

Vegetables



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Asparagus with Sesame and Oyster Flavored Sauce

Servings: 2

Ingredients

- 8 oz Asparagus spears
- 1 tsp Vegetable oil
- 1 Tbs Oyster Flavored Sauce
- 1/2 tsp Sesame oil
- 1 tsp Sesame seeds

Procedure

- 1 Trim asparagus ends and cut spears on a diagonal into 3" pieces.
- 2 Bring water to a boil in a sauce pan, add vegetable oil and blanch asparagus.
- 3 Stir oyster flavored sauce and sesame oil together in a small bowl.
- 4 Toast sesame seeds in a dry hot skillet, stirring frequently so they do not burn. Set aside.
- 5 Remove asparagus from water and drain sauce pan.
- 6 Put asparagus back in sauce pan, add sauce mix and toss to coat. Let rest for 2 minutes for flavors to blend.
- 7 Remove the asparagus to a plate and sprinkle with the toasted sesame seeds. Serve immediately.

Recipe Tips

Also good with broccoli.

Baby Bok Choy In Oyster Flavored Sauce

Servings: 2

Ingredients

- 4 Baby Bok Choy
- 1 Tbs Peanut Oil
- 1 clove Garlic, minced
- 2 Tbs Chicken broth
- 1 Tbs Oyster Flavored Sauce
- 1/4 tsp Cayenne pepper

Procedure

- 1 Slice baby bok choy in half lengthwise, clean and dry.
- 2 Heat peanut oil in non-stick fry pan or wok.
- 3 Stir fry garlic in hot oil until fragrant, just a few seconds.
- 4 Add broth, oyster flavored sauce, and cayenne pepper to pan. Stir to blend.
- 5 Add bok choy, cut side down, turn off heat and cover. Do not overcook.
- 6 Carefully remove bok choy from pan and keep warm.
- 7 Turn up heat and bring sauce to a boil and reduce by half.
- 8 Drizzle sauce over bok choy and serve immediately.

Baked Broccoli Casserole

Ingredients

- 2 pkgs chopped broccoli
- 2 large eggs, beaten
- 1 cup mayonnaise
- 1 cup sharp cheese, grated
- 2 Tbs onion, minced
- 1 can cream of celery soup
- 1 cup saltine crackers, crushed

Procedure

- 1 Preheat oven to 350 degrees.
- 2 Cook the broccoli for 5 minutes and drain well.
- 3 Mix the broccoli and the next 5 ingredients together and put in a greased casserole dish.
- 4 Top with crushed crackers.
- 5 Bake for 45 minutes or until bubbly around the edges.

Recipe Tips

You may use fresh broccoli if you want.

Cream of mushroom soup can be used in place of the cream of celery.

Dry stuffing mix, such as Pepperidge Farm, can be used in place of the crushed crackers.

Source

Source: submitted by Gerry Farrell

Braised Baby Bok Choy with Sesame Oil

Servings: 2

Ingredients

- 1 cup chicken broth
- 3 Tbs butter
- 4 baby bok choy
- 1/4 tsp sesame oil
- fresh ground black pepper

Procedure

- 1 Bring broth and butter to a simmer in a deep sauce pan or skillet.
- 2 Trim, wash and dry the bok choy.
- 3 Arrange bok choy evenly in pan and simmer, covered, until tender, about 5 minutes.
- 4 Transfer bok choy with tongs to a covered dish and keep warm.
- 5 To make sauce, boil broth mixture until reduced to about 1/4 cup, then stir in sesame oil and pepper to taste.
- 6 Pour sauce over bok choy and serve immediately.

Recipe Tips

This works with regular bok choy as well. Trim the tops and bottoms and cut the stalks into 4 to 6 inch lengths.

Broccoli au Gratin

Servings: 4

Ingredients

| | | |
|-------|--------|------------------------------------|
| 16 | oz | broccoli florets, frozen |
| 1 | Tbs | unsalted butter |
| 1 | medium | shallot, minced |
| 1 | clove | garlic, minced |
| 1 1/3 | cup | sour cream |
| 1 | cup | grated Parmesan cheese, plus 4 tsp |
| 1 | pinch | freshly grated nutmeg |
| 1 | pinch | freshly ground black pepper |
| 1 | pinch | salt |
| 3 | Tbs | panko |



