



Carrboro & Southern Village

FARMERS' MARKETS

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Recipe of the Week featuring **Red Cabbage, Sweet Onions, and Blueberries**
July 9, 2005

Serendipity from **Market Staffer Kelly Clark**

Last week I came home from the Market with my usual basketful of wonderful vegetables and fruits, and my head full of thoughts about the recipes I wanted to make during my month of French-focused cooking in honor of the Tour de France.

It was *serendipity* when I found a wonderful recipe from the region of Brittany that includes red cabbage, blueberries, and sweet onion, three ingredients that had found their way into my Market basket. I've modified Josephine Araldo and Robert Reynolds recipe from their cookbook "From a Breton Garden." Cutting back on the butter and substituting the bacon fat for olive oil, this is a delicious and nutritious dish. Bon appetite!

Ingredients

3 tablespoons olive oil
4 tablespoons butter
1 sweet onion, thinly sliced
1 small head red cabbage, shredded
1/2 cup red wine (select one from the Loire Valley, drink the rest with dinner)
1/2 pound button mushrooms, sliced
.5 ounces dried mushrooms (I used Chanterelle, but any wild mushroom would be good)
1 cup very hot water
Persillade: Mix 1 small clove garlic, minced, and 4 tablespoons chopped parsley
1 cup fresh blueberries
Salt and freshly ground pepper

Procedure

Put dried mushrooms in hot water to reconstitute. Heat 2 tablespoons each of butter and olive oil in a heavy pot. Add onions and sauté until they are lightly browned. Add the shredded cabbage and red wine; season with salt and cook over slow heat, covered, for 20 or 30 minutes until the cabbage is tender.

Reserving the water, drain the dried mushrooms, pat dry and finely chop. Put 1 tablespoon each of butter and olive oil in a pan, and over medium-high heat sauté the fresh and wild mushrooms without letting them render their water. Remove from heat. Season with salt and pepper; toss with the *persillade*. Boil the reserved water from the dried mushrooms until reduced by half.

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On a low flame, add the mushrooms and the mushroom water to the cabbage. When everything is warm, add the raw berries and toss gently. If you want, you can add that last tablespoon of butter for that final French flair! Add salt and pepper to taste. Serve warm.

Serves 6

Carrboro Farmers' Market Annual Tomato Tasting

**Saturday July 23, 2005
8:30 AM until the 'maters run out**

**Come find us under the gazebo that morning and taste
many varieties of both slicing and cherry tomatoes
grown by our vendors.
Be sure to grab a ballot and vote for your favorite 'mater.**

**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. 3:30 – 7 PM**

**www.carrborofarmersmarket.com
www.southernvillagefarmersmarket.com
919.932.1641**