

Carrboro Farmers' Market

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November 13, 2004

"What to do with all those Greens!"

with **Sheila Neal ~ Mid-Week Manager ~ Carrboro Farmers' Market**

Long-Stewed Red Kale

1 slice smoked bacon
1 onion
1 small carrot
3 cloves garlic
2 bunches kale (about 2 pounds)
Salt and pepper
1/2 c. cream
Grated zest of 1/2 lemon (about 1/2 t.)

Cut the bacon into small dice and render it over low heat for about 8 minutes. Peel and chop the onion, carrot, and garlic into small dice and add to the bacon with a splash of water. Cover and stew the vegetables until they are soft and the onion is translucent, about 10 minutes.

Wash, stem, and coarsely chop the kale (or a combination of kale, mustard, or other winter greens.) Add the kale to the vegetables along with some salt and cook uncovered over moderately high heat; the greens will give off a lot of water. Keep cooking until the liquid is almost evaporated, about 10 to 15 minutes. Add half the cream and simmer until it has been almost completely absorbed, then add the other half and keep simmering until it, too, is nearly absorbed. Add the lemon zest, taste and correct seasoning, and serve.

From Alice Waters' *Chez Panisse Vegetables*

(over)

Chapel Hill ~ Carrboro Farmers' Markets

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Carrboro Farmers' Market ☞ Saturdays ☞ March 20 – December 18

Carrboro Farmers' Market ☞ Wednesdays ☞ Opening April 16, 2005

Southern Village Farmers' Market ☞ Thursdays ☞ Opening April 16, 2005

Broccoli Raab Pasta

1 large onion
6 to 8 cloves garlic
2 bunches broccoli raab (about 1 1/2 pounds)
Extra-virgin olive oil
Red pepper flakes
Salt
1/2 to 3/4 pound pasta
Red wine vinegar
Pecorino romano cheese

Peel and thinly slice the onion. Smash, peel, and thinly slice the garlic. Wash the broccoli raab, removing the heavy stems, and chop the leaves and sprouts coarsely. Put a large pot of water on to boil.

Liberally cover the bottom of a sauté pan with the olive oil and sauté the onion over high heat. When the onion has begun to wilt and brown a little, add the garlic and pepper flakes, to taste, and salt. Toss briefly, then add the broccoli raab and a splash of water. Lower the heat and cook until tender, stirring or tossing frequently. Meanwhile, cook the pasta. Taste the broccoli raab for seasoning and add a generous amount of extra-virgin olive oil and a splash of red wine vinegar. Toss with the freshly cooked and drained pasta, and garnish with grated cheese.

From Alice Waters' *Chez Panisse Vegetables*

Chard and Spinach in Butter

3 pounds chard, stalks reserved for another use
2 pounds spinach, stems removed
1 shallot
1/4 c. butter
Salt and pepper

Wash greens and tear into palm-sized pieces. Finely dice shallot.

Melt half the butter over medium heat in a large sauté pan. When butter is foamy, add the shallot. When the shallot is well coated with butter and just turns translucent, add the chard and spinach in handfuls, adding more as it wilts. Use tongs or a large fork to mix the greens in the pan, bringing the wilted ones over the cooked ones. This will take a while-don't force them into the pan; let the heat do the work. Increase the heat to medium-high to boil off all the water released from the greens as they cook, 5 to 7 minutes. Season to taste with salt and freshly ground pepper, stir in the rest of the butter.

For this dish you can use any equally hearty green. You can use these greens as a side dish, in a quiche or a tortilla (see below), in pasta, on sandwiches, or on a pizza.

Adapted from Amanda Hesser's *The Cook and the Gardener*

Spanish Tortilla with Wilted Greens

1/2 batch Chard and Spinach in Butter
4 eggs
Salt and Pepper
Butter

Make sure all water is out of the greens, squeezing out excess with your hands if necessary.

Whisk together eggs and a pinch each of salt and pepper. Stir greens into eggs. Melt butter in an 8-inch non-stick skillet over medium-hi heat until it's foamy. Pour in eggs. Stir eggs around a bit to help them cook. Repeat if eggs are still very wet. Then, bang pan a few times on the burner to set the eggs. Lower the heat to medium. Take a heat resistant spatula and run around edge of eggs. Once eggs are just wet on top, flip them to the other side. See below on how to do this. Run spatula around the edge of eggs. This action rounds the edge of the tortilla and makes a pretty presentation. Flip tortilla one more time if eggs aren't done. Be sure not to overcook eggs. You want the tortilla to be juicy, not runny or dry.

How to flip a tortilla

Place a plate on top of your skillet. One hand is on top of the plate; the other is holding the panhandle. Invert, and then slide the eggs back into the pan.

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