Procedure

- 1 Thaw the frozen broccoli and drain well. Set aside.
- 2 In a large skillet, melt the butter. Add the shallots and sauté 3 minutes, stirring frequently. Add the garlic and sauté for another minute.
- 3 Place the shallot mixture in a medium bowl and allow to cool. Add the sour cream and stir to mix. Add one cup of parmesan cheese and stir to mix.
- 4 Hand chop the broccoli to a large dice and gently stir it into the shallot/cheese mixture. Stir in the nutmeg, pepper and salt.
- 5 Preheat oven to 375 degrees. Spoon the mixture into a gratin or soufflé dish. Sprinkle the top with the panko crumbs and remaining 4 tsp of parmesan cheese. Bake until mixture is heated through and bubbly and the topping is slightly golden, 30 to 40 minutes.

Broccoli Mornay with Panko

Servings: 4

Ingredients

- 2 cups broccoli florets, frozen
- 2 Tbs butter
- 2 Tbs all-purpose flour
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1 cup milk
- 1/2 cup cheddar cheese, shredded
- 1/2 cup panko crumbs

Procedure

- 1 Thaw broccoli and drain well. Set aside in a casserole or gratin dish.
- 2 Preheat oven to 350 degrees.
- 3 Melt butter in a four cup measure in microwave oven.
- 4 Stir in the flour, salt and pepper to form a smooth paste.
- 5 Add in the milk, while stirring with a wire whisk to blend.
- 6 Cook on high in microwave for 4 to 5 minutes, or until boiling and thickened, stirring every 2 minutes to ensure smoothness.
- 7 Stir cheese into the sauce at the end of the cooking time, making sure the sauce is completely thickened before adding the cheese. Stir until melted.
- 8 Pour the sauce over the broccoli and top with the panko crumbs.
- 9 Bake until the broccoli and sauce are heated through and bubbly. Change to broil and broil for about 2 minutes to crisp up the top.

Cabbage Casserole

Ingredients

1 Tbs butter
1/4 medium onion, diced
1/2 medium cabbage, chopped
1/2 cup chicken broth
1/2 cup sour cream
1 tsp white wine vinegar
1/2 tsp parsley flakes
1/4 tsp dried thyme
1/4 tsp dried basil
1/4 tsp salt
1/4 tsp fresh ground black pepper

Procedure

- 1 Preheat oven to 350 degrees.
- 2 Preheat large skillet over moderate heat.
- 3 Add butter and onions to the skillet and cook until the onions soften.
- 4 Add cabbage to the skillet and continue to cook until cabbage wilts.
- 5 In a large mixing bowl, combine the onion and cabbage mixture with the remaining ingredients and stir to mix well.
- 6 Pour mixture into a greased baking dish and bake for 30 to 45 minutes or until bubbly and heated through.

Calabacitas

This is a great summertime side dish. Melt in a handful of shredded queso Oaxaca after you've cooked this and your kids will go crazy.

Yield: Servings: 6

Ingredients

2 Tbs corn oil
1/4 medium white onion, finely chopped
1 clove garlic, minced
1 medium tomato, finely chopped
1 jalapeno chile, chopped
4 medium zucchini (about 1 lb.), chopped into 1/2 inch cubes
1 pinch Mexican oregano
salt, to taste

Procedure

- 1 Fry the onion and garlic over medium heat until just translucent but not browned.
- 2 Add the tomato and jalapeno and continue frying for about 5 more minutes.
- 3 Add the zucchini, oregano, and salt.
- 4 Cover and cook for 5 more minutes.
- 5 Remove lid and continue frying, stirring constantly, until excess juice is absorbed.

Recipe Tips

You can use your favorite summer squash in place of the zucchini.

You can use a roasted and peeled poblano chile in place of the jalapeno.

Source

Author: Mad Coyote Joe

Source: A Gringo's Guide To Authentic Mexican Cooking

Carrot And Turnip Mash

A very simple and tasty side dish.

Servings: 4

Ingredients

- 1 lb carrots
- 1 lb turnips
 - butter, to taste
 - salt, to taste
 - pepper, to taste

Procedure

- 1 Peel and coarsely chop the carrots and the turnips. Boil carrots and turnips SEPARATELY with a small amount of water in the microwave until they are cooked through but still firm.
- 2 When done, pour off any liquid and mash each SEPARATELY, using as much butter, salt and pepper as you like. Keep warm.
- 3 Just before serving, gently combine the carrots and turnips.

