

broccoli stems!

By: lat Moop

I have to say that one of the most underutilized vegetable parts is the broccoli stem. I don't know how many times I've seen discarded stems shoveled into the trash after others have prepared food around me.

That being said... Here's a simple way to lovingly sneak broc stems into your dishes:

- The most important thing to remember is to clean off the fibrous husk of the stems w/ either a paring knife or peeler. This can be done while still attached to the broc head to artfully cut long, delicious florets or after detaching. You don't have to cut away all the way to the white; some green is okay, but the chewy fibrous part has got to go! (But add peels to Brothing Mix!)
- Once clean, cut the stems in half lengthwise, then cut each in $\frac{1}{2}$ lengthwise again. Keep cutting until you have many long, thin pieces. (each $\frac{1}{4}$ " or $\frac{1}{2}$ cm wide) (for you raw eaters, keep your stems thicker for some sweet + crunchy dip sticks.)
- Then it's slice + dice time. Round up a comfortable amount of those sticks in a pile and carefully cut them into very thin little pieces. The key here is homogeneity. You want every piece to be about the same size so they cook evenly.
- One of the best ways to bring out the flavor of a vegetable is to fry it in hot oil + salt. They make a great base for whatever dish they're used to accent.
- Warm your oil in a pan + add some dry ingredients to season it. Dried Italian herbs or crushed chili flakes work amazingly to season oil (on a low flame for 10 min). Start this while chopping your stems.
- Add the stem pieces to the hot oil, add salt, and cook at a medium heat. It's okay to oversalt as the stems are the first veggie in your dish, stir as needed to prevent burning. When they've been bubbling in the oil for a time, you're ready to continue with whatever fry up you've been planning!



edible

alchemy

formulae

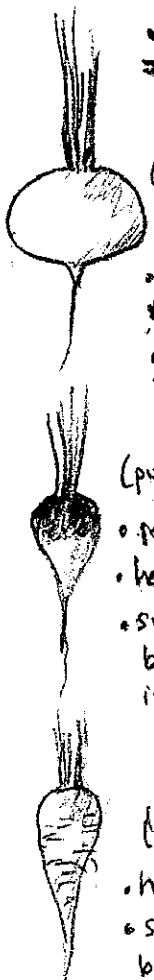


July 11, 2009

Chicago, IL

turnips

Brassica Rapa var. Rapifera



Hakurei

(white + round)
• Japanese hybrid.
• buttery, sweet, & flavorful.
great RAW!

Purple top

(purple topped!)
• Most common heirloom variety
• sweet, crisp, but best cooked as it's spicy!

White egg

(long + white)
• heirloom variety
• smooth + mild, best cooked.

- an ancient and globally prominent veggie.
- Roots have tons of Vitamin C, (esp when eaten raw) Calcium, and Potassium.
- Greens are a SUPERFOOD!! Have Vitamin A, C, B-complex, Potassium, Magnesium, & Calcium.

to eat:

Roots: RAW → grate in salads/slaws, slice thinly in sticks and dip in hummus, dressing, etc...

cooked → slice thinly + sauté
Bake whole for 35-40 min
Slice, Boil, + Mash w/ butter.
Slice in disks to top pizzas
Chop + add to savory pies + egg dishes,
Steam 10 min cubed

greens: RAW: esp Hakurei greens, chop into salads.

cooked: sauté w/ butter/oil.
* can be substituted for any other green.
Sauté, soups, stews, stir-fries, bakes, omelettes, etc...

to store:

roots: keep in a plastic bag in the fridge for 1-2 weeks

greens: wrap in a damp towel or plastic. Use ASAP!

Edible

(organic love)

delish mushroom basil PESTO

By: Andrea Mattison
time: 20min

Ingredients:

- 2-3 c cremini mushrooms, chopped
- 4 T olive oil
- 1/4 c pine nuts (or other nuts)
- 1/4 c parmesan cheese, grated
- 2-3 garlic cloves, minced/pressed
- 3/4 c fresh basil
- Salt + pepper

- 1) Sauté mushrooms w/ salt, pepper, oil until soft, about 10 min.
- 2) Put mushrooms in a blender or food processor with the rest of the ingredients pulse until smooth. Add salt, if desired
- 3) Serve over pasta, OR, smear on bread with sliced tomato & cheese slices.

mmmmmmmmmmmmmmmm



Andrea at
come.together.8k@gmail.com

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