



May 2001 – Fresh Vegetables recipes

The joys of having fresh vegetables growing in your garden are numerous. I have three small raised gardens for my vegetables; I like to grow easy things like tomatoes, beans, squash, garlic, lettuce and salad greens. I like to use local seed companies that have seeds that are acclimatized to this part of the world. I intersperse the vegetables with flowers like the lemon gem marigold, pinks, nasturtiums, johnny-jump ups and borage. I use these flowers to decorate salads and cakes etc

The beginning of May is a perfect time to sow your garden, I dig some compost in the soil, sow the seeds and water. If I'm feeling lazy, some of the nurseries have great starter plants. Its good to rotate your plants so that the same type of plant doesn't grow in the same spot year after year, this is to try to confuse any bacteria or bugs that maybe harbouring in the ground.

'Speak to the earth, it shall teach thee.'

-Job X11: 8

Chilled Asparagus Salad

Tips for Asparagus:

-Fat spears are likely to be tenderer than thin ones.

-Don't cook asparagus in aluminium or iron pots as it can affect the flavour.

-It is not necessary to peel the spears; sometimes I like to remove the papery like leaves on the stems.

-Allow 4-8 stems per serving depending on if it is an appetizer or vegetable.

-It is best to steam the stems up right in a tall pot. I like to tie them together and place in a pot of boiling water with enough water to cover the first couple of inches of stem.

-Asparagus can be cooked in the microwave, place in a Pyrex pan with 1/4c water and loosely cover with saran wrap.

-Asparagus should be cooked quickly, 'til just bright green in colour, drain. The cooking process will continue with the remaining heat.

-It is of good etiquette to eat asparagus with ones fingers.

1lb Fresh Asparagus spears

-Cook as above and cool under running water.

-Drizzle with your favourite salad dressing and chill. This can be made 4 hours ahead of time.

Ratatouille

3T extra-virgin olive oil

2c onion-chopped

-sauté until tender.

2lb eggplant-I like to use the long Japanese ones, I find them less bitter. To prevent the eggplant from soaking up too much oil when cooking, you can cover it with salt and allow it to sit for a while and the salt will collapse the cells. I then rinse the eggplant under running water.

-Cut into 1" cubes.

4 Cloves Garlic- finely chopped

-add to onions and sauté 5 mins.

2 Zucchini-cut into 1" cubes(try other summer squash for colour and flavour)

1 Red pepper- cut into 1" cubes

1 Green pepper-cut into 1" cubes

-Sauté 5 mins.

2 3/4lb Fresh tomatoes-seeded and coarsely chopped(about 6 cups)

3 fresh thyme sprigs

1 fresh rosemary sprig

1 Bay leaf

-Mix in and cook till blended, stirring occasionally, about 30 mins.

1/4c Fresh basil

-Stir in and season generously with salt and pepper.

-can be served hot or cold.

BBQ'D Tomatoes

4 fresh tomatoes plump from the vine.

-cut in half, top to bottom, so the halves sit flat cut side up.

8t fresh pesto

-Rub 1t pesto on the cut side of each tomato.

2T Parmesan

-Sprinkle the tomatoes with the Parmesan.

Salt and pepper-season generously.

-Heat BBQ, Place tomatoes on grill skin side down and lower lid on BBQ. They will be ready in about 7mins. Just long enough to heat through.

-These tomatoes can also be grilled under a broiler in the oven.

Green Beans in a tomato sauce

2T Oil or butter

2c Onions-chopped

-Sauté until translucent

3c Green Beans-left whole or cut in half.

-add beans and cook about 4 mins.

4 medium fresh tomatoes-chopped or 1 1/2c undrained canned tomatoes, chopped.

3T lemon juice

1/8t Thyme

1/4t Marjoram

1/4t Basil

-Stir in and lower the heat to a simmer, covered for 10 mins, until the beans are tender and the flavours have combined. Stir occasionally to prevent sticking.

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