

First Pres Cool Campaign Locavore Lunch Recipes

These are the recipes from the April 2009 lunch that was a part of the wrap-up of our Cool Campaign, “Put Your Best Footprint Forward”. We served a meal based mainly on local, seasonal, organic food because eating such meals is a delicious way to reduce our carbon footprint. Our menu was:

MEYER LEMON-LAVENDER PUNCH

GREEN GARDEN SALAD WITH CROUTONS, EDIBLE FLOWERS AND HOMEMADE DRESSING

SPICY CRISPY OVEN FRIED CHICKEN BREASTS

TIAN DE COURGES (VEGETARIAN EGG, RICE and SQUASH CASSEROLE)

ROASTED NEW POTATOES WITH ROSEMARY

GOURMET FRESH GREEN BEAN CASSEROLE (no cans!!)

STUFFED PORTABELLO MUSHROOMS WITH PECORINO CHEESE

STRAWBERRY/RHUBARB COBBLER

We prepared for an anticipated crowd of 72, but we’ve adapted the recipes for a normal size dinner party of 8. We hope you have as much fun finding ingredients and cooking these recipes as we did!

Where did the recipes come from? Daryce and Pat and Margaret found some of their favorite recipes that were easily adaptable for local ingredients that would be in season in late April.

Where did the ingredients come from? Melissa, Daryce and Pat shopped at the Sunnyvale Farmers’ Market, Sigona’s, Country Sun, Whole Foods, and Milk Pail Dairy. They enjoyed meeting the farmers and merchants and finding out about their foods. Some fruits and herbs came from our own gardens.

What if you can’t find all local ingredients? Don’t worry, we didn’t either. Just do the best you can, with the time and energy you have available. This will become easier as you fill your pantry with local vinegars, oils and herbs and find your own favorite sources of local produce and dairy products.

Cool Planet Working Group
Cool Campaign Cool Team
First Presbyterian Church
Palo Alto, CA
www.fprespa.org/coolplanet



MEYER LEMON-LAVENDER PUNCH

(8 small servings)

1 cup lemon juice
1/2 cup sugar or honey
3 cups water
ice
dried English lavender

SOURCE

Palo Alto yard
Crockett
Hetch Hetchy
Hetch Hetchy
Sigona's Market-local

Mix all ingredients but ice (and refrigerate for 1-2 hours). Pour over ice in a punch bowl. Serve in punch glasses. Add dried lavender just before serving.

GREEN GARDEN SALAD WITH CROUTONS, EDIBLE FLOWERS AND HOMEMADE DRESSING

(8 servings)

DRESSING:

4 Tbsp balsamic vinegar
4 Tbsp olive oil
2 Tbsp fresh lemon juice
Herbs

SALAD:

~1 lb (8 cups) salad greens
Carrots, bell peppers, ... sliced

GARNISHES:

Croutons
Edible Flowers (nasturtiums, rose petals)

SOURCE

Whole Foods, Sonoma
Country Sun, Sonoma
Palo Alto yard
Palo Alto yard, Farmers Market

Farmers Market
Farmers Market

Whole Foods, Milk Pail
Palo Alto yards

Whisk the first 4 ingredients together to form the dressing. Mix the greens and sliced vegetables together in a large salad bowl and toss with the dressing. Top with croutons and flowers. See NOTES on edible flowers on the last page.

TIAN DE COURGES (Baked Zucchini or Squash with Rice and Cheese)

(8 small servings)

6 zucchini, unpeeled or squash, peeled
3 Tbsp olive oil
1 onion, minced
1 C cooked rice
½ C grated Parmesan or Swiss Cheese
1 C chopped parsley and other fresh herbs
1 egg, beaten
salt and freshly ground pepper

SOURCE

Farmers Market
Country Sun, Sonoma
Farmers Market
Central Valley
Petaluma
Palo Alto yard
Petaluma

Chop zucchini or squash into ½ inch pieces. Heat olive oil in large frying pan and gently cook the onion until tender. Add the zucchini or squash and cook for 10 minutes on low stirring occasionally. Remove from heat and cool a little. Blend in the rice, cheese, ½ C of the parsley, egg, salt and pepper to combine with the zucchini and onion. Spread the mixture in an oiled shallow baking dish. Sprinkle with the remaining parsley, salt and pepper and a little olive oil. Bake for 20 minutes at 375 degrees.