Chris' Yellow Crookneck Squash

Servings: 2

Ingredients

3 medium Crookneck yellow squash, thinly sliced
3/4 cup Sour cream
1/4 cup Grated cheddar cheese
Garlic salt, to taste
Fresh ground black pepper, to taste

Procedure

- 1 Steam squash in a little water.
- 2 Drain out water when soft.
- 3 Add sour cream, cheese, and seasonings to squash.
- 4 Stir gently and cook on low heat until just heated through.

Source

Author: Chris Deering

Deep Fried Onion Rings

Very Yummy!

Ingredients

1 large sweet onion, like Vidalia or Texas Sweet
1/2 cup all purpose flour
1/4 cup masa flour
1/2 tsp garlic powder
1/2 tsp salt
1/2 tsp ground black pepper
1 dash cayenne pepper
1 large egg
1 Tbs water
peanut oil, for frying

Procedure

- 1 Peel and slice onion into 1/4 inch thick rings.
- 2 Place rings in a chilled water bath for 20 minutes, then drain and dry well.
- 3 Mix together the flours and seasonings in a medium mixing bowl.
- 4 Mix together egg and water in another medium mixing bowl.
- 5 Doing a few at a time, dip rings in flour mixture and shake off excess.
- 6 Dip coated rings in egg mixture.
- 7 Then dip rings in flour mixture again. Make sure to shake off excess flour.
- 8 Heat oil in deep fryer to 375 degrees.
- 9 Fry onion rings in small batches until a nice golden brown, 2 to 3 minutes.
- 10 Drain on paper towels and salt to taste.

Recipe Tips

Be sure to let oil temperature come back to 375 degrees before cooking the next batch of rings.

Eggplant Caprese With Tomato And Basil

This restaurant quality dish is low in calories, high in nutrients

Servings: 4

Ingredients

| | | |
|-----|-------------|--|
| 1 | medium | eggplant |
| 2 | medium | beefsteak tomatoes |
| 2 | Tbs | olive oil |
| 1 | Tbs | balsamic vinegar |
| 1/2 | tsp | salt |
| 1/4 | tsp | black pepper |
| 12 | fresh | basil leaves |
| 8 | thin slices | unsalted fresh mozzarella (about 4 ounces total) |



Procedure

- 1 Preheat the oven to 425 degrees. Slice the eggplant and tomatoes crosswise into 1/2 inch thick pieces. Place 8 eggplant slices in a single layer on a baking sheet, coated with non-stick cooking spray. Set the tomatoes aside.
- 2 In a small bowl combine the olive oil, vinegar, salt and pepper. Brush the mixture over the eggplant and tomato slices, then set the remainder aside.
- 3 Bake the eggplant slices for about 10 minutes. Turn them over, brush with more of the olive oil mixture, then bake for another 10 minutes, set aside. Place the tomatoes on the same baking sheet and cook for 2 to 3 minutes, or until they're soft.
- 4 Place a slice of cooked eggplant on a work surface. Top with a tomato slice, a basil leaf, a slice of mozzarella, another tomato slice, another slice of cheese, then a basil leaf. Finish the stack with a slice of eggplant. Repeat to make three more stacks.
- 5 When ready to serve return the stacks to the oven for another 5 minutes to reheat and melt the cheese. Top each with a drizzle of the remaining olive oil mixture and a fresh basil leaf.

Recipe Tips

Sue said: Made this the other night. Would suggest tripling the liquid mixture, and triple the basil leaves. Was very good and tasty.

Source

Source: submitted by Sue Chayer

Green Beans With Bacon And Shallots

Servings: 4

Ingredients

- 2 Bacon slices, thick
Reserved bacon fat
- 2 Tbs Shallots, finely chopped
- 1 can Libby's Blue Lake Green Beans, 14.5 oz., drained



Procedure

- 1 Cook bacon in skillet over medium heat until crisp. Transfer to paper towels and drain. Crumble when cooled. Set aside.
- 2 Remove all but a thin film bacon fat from skillet. Add shallots and sauté until tender and golden, about 4 minutes.
- 3 Add green beans and sauté until heated through, about 3 minutes.
- 4 Return crumbled bacon to skillet; toss to blend and serve.

Source

Author: Jackie Farrell

Grilled Asparagus Romano

A delicious side dish or appetizer!

