



MYSTERY THURSDAY

INCANTO
July 10th, 2008

Greek Basil small leaves; pungent!

Fennel sliced super thin for salad or celery replacement

Potatoes mixed might include French fingerlings, red gold, romance, and/or carola

Torpedo Onions

Frisee

Portuguese Kale looks like collards, but cook just like kale!

Cilantro

Baby Carrots “Minicor”

French Breakfast Radishes

Chantenay Carrots

Scallions

Baby Spinach

Chioggia Beets eat the greens first

Upcoming Mystery Nights:

7/25 Globe

8/7 Pizzetta 211

8/21 [Piccino](#)

9/4 [Aziza](#)

Fennel: popular as a vegetable in Italy, it can be thinly sliced and eaten plain or as part of a vegetable platter. It is often served with just salt and olive oil as a simple appetizer or salad course. It can be chopped up into salad as celery, and indeed used almost anywhere celery is used. I once saw it added to chili -it was delicious. It was a popular herb in the ancient world of the Greeks and Romans. A recipe from Columella, a Spaniard who served in the Roman army in Syria in AD 60: "Mix fennel with toasted sesame, anise, and cumin then mix that with pureed dried fig and wrap in fig leaves and then store in jars to preserve." (From Spencers *The Vegetable Book*)

Fennel and Cheese for Dessert adapted from *The Victory Garden Cookbook* by M. Morash

Fennel bulbs, One great cheese, such as blue cheese or a local goat cheese, best olive oil, S & P

Wash and trim fennel bulbs. If small, cut in half; quarter larger ones. Serve with slices of cheese and pass the oil, salt, and pepper.

Fennel Salad

1 Bulb fennel, 1 bunch radish, A few carrots

Rice vinegar

Cilantro 1-2 tsp if fresh

a bit of a flavorful oil if you like

Thinly slice fennel, carrots and radish. Mix everything into a bowl and toss with some rice vinegar and some cilantro to taste. This salad gets better as the days go by and it marinates in the vinegar (and oil if using), but it is really tasty the day of as well.

Greek Basil!? It's a popular basil with the restaurants because it has wild flavor. It can be steeped in hot cream then strained/chilled and of course sweetened to make basil ice cream. Pesto of course, small leaves put whole into a salad, and so on. Experiment.

SPINACH, FENNEL AND FETA SALAD

3 tablespoons olive oil

2 tablespoons fresh lemon juice

1 large shallot (or 2 scallions,) minced

1 6-ounce package baby spinach leaves

1 large fennel bulb, trimmed, quartered lengthwise, cored, thinly sliced crosswise

1 bunch radishes, sliced

3/4 cup crumbled feta cheese

Whisk oil, lemon juice and shallot in small bowl to blend. Season dressing to taste with salt and pepper. Combine spinach, fennel and radishes in large shallow bowl. Add dressing and toss to coat. Sprinkle feta cheese over salad and serve. Serves 4. Bon Appétit

Recipes A-Z on our website:

Mariquita.com