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Recipes for Professional Development Cooking Class

January 26, 2011

2:30-4:30 PM

Class title: *Six Dishes Kids Love*

Ethnic Profiles: Multiple

Salad

Asian Cabbage and Orange Salad with Ginger

Flavor Profile: Asian

This simple cabbage salad can be given an Asian twist by using Nappa cabbage, plus Asian flavors such as ginger, sesame, and soy. Green, red, or savoy cabbage could be used as well.

½ cup seasoned rice vinegar

1 tablespoon toasted sesame oil

1 teaspoon grated fresh ginger

1 teaspoon honey or brown sugar

1 teaspoon soy sauce

½ head Nappa cabbage, thinly shredded

1 navel orange, segmented, and each segment halved or mandarine segments

½ cup cilantro leaves

¼ to ½ teaspoon kosher salt

In a bowl, mix together the vinegar, sesame oil, ginger, honey, and soy sauce. Put the cabbage, orange segments, and cilantro in a bowl, pour the sauce over them and toss well. Taste and add salt as needed.

Serves 4

Suggestion: Add chicken and crispy wontons or noodles for an entrée salad.

Soups

Curried Carrot Soup

Flavor profile: Middle Eastern/Indian

Sweet carrots lend themselves to the flavors of the complex spices found in curries. This calls for a commercial curry powder, but it is possible to make your own blend, balancing cumin, turmeric, cayenne or other chilies. In lieu of ghee, the clarified butter commonly used in Indian cooking, extra-virgin olive oil is substituted.

1 ½ tablespoons extra-virgin olive oil

1 large shallot, minced

1 ½ pounds carrots, peeled and coarsely chopped

1 teaspoon curry powder

6 cups low sodium, low fat chicken broth

2 tablespoons fresh orange juice

Kosher or sea salt

Freshly ground black pepper

In a large saucepan over medium heat, heat the oil. When it is hot, add the shallot and sauté until soft, about 2 minutes. Add the carrots, curry powder and broth. Increase the heat to medium-

high and bring to a boil. Reduce the heat to low, cover and cook until the carrots are tender, about 20 minutes. Remove from the heat and add the orange juice. Using a food processor or blender, process to a smooth puree. Taste and season with salt and pepper. Drizzle with the remaining olive oil.

Serves 4

Suggestion: Replace half the carrots with cubed sweet potato

Pasta

Fideo Pasta with Chorizo and Kale

Flavor Profile: Latin American

Fideo is a favorite pasta of Mexican cooking. The fine, thin pasta often comes in coils, like angel hair pasta. It is typically sautéed in oil for a few minutes, then cooked directly in the sauce, rather than separately in water as is traditional with Italian pasta. However, spaghetti also works with the flavors of chorizo, the spicy Hispanic sausage, and the other sauce elements. Finely chopped kale increases the green vegetable component without altering the tomato-chili flavors.

2 dried ancho peppers

1 cup hot water

2 tablespoons extra-virgin olive oil

½ onion, finely chopped

1 clove garlic, finely chopped

1 cup low-fat chicken broth

1 cup canned whole tomatoes, coarsely chopped, with their juice

1 cup finely chopped, stemmed kale

Kosher or coarse salt and freshly ground pepper to taste

4 ounces fideo or whole wheat spaghetti noodles

½ pound chorizo, cooked and crumbled

2 ounces queso fresco, crumbled

¼ cup fresh cilantro leaves

Place the ancho peppers in the hot water and soak until soft, about 20 minutes. When soft, remove the stems and seeds and chop into small pieces. Set aside. Discard the water. In a heavy-bottomed saucepan, heat the oil over medium-high heat. Add the onion and sauté until soft, about 1 minute. Stir in the garlic and cook 1 more minute. Add the broth, tomatoes, reserved peppers, and kale. Cover and reduce the heat to low. Simmer for 15 minutes. Taste and adjust for salt and pepper. Break the fideo coils into 3 or 4 pieces and add directly to the simmering sauce, stirring them in. Cover and cook until the fideo is tender and most of the sauce absorbed, about 10 minutes. Stir in the chorizo. Serve garnished with the cheese and cilantro. If using spaghetti noodles, cook separately in boiling, salted water.

Makes 3 to 4 servings

Suggestion: To change the flavor profile to Mediterranean, use mild Italian sausage instead of chorizo, a few red pepper flakes instead of the soaked ancho chilies and garnish with Parmesan cheese and parsley instead of queso fresca and cilantro.