Servings: 2

Ingredients

- 1/2 lb Thin asparagus spears, ends trimmed
- 1 Tbs Olive oil
- 1/4 tsp Granulated garlic, or to taste
- 1/4 tsp Fresh ground black pepper, or to taste
- 1 pinch Red pepper flakes, or to taste
- 1/2 oz Fresh grated Romano cheese



Procedure

- 1 Drizzle the asparagus with the olive oil and then sprinkle with the garlic and peppers. Toss to coat. Allow to marinate for an hour or more at room temperature before grilling.
- 2 Grill on a hot grill for a few minutes until desired doneness, using tongs to turn occasionally to get grill marks on all sides. Remove from grill and sprinkle with the cheese.

Grilled Zucchini

Ingredients

Zucchini, small to medium
Vegetable oil
Cajun seasoning, to taste
Butter



Procedure

- 1 Slice the zucchini lengthwise; brush with oil and sprinkle with seasoning. Allow to rest for 30 minutes at room temperature.
- 2 Grill over medium heat, turning once, until zucchini just start to soften and have nice grill marks.
- 3 Serve hot with butter.

Harvard Beets

Servings: 4

Ingredients

1 Tbs cornstarch
1/3 cup sugar
1/4 cup water
1/4 cup vinegar
1/2 tsp salt
2 cups diced boiled beets (or canned)
2 Tbs melted butter

Procedure

1 Mix cornstarch and sugar; add the water, vinegar, and salt, and bring to a boil, stirring until thick and smooth. Add beets and cook over slow fire 15 minutes. When ready to serve, add butter and bring to a boil.

Source

Author: Unknown; submitted by Gerry Farrell
Source: Good Maine Food (New England)

Loaded Cauliflower

Servings: 1

Ingredients

- 1 cup cauliflower, cooked
- 1 tsp butter
- ground black pepper, to taste
- 1 oz cheddar cheese, shredded
- 1 Tbs sour cream
- 1 strip bacon, crumbled
- 1 Tbs chives or green onions, chopped



Procedure

- 1 Butter and season the cauliflower.
- 2 Place in an individual-serving baking dish, then top with cheese.
- 3 Microwave or broil until cheese is melted.
- 4 Top with sour cream, bacon and chives or green onions.

Myrna's Zucchini Fritters

We love it and with the abundance of zucchini on the way, give it a try.

Ingredients

- 1 medium zucchini
- 1 small onion
- 1/4 cup parmesan cheese
- 1/3 cup flour
- 1/2 tsp oregano
- salt, to taste
- ground black pepper, to taste
- 1 large egg, lightly beaten
- extra virgin olive oil, for frying
- plain yogurt and apricot jam or flavored yogurt

Procedure

- 1 Grate zucchini with large holes of grater directly onto clean kitchen towel.
- 2 Grate onion onto towel with zucchini. Press to squeeze out all moisture.
- 3 Mix zucchini and onion in bowl with cheese, flour and herbs. Season with salt and pepper to taste.
- 4 Stir in egg just before frying.
- 5 Heat fry pan to medium-high heat.
- 6 Coat pan with oil.
- 7 Scoop mounds of mix into skillet, flatten slightly and cook until golden brown, about 2 to 3 minutes per side.
- 8 Drain on paper towel and serve with yogurt.

Recipe Tips

Great any time of the day. We had it for breakfast, served with a fried egg on top.

Source

Source: Found this in a magazine but not sure what one. - Myrna Liner

Onions Parmesan

These unusual onions taste almost like noodles. Great on grilled steak.

Servings: 4

Ingredients

- 4 medium onions, sliced
- 2 Tbs butter
- 1/4 cup Parmesan cheese, grated

Procedure

- 1 Sauté onions in butter 10 to 12 minutes.
- 2 Remove to baking dish.
- 3 Sprinkle cheese over top.
- 4 Broil 5 inches from heat until cheese melts.

Panko Coated Onion Rings

These are truly amazing. I love onion rings and never have had much success at making them. They are always too greasy or not crisp enough or just not right. Marlene's rings are light, crisp and delicious. They are some of the best onion rings that I've ever tasted and certainly the best that I've ever made! The most amazing thing about these is the ability to make them ahead of time and reheat just before serving. They retain their crispness and flavor and are still not greasy.

