

*Carrboro & Southern Village*

## **FARMERS' MARKET**

locally grown • nationally known

### **Recipe of the Week featuring Green Garlic**

**April 30, 2005**

### **Green Garlic and Potato Gratin**

**From Sheri Castle of Creative Cooking with Sheri Castle**

Green garlic is catching on around here! I first discovered green garlic in California where it's been a staple springtime ingredient for years. The tender shoots, which resemble a slender leek, are nothing more than baby garlic. If you slice the tender white part of a shoot, you can see the delicate circle of tiny cloves. The flavor is clearly garlic, but it's less pungent than mature heads. Nonetheless, a little goes a long way, although if you're a true garlic lover, you can always use more.

This recipe gleans all the flavor from each shoot. The green tops are steeped in cream and the white parts are sautéed and stirred into the dish.

- 2 to 3 shoots of green garlic (about 4 ounces)
- 1 cup whole milk
- 1 cup heavy cream
- 1/2 teaspoon whole black peppercorns
- 4 flat-leaf parsley sprigs
- 2 thyme sprigs
- 1 fresh marjoram sprig
- 1 bay leaf
- 1 1/2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons butter, softened to room temperature
- 2 pounds Yukon Gold potatoes
- 1 1/2 cups (about 4 ounce) grated Gruyere cheese, divided
- 2 tablespoons chopped fresh chives, divided
- 1/2 cup (about 1 ounce) grated Parmesan cheese

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1. Trim off and discard the root ends of the garlic shoots. Thinly slice the tender white parts until you have 1/2 cup and set it aside.
2. Roughly chop the green tops until you have 1/2 cup and combine them in a small saucepan with the milk, cream, peppercorns, parsley, thyme, marjoram and bay. Bring to a simmer over medium-low heat and cook for 5 minutes. Remove from the heat, cover, and set aside to steep for 30 minutes. Strain the mixture through a sieve into a clean bowl and discard the solids.
3. Preheat the oven to 375°.
4. Heat the oil in a small skillet over medium heat. Add the garlic, along with a pinch of salt and pepper and cook, stirring often, until softened, about 3 minutes. Don't let the garlic stick to the pan or brown, so add a little water if necessary.
5. Butter a 2-quart gratin or baking dish.
6. Peel the potatoes and slice them as thin as possible with a knife or on a vegetable slicer.
7. Arrange one-fourth of the potatoes in the bottom of the dish, overlapping the slices; sprinkle with salt and pepper, half of the Gruyere and half of the chives.
8. Make a second layer of potatoes. Sprinkle with salt and pepper and scatter the sautéed white garlic on top.
9. Make a third layer with one-fourth of the potatoes, salt, pepper, and the remaining Gruyere and chives.
10. Make the final layer with the remaining potatoes; sprinkle with salt and pepper.
11. Pour the infused cream mixture over it all, pushing the potatoes down into the liquid.
12. Sprinkle the top with the Parmesan and place in the oven to bake, uncovered, until the potatoes are tender and top is golden and bubbling, about 20 to 25 minutes. For best results, push the potatoes back down into the liquid with the back of spoon a couple of times during the baking.
13. Let the gratin rest at room temperature for at least 15 minutes before serving.

Serves 6 to 8

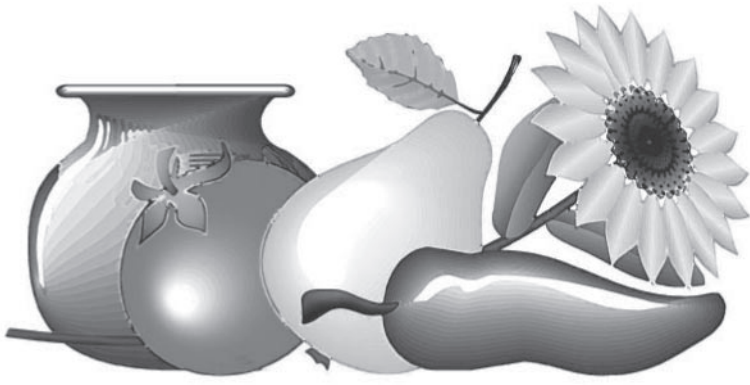
## *Carrboro Farmers' Market*

Saturdays • 7 am–Noon

Wednesdays • 3:30–6:30 pm

## *Southern Village Farmers' Market*

Thursdays • 3:30–7:00 pm



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**Grilled Flank Steak with Green Garlic and Rosemary Marinade**  
**From Kelly Clark, Carrboro & Southern Village Market Staffer**

My husband and I are devoted to *Cooks Illustrated*\* magazine. Every issue provides some tidbit that teaches us a trick or adds something to our recipe collection. This current issue (number seventy-four, June 2005) had an article about grilling flank steak using a wet paste marinade. We experimented with one of their recipes by substituting the fabulous green garlic that is in the Market now for the garlic and shallots they used. The result was sublime.

