Cookbook Club

Summer Fruits & Veggies

Weston Public Library Cookbook Club

Thank you to everyone who participated in the first Virtual Cookbook Club in June by attending the meeting or sharing recipes! Below are the recipes we shared featuring summer fruits and veggies.

Next Club Date:

August 13, 12 PM

Fast & Slow—Favorite Crockpot or Instant Pot Recipes

Amy's Wineberry Honey Cake (Wineberries grow wild in Weston!)

This recipe comes from Mama Miod Blog

Ingredients

2.5 cups all-purpose flour
¼ cup honey
100 ml milk
3 medium-sized eggs
½ a lemon (juice)
1 tbsp. baking powder
½ lemon zest
½ cup sugar
100 ml olive oil
1 stick of vanilla (shredded) or 1 tbsp vanilla extract
1.5 cups wineberries

Step 1
In a large mixing bowl, measure out all the ingredients the except the wine berries and mix well.
Step 2
Clean and dry the wineberries, add to the mixture.
Step 3
Heat the oven to 320F. Add the batter to a baking pan of your choice.
Bake for 35-40 minutes (depending on your oven).

Amy's Notes:
Batter is extremely thick; don't worry
I baked it for 40 minutes; yes, 320F; I think my pans were actually 9"; rises nicely with baking powder**.** I put parchment at the bottom of the pan; did not oil or flour; I might oil; Had to use a knife to loosen the sides; bottom released no problem**.** I cooled in pan for 12 minutes (couldn't decide between 10 and 15; no info given). There is no salt; I might add a touch I did not try the loaf pan since I not sure how long to bake. I think it would be better in a loaf pan for slicing. Wanted to try it as written first**.** Likely would be good with other berries, too **.**Doubled recipe and it worked well. Had 3 cups of wineberries and they don't last long after picking, I read. Not very sweet, but I had not sprinkled with the confectioner's sugar as it was not completely cool.

Lyn's Turkey Santa Fe Zucchini Boats

This recipe comes from Skinnytaste.com. Leftovers are great mixed with cauliflower rice in stuffed peppers.

Ingredients

For the filling:

- 12 oz 93% lean ground turkey
- 3/4 cups canned black beans (rinsed and drained)
- 3/4 cups corn kernels (fresh or frozen)
- 1 hot pickled serrano pepper (chopped (or jalepeño) more to taste)
- 1 large diced tomato
- 1 cloves garlic (minced)
- 1/4 cup chopped onion
- 2 tbsp chopped cilantro
- 1 tsp cumin

kosher salt to taste

For the zucchini:

- 5 medium zucchini (7 oz each, cut in half lengthwise)
- 1/2 cup jarred mild salsa

15 tbsp shredded reduced-fat Mexican blend cheese

Instructions

Bring a large pot of salted water to boil. Preheat oven to 400°F.

2. Using a small spoon or melon baller, hollow out the center of the zucchini halves, leaving 1/4-inch thick shell on each half. Chop the scooped out flesh of the zucchini in small pieces and set aside 3/4 of a cup to add to the turkey filling, (squeeze excess water with a paper towel) discarding the rest or save to use in another recipe.
3. Drop zucchini halves in boiling water and cook 1 minute. Remove from water.
4. In a large skillet brown the turkey and season with salt. When the turkey is browned, add onion, garlic, black beans, cilantro, serrano pepper, diced tomatoes, reserved zucchini and cumin. Mix well and simmer on low, covered for 20 minutes.
5. Remove lid, add corn and simmer an additional 5 minutes or until all the liquid reduces.
6. Place the salsa in the bottom of a large baking dish (or two medium size dishes) and place the hollowed out zucchini cut side up in the dish.
7. Using a spoon, fill the hollowed zucchini boats dividing the filling equally, about 1/3 cup in each, pressing firmly. Top each with 1 1/2 tablespoons of shredded cheese. Cover with foil and bake 35 minutes until cheese is melted and zucchini is cooked through