Ingredients

2 sweet onions, sliced approx 1/4 inch thick
1/2 cup flour
1/2 cup water
2 to 3 dashes hot sauce, such as Tabasco
1/2 tsp salt
2 cups panko crumbs
vegetable oil, for deep frying
grated lime zest (optional)
finely chopped parsley or cilantro (optional)

Procedure

- 1 Heat oil to 375 and turn on oven to 250 degrees.
- 2 Mix the flour, water, hot sauce and salt together. Dip the onions in the flour mixture then in the panko mixture, doing five or six onions at a time. Deep fry for a couple of minutes, turning once when golden on the bottom side.
- 3 Spread on a baking sheet lined with paper towels and hold in the oven while you make the rest.
- 4 When serving you can grate some lime zest over them if you like and sprinkle some chopped parsley or cilantro.

Recipe Tips

These can be made ahead of time when you're entertaining. Don't sprinkle the lime or parsley until ready to serve. Hold them at room temp, then pop them into a 350 oven for 10 minutes and the crispness will return.

Source

Source: Marlene at cppkskorner.com

Web Page: http://recipecircus.com/recipes/Kimberlyn/VEGETABLES/Panko_Coated_Onion_Rings.html

Roasted Cauliflower

Plan on one head of Cauliflower for every 4 people you are planning to serve. It reduces in volume significantly and is very addictive. Leftovers (leftovers?!) are excellent hot or cold (especially with Tahini Sauce).

Servings: 4

Ingredients

- 1 head Cauliflower
- 1/4 cup Good Olive Oil (EVOO not necessary)
- Kosher or Sea Salt
- Freshly Ground Black Pepper



Procedure

- 1 Preheat oven to 400F.
- 2 Trim and wash the whole head of Cauliflower then slice it about 1/4 inch thick. There will be lots of small pieces and several large lacy slices.
- 3 Place the cauliflower into a large bowl and drizzle on the Olive Oil, Salt and Pepper to taste, toss to coat.
- 4 Spread the cauliflower evenly onto sheet pans (I use 2 half-sheet pans) and put in the oven.
- 5 After about 10 minutes, stir them around to get the pieces on the edge of the pan moved towards the middle to encourage even browning, stir again every 5-10 minutes. After about 20 minutes it is ready, but can be left a little longer until even more browned depending on your taste and addiction level.

Recipe Tips

Pan-Roasted: I cut up a cauli - taking just the florets and making sure they were all about the same size, put a nice film of EVOO into a non-stick skillet, added the cauli, and tossed it about until it started to brown, added a couple of tablespoons of water (optional), put the lid on and steamed for about 10 minutes, removed the lid and continued to pan roast until tender and well browned - tossed with some coarse salt.

Source

Source: Adapted from eGullet Roasted Cauliflower topic

Sesame Stir-fried Bok Choy

Servings: 4

Ingredients

- 3/4 lb Bok Choy
- 1 Tbs Vegetable oil (peanut oil preferred)
- 1 tsp Minced fresh ginger
- 1/2 tsp Minced fresh garlic
- 1/4 tsp Salt (optional)
- 1/4 tsp White pepper, ground
- 3 Tbs Chicken broth
- 1/2 tsp Sesame oil
- 1/2 tsp Toasted sesame seeds

Procedure

- 1 Wash and rinse the bok choy well and pat dry. Separate leaves and cut green leaves from the white stalks. Thinly slice leaves and stalks and keep separate.
- 2 Heat frying pan or wok over medium-high heat. Add oil. When oil is hot, add white stalks, ginger, garlic, salt and pepper. Cook for one minute, stirring constantly.
- 3 Add green leaves and broth, cover and cook for about 2 minutes until tender-crisp. Do not overcook.
- 4 Stir in sesame oil and sprinkle with sesame seeds.

Recipe Tips

Also works well with Napa Cabbage. When using napa cabbage - separate leaves and cut curly tops from white portion. Thinly slice curly tops and white portion and keep separate.

The two step method for cooking the bok choy or napa cabbage ensures that the vegetables are evenly tender crisp as the stalks are very dense and require more cooking time than the tender leaves.

