

## Up Next: Vegetarian Cooking

August 13th, 6pm

A guest presenter, Ian Phillips, will be joining the Project Foodie team to talk about vegetarian cooking for our August program. Ian is the chef at Earth House, runs a vegetarian catering and personal chef business and is a frequent presenter at Whole Foods Market on Indianapolis's north side. He will be sharing meat free dishes that will add spark to the cooking repertoires of meat eaters and vegetarians alike!

To register call 885-5036 or visit [www.greenwoodlibrary.us](http://www.greenwoodlibrary.us).

A special thank you  
to Sam's Club of  
Greenwood for  
donating a door prize  
for this month's  
Project Foodie!



Savings Made Simple

## Picnics

June 25, 2012

# 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!**



Greenwood Public Library

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## Couscous Confetti Salad

*Couscous is pasta from northern Africa that cooks almost instantly and makes a beautiful and flavorful salad.*

Recipe from [www.nutritionmd.org](http://www.nutritionmd.org)

### **What you need:**

- 1 1/2 cups dry whole-wheat couscous
- 2 cups boiling water
- 3 - 4 green onions, finely chopped, including tops
- 1 red bell pepper, seeded and finely diced
- 1 carrot, grated
- 1 - 2 cup finely shredded red cabbage
- 1/2 cup finely chopped fresh parsley
- 1/2 cup golden raisins or chopped dried apricots
- 1 juice of 1 lemon
- 1/4 cup seasoned rice vinegar
- 1 tablespoon olive oil
- 1 teaspoon curry powder
- 1 1/2 teaspoons salt

### **What you do:**

In a large bowl, combine couscous and boiling water. Stir to mix, then cover and let stand until all the water has been absorbed, 5 to 10 minutes. Fluff with a fork.

Add green onions, bell pepper, carrot, cabbage, parsley, and raisins or apricots.

In a small bowl mix lemon juice, vinegar, oil, curry powder, and salt. Add to salad and toss to mix. Serve at room temperature or chilled.

Makes 8 1-cup servings.

### *A few on food safety:*

Let cooked foods cool before packing them in containers

It is best to discard perishable foods that have been left out of a cooler for longer than two hours, one hour if it is 90+ degrees

The temperature in your cooler should be 40 degrees or below

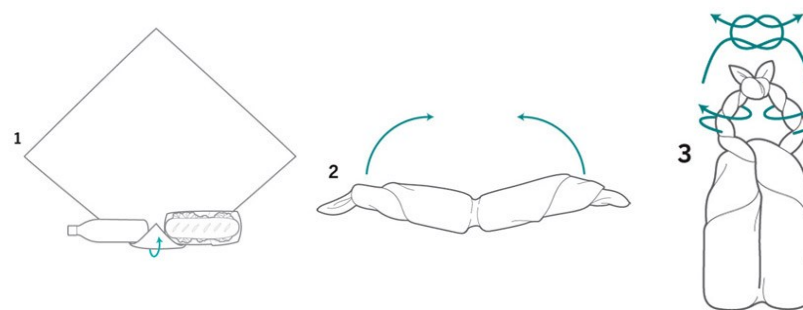
Keep mayonnaise –based items in cooler at all times

Transport you picnic in the backseat instead of the trunk



“With a few quick folds and a knot, you can transform a dish towel into a carrier for a sandwich and drink. Once you're at your destination, use the towel as a place mat or napkin.”

-[www.marthastewart.com](http://www.marthastewart.com)



## Picnic Packing Quick Tips

Try to base your menu on things that are portable and can be served at room temperature.

Use hardy bread, like baguettes, for sandwiches or make wraps. Try salads based on grains or sturdier vegetables than lettuce.

Pack room temperature items in a separate tote from cold items. Line bottom of tote or cooler with icepacks and place most perishable items at the bottom. Frozen drinks in plastic containers make great extra icepacks.

Pack food in containers rather than plastic wrap to keep it safe and more stackable. Packing in individual portions makes it even easier.

Use cutting boards as a sort of shelf between layers of food containers to help keep things upright. During the picnic the cutting board can be used to help serve or as a makeshift 'table' for drinks.

For a greener picnic use reusable plates, silverware and packaging if possible. Mason jars make great containers for food and no-spill drinks (but do not freeze liquids in them).

