

# Carrboro

# FARMERS' MARKET

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Recipe of the Week

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## Summer Vegetables with Parsley-Almond Sauce *from Sheila Neal, Market manager*

I'm always looking for a recipe that I can keep in the fridge and pull out to liven things up. This Parsley-Almond sauce is one of them. I have it here with a vegetable ragout, but you can add it to grilled or steamed vegetables, chicken, or fish. I've also use it as a pasta sauce.

### Ingredients

#### Sauce

- 1 shallot, diced
- Salt
- 2-3 tablespoons red wine vinegar
- 2 tablespoons capers, chopped fine
- 1 bunch parsley\*, leaves chopped fine
- 1/2 cup almonds, toasted and chopped fine
- Olive oil

#### Vegetables

- 1 medium size onion\*, cut into 1/4" half moons
- 1 pint sugar snaps\*, trimmed
- 1 bunch of carrots\*, cut into 1/4" diagonal
- 2 cloves garlic\*, chopped fine
- 1/2 cup chicken or vegetable stock or water
- Olive oil
- 1 tablespoon butter
- Salt

### Procedure

#### Sauce

Place shallot, red wine vinegar, and a big pinch of salt in a bowl. Let sit for several minutes. Add capers, parsley, and almonds. Toss. Add enough olive oil so the sauce is loose. Keeps in fridge for 1 week.

#### Vegetables

Steam carrots until they are just becoming tender, about 4 minutes. Add about 2 tablespoons olive oil to a large sauté pan. Do not use a non-stick. When the oil is hot add the butter. When the butter melts begin to add the vegetables starting with the onion. Add a little bit of salt. When the onion begins to glimmer, add the snaps and toss a few times. Add the carrots and some more salt. When all the vegetables are cooked to your liking, (to not overcook, stop cooking them before they loose their bright colors) set them aside. Deglaze the pan with the vegetable stock and reduce it by half. Pour over the vegetables. Drizzle with Parsley- Almond sauce. Change up the vegetables in this dish throughout the summer to keep your palate interested.

**\*Available at Market**