Robin's Zucchini and Carrot Ribbon Linguine

This recipe comes from Food.com

Ingredients:

8 ounces fettuccine (I use whole wheat) 2 small zucchini, washed and trimmed 3 medium carrots, pared and ends trimmed 4 tablespoons butter salt to taste (I don't use much at all) 7/26/2020 Zucchini & Carrot Ribbon Fettucini Recipe - Food.com https://www.food.com/recipe/zucchini-carrot-ribbon-fettucini-448625 2/2 salt, to taste (I don't use much at all) black pepper, coarsely ground, to taste 1 tablespoon chives, finely chopped parmesan cheese, freshly grated (optional on each serving)

Directions:

In preparation: using a vegetable peeler, slice wide thin strips from the zucchini and carrots, slicing the full length of the vegetable. Set aside. Cook pasta according to package directions in a large pasta pot. Heat butter in a medium skillet just until melted then stir in the zucchini and carrot ribbons; cover and cook over low heat 2 minutes. Season with salt and pepper and stir once more. Drain prepared fettuccine and then toss it with the vegetable ribbons and the herbs. If desired, sprinkle top generously with Parmesan cheese after placing it in a serving dish and serving.

Robin's Plum Torte

This recipe comes from NYT

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- Large pinch salt
- 1 stick unsalted butter (4 oz), room temperature, plus more for the pan
- 3/4 to 1 cup granulated sugar, plus 1 tablespoon, or more or less, depending on the tartness of the plums
- 2 large eggs
- 12 Italian purple plums, halved and pitted, or 6 red plums, pitted and sliced into thick wedges
- 2 teaspoons fresh lemon juice, or more or less, depending on the tartness of the plums

1/2 to 1 teaspoon ground cinnamon

Preheat the oven to 350°F (176°C). Butter a 9-inch springform pan.
In a large bowl, combine the flour, baking powder, and salt.
In a large bowl with a stand mixer or hand mixer, beat the butter and 1 cup sugar until light in color, 3 to 5 minutes.
Add the dry ingredients and then the eggs, 1 at a time, mixing just until combined.
Spoon the batter into the pan. Cover the top of the batter with the plum halves or wedges, skin side up.
Sprinkle with the remaining tablespoon of sugar and the lemon juice, adjusting the amount to the tartness of the fruit. Sprinkle with the cinnamon.
Bake the plum torte until the cake is golden and the plums are bubbly, 50 to 60 minutes. Cool on a rack, then unmold.
Robin's comments: I make this with any summer fruit I have on hand. Most recently I made it with peaches and raspberries. It is one of the most popular recipes of all time published by the NYTimes. I recommend reading the summary of the recipe history and the Reviewers comments for some great suggestions for changing up the ingredients. I always add a bit of vanilla and use only 3/4 cup of sugar.

Karen's Roasted Cherry Tomato Sauce

This recipe comes from Fork Knife Swoon—a great way to use up cherry tomatoes if you have a lot growing!

Ingredients

2–3 lbs cherry tomatoes, stems removed

1/4 cup good-quality olive oil, plus more for roasting

1 large yellow onion, diced

1 tbsp fresh garlic, minced

small handful, fresh basil leaves

3–4 sprigs, fresh thyme, stems removed
kosher salt and freshly-ground black pepper

Instructions

Preheat the oven to 400 degrees F.

Toss the tomatoes with just enough olive oil to lightly coat, then spread out in an even layer onto a rimmed sheet pan or large baking dish. Roast for 25-30 minutes, until the tomatoes have burst and are just beginning to shrivel. Remove from the oven, tent loosely with aluminum foil, and set aside.

Meanwhile, add the 1/4 cup of olive oil to a heavy-bottomed sauce pot. Heat over medium-heat until the oil begins to shimmer. Add the onions and cook, stirring occasionally, until they begin to sweat and soften, about 4-5 minutes. Add the garlic, stir to combine, and continue cooking for another few minutes until the garlic is golden.