SPICY CRISPY OVEN FRIED CHICKEN BREASTS

(12 servings)

1 1/4 cups buttermilk	SOURCE Petaluma
1/4 cup extra-virgin olive oil	Country Sun-Sonoma
2 whole canned chipotle chilies in adobo, blended in food processor	
2 tablespoons Dijon mustard	
2 garlic cloves, minced	Farmers Market
2 teaspoons salt, divided	
1/2 teaspoon ground black pepper	
1 large onion, sliced 1/4" thick (leave intact in rounds)	Farmers Market
12 chicken breasts, skinless and boneless	WholeFoods-Petaluma
2 C bread crumbs-"Vital Vittles" brand	Milk Pail, WholeFoods-Sonoma
2/3 cup freshly grated Parmesan cheese	
1/2 cup all purpose flour	
1 tsp cornstarch (optional) for a crispier crust	
4 teaspoons dried thyme	local garden
1-1/2 teaspoon paprika	
1 teaspoon cayenne pepper	
3 Tbsp melted butter	Petaluma

Whisk buttermilk, oil, hot pepper sauce, mustard, garlic, 1 teaspoon salt and 1/2 teaspoon pepper in large bowl to blend well. Add onion, then chicken and turn to coat. Cover; chill at least 3 hours or up to 1 day, turning chicken occasionally. Place racks on 2 large rimmed baking sheets. Whisk breadcrumbs, cheese, flour, thyme, paprika, cayenne and 1 teaspoon salt in large baking dish to blend. Remove chicken and onion from marinade, allowing excess to drip off. Add chicken and then onion to breadcrumb mixture and turn to coat completely. Arrange chicken breasts and onion on racks on baking sheets. **Let stand 30 minutes (important!).**

Preheat oven to 425°F. Spray lightly with PAM butter spray or drizzle with melted butter. Bake until crisp, golden and cooked through, about 45-50 minutes. Serve warm or at room temperature.

ROASTED NEW POTATOES WITH ROSEMARY

(8 -12 side servings)

1 1/2 pounds of the very small new red potatoes or the small red-skinned potatoes (about 12), quartered	SOURCE Farmers Market
1-1/2 Tbsp olive oil and 1-1/2 Tbsp butter	Whole Foods -Sonoma
1/2 teaspoon salt	
1/4 teaspoon ground black pepper	
2 Tbsp chopped parsley leaves	Palo Alto yard
2 teaspoons chopped rosemary	Palo Alto yard
2 teaspoons paprika	

Parboil potatoes until slightly soft. Drain and place on a large rimmed baking sheet in a single layer. With a fork mash the center of the potato slightly and brush lightly with the olive oil-butter mixture. Roast potatoes at 425°F until golden brown, cooked through and crispy (about 30-35 minutes). Put in a bowl and toss with the salt and pepper, chopped parsley, paprika and rosemary.

GOURMET FRESH GREEN BEAN CASSEROLE

(8 side servings)

TOPPING:

2 medium onions, thinly sliced
1/4 cup all-purpose flour
2 tablespoons bread crumbs-“Vital Vittles”
1 teaspoon kosher salt

BEANS:

2 tablespoons plus 1 teaspoon kosher salt, divided
1 pound fresh green beans, rinsed, trimmed and halved

SAUCE:

2 tablespoons unsalted butter
12 ounces mushrooms, trimmed and cut into 1/2-inch pieces
1/2 teaspoon freshly ground black pepper
2 cloves garlic, minced
1/4 teaspoon freshly ground nutmeg
2 tablespoons all-purpose flour
1 cup chicken broth
1 cup half-and-half

SOURCE

Farmers Market
Milk Pail, Whole Foods-Sonoma
Farmers Market
Petaluma
Farmers Market
Farmers Market
homemade from Petaluma chicken
Petaluma

Preheat the oven to 475 degrees F. Combine the onions, flour, bread crumbs and salt in a large mixing bowl and toss to combine. Butter a sheet pan and evenly spread the onions on the pan. Place the pan on the middle rack of the oven and bake until golden brown, approximately 30 minutes. Toss the onions 2 to 3 times during cooking. Once done, remove from the oven and set aside until ready to use. Turn the oven down to 400 degrees F.