Source

Source: Adapted from Martin Yan's Stir-fried Bok Choy

Southern Creamed Spinach

Ingredients

2 lbs spinach, frozen
4 Tbs butter
1/2 cup white onion, diced
1/2 tsp garlic, minced
5 Tbs all purpose flour
1 1/3 cup half and half
7/8 cup heavy cream
4 tsp sugar
1 tsp salt
1/2 tsp ground black pepper
1/2 tsp garlic powder
seasoned bread crumbs

Procedure

- 1 Dunk spinach in boiling water for a minute until soft.. Remove to a colander and drain. Do not squeeze dry.
- 2 In a dutch oven, melt butter. Add onions and garlic and cook until just beginning to brown.
- 3 Stir in flour and stirring, cook until flour is golden brown.
- 4 Add half and half and cream, mix well. Cook until thickened stirring frequently.
- 5 Stir in sugar, salt, pepper and garlic powder.
- 6 Stir in drained spinach and remove from heat.
- 7 Spray a 7 by 10 baking pan with cooking spray and add spinach mixture.
- 8 Bake 20 minutes, then top with seasoned bread crumbs.
- 9 Continue to bake for another 20 minutes, until sides begin to brown.

Source

Author: Gerry Farrell

Stir-Fry Baby Bok Choy With Garlic

Delicious. This is so quick and easy to make. The sauce really sweetens up the bok choy and takes away any bitterness.

Servings: 8

Ingredients

1/3 cup chicken broth
1 Tbs soy sauce
1 1/2 tsp cornstarch
1/2 tsp salt
3 Tbs vegetable oil
1/4 cup thinly sliced garlic (about 8 cloves)
2 lb baby bok choy, halved lengthwise
2 tsp sesame oil

Procedure

- 1 Mix the broth, soy sauce, cornstarch and salt in a bowl until the cornstarch is dissolved. Set aside.
- 2 Heat wok over high heat until a drop of water evaporates instantly. Pour the oil down side of the wok, then tilt wok to coat the wok.
- 3 Add garlic and stir-fry until pale golden, 5 to 10 seconds.
- 4 Add half of the bok choy and stir-fry until leaves wilt, about 2 minutes, then add remaining bok choy and stir-fry until all leaves are bright green and limp, 2 to 3 minutes total.
- 5 Stir broth mixture, then pour into wok and stir-fry 15 seconds. Cover with lid and cook, stirring occasionally, until vegetables are crisp-tender, 4 to 6 minutes.
- 6 Stir in sesame oil and serve.

Stir-Fry Vegetables In Szechuan Sauce

Servings: 2

Ingredients

- 1 Tbs Peanut oil
- 1 clove Garlic, minced
- 4 dried Hot red peppers
- 1/2 cup Bok choy, sliced
- 2 Tbs Water chestnuts, sliced
- 1/4 cup Bell peppers, any color (1 inch pieces)
- 1/4 cup Onion (1 inch pieces)
- 1/4 cup Mushrooms, halved
- 1/4 cup Napa Cabbage, chopped (optional)
- 1 to 2 Tbs Szechuan sauce
- 1 to 2 Tbs Water, as needed to thin the sauce



Procedure

- 1 Pre-heat the peanut oil in a large non-stick fry pan or wok.
- 2 Add garlic and dried red peppers and cook for 30 seconds.
- 3 Add the rest of the vegetables, except the napa cabbage.
- 4 Stir constantly while cooking until heated through and just tender crisp. Do not overcook.
- 5 Add cabbage (optional). Cook for one more minute.
- 6 Add Szechuan sauce and water (as needed to thin sauce) and stir to blend. Cook just until sauce is heated through.
- 7 Remove dry peppers and serve immediately.

Recipe Tips

Asparagus, snow peas, cauliflower, or yellow squash can be used in place of the bok choy.

Tri-Grilled Mushrooms

We had these at Barcelona Tapas Restaurant in Puerto Vallarta. Love them!

Ingredients

Duck fat, rendered
Spanish chorizo, sliced
Onions, sliced
Mushrooms - 3 varieties, any kind, sliced

Procedure

- 1 Heat skillet to medium high.
- 2 Add a small amount of duck fat to hot skillet and fry the chorizo.
- 3 Add the onions to the skillet and fry until softened.
- 4 Add the mushrooms to the skillet and continue frying until the mushrooms are softened through and browned.

Recipe Tips

Also great as an addition to breakfast tacos made with Potato And Mushroom Frittata.

World's Best Braised Green Cabbage

Once you read through the recipe, you'll see that there's not much to it at all. Indeed, after you make the dish once, you won't need a recipe—it's that simple. The cabbage here is plain old green cabbage, and the seasonings are coarse salt, freshly ground black pepper, and crushed red pepper flakes. The extended cooking time renders the cabbage intensely tender and sweet. If you stock fleur de sel in your pantry, a sprinkle before serving adds a crunchy counterpoint to the supple cabbage; if not, any coarse sea salt will have a similar effect. Serve as a wintertime side dish or as an appealing vegetarian supper with beans or mashed potatoes.

