

Carrboro Farmers' Market

Blue Plate Special

Featuring Farm Fresh Recipes from 7 Local Chefs
Who Regularly Shop at the Carrboro Farmers' Market!

Zephyr Squash Casserole

From

Kevin Callaghan

Acme – Carrboro

Serve with fried pork chops and arugula pesto

8–10 cups Zephyr Squash*, sliced

2 sweet yellow onions*, sliced

2 cloves garlic*, minced

6 T butter + 2 T butter

½ t red pepper flakes

½ cup flour

1 cup sour cream

1 cup grated sharp cheddar cheese

½ cup grated parmesan

1 ½ cup bread crumbs

salt and pepper to taste

Sauté squash in oil and let simmer for 20 minutes or until squash begins to break down. Line colander with cheese cloth and place on draining board. Pour hot squash into colander and let drain. Sauté onions in butter and cook until translucent and very aromatic, salting as necessary. Add minced garlic, red pepper flakes, and ½ cup flour. Using wooden spatula, stir to make roux and let cook, stirring constantly, for 3–4 minutes. Take off heat. Combine onion mixture with squash in a large mixing bowl. Add sour cream and both cheeses, stirring to combine thoroughly. Pour squash

Continued on back

Carrboro Farmers' Markets

**Carrboro Farmers' Market open Saturday mornings Year Round
and Wednesday afternoons April - October**

Southern Village Farmers' Market open Thursday afternoons May - August

mixture into a buttered, glass casserole dish. Sprinkle top with freshly ground black pepper and bread crumbs. Bake @ 350 degrees for 30 minutes.

Variation: onions can be grilled before being added to the butter.

Arugula Pesto

6-8 cups packed fresh arugula*
8 cloves garlic*
½ cup lemon juice
½ cup cashews
1 cup grated parmesan cheese
good olive oil
salt to taste

In a food processor, combine Arugula, garlic and lemon juice and puree. Add cashews (or other, rich nut) and cheese and puree again until smooth. Then, while the machine is going, slowly add olive oil until the pesto reaches proper consistency. Taste and add salt as necessary. Arugula has a strong, peppery component so black pepper will not be necessary.

** Seasonal ingredients available at the Carrboro Farmers' Market*

© Kevin Callaghan Acme Carrboro 2009

Carrboro Farmers' Markets

**Carrboro Farmers' Market open Saturday mornings Year Round
and Wednesday afternoons April - October**

Southern Village Farmers' Market open Thursday afternoons May - August