

## **RED CHARD**

### **Seared Red Chard**

- 2 tablespoons extra-virgin olive oil
- 1 small red onion, thinly sliced
- 10 to 12 cups red chard (2 bunches trimmed and coarsely chopped)
- Grated nutmeg, to your taste
- Coarse salt and pepper
- 2 tablespoons red wine or cider vinegar

Make sure your greens are very dry before preparing recipe. Also, wash and chop them when you come in from market, then they are ready for you to cook up even quicker.

Heat the oil in a large nonstick skillet over medium-high heat. Add onions and toss 2 minutes, then add chard in bunches and keep it moving as it wilts up a bit - you are just searing it up. The greens should remain crisp and crunchy. Wilting them all and searing them up should take no more than 3 to 4 minutes. Season the greens with nutmeg and salt and pepper, to taste. Douse the pan with a little vinegar and remove from heat. Toss to cook off vinegar and serve the greens hot.

### **Red Chard and Caramelized Onions**

- 1 large yellow onion, chopped
  - 2 tbsp. olive oil
  - 1 tsp. brown sugar
  - 1 bunch red Swiss chard, rinsed and chopped
  - ¼ cup Kalamata olives
  - 2 tbsp. capers
  - 1tsp. coarse sea salt, or to taste
  - freshly ground pepper to taste
  - 1 lemon, juiced
1. In a cast iron skillet, cook onions in olive oil over medium-high heat until they begin to brown. Stir in brown sugar, and continue cooking for a few minutes.
  2. When onions are brown and tender, stir in chard and olives. Cook until chard is slightly wilted. Stir in capers and salt, and continue cooking until chard is completely wilted, about 3 minutes. Season with black pepper and squeeze lemon over the top.

### **Red Chard and Caramelized Onions II**

- 2 tablespoons pine nuts

- 1 tablespoon extra-virgin olive oil
  - 1 large onion, coarsely chopped (I prefer cut in quarters and then slice thinly pole-to-pole)
  - 1 bunch Swiss chard, about a pound, washed, leaves and stalks separated (pull leaves off the stalks by folding together along stalk and pull the stalk away like pulling a zipper)
  - 2 tablespoons golden raisins
  - 2 tablespoons balsamic vinegar
  - 1/4 teaspoon salt
  - ground black pepper to taste
1. Toast the pine nuts until golden brown, set aside to cool.
  2. In a large deep skillet or a dutch oven heat the oil over medium-low heat, add the onions and cook them until golden brown and very soft, stirring from time to time, for about 10 minutes.
  3. While the onions are cooking, cut the chard stalks into strips 2 inches long by 1/4 inch wide and tear the leaves into 2-inch pieces.
  4. Add the chard stalks and raisins to the onions and cook them until the stalks are tender, about 10 to 15 minutes. Stir occasionally while the stalks are cooking. Once tender add the leaves and vinegar, toss all about to coat the leaves with the oil, and cook about 5 minutes or until the leaves are wilted and tender. Season with salt and pepper, transfer to a serving dish and top with the reserved pine nuts.

## **Lasagna with Chard, Tomato Sauce and Ricotta**

- 1 generous bunch Swiss chard (about 1 1/2 pounds)
  - Salt
  - 1/2 pound regular or no-boil lasagna noodles
  - 2 tablespoons plus 1 teaspoon extra virgin olive oil
  - 2 large garlic cloves, minced or pressed
  - 2 pounds fresh tomatoes, peeled, seeded and diced, or 1 (28-ounce) can chopped tomatoes, with juice
  - Pinch of sugar
  - 1 large basil sprig
  - Freshly ground pepper
  - 1/2 cup fresh ricotta cheese
  - 1/3 to 1/2 cup freshly grated Parmesan
1. Bring a large pot of generously salted water to a boil while you prepare the chard. Fill a bowl with ice water. Tear the leaves from the stems and wash thoroughly in two changes of water. Discard the stems or set aside for another purpose.
  2. When the water comes to a boil, add the Swiss chard leaves. Boil 1 minute (from the time the water comes back to a boil), until tender but still bright green, then remove from the water with a slotted spoon or skimmer and transfer to the ice water. Drain and squeeze out excess water. Chop coarsely and set aside. Cook the lasagna noodles in the same pot of water if not using no-boil lasagna noodles. Remove the pasta from the pot and toss with 1 teaspoon olive oil in a bowl.