Add the roasted tomatoes (including all of the cooking liquid in the pan), and the herbs, and stir to combine. Season with salt and pepper, to taste.

Turn the heat down to low, partially cover the pot with the lid (leaving about a 1-inch gap), and let simmer for at least 25 minutes – and up to an hour – stirring infrequently as the sauce cooks. Remove the pot from the heat, and let cool for 10-15 minutes. (Carefully!) Transfer the sauce to a blender (or use an immersion blender), and blend until the sauce reaches your desired consistency.

Pour the sauce into pint-size canning jars or other air-tight containers.

Will keep for up to a week in the refrigerator, or 3 months in the freezer.

Karen’s Veggie Lasagna Roll Ups

This recipe comes from Ree Drummond

1 pound lasagna noodles Nonstick cooking spray, for spraying baking sheet 2 tablespoons olive oil 4 cloves garlic, minced 1 medium onion, diced 1 red bell pepper, diced 24 ounces white mushrooms, chopped 2 yellow squash, diced 2 zucchini, diced 1/2 cup white wine 1/2 teaspoon crushed red pepper flakes Salt and freshly ground black pepper One 28-ounce can diced tomatoes, drained 1/4 cup tomato paste 1/4 cup chopped fresh parsley 32 ounces ricotta 1/2 cup grated Parmesan 2 large eggs Salt and freshly ground black pepper 1 1/2 pounds shredded fresh mozzarella Grated Parmesan, for sprinkling

For the noodles: Cook the noodles according to the package instructions. Spray a baking sheet with cooking spray. Drain the noodles and transfer them to the prepared sheet. For the sauce: Heat the olive oil in a large skillet over medium heat. Add the garlic and onions and cook for a minute. Add the red peppers and saute for another minute or so. Add the mushrooms, yellow squash and zucchini and cook for a few minutes. Pour in the wine, add the red pepper flakes and some salt and pepper and stir. Pour in the tomatoes, using your hands to squeeze and crush the tomatoes, and add the tomato paste. Stir to combine, bring to a simmer and let simmer for 20 minutes or so. Stir in the parsley. For the ricotta mix: In a bowl, combine the ricotta, Parmesan, eggs, 1/4 teaspoon salt and some pepper. To assemble: Grab a foil loaf pan and spoon in 1/4 to 1/2 cup of the sauce on the bottom of the pan. Lay out 3 noodles and spoon 1/4 cup of the ricotta mix on each and spread evenly. Roll each noodle tightly and place the rolled noodles in the loaf pan on top of the sauce. Top with more sauce and sprinkle with shredded mozzarella and Parmesan. Repeat with the remaining ingredients. Cook immediately, or cover with foil and freeze. To cook immediately, bake, uncovered, at 350 degrees F until bubbly, about 25 minutes. To cook frozen, remove the loaf pans from the freezer and bake, covered, at 350 degrees F for 40 minutes. Uncover and bake until the cheese is nice and bubbly, an additional 10 minutes.

Catharine's Braised Chicken with Spinach, Tomatoes and Balsamic Vinegar

Spinach worked just as well if you don't have swiss chard on hand

and contributed a touch of its own earthy bitterness. With the addition of greens, I felt that the strong flavor of the balsamic had finally come into balance with the flavors of the chicken, tomato, anchovy, garlic, and red wine. Here was sweet, sour, bitter, hot, herbal, and meaty—all in one dish.

BRAISED CHICKEN WITH SWISS CHARD, TOMATOES, AND BALSAMIC VINEGAR

SERVES 4

When browning the chicken, do not overcrowd the pot; brown the thighs in two batches if all eight do not fit comfortably. Serve with polenta.