Pack a large paper bag, use it to line one of your tote bags to take dirty dishes home in.

Don't forget these handy extras: a trash bag, serving utensils, a couple tea towels. If you are picnicking on the ground pack a plastic coated or vinyl tablecloth to go under your blanket.

## Chicken Cordon Bleu Wraps

Recipe from Real Mom Kitchen — [www.realmomkitchen.com](http://www.realmomkitchen.com)

### ***What you need:***

3/4 pound slice roasted chicken, from the deli  
1/2 pound black forest ham, from the deli  
4 wedges of creamy Swiss cheese such as Laughing Cow (or you can use spreadable cream cheese)  
4 Tbsp mayonnaise  
2 Tbsp creamy honey Dijon mustard  
1 cup baby spring mix lettuce or baby spinach  
4 (8 inch) tortillas

### ***What you do:***

In a bowl, mix together the mayo and mustard. Set aside.

With each tortilla, spread one wedge of cheese even over the entire tortilla. Next, place a couple slice of chicken on the tortilla follow by a couple pieces of ham. Be sure to leave one end of the tortilla uncovered (about a 1 inch section). This will be the end you will roll the tortilla up to. The uncovered part will help seal the sandwich with the little bit of cheese spread on it.

Spread about 1 Tbsp of the mayo/mustard mixture evenly over the chicken and ham. Place a few pieces of lettuce on the tortilla. Roll the tortilla into a log, rolling toward the post of the tortilla that isn't covered with meat. Wrap tightly with plastic wrap. Repeat with remaining tortillas.

Keep logs wrapped tight until ready to serve. Slice each wrap in half on a diagonal to serve.

# Spring Salad with New Potatoes

Recipe from *Smitten Kitchen Blog* — [www.smittenkitchen.com](http://www.smittenkitchen.com)

## ***What you need:***

2 pounds small new or fingerling potatoes  
1 pound asparagus  
1/4 pound sugar snap peas, green beans or other spring pea  
4 small-to-medium radishes, thinly sliced

### Pickled spring onions

3 spring onions (about 6 ounces)  
1/4 cup white wine vinegar  
1/4 cup water  
1 tablespoon kosher salt (use less if you're using table salt)  
1 1/2 teaspoons sugar

### Sharp mustard vinaigrette

1/4 cup olive oil  
2 tablespoons whole grain mustard  
2 teaspoons smooth Dijon mustard  
2 tablespoons white wine vinegar  
Salt and freshly ground black pepper to taste

## ***What you do:***

Place potatoes in a medium saucepan and cover with one inch of water. Bring to a boil and cook for about 15 minutes, or until the tip of a knife easily pierces through a potato. Drain the potatoes and let them cool until they're almost room temperature.

Meanwhile, pickle your spring onions. Whisk vinegar, water, salt and sugar together in the bottom of a small container with a lid until the salt and sugar dissolve. Slice the bulbs and paler green parts into very thin coins and submerge them in the vinegar

gently.

On a lightly floured surface, roll each pastry sheet into a 10-inch square. Using a 4-inch round cutter (or a small plate as a guide), cut out 4 rounds from each sheet. Arrange them on 2 parchment-lined rimmed baking sheets.

In a small bowl, beat the remaining egg yolk with 1 tsp. water. Brush the outer edge of each pastry round with the egg wash. Dollop 1/2 Tbs. of the cream cheese mixture in the center of each round. Top with 1 Tbs. of the blueberry mixture. Fold in half to form a half-moon shape and pinch the edges together to seal them. Lightly brush each pie with egg wash and sprinkle with 1/2 tsp. of the remaining sugar. With the tip of a paring knife, cut a steam vent in the center of each pie.

Bake until golden-brown, about 25 minutes, swapping and rotating the baking sheets' positions about halfway through. Cool slightly on the baking sheets and then transfer to a rack to cool completely. Before serving, sprinkle the pies with confectioners' sugar.

Makes 12, these are best served within a few hours of baking.

# Blueberry-Vanilla Cream Cheese Pies

These portable personal pies are like blueberry cheesecake wrapped in puff pastry. Any berries you have on hand could be substituted for the blueberries.

