

# **Southern Village Farmers' Market**

**☞ Cultivating Local Agriculture and Community ☞**

**September 2, 2004**

**Cooking Demonstration**

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

## **French Potato Salad**

2 pounds small potatoes, cut into bite-sized chunks  
4 tablespoons dry white wine  
6 tablespoons white wine vinegar  
8 ounces green beans, stemmed  
1 tablespoon grainy Dijon mustard  
2 teaspoons salt  
1 teaspoon freshly ground black pepper  
1 cup extra-virgin olive oil  
1 cup halved cherry tomatoes  
1 small red onion, halved and sliced thinly  
1/2 cup finely chopped flat-leaf parsley  
1/4 cup chopped fresh basil leaves

1. Cook the potatoes in a large pot of heavily salted water until they are just done. Drain the potatoes and return them to the hot pot to let any remaining moisture evaporate away. While the potatoes are still warm, place them in a large bowl and toss them with the wine and vinegar. Let the mixture sit for a few minutes to let the potatoes absorb the liquid.
2. Cook the green beans in a large pot of salted water until tender, about 10 minutes. Immediately transfer them to a bowl of ice water to stop the cooking and set the color. Drain well and set aside.
3. Whisk together the mustard, salt, pepper and olive oil in a small bowl.
4. Pour the olive oil mixture over the potatoes and stir gently until the potatoes are coated.
5. Gently stir in the beans, tomatoes, onion, parsley and basil.
6. Season to taste with additional salt and pepper.
7. Serve warm or at room temperature.

Makes 10 to 12 servings.

(over)

## **Chapel Hill ~ Carrboro Farmers' Markets** **Locally Grown ☞ Nationally Known**

**Carrboro Farmers' Market ☞ Saturdays ☞ March 20 – December 19**

**Carrboro Farmers' Market ☞ Wednesdays ☞ April 14 – October 20**

**Southern Village Farmers' Market ☞ Thursdays ☞ May 6 – September 30**

## Panzanella with Heirloom Tomatoes (Bread Salad)

1 loaf day-old Tuscan bread or other crusty bread, cut into 1-inch cubes (about 8 cups)  
1/2 cup extra-virgin olive oil  
3 tablespoons red wine vinegar  
2 tablespoons sherry vinegar  
2 tablespoons capers, drained  
1 teaspoon dried oregano  
1 1/2 teaspoons salt  
1/2 teaspoon freshly ground black pepper to taste  
1 small red onion, peeled, halved and thinly sliced  
6 medium (3 pounds) sun-ripened tomatoes, seeded and diced  
2 large roasted red and/or yellow bell peppers, cut into 1-inch pieces  
1/2 cup loosely packed fresh basil leaves, cut into thin ribbons  
1/2 cup loosely packed fresh parsley leaves, coarsely chopped

1. Preheat the oven to 350°. Spread the cubes of bread in a single layer on a baking sheet. Place in the oven and bake until the cubes are crisp, but not browned, about 8 minutes. Remove the pan from the oven and set aside.
2. Whisk together the olive oil, vinegars, capers, oregano, salt and pepper in a large bowl.
3. Stir in the onion and tomatoes and let it sit for 10 to 15 minutes to let the flavors blend.
4. Add bread cubes, roasted peppers, basil and parsley to the bowl and toss well.
5. Let the Panzanella rest at room temperature for 5 minutes before serving.

Makes 6 to 8 servings.

## Fresh Succotash Sauté

4 ounces bacon  
2 cups fresh butter beans or baby limas  
1 small onion, diced (about 1 cup)  
2 small garlic cloves, minced  
2 cups fresh or frozen corn kernels  
1 jalapeno or other chile pepper, seeded and minced  
8 ounces fresh okra, trimmed and cut into 1/2-inch thick slices  
1 pint cherry tomatoes or 2 medium tomatoes, diced  
Salt and pepper  
1/2 cup cream or half-and-half  
1/4 cup chopped fresh basil

1. Cook the bacon in a large skillet over medium-high heat until very crisp. Remove the bacon to paper towels to drain, leaving the drippings in the skillet.
2. While the bacon is cooking, parboil the butter beans in a saucepan of water over medium-high heat just until they start to become tender, about 5 minutes. Drain well and set aside.
3. Add the onion to the skillet and cook, stirring often, until softened, about 5 minutes.
4. Add the garlic and cook one more minute.
5. Stir in the corn, jalapeno, butter beans, okra and tomatoes and cook, stirring often, until the vegetables are tender, about 7 minutes.
6. Season with salt and a generous amount of pepper.
7. Stir in the cream and basil.
8. Just before serving, crumble the bacon on top.

Makes 4 entrée or 8 side dish servings.