While the onions are cooking, prepare the beans. Bring a gallon of water and 2 tablespoons of salt to a boil in an 8-quart saucepan. Add the beans and blanch for 5 minutes. Drain in a colander and immediately plunge the beans into a large bowl of ice water to stop the cooking. Drain and set aside.

Melt the butter in a 12-inch cast iron skillet set over medium-high heat. Add the mushrooms, 1 teaspoon salt and pepper and cook, stirring occasionally, until the mushrooms begin to give up some of their liquid, approximately 4 to 5 minutes. Add the garlic and nutmeg and continue to cook for another 1 to 2 minutes. Sprinkle the flour over the mixture and stir to combine. Cook for 1 minute. Add the broth and simmer for 1 minute. Decrease the heat to medium-low and add the half-and-half. Cook until the mixture thickens, stirring occasionally, approximately 6 to 8 minutes.

Remove from the heat and stir in 1/4 of the onions and all of the green beans. Top with the remaining onions. Place skillet into the oven and bake until bubbly, approximately 15 minutes. Serve immediately.

STUFFED PORTABELLO MUSHROOMS WITH PECORINO CHEESE

(Serves 8)

2 tablespoons olive oil, plus 1/4 cup
6 ounces turkey sausage, casings removed
6 ounces spicy pork sausage, casings removed
2 cloves garlic, minced
1/2 cup mascarpone cheese, at room temperature
2 tablespoons freshly chopped thyme leaves
2 tablespoons fresh chopped oregano leaves
3/4 cup plain bread crumbs-“Vital Vittles”
1 cup (4-ounces) Pecorino cheese
1/2 tsp kosher salt, plus extra for seasoning
1/2 tsp freshly ground black pepper, plus extra for seasoning
6 large portabello mushrooms, stems removed

SOURCE

Whole Foods-Sonoma
Whole Foods-central valley
Whole Foods- central valley
Farmers Market

Palo Alto yard
Palo Alto yard
Milk Pail,Whole Foods-Sonoma

Farmers Market

In a large skillet, heat 2 tablespoons of oil over medium-high heat. Add the turkey sausage and cook, stirring frequently, until cooked through, about 5 minutes. Add the garlic and cook for 1 minute. Remove the pan from the heat. Stir in the mascarpone cheese. Add the thyme, oregano, bread crumbs, 1/2 cup of Pecorino cheese, 1/4 teaspoon salt and 1/4 teaspoon pepper. Stir until all ingredients are combined. Brush the mushrooms on both sides with olive oil and season with salt and pepper. Fill each mushroom with the sausage mixture and top with the remaining Pecorino cheese. Bake at 400 degrees for 15-18 minutes.

STRAWBERRY/RHUBARB COBBLER

(1 9x13" or 2 9"round or 2 8" square baking dishes)

SOURCE

BATTER:

1 ½ cup sugar
3/4 cup sweet butter
1 ½ cup flour, sifted
1 ½ teaspoon baking powder
pinch of salt
3 eggs

Crockett
Petaluma

FILLING:

1 basket of strawberries, cleaned and halved (~2 cups)
Rhubarb, cut into 2" pieces (~2 cups)

Watsonville
Watsonville

NOTE: Rhubarb lovers might want to use a 3:1 ratio of rhubarb to strawberries!

If rhubarb is not available (or appreciated) just use 2 baskets of strawberries.

NOTE: This recipe can be made with any fresh fruits, such as apricots or plums. You can sprinkle the fruit with some ground cinnamon or cloves if desired.