Recipe from Fine Cooking online — [www.finecooking.com](http://www.finecooking.com)

## ***What you need:***

Two 17.3-oz. packages frozen puff pastry  
3 oz. cream cheese, softened  
7 Tbs. granulated sugar  
1/2 tsp. pure vanilla extract  
2 large egg yolks  
1 cup blueberries  
2 tsp. cornstarch  
2 tsp. crème de cassis (can sub w/ black currant or other berry syrup)  
1/8 tsp. kosher salt  
Confectioners' sugar for finishing

## ***What you do:***

Thaw 3 sheets of puff pastry overnight in the refrigerator.

Position racks in the top and bottom thirds of the oven and heat the oven to 375°F.

In a medium bowl, combine the cream cheese, 3 Tbs. of the sugar, the vanilla extract, and 1 of the egg yolks. Mix with a wooden spoon until well combined and smooth.

Combine the blueberries, 2 Tbs. of the sugar, the cornstarch, crème de cassis, and salt in another medium bowl and mix

mixture. Cover and put in fridge until you're ready to use them; if you can put them aside for an hour or even overnight, even better. Reserve the onion greens.

Refill the saucepan you used for the potatoes with salted water and bring it to a boil. Prepare an ice bath, a large bowl with ice and water in it. Trim the tough ends off the asparagus. Once the water is boiling, add the asparagus. One minute later, add the sugar snap peas. Two minutes later, drain both together then dump them in the ice bath until chilled. Drain the vegetables and spread them out on towel to absorb excess water.

Slice the cooked asparagus spears and sugar snaps into 1/2-inch segments and place them in a large bowl. Chop potatoes into moderate-sized chunks and add them to the bowl. Cut the radishes as thinly as possible, with a mandoline if you have one. If they're especially big, you can first quarter them lengthwise. Cut some of the reserved onion greens into thin slivers (no need to use all of them, as the onion flavor might take over) and add them to the bowl.

When you're ready to serve the salad, or an hour or two in advance, whisk the dressing ingredients and toss it with the vegetables, to taste. Stir in as many pickled onion coins as you please, save the rest for anything and everything. Season with salt and freshly ground black pepper, to taste.

**Do ahead:** Pickles can be started in the day or days before. Potatoes can be boiled and chilled in fridge overnight, as can other vegetables. Vinaigrette can be made in advance as well, but I might wait until the last minute to toss it with the vegetables as the vinegar, over a long sitting time, can ever-so-slightly discolor the cut edges of the asparagus and beans.

## French Tuna Salad Sandwich

This sandwich is inspired by the French salad nicoise, and has a couple picnic-perfect traits—you can make it ahead of time and it uses hearty bread that will stand up to transporting.

Recipe adapted from Food 52 Blog—[www.food52.com](http://www.food52.com)

### *What you need:*

1/2 loaf crusty French baguette  
1 clove garlic, cut in half  
4-6 basil leaves  
1 (6oz) can tuna  
3/4 cups Nicoise or Kalamata olives, sliced  
1/2 cup red bell pepper, seeded and sliced thin  
1/2 small red onion, finely chopped  
1/4 cup Italian flat leaf parsley, finely chopped  
1/4 cup blanched French green beans, sliced into thirds  
1 hard boiled egg, thinly sliced  
3 tablespoons fresh lemon juice  
6 tablespoons extra virgin olive oil, plus more for drizzling  
Sea salt and freshly ground black pepper, to taste

### *What you do:*

Slice the loaf of bread in half lengthwise. Remove some of the insides of the bottom half to create a trough into which the filling will go. Brush both halves with a little extra virgin olive oil. Rub each with the garlic. Line the half with the trough with the basil leaves.

In a mixing bowl, combine the tuna, olives, red bell pepper, onion, parsley, and green beans. In a small bowl, whisk the lemon juice into the olive oil until it is emulsified/combined.

Pour the vinaigrette into the tuna mixture and stir to combine. Season to taste with sea salt and pepper.

To assemble spoon tuna mixture into the trough of the baguette over the basil leaves. Top with sliced boiled eggs. Wrap sandwich well in plastic. Crush it down by placing a brick or heavy cast iron skillet and refrigerate, preferably with the weight, overnight or for at least a couple hours.

Cut in half. Serves two, but is easily multipliable.

