

“It Came from GPL” Summer Reading Project Foodies

Homemade Artisan Soda | Tuesday, June 18th, 6 p.m.

Tired of paying for expensive sodas? Bored with the same ho-hum flavors? Why settle for canned carbonation when you can make your own healthier, fresher, tastier sodas at home. Come see how to make your own soda using a few simple techniques. Audience members will enjoy hearing about soda pop trends from past decades while sampling some delicious homemade soda. All will leave with recipes. Presented by special guest GPL Librarian Shelia Harmon.

Food Science | Monday, July 15th, 6 p.m.

Cooking is not just an art, it is also science! Have you ever wondered what difference a pinch of salt makes or tried a recipe only to have it fail because baking powder really is a vital ingredient? Whether you call it cooking or chemistry, come and explore some of the scientific principles behind cooking, and taste recipes that put them to the test with the Project Foodie team.

Be sure to sign up for Summer Reading at GPL starting May 13th! All ages can register to win prizes for hours spent reading. There are also plenty of events for the entire family. Visit our events calendar at www.greenwoodlibrary.us or pick up a Scoop to learn all about it!

Eat Your Greens

March 22, 2013

PROJECT FOODIE



mixing things up in the kitchen with GPL



If you have any questions about this program or any of the recipes, please see Anna Roberts or Sara O'Sha (your librarians for tonight's adventure).

Thank you for coming!



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A Few of Our Favorite Greens

with help from Nava Atlas's *Wild About Greens* (641.654 ATL)

Arugula aka Rocket

Flavor– Slightly peppery or mustardy

How to Use– Baby arugula is delicious raw or lightly cooked, and is a good substitute for spinach. Use in salads, sandwiches, pastas, or wilt on top of a pizza hot out of the oven.

Beet Greens

Flavor– Similar to chard

How to Use– Most people will agree that beet greens are better cooked. Unless you grow your own beets, you probably will only have enough to add to recipes using other greens, which is a great way to use beet greens up.

Chard aka Swiss Chard

Flavor– Slightly bitter and salty, tempered by light cooking

How to Use– Chard is typically a green enjoyed more after cooking, and goes well with beans, grains, and potatoes. It also works well as an addition to soups and stews.

Collard Greens

Flavor– mild and sweet

How to Use– Most traditional recipes call for collards to be boiled or braised for a long time. We suggest you cut the cooking to a shorter braise, or try cutting them into ribbons and giving them a quick stir-fry. They can also be added to stews and soups.

Remove the skillet from the heat and add the greens; stir until wilted, 1 to 2 minutes.

4. Add the greens mixture and pecorino to the pasta. Stir to combine, adding the reserved water 1 Tbs. at a time as needed to moisten. Season to taste with more salt and serve.

Quick Tip: Cutting Greens

For tender greens, like spinach or beet greens, grab both sides of the leaf and pull the stem up and out. Heartier greens can be stemmed by running a knife along each side of the stem. Save time with flat greens, like collards, by stacking them and then cutting out the stems.

Want more greens inspiration? Try these books:

Wild About Greens

by Nava Atlas | 641.654 ATL

The Vegetable Dishes I Can't Live Without

by Mollie Katzen | 641.651 KAT

Plenty: Vibrant Vegetable Recipes from London's Ottolenghi

by Yotam Ottolenghi | 641.65 OTT

Tender: A Cook and His Vegetable Patch

by Nigel Slater | 641.65 SAL

Farmer John's Cookbook: the Real Dirt On Vegetables

by John Peterson | 641.651 PET

Pasta with Pancetta, Greens & Garlic

Adapted from FineCooking.com

What you'll need:

Kosher salt

1 large clove garlic

8 oz. dried linguine or spaghetti

1 Tbs. olive oil

4 oz. thinly sliced pancetta, finely diced (about 1 cup)

1/4 tsp. crushed red pepper flakes

1 pint grape tomatoes, halved

6 cups (lightly packed) spring greens:

2 cups small watercress sprigs (about 1 bunches trimmed of lower stems), torn into bite-size pieces

