Greens**
November 12, 2005

Melted Greens

From Sheri Castle of Creative Cooking with Sheri Castle

Although many recipes call for cooking vegetables until they are only crisp-tender, we Southerners know that you can get wonderful results from seriously overcooking certain things, such as greens. This recipe cooks them not once, but twice: once to make them so tender they nearly melt and again to concentrate the flavors.

Use any sturdy, leafy autumn green in this recipe, or a combination. Chop the carrots and onions very fine, nearly minced. They also practically dissolve in the cooking liquid, adding sweetness and flavor. The remaining cooking liquid (often called pot liquor) tastes like great soup. I suggest soaking it up with cornbread or crusty bread.

Ingredients:

6 ounces pancetta or bacon, diced
1 medium onion, finely diced
1 small carrot, diced
3 cloves garlic
3 to 4 cups chicken broth
3 bunches kale, chard or collards (about 2 pounds), washed, stemmed and shredded
2 teaspoons salt
1/2 teaspoon ground black pepper
1/4 teaspoon dried red chili flakes (optional)

Procedure:

1. Cook the pancetta in a large, heavy pot over medium heat until it renders its fat and the meat is crispy, about 10 minutes. Transfer the meat with a slotted spoon to a paper towel to drain, leaving the drippings in the pan.
2. Add the onion, carrots, garlic and broth and cook, covered, stirring occasionally, until the vegetables are completely soft, but not browned, about 10 minutes.
3. Add the kale, salt and stock to the pot and stir well. Cook, covered, over medium heat until the kale is very tender, about 45 minutes.
4. Remove the lid, increase the heat to high and boil until the liquid reduces by half, but the kale isn't dry, about 15 minutes.
5. Season to taste with salt, pepper, and chili flakes.
6. Serve warm, sprinkled with the reserved pancetta, if you wish.

Serves 6-8

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Carrboro Farmers' Market Annual Thanksgiving Market

Tuesday, November 22, 2 – 6 PM

Want a local, seasonal Thanksgiving feast? The Carrboro Farmers' Market Annual Thanksgiving Market can help you achieve just that. Items to expect: Brussels sprouts, carrots, celery, sweet potatoes, bread crumbs, pumpkin and pecan pies, winter squashes, kales, pecans, baking pumpkins, fennel, herb bouquets, cheeses, and dinner rolls.

This Thanksgiving shop Farmers' Market first, grocery store second.

Tune In, Turn On, But Don't Drop Out
The Farmers' Market Review

on 103.5 WCOM, Carrboro's community station, every Wednesday morning at 9:00. You can also listen online at www.communityradio.coop. This is our weekly radio show about farmers, markets, the agricultural community, and our community.

Carrboro Farmers' Market • Sat. 7 AM – 12 PM until Dec. 17
Carrboro Farmers' Market Wednesday Market • closed for the season
Southern Village Farmers' Market • closed for the season

www.carrborofarmersmarket.com
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