3. In a wide, nonstick frying pan, heat 1 tablespoon of the olive oil over medium heat and add the garlic. Cook, stirring, just until fragrant, about 1 minute. Add the tomatoes, sugar, basil sprig, and salt (begin with 1/2 teaspoon and add more later), and bring to a simmer. Simmer, stirring often, until thick, 15 to 25 minutes, depending on the amount of juice in the pan. Taste and adjust seasonings. Remove the basil sprig. Stir in the Swiss chard and remove from the heat.
4. Preheat the oven to 375°F. Oil a square or rectangular baking dish (no bigger than 2-quart) and line the bottom with a layer of lasagna noodles. Spread half the ricotta over the noodles and half the tomato-chard sauce over the ricotta. Sprinkle 2 tablespoons Parmesan over the tomato-chard sauce. Add another layer of noodles and top with the remaining ricotta and tomato-chard sauce, and 2 tablespoons Parmesan. Finish with a layer of noodles and the remaining Parmesan. Drizzle the remaining tablespoon of olive oil over the top. Cover the dish tightly with foil. Bake 30 minutes, or until bubbling and the pasta is tender. Uncover, allow to sit for 5 minutes, then serve.

Yield: Serves 4 to 6

Advance preparation: You can blanch the chard and make the sauce up to 3 days ahead. Refrigerate in covered containers. The lasagna can be assembled a day ahead of time and refrigerated until shortly before baking.

## **BEETS**

### **Chilled Beet Soup**

- 6 medium beets
- 2-3 bouillon cubes
- salt and freshly ground pepper
- 3 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- Optional: herbs or crème fraîche

Place about 2 quarts of salted water, 6 beets and bouillon cubes in pot and boil for about an hour (until beets are cooked through).

Allow to beets to cool, peel skin off beets, and cut into quarters.

Warm olive oil in a large saucepan over medium heat. Stir in onions and garlic; cook until lightly browned, and allow to cool.

In batches, add sautéed onions, about 1 cup of beet stock, and cook beets in a blender, and pulse until liquefied.

Place back in pot and let cool in refrigerator. Ladle into bowls, and garnish herbs or crème fraiche.

### **Beet and Goat Cheese Salad with Pistachios**

- 3 large red beets (1 2/3 lb without greens)
- 2 large golden beets (1 lb without greens)
- 1/4 cup minced shallot
- 2 tablespoons fresh lemon juice
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup pistachio oil
- 4 oz soft mild goat cheese
- 3 tablespoons salted shelled pistachios (not dyed red), coarsely chopped
- 1 oz mâche (also called lamb's lettuce), trimmed (4 cups)

Special equipment: a 2 1/2-inch round cookie cutter (without handle; at least 2 inches high)

Preheat oven to 425°F.

Separately wrap red and golden beets tightly in double layers of foil and roast in middle of oven until tender, 1 to 1 1/2 hours. Unwrap beets.

While beets are cooling slightly, whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a stream, whisking.

When beets are cool enough to handle, slip off and discard skins. Separately cut red and golden beets into 1/4-inch dice and put in separate bowls. Add 2 1/2 tablespoons dressing to each bowl and toss to coat.

### **Farfalle with Beets, Beet Greens and Pine Nuts**

- 1/3 cup pine nuts
- 4 tablespoons extra-virgin olive oil, divided
- 2 large onions, quartered lengthwise through root end, sliced crosswise (about 4 cups)
- 3 garlic cloves, minced
- 2 bunches 2-inch-diameter golden beets with fresh healthy greens; beets peeled, each cut into 8 wedges, greens cut into 1-inch-wide strips
- 12 ounces farfalle (bow-tie pasta)
- 1/3 cup grated Parmesan cheese plus additional for serving

Heat heavy large skillet over medium heat. Add pine nuts and stir until lightly toasted, about 3 minutes. Transfer to small bowl. Add 2 tablespoons oil and onions to same skillet and sauté until beginning to soften and turn golden, about 10 minutes. Reduce heat to medium-low and continue to sauté until onions are tender and browned, about 30 minutes longer. Add garlic and stir 2 minutes. Scatter beet greens over onions. Drizzle remaining 2 tablespoons oil over; cover and cook until beet greens are

tender, about 5 minutes.

