



MYSTERY THURSDAY

SLOW CLUB
April 16th, 2009

Agretti
Leeks
Nantes Carrots
Green Garlic
Little Gem Lettuces
Sunflower Sprouts (!)
Fennel
Lemons Meyer
Spring Shallots
Chard
Cardoon
Mint

Fridge Management: Everything into the fridge.

What I'd do with this week's box: Agretti: make a pasta or look at the extensive page on agretti; spring shallots: use where you'd use dried shallots, fennel: shave into a salad with a freshly sliced orange or lemon, add some olives; Mint: tisane!; sprouts: added to a green salad or made into a salad all their own. -julia

Recipes A-Z on our website

Andy's Agretti Piece

** Make your pre orders for any upcoming mystery nights, I may not send reminders!

Food Bloggers We know

Cardoon from Chef Andrew Cohen:

Cardoon is a vegetable like artichoke in that it oxidises and discolors. Chefs will usually toss it into acidulated water (water with lemon juice) to keep it from discoloring.

When thinking of cardoon, keep the flavor of artichokes in your mind when planning the dish.

Chef Andrew's simplest Cardoon-Pasta preparation:

Slice and blanch cardoon. Saute onions and garlic and toss with pasta. Grate some parmesan cheese. This could benefit from some green olives as well.

Julia's Agretti Putanesca

Cook up some spaghetti. During the last 2-3 minutes of cooking, throw in a bunch of trimmed agretti stalks. (remove the bulb ends first.) Drain the whole thing and return to pot. Mix in chopped capers, a few chopped kalamata olives, some grated parm. Cheese, chile flakes, and some lemon zest. S & P to taste, and pass lemon sections to squeeze over at the table.

Fresh Fennel Confit

Adapted from *The New Basics* by Rosso & Lukins

I made this confit without the Pernod and added some sliced onion with the fennel. It was great topped on a pizza, or can be served as a side dish. -julia

1 fennel bulb
2 tablespoons olive oil
1 tablespoon butter
1/2 teaspoon black pepper
1 tablespoon Pernod liqueur

1. Trim fennel bulb, and cut into long julienne strips.
2. Combine the oil and butter in a heavy saucepan over very low heat. Add the fennel and pepper, cover, and cook, stirring occasionally, for 45 minutes.
3. Remove the cover, add the Pernod, and stir. Cook an additional 5 minutes.