2 cups arugula, trimmed and torn into bite-size pieces

2 cups spinach, trimmed and torn into bite-size pieces

1/2 cup lightly packed finely grated Pecorino Romano

What you'll do:

1. Bring a large pot of well-salted water to a boil. Meanwhile, chop the garlic, sprinkle with 1/2 tsp. salt, and mash to a paste with the flat side of a chef's knife. Set aside.
2. Cook the pasta according to the package directions until al dente. Reserve about 1/3 cup of the cooking water, drain the pasta in a colander, and return to the pot.
3. While the pasta cooks, heat the oil in a 12-inch cast-iron or nonstick skillet over medium heat until hot. Add the pancetta and cook, stirring frequently, until the fat is rendered, 4 to 6 minutes. Stir in the garlic and pepper flakes and cook, stirring constantly, until fragrant, about 30 seconds. Stir in the tomatoes and cook, stirring frequently, until softened, 3 to 5 minutes.

Escarole (closely related to endive and frisee)

Flavor– Bitter

How to Use– Shred raw escarole into salads, or add to soups.

Kale

Flavor– slightly sweet

How to Use– There are several varieties of kale, and most are pretty versatile in cooked dishes or baked as kale 'chips.' Baby kale and curly kale are excellent raw in salads.

Mustard Greens

Flavor– mustardy and pungent (mellows when cooked)

How to Use– Great to add to mixed greens dishes, and almost always eaten cooked.

Flavors cool–weather greens like collards, kale, mustard greens and chard love

Something smoky or meaty: pancetta, bacon etc.

Sweetly pungent aromatics: garlic, onions, fresh ginger

An acid or anything spicy: vinegar, lemon juice, hot sauce, red pepper flakes, chile or curry paste, minced hot peppers.

Anything creamy (and fatty): heavy cream, sour cream, goat cheese.



Arugula Pesto White Bean Dip

pesto adapted from slimpalate.com

dip adapted from acouplecooks.com

Sara's Comments: This less expensive and uniquely flavored pesto is just as flexible as the regular stuff and can be used on pasta, sandwiches, potato or other veggie salads, or dolloped into soup. Turn extras into a dip that is a tasty green take on your regular hummus!

Pesto

What you'll need:

2 cups arugula leaves slightly packed
½ cup extra virgin olive oil (feel free to reduce the amount of oil,
I used 1/4 cup to cut down on the fat and cost)
¼ cup walnuts
½ cup grated parmesan or dubliner cheese (I used parm)
3 medium cloves of garlic peeled
salt to taste

What you'll do:

1. Place arugula, walnuts, cheese, garlic, and salt into a food processor and process until a paste is made.
2. Add in half the olive oil and pulse until incorporated.
3. Once fully incorporated, add in the remaining olive oil and pulse again, scraping down the sides of the food processor until fully incorporated and mixed.

Place pesto in a small mason jar or container, and store in the fridge for 4-6 days.

Kale Chips

from smittenkitchen.com

Say hello to your new favorite snack! Kale chips are surprisingly tasty and easy to make. Don't skip drying your kale, this step makes a huge difference in the resulting chip.

What you'll need:

1 bunch kale (any variety works)
1 tablespoon olive oil
Sea salt, to taste

What you'll do

1. Preheat oven to 300°F. Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle with salt.
2. Arrange leaves in a single layer on a large baking sheet. Bake for 20 minutes, or until crisp. Place baking sheet on a rack to cool.

You can add flavors to your kale chips. Toss with the olive oil:

Soy & Sesame: soy sauce + sesame seeds

Salt & Vinegar: sherry vinegar + fine salt

Lime & Chili: Juice of 1 lime + lime zest + chili powder

Balsamic Vinaigrette: balsamic vinegar + Dijon mustard + Herbes de Provence

Roasted Garlic: 3 cloves garlic, finely chopped

Creamy Dill: 1 tbsp sour cream mixed with base olive oil + 3 tbsp fresh dill, chopped

Sara's Spicy Kale Chips: A healthy squirt of Sriracha (Asian hot sauce) and 1/4 cup nutritional yeast

Southern Smoked Greens

This classic recipe is a great way to try out several types of greens in one dish.

