

Norfolk Farmers Market

Cook the Market

July 6, 2019

Featuring

Husky Meadows Farm Veggies
Olive Oil Factory Oils and Vinegars
Pittsfield Rye Bread

Krazy for Kazu's Dressing
Rustling Winds Farm Yogurt
Rolling Rock Salt and Pepper

Grilled Salad with Green Goddess Dressing, Garlic Scapes and Croutons

This is a hearty, delicious salad that is fantastic for summer evenings when you are grilling or cooking over the backyard fire pit. It also hearty enough for vegetarians if you're doing the standard meaty cookout. You could be extra nice to them and throw some mushrooms on the grill as well to top this salad off. Romaine and frisee can both stand up to the rigors of hot coals and the thick creaminess of the dressing. The cool of the herbs and the yogurt pairs well with the smoky char from the fire.

Head romaine lettuce
Head frisee
1 bunch garlic scapes
A couple slices thick country bread

Dressing:
1 cup chopped parsley
1/2 cup chopped mixed herbs: marjoram, chives, dill etc,
1 cup yogurt
1/2 cup mayonnaise
Zest and juice of 1/2 a lemon
Optional: 2 mashed anchovies

Make your dressing by combining all ingredients and chill well ahead of time so the flavors can meld. If you have the inclination, please do use homemade mayo.

Halve your lettuce heads and trim the base, but don't cut clear off as you need the base to hold them together so you don't have loose leaves falling all over the place. Run them under cold water to wash. Be especially careful near the base where dirt can collect. Shake them out to dry. You can also toss them in a bowl with a dry tea towel to get rid of some of the moisture.

When your grill or fire is nice and hot toss your garlic scapes in a little olive oil, salt and pepper. Place on the grill and cook until nicely seared, flipping once. Also drizzle the bread

with olive oil and season with salt and pepper. Grill and then cut or tear into nice bite size croutons. For the lettuces drizzle the cut side with olive oil and season with salt and pepper. Place cut side down and cook briefly for a minute or two. There should be a nice sear but you don't want them totally limp. Flip over with tongs for another minute. Arrange lettuces on a platter and top with scapes, croutons and dressing.

Basic Everyday Vinaigrette

1 tsp dijon mustard
1 tsp maple syrup or honey
1/3 cup vinegar of your choice
2/3 cup olive oil
Seas salt and pepper

Whisk the first three ingredients together. If you want a nice creamy emulsified dressing very slowly whisk in the olive oil. If you aren't particular about your dressing separating you can throw all the ingredients in a jar and simply shake up. Tarragon is my favorite herb for this basic dressing but you can use what every you like or have on hand. The choice of vinegar will have the most impact of the flavor - apple cider, balsamic, sherry will all lend their own distinct character. Play around with flavored vinegars as well!

Piquant Salad with Pickled Garlic Scapes and Radishes and Crazy for Kazu Dressing

This salad has pungent quick pickles and bright mint and basil for a salad full of flavor and crunch.

1 bag salad mix
1/2 bunch mint
1/2 bunch basil
Chopped cucumbers
Sugar snap peas

Pluck whole leaves from the mint and basil stems. Toss into salad greens. Add cucumber, peas and pickles and dress with Kazu's dressing. For a little extra kick you can add a little of the pickling juice.

Quick pickles

Makes 2 pints

1 bunch garlic scapes
1 bunch radishes
chile flakes, peppercorns, a few slices fresh ginger
1.5 cup apple cider vinegar
1.5 cup water
3 Tbsp sugar (honey, maple syrup are ok too)
2 tsp salt
Optional additions: star anise pod, coriander seed

Thinly slice the radishes and divide into a 2 pint size mason jars. Cut scapes into 3 inch long sections, discarding the long tough section after the flower pod and had to jars. Combine all the other ingredients and bring to a boil. Stir until sugar dissolves. Pour over radishes. Cool to room temp then refrigerate. Will keep well for about 2 weeks.