

CANE CREEK VALLEY FARM – Mark Rosenstein  
Cooking Classes – Tuesday June 7, 2011

**List of Ingredients**

Kohl Rabi  
Napa Cabbage  
Bull's Blood Beets, Chiogga Beets  
Broccoli  
Cauliflower  
Green Chard  
Snow Peas  
Mustards  
Spring Onions  
Spinach  
Shoulder Cut Pork

**Menu**

Cold Beet Soup

Salad of Lettuces, Chards, & Kales with Walnut Oil and Orange Dressing with  
Crispy Kale “Chips”

Pork Stir Fry with Snow Peas, Bok Choy & Mustards  
Roasted Broccoli & Spring Onions

**Techniques**

Blanching Vegetables  
Oven Drying Kale  
Oven Roasting Vegetables  
Cutting Technique: chiffonade  
Basic Salad Dressing  
Stir Fry

**New Ingredients**

Garam Masala – spice  
Walnut Oil

**RECIPES**

## BEET SOUP

June 2011

Makes about 5 cups

### Ingredients

½ cup carrots, peeled, medium dice

1 cup onions, medium dice

1 cup chiogga beets, peeled, cut into ¾" cubes

1 cup bull's blood beets, peeled, cut into ¾" cubes

2 tablespoons butter or olive oil

2 cups light chicken stock (or water or vegetable broth)

1 cup finely shredded napa cabbage

1 tablespoon apple cider vinegar

optional: 2 -3 tablespoons fresh fennel

salt, pepper

sour cream, for garnish

cucumber, grated, for garnish (optional)

**METHOD:** Clean and prep the vegetables. Over medium-low heat, in a heavy enameled or stainless casserole, heat the butter or oil. Cook the carrots and onions until soft, while cooking, season with salt and pepper. Do not let the onion take on any color.

Add the beets and the chicken stock (or other liquid) Have enough liquid to cover the vegetables, adding a little water if necessary.

Simmer the vegetables until the beets are soft, but still hold their shape. Add the vinegar and the finely shredded napa cabbage. Cook 5 more minutes, until the cabbage is tender.

Serve hot or cold.

If you wish to puree the soup, omit the cabbage. Allow the soup to cool and then puree in a blender until smooth.

Garnish with sour cream and/or grated cucumber.

Serve with dark bread and butter.

## CRISPY KALE “CHIPS”

The important technique to take away is this: drying foods, until they are crispy, will concentrate their flavor and completely change the texture, transforming a food that might otherwise not be savory to some palates.

So here is how to proceed. Set your oven to moderate – in the range of 325F to 375F. Pick the freshest greens you can. Kales and cabbages are the ones of choice, as well as thinly sliced root vegetables such as fennel, or parsnips. (Or even the peelings of potatoes). A piece of equipment that is useful, though not absolutely necessary, is a baking pad made of silicone. The two I am familiar with are a “Silpat” or an “Exopat”. I think you can find these at most department stores that have any pride in their cookware selection. A restaurant supply house will surely have them as well as the ‘gourmet’ type cookware stores. The beauty of a silpat is that nothing sticks to it, even if you over cook something on it. If you don’t have one, a piece of oiled aluminum foil will do.

Having selected your greens and other things, lay them out on the baking pad, which is on a baking sheet. Brush the vegetables with oil, or drizzle it on them. (Use a chili flavored oil, or an oil flavored with cumin). Try different oils. Put the baking sheet into the oven and be sure to set a timer, start with 10 minutes and keep peeking as it goes. Remember that different foods cook at different temperatures, particularly parsnips, which cook quickly and burn easily. I usually cook the different vegetables in separate batches, so each can roast/dry to its optimal crispiness. It is worth the effort.

When crispy, remove, place on a cooling rack and proceed with the next batch. Here’s what I have tried – Lacinato kale, savoy cabbage (finely sliced with knife or mandolin), thinly sliced fennel, thinly sliced leeks, fresh spinach, Swiss chard, cauliflower, broccoli and zucchini. In one version, each vegetable has a different oil flavored with a different spice.

Serve them alone, as snacks or add them to a salad.

## Salad of Lettuces, Kales, Kohl Rabi & Swiss Chard with a Walnut Oil Dressing

Serves 4

### Ingredients

For the dressing

2 tablespoons fresh orange juice + zest of 1/2 an orange

1 tablespoon apple cider vinegar

7 tablespoons un-refined walnut oil

salt & fresh ground pepper

For the salad

Small handful lettuce

4 leaves of lacinato kale

4 leaves of Swiss chard, stem separated from leaf

1 baseball size kohlrabi, peeled, cut into julienne

2 ounces fresh goat cheese (optional)

### Method:

In a bowl large enough to hold all the salad, mix together the orange juice and the vinegar. Whisk in the walnut oil and season to taste with salt and pepper. Leave in the bowl.

