

Local Foods Cooking Class

Katie Ballantine

Ballantine Company: ballantineco@gmail.com

Design Consultant

Visual Artist

Plant starts/Orchids/Apples/Apple Cider

Kate Ritger

Just Food Collective: www.justfoodcollective.com , kate@justfoodcollective.com

Wood-fired Pizza

Canned Goods: pickles, jams, fermented items

Fresh Veggies

Goals Together:

- 1- *Make a delicious and beautiful meal*
- 2- *Be inspired by local foods and each other*
- 3- *Learn a new cooking technique or ingredient*
- 4- *Have fun in the kitchen together*

Definitions:

Braising: *to fry food lightly, and stew slowly in a closed container*

Galette: *a flat round cake of pastry or bread*

Spiralizer: *a kitchen tool that turns fresh veggies into faux-noodles*

Menu

To Start: Crackers and cheese

Veggie Platter

Braised Greens

*Savory Lamb Galette**

Baked Apples

**A classic wine pairing with savory lamb is a red Rhone blend. An option with less body would be a Nebbiolo or a Chianti.*

Recipes

Pastry Dough

1-1/2 cup flour
1/4 tsp. salt
10 Tbsp. butter
3-4 Tbsp. ice water, plus more if necessary

—Use a food processor to pulse together the flour, sugar and salt to combine. Add the butter and pulse until just barely blended with the flour and the butter is broken down to the size of peas. If you prefer to make the dough by hand, combine all the dry ingredients and butter in a large bowl. With your fingertips, 2 knives or forks, or a pastry cutter, work the butter pieces into the flour, being sure to incorporate all of the butter evenly, until the mixture has the texture of small peas.

—Add 3 Tbsp. ice water to the flour mixture. Process for about 5 seconds or mix by hand, just until the dough begins to clump together, adding 1 or 2 Tbsp. ice water if necessary. Do not overwork.

—Pat dough into a disk, wrap in plastic and refrigerate for at least an hour.

Savory Lamb Tart (serves 6)

1# ground lamb
(1) med yellow onion, chopped
chinese cabbage
3-4 cloves garlic, chopped finely
1 egg, lightly beaten
1-1/2 tsp. fresh thyme
1 med. tomato, sliced 1/4" thick and set in colander to drain
1 cup shredded mozzarella cheese
1/4 cup cherry reduction, balsamic reduction, or savory jam (optional)
salt to taste
cayenne to taste
Heavy cream or egg yolk to brush crust

—Preheat oven to 400 degrees

—In a pan over med-high heat, saute' lamb until lightly browned. Transfer to paper towels. Pour off all but 1-1/2 Tbsp. of fat and return pan to med-high heat. (Add sunflower oil to pan if necessary).

—Add onion and saute' until tender, about 5-7 minutes, adding garlic and chinese cabbage after the first 2 minutes. Season with salt and 1 tsp. of the fresh thyme. Add the lamb. Let cool.

—Remove the dough round from the refrigerator and let rest for 10 minutes.

—Flour a clean work surface and sprinkle small amount of flour on dough. Pat the dough with rolling pin while rotating the disk to begin forming the crust. Roll dough to 12-14" circle. Lightly trim edges to form a rough circle. Transfer dough to parchment lined baking sheet.

Savory Lamb Tart (serves 6) (Continued)

- Spread dough with fruit reduction or jam, leaving a 1-1/2-2" border.
- Add egg and 3/4 cup shredded mozzarella cheese to lamb mixture.
- Evenly distribute the lamb mixture on the dough.
- Sprinkle remaining 1/4 cup mozzarella and arrange tomato slices on top.
- Carefully grasp one edge of dough and fold up outer 1-1/2-2" over filling. Repeat around circumference of galette, overlapping dough every 2-3 inches. Gently pinch pleated dough to secure if necessary, but do not press dough into filling. Brush dough with egg or cream and sprinkle with remaining thyme and salt.
- Bake at 400 for 40-50 minutes, until crust is deep golden brown and filling is beginning to brown.

Braised Greens

12 oz. sturdy greens
1 tsp. sunflower oil
1 clove garlic
1 cup stock or water
1/8 tsp. pepper flakes

- Wash greens, remove tough stems. Break into roughly 2" lengths.
- Heat pan over med-high heat. Add oil and saute' garlic 30 seconds. Add greens and saute' for 1 minute.
- Stir in stock and hot pepper flakes.
- Lower heat, cover and cook 8-10 minutes until greens are soft, stirring occasionally.

Fresh Vegetable Platter Salad

Seasonal vegetables, i.e. tomatoes, small white or red onion, green beans, fingerling potatoes, zucchini, radish, peas, arugula or fresh greens

Hard-cooked eggs, halved

1 heaping Tbsp. chopped fresh herbs, such as marjoram, tarragon, or parsley.

Dressing (a simple recipe follows, could also dress with aioli).

Dressing: 1 clove garlic, 1 tsp. mustard, 1/4 cup oil, 1/3 cup red wine vinegar, sea salt, freshly ground pepper

- For dressing, pound garlic with 1/2 tsp. salt until smooth. Stir in mustard, olive oil, vinegar and chopped herbs.
- Prepare vegetables: Some vegetables will be served raw (zucchini, tomato, radish, snap pea, etc.). Others will need to be steamed just until tender in the center, then brought to room temperature. Carrots steamed approximately 8 minutes, beans for 3 minutes. Those vegetables that are steamed could be tossed with a bit of the dressing while still warm, and seasoned with salt and pepper if desired.
- Arrange greens on platter, and add mounds of the prepared vegetables. Tuck cherry tomatoes and hard-cooked eggs here and there, sprigs of fresh parsley or other herb if desired. Spoon remaining dressing over all.

Baked Apples (serves 4)

4 apples

1/2 cup walnuts (toasted)

1/8 cup maple syrup

4 Tbsp. butter + for pan preparation

apple cider

creme fraiche, ice cream or whipped cream (optional, for serving)

—Preheat oven to 350. Butter baking dish.

—Core apples to within 1/2" off bottom. Can peel entire apple, or just tops and bottoms.

—Pulverize 1/3 of the toasted walnuts.

—Mix the whole and pulverized walnuts with the maple syrup.

—Pour apple cider in baking dish to cover bottom approx. 1/2".

—Arrange apples in baking dish. Put pat of butter in bottom of center cavity in each apple. Spoon the walnut/maple syrup over the butter, packing it tightly in cavity.

—Top with another pat of butter.

—Cover and bake for 20 minutes. Baste with pan juices and bake an additional 10 minutes.

—Uncover and bake for 5-10 minutes until lightly browned.

—Serve with dollop of cream if desired.