



Carrboro & Southern Village

FARMERS' MARKETS

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Cooking Demo Recipes *from June 15 & 21, 2006*

Savory Mashed Cauliflower

From Sheri Castle of Creative Cooking with Sheri Castle

This recipe is reminiscent of mashed potatoes, yet is lighter and more appropriate for warm weather. We usually think of cauliflower's crunch, but the smooth texture of this recipe seems to bring out the best of the cauliflower flavor. You might never again settle for plain steamed florets. By the way, it's easy to turn any leftovers into Cream of Cauliflower soup by simply thinning the purée with milk or a blend of chicken stock and cream.

1 large head cauliflower, cored and chopped
4 cloves fresh garlic
1 1/2 cups chicken stock
2 teaspoons salt
2 tablespoons butter
1 cup sour cream
1/2 cup shredded Cheddar cheese
1/2 cup shredded Parmesan cheese
2 teaspoons salt
1 teaspoon ground black pepper

1. Bring the cauliflower, garlic and the chicken stock to a simmer in a large saucepan over medium-high heat. Cook until the cauliflower is very tender, about 10 to 15 minutes.
2. Transfer the cauliflower and garlic to the bowl of a food processor with a slotted spoon. Process to the consistency of soft mashed potatoes. Add a little of the cooking liquid, if needed. Work in batches to not overfill the machine. (For a coarser texture, simply mash the cauliflower with a hand-held potato masher or a fork.)
3. Transfer the purée to a large bowl.
4. Fold in the butter, sour cream, Cheddar and Parmesan.
5. Season to taste with salt and pepper.
6. Serve hot.

Makes 4 to 6 servings.

This dish keeps nicely for up to three days in the refrigerator. It reheats beautifully in the microwave.

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Carrboro Farmers' Markets on the Town Commons · Sat. 7 AM – 12 PM & Wed. 3:30 – 6:30 PM
Southern Village Farmers' Market on the Village Green · Thur. 4 – 7 PM

Tiny Potatoes with Leeks and Crème Fraiche from Sheila Neal, Market Manager

Ingredients

1 pound tiny potatoes (try to pick ones that are the same size so they will cook evenly) such as Caribe, Cranberry red, or Rose Gold
2 bay leaves
2 leeks, sliced thin - white and pale green parts only
1/2 cup cream
2 Tablespoons red wine vinegar
1/4 cup crème fraiche
Salt and pepper

Procedure

Wash potatoes but don't scrub too hard or the thin skins will come off. Place in a single layer (a 12" pan is good for this) and cover with water. Add 3 Tablespoons salt and the bay leaves and bring to a boil. Once at a boil, turn the heat down just enough so the potatoes don't bounce around too much. Cook until tender and drain, reserving bay leaves.

Put leeks and cream into pan and warm gently until leeks are soft. Add the potatoes and red wine vinegar. Combine well. Add crème fraiche and salt and pepper to taste. Add bay leaves for garnish if serving family style.

Serves 6 as a side dish

Panzanella (bread salad) from Sheila Neal, Market Manager

Ingredients

1 loaf of crusty day-old bread like a baguette or ciabatta, torn into bite size pieces
2 pounds tomatoes, use an assortment of colors and sizes, chopped roughly
1 pound of different varieties of cucumbers, sliced thin
1 medium red onion, cut in half and sliced thin
5 cloves garlic, peeled and crushed
1 bunch basil, about 20 leaves, torn
Handful of radish pods, sliced thin
1/4 cup red wine vinegar
3/4 cup olive oil
Salt and pepper

Procedure

Combine tomatoes, cucumbers, red onion, garlic, and radish pods. Add bread and toss. Add red wine vinegar and salt and pepper to taste. Slowly add olive oil. Toss together and let sit 10 minutes or until bread becomes softer. Add torn basil leaves right before serving.

Serves 4 as a side dish