Meanwhile, cook beets in large pot of boiling salted water until tender, about 10 minutes. Using slotted spoon, transfer beets to medium bowl. Return water to boil. Add pasta to beet cooking liquid and cook until tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid. Return pasta to pot.

Stir onion-greens mixture and beets into pasta. Add pasta cooking liquid by 1/4 cupfuls to moisten. Season with salt and coarsely ground black pepper. Stir in 1/3 cup Parmesan cheese. Divide pasta among shallow bowls. Sprinkle with pine nuts. Serve, passing additional cheese.

## **GRANNY SMITH APPLES**

### **Traditional Apple Pie**

#### *Crust Ingredients*

2 cups all-purpose flour, plus extra for rolling  
1/2 cup finely ground blanched almonds or almond flour (can substitute 1/2 cup flour if you don't have almonds)  
16 Tbsp (2 sticks) unsalted butter, cut into 1/2 inch cubes, chilled in freezer for at least 15 minutes  
1 teaspoon salt  
1 heaping teaspoon brown sugar  
3 to 6 Tbsp water, very cold

#### *Filling Ingredients*

2/3 cup sugar  
3 tablespoons all-purpose flour  
1/4 teaspoon ground allspice  
1/8 teaspoon nutmeg  
1/2 teaspoon cinnamon  
3 pounds of 1/4-1/2 inch thick slices of peeled and cored good cooking apples such as Granny Smith, Pippin, Golden Delicious (see cooking apple varieties)  
1 1/2 tablespoons brandy  
1 teaspoon vanilla extract

#### *Egg Wash*

1 large egg yolk  
1 Tbsp cream

1 In a food processor, combine flour, almonds, salt and brown sugar, pulse to mix. Add butter and pulse 6 to 8 times, until mixture resembles coarse meal, with pea size pieces of butter. Add water 1 Tablespoon at a time, pulsing until mixture just begins to clump together. If you pinch some of the crumbly dough and it holds together, it's ready, if not, add a little more water and pulse again.

Remove dough from machine and place on a clean surface. Carefully shape into 2 discs. Do not over-knead the dough! You should still be able to see little bits of butter in the dough. These bits of butter are what will allow the result crust to be flaky. Wrap each disc in plastic wrap and refrigerate at least 1 hour.

2 Position rack in bottom third of oven and preheat to 375°F.

3 Combine sugar, flour and spices in large bowl. Use your hands and mix in the apples so they are well coated, then add brandy and vanilla extract.

4 Remove one crust disk from the refrigerator. Let sit at room temperature for 5-10 minutes. Sprinkle some flour on top of the disk. Roll out with a rolling pin on a lightly floured surface to a 12 inch circle; about 1/8 of an inch thick. As you roll out the dough, use a metal spatula to check if the dough is sticking to the surface below. Add a few sprinkles of flour if necessary to keep the dough from sticking. Gently fold in half. Place on to a 9-inch pie plate, lining up the fold with the center of the pan. Gently unfold and press down to line the pie dish with the dough.

5 Spoon in apple filling, mounding slightly in center.



6 Roll out second disk of dough, as before. Gently turn over onto the top of the apples in the pie. Pinch top and bottom of dough rounds firmly together. Trim excess dough with kitchen shears, leaving a 3/4 inch overhang. Fold dough under itself so that the edge of the fold is flush with the edge of the pan. Flute edges using thumb and forefinger or press with a fork.

7 Stir yolk and cream in small bowl to blend. Brush over top of pie. Cut slits in top crust to allow steam to escape. Bake pie until crust begins to turn golden, about 20 minutes, then reduce heat to 350°F. Tent the rims with aluminum foil or a pie protector if the edges are browning too quickly. Bake until crust is golden and juices are bubbling, anywhere from an additional 30 to 45 minutes, depending on the type of apples you are using. Transfer to rack; let stand 1 hour. Serve pie warm or at room temperature.

Serves 8.