

SPRING ABUNDANCE BOWLS

Servings multiple | Prep Time 1 hour |

Cook time 30 min

All of the spices and ingredients listed can be substituted and modified to suit whatever you have on hand. Get creative!

TOOLS

- Cutting board
- 6"chef's knife
- Liquid measuring cup
- Blender or Cuisinart or mortar and pestle
- Rubber spatula
- 1 medium pot, 1 medium saucepan,
- Peeler
- Tongs
- Small baking tray or plate
- 1 medium bowl for favas
- 1 large bowl filled with 4 cups water 2 cups ice
- Containers 1 quart for pickles, 1 pint for pesto, farro, preserved lemons, 1 cup for favas, 1 container for asparagus
- 1 large strainer or colander
- Microplane or boxed grater
- Wooden spoon or potato masher

SHOPPING LIST

Quick Pickle

1 bunch carrots with tops
1 onion
1 bunch radishes
Any spices you have bay leaves, pepper corns, dried chilies
Seasoned rice wine vinegar or white wine vinegar

Sautéed Greens

Radish tops * from radishes for pickles
1 bunch kale
2 cloves garlic or 1 bulb green garlic

Farro

1 cup farro

Smashed Favas

1 -2 lbs. fresh fava beans
*1 pound will yield ½ cup
Chili flakes

Carrot Top Pesto

½ cup walnuts or cashews
1 bunch carrot tops
1 bunch basil
1 lemon + zest
2 cloves garlic or 2 heads green garlic
*optional olive oil

Preserved Lemons

4 Myer or Eureka lemons
Approximately 1 cup Kosher salt
*This will take 3-4 weeks if you want preserved lemons for this dish purchase at Oliver's Market

Quick Pickle, Carrots, Onion, Radishes

Technique- knife skills

Ingredients:

1 bunch of carrots with green tops on top

1 bunch radishes

1 red or white onion

1 cup seasoned rice wine vinegar or white or red wine vinegar

*If using red or white vinegar, add 1 Tbsp salt + 1 Tbsp sugar

2 bay leaves

10 peppercorns

1 or 2 dried chilies if you want a bit of spice

Directions: I enjoy seasoned rice wine vinegar which has added salt and sugar. It gives the pickles a sweet and tangy flavor, which brightens up any bowl.

Measure 1 cup of vinegar and 1 cup of water into a medium pot. Add seasonings, turn on low, and allow to simmer for 15 minutes.

Remove carrot tops, peel carrots, and wash tops and carrots. Remove tops from radishes, and wash radishes. Peel onion.

*Save carrot and onion peels to season farro.

*Save carrot and radish tops for other dishes.

Cut carrots into oblique cut, slice onions ¼' thick, and slice or quarter radishes.

Add carrots to the pot, simmer for 5 minutes. Turn the burner off and add onions and radishes. Cool down and enjoy as a side to your favorite dish.

*Can save for up to two weeks in the fridge

Farro, Infused With Vegetable Peelings Green Garlic Tops

Technique-Infusing Flavor

Ingredients:

1 cup Farro

Carrot, onion, and garlic peels

5 cups water

Directions: Grocery stores typically sell three kinds of farro: pearled, semi-pearled, and whole. The cooking range can be from 15 minutes for pearled to 40 minutes for whole. Trader Joe's has a great 10-minute farro.

Fill a medium pot with 5 cups of water, add peelings bring to a boil. Add the farro, reduce heat, and simmer until the farro is tender but chewy. Drain and spread onto a sheet tray, this prevents it from continuing to steam, creating mushy farro. Let sit for 20 minutes, remove peelings, and add lemon zest. * Can save for up to 5 days in fridge or freezer for 1 month.

Smashed Favas, Black Pepper, Preserved Lemon, Chili Flakes

Technique-Shelling Beans

Ingredients:

1-2 pounds fava beans
Pepper to taste
Kosher salt to taste
Preserved lemon

Directions:

Fill a medium pot $\frac{1}{2}$ with water, bring to a boil, and bring down to a simmer add 2 Tbsp of salt. Get the ice bath ready, 4 cups water, and 1 cup ice.

Shell beans by breaking the tip off the stem end and pull the thin string to unzip the pod. Add beans to boiling water and simmer for 2-3 minutes, drain. Place in an ice bath and let stand for 2 minutes. Tear or use your fingernail to break through the outer shell and pinch out bright green beans into a bowl. Discard shells.

Place beans back into the medium pot, add salt, pepper, and chili flakes, and smash with a wooden spoon or potato masher. Remove lemon peel from lemon, slice, and dice, and add to favas.

Sautéed Radish Tops, Kale, Green Garlic

Technique-Sautéing Without Oil

Ingredients:

$\frac{1}{2}$ cup water or broth
1 bunch of radish tops washed
1 bunch kale
2 garlic cloves or 1 green garlic head minced

Directions:

Sautéing without fat is possible, the trick is to use small amounts of water or broth, adding just a small amount (1 to 2 tablespoons) at a time. Do this as often as needed to cook and brown the food, without steaming it. Also, remember to toss and stir the food periodically with a wooden spoon so that it doesn't burn.

Turn pan to medium heat, add kale and 1 Tbsp water, stirring periodically for 5 minutes, add more water if necessary. Add radish tops and add 1 Tbsp. water. When greens are tender they are finished.

Herby Carrot Top Pesto

Technique- Sauce Making

Ingredients:

½ cup walnuts, or cashews
1 cup carrot tops (1 small bunch will yield about a cup)
1 cup basil leaves
2 small garlic cloves or 1 green garlic head
1 teaspoon kosher salt
2 tablespoons lemon
*3 Tabs. olive oil or water

Directions: Wash carrot tops and shake off excess water. Peel and rough chop garlic. Add all ingredients to food processor, turn on and slowly add oil or water. Process till pesto is smooth but still chunky. Add more water if you want a thinner pesto.

*Can be stored in the fridge for up to 5 days. Will lose some of its bright green color.

Preserved Lemons

Technique- Preserving, Adding Unami Flavor To Dishes

Ingredients:

4 lemons
1 cup kosher salt
1 sterilized pint jar

Directions: Scrub lemons and cut ¼ inch off the top and bottom creating a flat surface. Make lemon wedges but don't cut all the way through. Pry open the lemon but do not detach it.

Pour a generous amount of salt into the lemon cracks and shut the lemon. Place 1 to 2 Tbsp salt on the bottom of the jar. Shove all 4 lemons into your pint glass, using your hands or a wooden spoon. Lemons should be covered in their juices, add additional lemon juice if lemons are not covered. Add 1 to 2 Tabs. of salt to the top. Leave out on the counter for three weeks to ferment, during the first two weeks, give the jar a daily shake. After three weeks store in the fridge for up to a year.

How to use-

The peel is what's used, the pulp is too salty and mushy. Use lemon by lemon, and use a knife or spoon to remove the pulp from the flesh. Mince or dice and add to grain salads, soups, vinaigrettes, or anything that needs a burst of flavor.

Assemble Bowls

Place ½ cup farrow in a bowl, ½ cup greens 1 Tbsp of pesto, ½ cup of pickled vegetables, ½ cup fava beans, 1 tsp. preserved lemon