

Carrboro & Southern Village Farmers' Markets

Recipe of the Week

March 19, 2005

Platter of Opening Day Vegetables, Herbs, Cheese & Bread

Inspired by the Persian recipe *Nan-o panir-o sabzi-khordan*, this platter of fresh greens, radishes, nuts, herbs, cheese and bread is eaten in combinations that best suit the individual - a radish dipped in a little salt, a bite of green onion and cheese. Team with a simple Chicken Sauté, Crisp Pan-Fried Tofu or Seared Sirloin Steak, to make a wonderful meal...guaranteed to satisfy your Market deprivation, and welcome the start of the season.

1 bunch **radishes**, washed and trimmed leaving some greens attached
1 bunch baby **turnips**, washed and trimmed, greens reserved for another use
1 bunch **green onions**, washed and trimmed at root end
1 bunch **arugula**, washed and trimmed
1 handful **fresh herbs** washed and trimmed. Herbs could include basil, cilantro, watercress, tarragon, mint and dill
4 oz. **cheese**, fresh goat or cow's milk variety, broken into bite size pieces
1 oz. nuts – **pecan** or walnut halves
1 loaf Market **bread**, torn into dinner-roll-size hunks
1 T. Malden's Sea Salt (or kosher salt) poured into a small dish
Fresh pepper
available at the Carrboro Farmers' Market

Arrange the vegetables, greens, herbs, cheese and nuts on a platter. Serve the bread on the side, along with the dish of Sea Salt for dipping and sprinkling. Most commonly served as an appetizer or accompaniment to the main dish, this can also be a refreshing dessert if you add slices of candied ginger and **seasonal berries**. Omit the onion, and serve plain yogurt on the side.

Chicken and **beef** are available at the Market for accompanying main dishes. Ask at the information booth for vendor locations.

Crisp Pan-Fried Tofu

16 oz. firm organic tofu
3 T. butter
Whole-wheat flour for dusting

Mix together:

2 T. soy sauce
1 T. candied ginger, finely chopped (or 1 T. stemmed ginger finely chopped with some syrup)
2 t. rice wine vinegar
(cont.)

Drain tofu and tear into thirds, width-wise
Tear each third in half again
Place tofu on 2 paper towels, cover with 2 paper towels, place cutting board on top of tofu and press to release water, or weigh down and allow to drain for 20 minutes

After tofu has drained, dust each piece with whole-wheat flour
Melt butter in pan large enough to fit all tofu pieces without touching each other
Pan fry the tofu, 2 minutes per side, until hot and crispy
Brush top of each tofu piece with the soy and ginger mixture
Serve hot with vegetables, herbs, cheese and bread platter

Thanks to Carrboro Farmers' Market Staffer, Kelly Clark, for providing this recipe

What's Happening at the Market?

Saturday, April 2, 2005

Best of the day with Sheri Castle

8:30 – 11 AM

Come see what this local cooking instructor does with Market Ingredients

Wednesday, April 13, 2005

Carrboro's Mid-Week Market Opens

3:30 – 6:30 PM

Thursday, April 14, 2005

Southern Village Farmers' Market Opens

with New Hours

3:30 – 7 PM

Saturday April 23, 2005

Carrboro Farmers' Market Seedling Event for Kids

8:30 – 11 AM

Kids, come and get a seedling to take home and plant. We'll take a picture of you with your seedling. Then, when your plant has grown, come back with what it yielded and we'll display all your hard work for others to see.

www.carrborofarmersmarket.com

www.southernvillagefarmersmarket.com