

# **Carrboro Farmers' Market**

Locally Grown ☞ Nationally Known

June 26, 2004

Recipe of the Week ☞ featuring Potatoes

from Sheri Castle of Creative Cooking with Sheri Castle

## **Potato, Green Bean and Cherry Tomato Salad**

This beautiful and simple salad combines three ingredients that are flourishing in the market right now. You can use tender green beans, yellow wax beans, or some of both. You can use any of the many types of new potatoes, but be sure to include a few blue, purple and magenta varieties for great color. And what could look or taste better than tossing in a basket of those brilliant orange, wonderfully sweet Sun Gold tomatoes? To turn this side dish into an entrée, just add some grilled chicken or cubes of Black Forest Ham.

1 1/4 pounds slender green beans, trimmed but left whole  
2 pounds small new potatoes, halved or quartered  
3 tablespoons white wine vinegar  
1 pint cherry tomatoes  
1/4 cup finely chopped flat-leaf parsley  
1 bunch scallions, trimmed and sliced (about 1/4 cup)  
1/4 cup drained capers  
1 cup bottled Italian vinaigrette  
Salt and freshly ground black pepper

1. Cook the beans in a pot of boiling, salted water until crisp-tender, about 8 minutes. Transfer them immediately to a bowl of ice water to stop the cooking and set their color. Drain them well, transfer them to a bowl and set aside.
2. Add the potatoes to the pot of boiling salted water and cook until tender, about 8 minutes. Drain them through a colander and then put the potatoes back into the still-warm pot so that all of the moisture can evaporate away. Transfer the, warm dry potatoes to a large bowl and pour the vinegar over the potatoes and stir gently to coat. Cool to room temperature, occasionally stirring gently.
3. Add green beans, tomatoes, parsley, scallions and capers to the potatoes.
4. Pour the dressing over the salad and toss to coat. Season with salt and pepper and serve immediately or let stand at room temperature for up to two hours.

(over)

## **Chapel Hill~Carrboro Farmers' Markets**

**Carrboro Farmers' Market ☞ Saturdays ☞ 7:00am–12:00 ☞ March 20–December 19**

**Carrboro Farmers' Market ☞ Wednesdays ☞ 3:30–6:30pm ☞ April 14–October 20**

**Southern Village Farmers' Market ☞ Thursdays**

**3:30–6:30pm ☞ May 6–Late September**

# Don't be afraid to experiment! Create your own recipe using this helpful list ~

From **Culinary Artistry** by Andrew Dornenburg & Karen Page

## Potatoes are complemented by

anchovies	duxelles	onions
bacon	fennel	paprika
basil	fenugreek	parsley
butter	garlic	parsley root
caviar	ham	pepper
cayenne	horseradish	pork
celery root	juniper berries	salt
cepes	kale	savory
chard	leeks	smoked salmon
cheese (especially Cheddar, goat, Gruyere, and Parmesan)	lemon thyme	sorrel
chervil	lovage	sour cream
chicory	mint	squash, winter
chives	mushrooms	sweet potatoes
cream	mustard	thyme
crème fraiche	nutmeg	truffles
dill	olive oil	turnips
	olives	

**What are cepes?** An edible boletus mushroom with a large bulbous stalk that resembles a tree trunk; know as porcini in Italian and particularly popular as a dried fungi. There are over 20 edible varieties, which may be recognized by their swollen stalks and the distinctive tubes (the 'choke' or 'beard') that line the inner surface of the cap.

**What is duxelles?** A basic preparation of chopped mushrooms, onions and shallots sautéed in butter.

**What is fenugreek?** An aromatic leguminous Mediterranean plant originating in the Middle East. Belonging to the pea family, it produces long slender curved pods containing oblong flattened brownish seeds. The seeds, which have a slightly bitter taste, are roasted and ground, then used as a flavoring in curries. They are very hard – resembling tiny stones – and can only be ground using a heavy pestle and mortar or in a special grinder.

From Larousse Gastronomique

### ~ Annual Tomato Tasting ~ Saturday, July 10<sup>th</sup>

**Starts at 8:30**

**Ends when we've tasted all the 'maters!**

**Vote for your favorite slicing and cherry varieties**

**Master Gardeners will be on hand  
to answer your questions regarding  
growing, fertilizing and harvesting tomatoes**

**[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)**