Rice Bowls

Black Eyed Peas with Chard

Flavor profile: African

Black-eyed peas, a type of cowpea, are native to Africa, where they appear in numerous dishes in many countries, but their use has spread throughout the world. The small peas are a mainstay of cooking in the soups and stews of southeastern United States, where they are often served over rice. Since cooking dried beans or peas might not be possible in many school food service situations, the recipe here calls for canned black eyed peas.

4 cups water

1 sprig fresh rosemary

2 bay leaves

2 small onions, peeled

3 tablespoons extra virgin California olive oil

1 teaspoon Kosher or coarse salt

1 teaspoon freshly ground black pepper

6 large stalks of chard, chopped, including the stems. Collard or turnip greens can be substituted but the stems should be removed.

24 ounces canned black-eyes peas, rinsed and drained

Put the water in a large pot and add the rosemary, bay leaves, onions, olive oil, salt and pepper.

Bring to a boil, reduce the heat to low and simmer to produce a flavorful broth, about 40

minutes. Remove the rosemary and bay leaves. Add the greens to the pot, and simmer until

tender, about 15 minutes. Drain, reserving 1 cup of the liquid. Return the liquid and the greens to

the pot and stir in the black eyed peas. Canned peas are soft, so be careful not to crush them. Add salt and pepper as needed. Serve over rice.

Makes 4 to 6 servings.

To create a Middle Eastern profile, make a base of finely chopped onion and garlic, sauté in butter or oil, and add a teaspoon each of sugar, cumin seeds, coriander seeds, and slices of spicy sausage. Add chopped canned tomatoes, and the black-eyed peas and bake to blend the flavors, about 20 minutes.

Wraps

Curried Potatoes in Chapatis

Flavor profile: Middle Eastern/Indian

Curried vegetables are an important part of Indian cooking. They are eaten as side dishes in folded pastry and are baked or folded into flat breads like chapatis or other wraps. Using fresh green herbs such as cilantro or mint is both colorful and adds another flavor. Although cumin powder can be used, the cumin seeds add more flavor.

½ pound boiling potatoes, red, yellow or white, washed

3 tablespoons Canola or other oil

2 tablespoons cumin seeds

½ small onion, diced

1 small chili Serrano, cut in half, seeds removed and discarded, then minced

½ cup plain non-fat yogurt

½ teaspoon turmeric

1/8 teaspoon Cayenne (or dash)

½ teaspoon ground coriander (or coriander seeds ground in mortar pestle or spice grinder)

3 tablespoons cilantro, finely chopped

Kosher or coarse salt

3 to 5 sprigs cilantro

3 large whole wheat wraps, burrito size tortillas or chapattis

Bring a pot of water to a boil over medium heat. Add the potatoes and cook 10 to 15 minutes.

They should still be firm. Remove from the water and let cool. In a sauté pan over medium heat, heat the oil. When it is hot add the cumin, onion and pepper. Sauté for 3 to 5 minutes then remove from heat. Fold in potato cubes and turn them to coat with the oil and cumin/onion mixture. In a bowl, mix together the yogurt, turmeric, cayenne, and coriander. Fold the yogurt mixture into the potatoes. Add cilantro and salt to taste.

Heat a wrap. Place ½ cup of the curried potato mixture in the center of the wrap and spread it out into a row. Add several whole cilantro sprigs. Fold each side over part way so that the body of the wrap is about 3 inches in diameter. Starting from the bottom, fold the end up about 3 inches. And then turn, or wrap, it over and over until you are at the other edge. Place that edge on the bottom. Makes 3 wraps

Suggestion: Substitute cooked sweet potatoes for the boiling potatoes.

Pizza Toppings

Braised Leeks and Feta Cheese

Flavor profile: European/Mediterranean

A layer of braised leeks lends a smooth texture and a sweet, mild onion flavor to the pizza and goes well with the slightly salty feta cheese favored in Bulgaria, Greece, Israel, and elsewhere in Europe and the Middle East, where leeks are popular.

2 tablespoons butter

1 tablespoon extra virgin olive oil

3 to 4 large leeks, whites only, thinly sliced

½ teaspoon Kosher or coarse salt

6 ounces feta cheese, crumbled

In a frying pan over medium high heat, melt the butter with the olive oil. When the butter foams, add the leeks and stir. Reduce the heat to low, cover, and cook until the onions have softened and have reduced in volume, 10 to 15 minutes. Remove the cover and cook, stirring from time to time until the onions are quite soft and lightly browned. Remove from the heat.

Spread the braised leeks on a prepared pizza crust and sprinkle with the feta cheese. Bake as usual.

Makes about 1 ½ cups, enough topping for 2 14-inch pizzas

Suggestion: To create a Turkish flavor, part of the Middle Eastern profile, add a little grated nutmeg to the leeks.