Clean and dry the lettuce. Gently tear the lettuce to bite sized pieces and place on top of the dressing in the bowl. Do not toss together the dressing and the salad at this point. Remove the stem from the chard, set aside. Roll up the leaves of kale and chard, as though you were rolling a cigar. Using a very sharp knife, cut into “chiffonade” – a fine ribbon. Place in the bowl with the lettuce. Cut the stem of the chard into match-stick sized pieces and add to the salad.

Immediately before serving, toss the salad with the dressing and serve. Give each plate a dollop of fresh goat cheese. Garnish with a crispy kale “chip”.

Read my blog about “Finger Salads” at:

<http://www.thefrenchbroad.com/finger-salad-1489>

## ROASTED VEGETABLES

This is a method I use for almost every vegetable. For hard vegetables like carrots, beets, parsnips, winter squashes and yes, even potatoes, I leave them whole. The principle is simple – clean the vegetables in water, dry them, rub with a little oil and put on a sheet pan and roast in the oven until soft. Season them with salt and pepper and eat them hot or allow them to cool and cut them up.

For vegetables like broccoli and cauliflower, I cut them into smaller “flowerettes”, then toss them with olive oil and season with salt, pepper, lemon zest and some sort of spice.

About temperature: a slow oven, 275° F – 325° F, will produce a more uniformly soft result and take longer, while a hotter oven 375° F – 425° F will produce a crispier outside and more crunchy inside and will also cook more rapidly.

### Roasted Broccoli and Cauliflower

8 – 10 servings

#### Ingredients

1 head cauliflower, cut into small flowerettes

1 large bunch of broccoli, cut into small pieces

3 – 4 tablespoons olive oil (or other oil such as sesame)

¼ teaspoon salt

¼ teaspoon fresh pepper

zest of ½ lemon

½ teaspoons Garam Masala – a mild Indian spice made of coriander, Tellicherry black pepper, cardamom, cinnamon, charnmuska, caraway, cloves, ginger & nutmeg

Useful equipment: a silicon baking pad

Set the oven to 325° F – cooking time approximately 20 minutes

#### Method:

Cut the vegetables into pieces. Place the olive, salt, pepper, lemon zest and garam masala into a bowl. Whisk together, then toss the cut vegetables to coat evenly and place on a baking sheet lined either with a silicone baking pad or a piece of oiled aluminum foil. Place in the oven and roast until done.

Eat either hot or cold. Use as a garnish for a salad, a stand alone dish, or to accompany a main course.

## STIR FRY

Stir fry is one of the quickest ways to cook food, but also requires a larger amount of preparation, as you must cut all that you cook into smaller pieces. The trade off is speed of cooking, minimum amount of heat, & easy to do for the price of cutting your ingredients into small pieces.

Often, I will blanch my vegetables ahead of time, though this is entirely optional.

A wok is ideal for stir fry. Lacking a wok, you can also stir fry in a large iron skillet or cold-rolled steel pan. Use medium-high heat.

### Pork Stir Fry with Snow Peas, Bok Choy & Mustards

Serves 4

#### Ingredients

12 ounces of pork cut into 2 inch “finger sized” pieces from the shoulder

1 cup of fresh snow peas, blanching optional

2 small heads of bok choy cut into “chiffonade”

2 bunches of mustards, cut into “chiffonade”

1 cup fresh spinach leaves

1 inch sized piece of ginger, cut into fine dice

clove of garlic, fine dice

4 tablespoons refined sesame oil – for high heat

salt, pepper,

2 teaspoons garam masala

1 cup chicken stock, vegetable broth or water

1 tablespoon cornstarch dissolved in 3 tablespoons cold water

Useful equipment: steel wok

Method: Cut everything to size. Set the wok on medium-high heat. (You may have to adjust temperature as you cook). Allow it to heat up, then add 2 teaspoons of oil. Season the pork with a little salt and pepper and add about 1/3 of the meat to the wok, searing it well by tossing it back and forth in the oil. Lift out with a slotted spoon, allow any oil to drain back into the wok. Set the meat aside on platter and continue to cook the remaining meat in a similar fashion. Add oil if necessary.

STIR FRY – cont'd.

Next, add 2 teaspoons more oil. Stir fry the snow peas until tender, season with a little salt, pepper and garam masala. Drain and add to the platter of meat.

Continue in this fashion, cooking all the greens until almost crispy. After the vegetables are cooked, stir fry the ginger and garlic, leaving them in the wok.

Add the cup of broth or water, allow it to come to a boil and then stir in the dissolved corn starch, to make a light sauce. Reduce the heat and return all the ingredients to the wok, stirring well, to heat through. Turn off the heat.

Serve with the roasted vegetables. Rice is also good with this.