



# *Carrboro*

## **FARMERS' MARKET**

locally grown - nationally known

April 2, 2005 Cooking Demonstration

*Featuring Sheri Castle of Creative Cooking with Sheri Castle*

### **Tuscan Kale with Raisins and Pine Nuts**

3 bunches (about 2 1/2 pounds) Tuscan kale (a.k.a. Cavolo Nero, Lacinato, or Dinosaur kale)  
3 tablespoons olive oil  
2 small yellow onions, peeled and minced  
1/4 cup red wine vinegar  
4 tablespoons raisins, plumped in hot water and drained  
4 tablespoons *pignoli* (pine nuts), toasted  
Salt and pepper

1. Remove and discard the stems and center ribs from the kale and shred it. Working in batches, blanch the kale in a large pot of boiling salted water for 2 minutes per batch. Transfer the blanched kale with tongs to a colander and drain well, pressing out as much water as possible.
2. Warm the olive oil in a large, heavy skillet over medium-high heat.
3. Add the onions and cook, stirring often, until tender, about 8 minutes.
4. Add the kale, vinegar, raisins and pine nuts and warm through.
5. Season with salt and pepper.
6. Serve warm or at room temperature.

Makes 6 to 8 servings

## **Killed (“Kilt”) Lettuce**

6 generous handfuls (about 12 cups) fresh leaf lettuce  
2 spring onions, sliced thinly  
6 slices thick-sliced, Applewood smoked bacon, cut into 1-inch pieces  
1/4 cup cider vinegar  
2 teaspoons sugar  
Salt and freshly ground black pepper to taste

1. Wash and dry the lettuce thoroughly. Place the lettuce and onions in a serving bowl.
2. Fry the bacon in a skillet over medium heat until crisp. Remove the bacon with a slotted spoon and let it drain on paper towels, leaving the bacon drippings warm in the skillet over low heat.
3. Add the vinegar and sugar to the bacon drippings, stirring until the sugar dissolves.
4. Increase the heat to high and cook the mixture until it is very hot, but not smoking.
5. Pour the hot dressing over the lettuce and onions, tossing to coat and wilt the greens.
6. Season to taste with salt and pepper.
7. Serve immediately—this won’t keep.

Makes 4 servings

## **Pasta with Sausage, Arugula and Cheese**

1 pound tender arugula  
1/4 cup plus 1 tablespoon extra-virgin olive oil  
1 medium onion, chopped  
2 garlic cloves, minced  
8 ounces sweet Italian sausage, casing removed  
1/2 teaspoon crushed red pepper flakes  
1 pound farfalle or other short pasta  
1/2 cup (2 ounces) freshly grated cheese  
Salt and pepper to taste

1. Wash the arugula and shake off the excess water, but do not spin dry.
2. Heat 1 tablespoon of the oil in a large skillet over medium heat. Add the onion and cook until it softens, about 5 minutes.
3. Add the garlic and cook for 30 seconds.
4. Add the sausage and pepper flakes and cook, breaking up the meat with the side of a spoon, until the meat browns, about 4 minutes.
5. Add the arugula, a handful at a time, stirring until each batch wilts before adding another. Cover the skillet, reduce the heat to low and simmer until the arugula is tender, about 5 minutes.
6. Meanwhile, cook the pasta until tender in a large pot of boiling, salted water. Scoop out about 1/2 cup of the pasta cooking water and set it aside. Drain the pasta and return it to the pot.
7. Stir in the arugula and sausage mixture and the remaining 1/4 cup of olive oil.
8. Stir in the cheese and toss, adding enough of the reserved pasta water to moisten the pasta.
9. Season to taste with salt and pepper.
10. Serve hot, with additional cheese.

Note: Try broccoli in place of the arugula.

Makes 4 to 6 servings