

# **Carrboro Farmers' Market**

## **Locally Grown & Nationally Known**

**May 29, 2004**

### **Best of the Day & Impromptu Recipes**

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

#### **Blue Ridge Style Instant Pickles - Marinated Cucumbers and Onions**

1 pound small cucumbers, cut into ¼-inch slices  
1 bunch spring onions, cut into rings  
1 (12-ounce) bottle seasoned rice wine vinegar  
2 tablespoons sugar  
2 teaspoons pickling spices  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper

Place the cucumbers and onions in a bowl or in a quart jar. Combine the vinegar, sugar, pickling spices, salt and pepper in a saucepan. Bring to a simmer over medium-high heat and cook, stirring frequently, just until the sugar dissolved, about 2 minutes. Pour the vinegar mixture over the cucumbers and onions and stir. Let the mixture sit for at least 15 minutes for the flavors to develop. You can eat them now, or store them in a covered jar for several days. The brine stays good for weeks, so you can continue to add more cucumbers and onions to the same brine. Note: You can substitute white wine vinegar for the rice wine vinegar. Increase the amount of sugar to 1/4 cup.

#### **Summer Squash Medley with Crema and Thyme**

2 pounds mixed summer squash (such as patty pan, baby yellow, baby zucchini)  
3 tablespoons butter  
2 tablespoons fresh thyme leaves  
1/2 to 3/4 cup Crema Mexicana or crème fraîche  
Salt and freshly ground black pepper

Cut the squashes into bite-sized chunks. Place them in large pot along with enough water to cover the bottom of the pot by about 1 inch. Bring the water to a simmer over medium-high heat. Cover the pot and let the squash cook very gently just until tender, about 4 minutes. Drain them well. Melt the butter in a large skillet. Add the squash and thyme and cook gently, stirring frequently, until the squash are hot and browned in spots, about 5 minutes; don't overcook the squash. Pour the crema over the squash and stir to coat. Season to taste with salt and pepper and serve immediately. Note: You can find crema in most grocery stores near other refrigerated Mexican grocery items.

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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**

## **Cabbage and Beet Slaw with Raspberry-Walnut Vinaigrette**

1 head green cabbage, cored and shredded (about 8 cups)  
1 bunch Chioggia beets, washed, trimmed and sliced paper thin  
1 cup walnuts  
1 cup chopped flat-leaf parsley  
1 (16-ounce) bottle Ken's Steakhouse brand Lite Raspberry Walnut Vinaigrette  
Salt and freshly ground black pepper  
Crumbled feta cheese or goat cheese (optional)

Mix the cabbage, beets, walnuts and parsley in a large bowl. Pour the vinaigrette over the vegetables and toss to coat. Season to taste with salt and pepper. Garnish with crumbled cheese, if desired.

## **Peaches in Basil Syrup**

1 cup sugar  
1 cup water  
2 loosely packed cups of fresh basil leaves  
Juice of one fresh lemon  
2 pounds fresh peaches, washed, pitted and sliced  
Fresh basil leaves to garnish

Mix the water and sugar in a saucepan and bring to a boil over high heat. Cook, stirring constantly, until the sugar dissolves. Remove the pan from the heat, stir in the basil and lemon juice, cover the pot and let it sit until the syrup cools to room temperature. Strain out and discard the basil. Add the peaches to the syrup and let them marinate for at least 10 minutes before serving. Garnish with a few shredded fresh basil leaves just before serving. Note: If the peaches are a little under ripe, you can gently heat them in the syrup to help soften the peaches. Note: This syrup is also great on fresh blackberries.

## **Carrots with Pecans, Lemon and Rosemary**

(This is the Recipe of the Week for May 29th)

2 pounds carrots  
5 tablespoons butter  
3/4 cup chopped pecans  
1 to 3 garlic cloves, minced  
Zest of one large, fresh lemon (about 4 teaspoons)  
2 to 4 teaspoons finely chopped fresh rosemary leaves  
Salt and freshly ground black pepper

1. Trim the carrots and slice them diagonally into 1/4-inch thick slices. If the carrots are small and tender, you can leave them whole.
2. Cook the carrots in a pot of boiling, salted water just until they are tender, about 4 minutes. Immediately transfer them to a bowl of ice water. When cool, drain the carrots very well and pat them dry with paper towels.
3. Melt the butter in a large, heavy skillet over medium-high heat.
4. Add the pecans and sauté them until they are crisp, about 3 minutes.
5. Add the garlic and zest and sauté for 1 minute.
6. Add the carrots; stir gently to coat them with butter and heat through.
7. Stir in the rosemary.
8. Season to taste with salt and pepper.

Makes 4 to 6 servings.