- 8 (5- to 7-ounce) bone-in chicken thighs, trimmed
- ½ teaspoon table salt
- ½ teaspoon pepper
- 1 tablespoon extra-virgin olive oil
- 1 large onion, halved and sliced ¼ inch thick
- 1 tablespoon tomato paste
- 3 garlic cloves, minced
- 1 anchovy fillet, rinsed, patted dry, and minced
- 2 cups chicken broth
- 1 (14.5-ounce) can diced tomatoes, drained
- ¼ cup dry red wine
- 1½ tablespoons chopped fresh thyme
- 1 bay leaf
- ¼ teaspoon red pepper flakes
- 12 ounces Swiss chard
- ½ cup balsamic vinegar

1. Adjust oven rack to lower-middle position and heat oven to 350 degrees. Sprinkle thighs with salt and pepper. Heat oil in Dutch oven over medium-high heat until shimmering; add thighs skin side down and cook until skin is golden brown, 10 to 12 minutes. Using tongs, flip thighs and brown second side, about 5 minutes; transfer to large plate. When cool enough to handle, remove skin.

2. Pour off all but 1 teaspoon fat from pot and reduce heat to medium. Add onion and tomato paste and cook, stirring occasionally and scraping bottom of pot, until tomato paste begins to darken, about 4 minutes (if bottom of pot becomes very dark and sticky, stir in 1 to 2 tablespoons water as needed). Add garlic and anchovy and cook, stirring constantly, until fragrant, about 1 minute. Stir in broth, tomatoes, and wine, scraping up any browned bits. Add thyme, bay leaf, and pepper flakes. Submerge thighs skinned side down in liquid, adding any accumulated juices to pot. Increase heat to high, bring to simmer, cover, then transfer pot to oven. Cook until meat offers no resistance when poked with tip of paring knife but still clings to bone, 40 to 55 minutes.

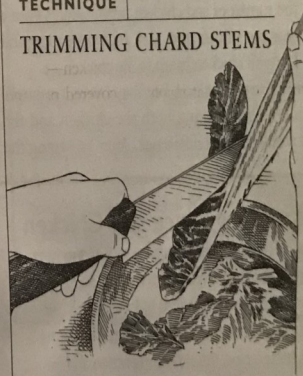
3. While thighs cook, trim chard stems from leaves. Cut chard stems crosswise into ¼-inch pieces; halve chard leaves lengthwise, then cut crosswise into ¼-inch-thick strips. Set chard stems and chard leaves aside separately.

4. Simmer vinegar in 8-inch skillet over medium-high heat until liquid has reduced to about ¼ cup, 3 to 5 minutes. Set aside.

5. Using slotted spoon, transfer thighs to plate and tent with aluminum foil; discard bay leaf. Bring liquid in Dutch oven to simmer over medium-high heat. Add chard stems and cook, stirring occasionally, until almost tender, about 8 minutes. Add chard leaves and cook until wilted, about 2 minutes. Add vinegar reduction to braising liquid and stir to combine; season with salt and pepper to taste. Return thighs and any accumulated juices to pot and cook until heated through, about 2 minutes, turning chicken once or twice. Using slotted spoon, transfer chard to serving dish or individual bowls; place thighs on chard and top with braising liquid. Serve immediately.

TECHNIQUE

TRIMMING CHARD STEMS



Hold each leaf at the base of the stem over a bowl filled with water and use a sharp knife to slash the leafy portion from either side of the thick stem.

false the standards and give us a better option at the same affordable price, we rounded up nine widely available balsamic vinegars of Modena with an IGP seal and conducted a series of blind taste tests. We sampled them plain, whisked into vinaigrette, and reduced to make a quick glaze that we served over asparagus.

While our top six vinegars balanced fruity sweetness with bright acidity, one came out on top. Our winner, Bertolli Balsamic Vinegar of Modena, has a "lush," "syrupy" texture in vinaigrette and an "almost drinkable" flavor with notes of apple, molasses, and dried fruit. Best of all, it's affordable enough to use every day.

wine when served plain.

ILLUSTRATION: JOHN BURGOYNE