1 whole flank steak (about 2 lbs)  
6 Tablespoons olive oil  
5 Tablespoons minced green garlic (one good-sized stalk, the white and some of the green included)  
2 Tablespoons minced fresh rosemary

Combine olive oil, green garlic and rosemary in blender and puree until smooth. Pat dry the flank steak and place on a large rimmed plate or baking dish. Rub both sides of steak with salt and then coat both sides of the meat with the marinade. Cover and refrigerate for at least one hour, or overnight. The more time you can allow the meat to marinate, the better.

When ready to grill, wipe the marinade off the steak and season both sides with pepper. Grill over direct heat approximately 4-6 minutes for the first side and 3-4 minutes for the second side for medium rare. Remove from heat, cover loosely with foil and let rest for 5 to 10 minutes. Remember, if the meat is not quite cooked to your taste at this point, it will continue cooking when you take it off the heat and let it rest. Return to the heat if it is significantly undercooked then continue cooking to your taste.

Slice thin at a 45-degree angle across the grain.

Serves 4 to 6.

\**Cooks Illustrated* ([www.cooksillustrated.com](http://www.cooksillustrated.com)) is edited by Christopher Kimball, a graduate of the Culinary Institute of America. It is a journal that carries no advertising. The editor presents "how to" articles based on recipes developed in the journal's test kitchens, written for the everyday cooking enthusiast.

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# Carrboro Farmers' Market Events 2005

## May

**May 7** – Come out for our first Saturday of the month **Cooking Demo** featuring Dorette Snover of C'est si Bon Cooking School. Dorette will take Market products and turn them into tasty treats. You can sample and take home recipes to liven up your repertoire. We're also celebrating our 27<sup>th</sup> season today. Be sure to enter a **drawing** for Farmers' Market enthusiast Deborah Madison's cookbook, **Local Flavors**, signed by the author!.

**May 14** – **Carrboro Farmers' Market Annual Strawberry Tasting**

Come try the multitude of strawberry varieties grown by our vendors. Also look for preserving tips and recipes to make the most of strawberry season. And always look for our **Master Gardeners** on the **second** and **fourth** Saturdays of the month. They are there to help you with any planting questions you might have.

## June

**June 4** – **Cooking Demo** with Lica Smith of Whole Foods Market Chapel Hill.

**June 18** – **Flower arranging demo** The floral staff at Whole Foods Chapel Hill will demonstrate artful displays using Farmers' Market cut flowers.

## July

**July 2** – **Cooking Demo** with Carrboro Farmers' Market staffer Kelly Clark. Kelly will demonstrate recipes from market vendor Cindy Soehner's cookbook. Also, look for the tomato display from our participants of our First Annual Seedling Event.

**July 9, 16, or 23** – **Carrboro Farmers' Market Annual Tomato Tasting**

It's a little too early to guess when exactly this event will be. We want to serve you the ripest of the ripest. Tune in late June for an exact date.

## August

**August 6** – **Cooking Demo** with Dorette Snover of C'est Si Bon Cooking School.

**August 6 or 13** – **Carrboro Farmers' Market Annual Melon Tasting**

As we get closer to the melon season, we'll set a firmer date.

## September

**September 3** – **Cooking Demo** with Dorette Snover of C'est Si Bon Cooking School.

**September 10** – **Carrboro Farmers' Market's Annual Chef's Event**

Come out and taste what local chefs do with our Market's products.

**September 29** – **Last Day** of Southern Village Market

## October

**October 1** – **Cooking Demo** with Sheri Castle of Creative Cooking with Sheri Castle

**October 15** – It's **Customer Appreciation Month** here at the Market. Come enter the drawing for a basket give-a-way

**October 19** - **Last Day** of Wednesday Market

## November

**November 5** – **Cooking Demo** with Dorette Snover of C'est Si Bon Cooking School

**November 19** – **Craft Display** featuring our Market's craft folk.

**November 22** – **Our Annual Thanksgiving Market** 2 – 6 PM on the Town Commons

## December

**December 3** – **Prepared Foods and Baked Goods Tasting**

Come out and sample Market vendors' tasty treats.

**December 17** – **Last Day** of Market. There will be hot chocolate for all.