

Carrboro Farmers' Market

Locally Grown  Nationally Known

June 26, 2004

Best of the Day  Impromptu Recipes

from **Sheri Castle** of **Creative Cooking with Sheri Castle**

Tzatziki (Cucumber and Yogurt Dip)

4 cups plain yogurt
2 large cucumbers, peeled and seeded
2 teaspoons salt
1/2 cup sour cream
1 tablespoon white wine vinegar
Juice of 2 fresh lemons (about 1/4 cup)
4 cloves fresh garlic, minced
3 tablespoons minced fresh dill
2 tablespoons minced fresh mint
Salt and freshly ground black pepper to taste

1. Place the yogurt in a cheesecloth-lined sieve set over a bowl. Let the yogurt drain in the refrigerator for at least 4 hours, preferably overnight. After it drains, discard the liquid. Transfer the thickened yogurt cheese to a large bowl.
2. Grate the cucumber, toss it with 2 teaspoons of salt and place it in another sieve set over another bowl. Let the cucumber drain in the refrigerator for 4 hours. After it drains, discard the liquid. Squeeze as much liquid as you can from the drained cucumbers, and then add them to the yogurt.
3. Mix in the sour cream, vinegar, lemon juice, garlic, dill and mint. Season to taste with salt and pepper.

You can serve the tzatziki right away, or let it rest in the refrigerator for a few hours to let the flavors develop.

Serve with pita bread wedges or pita chips. Makes about 4 cups.

Note: You can skip the strained yogurt process in Step 1 by substituting 2 cups of Greek yogurt. That style of yogurt is already thick and creamy without being drained. It is also more authentic, but costs twice as much.

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Chapel Hill Carrboro Farmers' Markets

Carrboro Farmers' Market  Saturdays  March 20 – December 19

Carrboro Farmers' Market  Wednesdays  April 14 – October 20

Southern Village Farmers' Market  Thursdays  May 6 – Late September

Quick Blackberry Compote

1 (8-ounce) jar blackberry jelly
1 pint fresh blackberries
Juice of 1/2 fresh lemon

1. Place the jelly in a saucepan and gently melt it over medium heat.
2. Remove it from the heat and add the lemon juice and blackberries, stirring gently to coat the berries with the sauce.
3. Serve the sauce warm or at room temperature over cake or ice cream.

Makes 6 to 8 servings.

Southwestern Corn and Summer Squash Sauté

4 tablespoons (1/2 stick) butter
2 cups fresh corn kernels (from about 6 ears of corn)
2 cups diced fresh summer squash
2 cups diced fresh zucchini
1 cup salsa
Salt and pepper

1. Melt butter in heavy large skillet over medium-high heat.
2. Add corn, squash and zucchini and sauté until vegetables are tender, about 5 minutes.
3. Mix in the salsa and stir until heated through, about 1 minute.
4. Season to taste with salt and pepper.

Makes 6 to 8 servings.

French Potato Salad

2 pounds small potatoes, cut into bite-sized chunks
4 tablespoons dry white wine
6 tablespoons white wine vinegar
8 ounces slender green beans, stemmed, blanched, shocked and drained well
1 tablespoon grainy Dijon mustard
2 teaspoons salt
1 teaspoon freshly ground black pepper
1 cup extra-virgin olive oil
1 cup halved cherry tomatoes
1 small red onion, halved and sliced thinly
1/2 cup finely chopped flat-leaf parsley
1/4 cup chopped fresh basil leaves

1. Cook the potatoes in a large pot of heavily salted water until they are just done. Drain the potatoes and return them to the hot pot to let any remaining moisture evaporate away. While the potatoes are still warm, place them in a large bowl and toss them with the wine and vinegar. Let the mixture sit for a few minutes to let the potatoes absorb the liquid.
2. Cook the green beans in a large pot of salted water until tender, about 10 minutes. Immediately transfer them to a bowl of ice water to stop the cooking and set the color. Drain well and set aside.
3. Whisk together the mustard, salt, pepper and olive oil in a small bowl.
4. Pour the olive oil mixture over the potatoes and stir gently until the potatoes are coated.
5. Gently stir in the beans, tomatoes, onion, parsley and basil.

Season to taste with additional salt and pepper.

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