What you'll need:

- 1 bunch of mustard greens
- 1 bunch of collard greens
- 1 bunch of turnip greens
- 2 handfuls of spinach
- 1 cup chicken stock
- 1 tsp. liquid smoke
- dash of salt
- 1 tbsp. brown sugar

What you'll do:

1. Wash the greens. Remove the stems and chop into bite size pieces.
2. Bring the chicken stock, liquid smoke, salt and sugar to a boil. Add the greens, reduce heat to a simmer and cover. Cook until tender about 20-30 minutes.

Quick Tip: Washing Greens

Greens can be pretty sandy, and the best way to get rid of the grit is in a large bowl of water. Add your greens, swish around a bit then let set for around a minute so the dirt settles at the bottom. Remove from bowl and rinse in a colander. Let dry on a tea towel.

White Bean Dip

What you'll need:

- 1 cup arugula pesto
- 2 15-oz. cans cannellini or white beans (or 3 cups cooked)
- Juice of one lemon (fresh squeezed)
- salt to taste

What you'll do:

1. Drain and rinse the cannellini beans. Place them in a food processor with pesto, lemon juice, and salt. Blend.

Can be prepared 1 day ahead. Serve with veggies, crackers or pita chips.

Notes: The original recipe called for juice of 1/2 of a lemon and 1/2 tbsp. of balsamic vinegar. I preferred the zesty taste of lemon in this recipe so upped the lemon juice and removed the vinegar, but feel free to adjust to your own tastes!



Image from acouplecooks.com

Greens & Carrot Salad w/ Sesame Maple Vinaigrette

adapted from *gourmandeinthekitchen.com*

Sara's Comments: I tinkered with the original recipe by swapping out raw kale for lightly stir-fried collards. Feel free to use your green of choice in this slightly sweet and smoky, super healthy salad.

What you'll need:

For the dressing:

- 1 tbsp. olive oil
- 1 tbsp. sesame oil
- 2 tbsp. apple cider vinegar
- 1 tbsp. real maple syrup
- 1 tbsp. soy sauce or tamari
- 1 clove of garlic, finely minced

For the salad:

- 1 bunch collard greens, cut into ribbons
- 1 baby bok choy, thinly sliced
- 6 carrots, shaved into long strips with a peeler
- 2 tbsp. toasted sesame seeds

What you'll do:

1. In a small bowl, whisk all dressing ingredients. Set aside.
2. Lightly stir-fry the collard green ribbons until they become slightly tender and bright green in color.
3. Add the stir-fried collards to large bowl with bok choy and carrots. Add dressing, and toss well to coat. Let stand for 20 minute or refrigerate overnight. Top with sesame seeds and serve.

Grains, Greens & Roasted Grape Salad

adapted from the *Eating Brooklyn blog*— valeryrizzo.blogspot.com

Sara's Comments: Roasted grapes bring an unexpectedly delicious dimension to this simple salad.

What you'll need:

- 3 cups seedless red grapes (about 1 pound)
- 8 ounces grain of your choice (farro, quinoa, brown rice etc.)
- 2 tbsp. coarsely chopped fresh rosemary
- 2 tbsp. extra-virgin olive oil
- 1/2 red onion, chopped
- 1 tbsp. red wine vinegar
- 4 cups mixed baby chard and/or kale, raw
 - OR** 1 large bunch of chard, lightly cooked
- Salt and pepper to taste

What you'll do:

1. Preheat oven to 250. Cut grapes in half and lay in a single layer on a baking sheet. Sprinkle with salt. Bake until they have shrunk by about half their size, but are still juicy, about 40 minutes.
2. Cook grain as directed on package adding half of the chopped rosemary to your cooking water.
3. Heat 1 tbsp. of oil in a skillet over medium-high heat. Cook onions and remaining rosemary for 2 minutes. Reduce heat to medium, and cook onions until golden brown, adding more oil if needed, about 8-10 minutes more.
4. Remove from heat, stir in vinegar. Pour over grain and toss. Add grapes and let stand for 20 minutes. Stir in greens just before serving.