Cream sugar and butter. Add flour, baking powder, salt and eggs and beat well. Mix fruit and put at bottom of baking pan(s). Optionally sprinkle lightly with sugar, depending on the sweetness of the fruit. Spread batter evenly over the fruit and bake in a 350° oven for about 1 hour, until crust is golden and firm.

INFORMATION ON EDIBLE FLOWERS from:

<http://whatscookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm>

Citrus blossoms (orange, lemon, lime, grapefruit, kumquat) - Use highly scented waxy petals sparingly. Distilled orange flower water is characteristic of Middle Eastern pastries and beverages. Citrus flavor and lemony.

Dandelions - Member of Daisy family. Flowers are sweetest when picked young, and just before eating. They have a sweet, honey-like flavor. Mature flowers are bitter. Dandelion buds are tastier than the flowers: best to pick these when they are very close to the ground, tightly bunched in the center, and about the size of a small gumball. Good raw or steamed. Also made into wine. Young leaves taste good steamed, or tossed in salads. When serving a rice dish use dandelion petals like confetti over the rice.

Dill - Tangy; like leaves but stronger. Use yellow dill flowers as you would the herb itself - to season hot or cold soups, seafood, dressings or dips. Seeds used in pickling and baking.

Fennel - Lovely, star-burst yellow flowers have a mild anise flavor. Use with desserts or cold soups, or as a garnish with entrees.

Jasmine - The flowers are intensely fragrant and are traditionally used for scenting tea.

Lavender - Sweet, floral flavor, with lemon and citrus notes. Flowers look beautiful and taste good too in a glass of champagne, with chocolate cake, or as a garnish for sorbets or ice creams. Lavender lends itself to savory dishes also, from hearty stews to wine-reduced sauces. Diminutive blooms add a mysterious scent to custards, flans or sorbets. **NOTE: DO NOT CONSUME LAVENDER OIL UNLESS YOU ABSOLUTELY KNOW THAT IT HAS NOT BEEN SPRAYED AND IS CULINARY SAFE.**

Lilac - The flavor of lilacs varies from plant to plant. Very perfumy, slightly bitter. Has a distinct lemony taste with floral, pungent overtones. Great in salads.

Nasturtiums - Come in varieties ranging from trailing to upright and in brilliant sunset colors with peppery flavors. Nasturtiums rank among most common edible flowers. Blossoms have a sweet, spicy flavor similar to watercress. Stuff whole flowers with savory mousse. Leaves add peppery tang to salads. Pickled seed pods are less expensive substitute for capers. Use entire flowers to garnish platters, salads, cheese tortas, open-faced sandwiches, and savory appetizers.

Pansy - Pansies have a slightly sweet green or grassy flavor. If you eat only the petals, the flavor is extremely mild, but if you eat the whole flower, there is a winter, green overtone. Use them as garnishes, in fruit salads, green salad, desserts or in soups.

Peony - In China the fallen petals are parboiled and sweetened as a tea-time delicacy. Peony water was used for drinking in the middle ages. Add peony petals to your summer salad or try floating in punches and lemonades.

Roses - Flavors depend on type, color, and soil conditions. Flavor is reminiscent of strawberries and green apples. Sweet, with subtle undertones ranging from fruit to mint to spice. All roses are edible, with the flavor being more pronounced in the darker varieties. Miniature varieties can garnish ice cream and desserts, or larger petals can be sprinkled on desserts or salads. Freeze them in ice cubes and float them in punches also. Petals used in syrups, jellies, perfumed butters and sweet spreads. **NOTE: Be sure to remove the bitter white portion of the petals**

Violets - Sweet, perfumed flavor. Related flowers, Johnny jump-ups or violas, and pansies now come in colorful purples and yellows to apricot and pastel hues. I like to eat the tender leaves and flowers in salads. I also use the flowers to beautifully embellish desserts and iced drinks. Freeze them in punches to delight children and adults alike. All of these flowers make pretty adornments for frosted cakes, sorbets, or any other desserts, and they may be crystallized as well. Heart-shaped leaves are edible, and tasty when cooked like spinach.