

# **Carrboro Farmers' Market**

**Locally Grown ☞ Nationally Known**

**November 6, 2004**

**From the kitchen of C'est si Bon! to the Carrboro Farmers' Market  
A Cooking Demonstration with Dorette Snover**

**"step aside turkey! side dishes worthy of center stage"**

## **winterslaw of roots with an orange vinaigrette**

this recipe requires very little prep time, and best of all it actually needs time to marry the flavors at room temperature.

1/2 cup walnut oil  
1/4 cup red wine vinegar  
2 tablespoons honey  
the juice from one fresh lime and one fresh orange  
1 tablespoon each fresh lime and orange zest  
1 tablespoon grated fresh ginger  
1 cup chopped fresh watercress

for the salad:

1 1/2 cups celeriac  
1 medium carrots,  
2 medium rutabagas  
4 small turnips

garnish:

1/2 cup toasted chopped walnuts

make the vinaigrette by hand in a pretty large serving bowl. begin by combining the fruit juice, zest, ginger, honey, and vinegar. whisk in the walnut oil. set aside while you shred the roots. peel and prepare all the vegetables being used.

using the shredding disk of a food processor or a hand held box grater to prepare the roots for the salad. when finished with each root empty the work bowl into the serving bowl with the dressing. toss and combine, add the chopped watercress and toasted walnuts last. let sit for 30 minutes to 1 hour at room temperature to develop flavors or store in the refrigerator twenty four hours prior to serving.

(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**

## **compote of butternut squash and sweet potatoes with coriander and cumin**

sweet and savory- this will get you going! at the Farmer's Market I will prepare this as a stove top dish but at home you can also casserole it and bake it along side your other side dishes.

serves 6

2 tablespoons unsalted butter

2 tablespoons olive oil

2 medium size tart apples, cored, peeled, and chopped

1 large onion, chopped fine

3/4 cup brown sugar

3/4 cup white wine vinegar

1/2 teaspoon each cumin seed, whole cloves , cardamom pod, and coriander seed

1 teaspoon ground cinnamon

1 teaspoon garlic chili paste

9 cups combo hard squash and sweet potatoes, peeled, seeded, and chunked

3 cups chicken stock

salt and freshly ground white pepper and nutmeg to taste

onion bread crumb topping

toast cumin, coriander, clove, and cardamom in small skillet over medium low heat till fragrant, stirring occasionally, about 4 minutes. crush in a mortar and pestle and set aside. Heat oil and butter together over medium heat in a large saucepan when butter sizzles, sauté the onion and apple till light golden brown, about 5 minutes. add the squash and sweet potatoes and sauté another 5 minutes or till just beginning to brown.

then add the brown sugar, and vinegar or stock in the large saucepan. bring to a boil over medium heat and simmer till squash and sweet potatoes absorb liquid and are tender. The stew will have thickened slightly. It is ready to serve or you can place in a buttered gratin baking dish. top with the onion bread crumb topping. bake in a 350 degree oven for about 10-12 minutes or until the squash is tender, but still holds its shape.

c'est si bon! a chapel hill cooking school

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## **stew of turnips, fennel, and golden beets**

this recipe has thanks written all over it. the savory scent of sautéing apples, the deep flavor of the stout, and the combination of the root vegetables of onions, turnips, and two kinds of beets; golden and red all contribute to the ambiance of the dish. i like to use small turnips, baby turnips if i can find them. this is a relatively quick dish, which yields that “long-cooked” flavor so reminiscent of winter dishes.

serve with crusty bread.

makes 6 servings

2 tablespoons olive oil  
4 cloves garlic, crushed but not minced  
5 medium tart apples, such as granny smith peeled, cored, and chunked  
1 bulb fennel, thickly sliced  
1 white onion, thickly sliced  
6 small turnips, quartered  
3 medium golden beets, peeled and quartered  
2 cups stock  
additional water if necessary  
1 teaspoon each dried thyme and sage  
1 tablespoon coarse grain mustard  
salt, freshly ground black and white peppercorns to taste  
pinch of freshly grated nutmeg

heat a large heavy bottomed pot over medium heat.

brown the apples, the garlic, the onion, and the fennel in the oil. add the thyme and sage. deglaze with the stock and add the turnips and both kinds of beets. add in the mustard, a pinch of salt and a couple grindings of pepper and nutmeg. stir well and bring to a simmer over medium heat. vegetables should be one-third covered with liquid. add chicken stock if necessary. cook over medium low for about 30-35 minutes and then check the vegetables for doneness.

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## **brussel sprouts in red wine, shallots, and garlic**

one word about the doneness of the sprouts; some people prefer their sprouts well done, as they take on a velvety texture, while others think of this as so much mush...so know your guests preference or make it the way you like and wax rhapsodic!

serves 6

2- 2 1/2 pounds fresh brussel sprouts, trimmed  
2 whole heads of garlic, about 40 cloves  
4 tablespoons fruity olive oil  
1 tablespoon unsalted butter  
10-12 peeled large shallots or small onions, about 3/4 pounds, left whole  
1 cup red wine (if desired substitute stock)  
1 cup chicken stock  
2 tablespoons fresh chopped tarragon

in a heavy casserole with a tight fitting lid, heat the duck fat or goose fat or the olive oil and butter over medium high heat. add the whole shallots and whole cloves of garlic. sauté until lightly browned, about 5 minutes. add the brussel sprouts and toss to coat with the fat or oil, another 5 minutes. deglaze the pan with red wine. cook another 5 minutes, stirring the pan occasionally. add the chicken stock, stir well and bring to a boil over high heat. cover and braise for 20-25 minutes depending on the size of your sprouts and desired degree of doneness.

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