Servings: 8

Ingredients

- 1 medium green cabbage (about 2 pounds)
- 1 large yellow onion (about 8 ounces), thickly sliced
- 1 large carrot, cut into 1/4-inch rounds
- 1/4 cup chicken stock
- 1/4 cup extra-virgin olive oil
- coarse salt
- freshly ground black pepper
- 1/8 tsp crushed red pepper flakes, or to taste
- Fleur de sel or coarse sea salt



Procedure

- 1 Heat the oven to 325 degrees. Lightly oil a large gratin dish or baking dish (9-by-13-inch works well).
- 2 Trimming the cabbage: Peel off and discard any bruised or ragged outer leaves from the cabbage. The cabbage should weigh close to 2 pounds (if you don't have a kitchen scale, consult the grocery store receipt). If the cabbage weighs more than 2 pounds, it won't fit in the baking dish and won't braise as beautifully. To remedy this, cut away a wedge of the cabbage to trim it down to size. Save the leftover wedge for salad or coleslaw. Then cut the cabbage into 8 wedges. Arrange the wedges in the baking dish; they may overlap some, but do your best to make a single layer.
- 3 The braise: Scatter in the onion and carrot. Drizzle over the oil and stock or water. Season with salt, pepper, and the pepper flakes. Cover tightly with foil, and slide into the middle of the oven to braise until the vegetables are completely tender, about 2 hours. Turn the cabbage wedges with tongs after an hour. Don't worry if the wedges want to fall apart as you turn them; just do your best to keep them intact. If the dish is drying out at all, add a few tablespoons of water.
- 4 The finish: Once the cabbage is completely tender, remove the foil, increase the oven heat to 400, and roast until the vegetables begin to brown, another 15 minutes or so. Serve warm or at room temperature, sprinkled with fleur de sel or other coarse salt.



Recipe Tips

Like many braises, this cabbage tastes even better the next day, either at room temperature or warmed in a moderate oven for about 20 minutes.

Source

Author: Molly Stevens

Web Page: http://www.mollystevenscooks.com/recipes.php#recipe_2

Zucchini and Red Bell Pepper

Servings: 3

Ingredients

- 2 Tbs vegetable oil
- 1/4 medium white onion, chopped into 1/2 inch pieces
- 1 clove garlic, minced
- 1 medium serrano chile, diced
- 1 medium zucchini, chopped into bite size pieces
- 1/2 medium red bell pepper, chopped into bite size pieces
- 1 tsp fresh oregano, chopped fine
- 1 pinch coarse salt, or to taste
- 2 Tbs pico de gallo



Procedure

- 1 Heat the oil in a medium frying pan over medium heat.
- 2 Add the onion and garlic to the pan and fry until just translucent, but not browned.
- 3 Add the serrano pepper; stir well and continue frying for another minute.
- 4 Add the zucchini, bell pepper, oregano, and salt; stir well and cook for about a minute.
- 5 Add the pico de gallo; stir well, cover and cook for several minutes.
- 6 Remove lid and continue frying, stirring constantly, until excess juice is absorbed.

Zucchini Fries

Ingredients

Zucchini
Egg white
Parmesan cheese, finely grated
Ketchup

Procedure

- 1 Preheat the oven to 425 degrees.
- 2 Wash and dry the zucchini, cut into sticks the size of French fries.
- 3 Beat an egg white until frothy in a bowl big enough to dip the sticks.
- 4 Put enough Parmesan cheese in a gallon size ziploc baggie to coat your "fries".
- 5 A few at a time, dip the zucchini sticks into the beaten egg white, then drop them into the ziploc bag, seal and toss well to coat.
- 6 As they come out of the bag, place on a foil lined baking sheet.
- 7 When all have been coated, pop them in the oven. Check after 5 or 6 minutes to see if they're browning on the bottoms. When they are, turn them over and continue baking til done to your liking. Let cool a bit or they WILL burn the roof of your mouth! (voice of experience here....)
- 8 Serve with ketchup.

Recipe Tips

You can add spices to the cheese if you like. For an Italian twist try garlic powder and crushed dried basil.