

LE VERDURE



— STUFFED ZUCCHINI TAMBOURINES —

SUBMITTED BY ANN T

These Tambourines are easy to make and can be prepared earlier in the day and then baked at the last minute.

- 2 zucchini
- 2 tablespoon butter
- 1 garlic clove, finely minced
- 4 teaspoons finely minced shallots
 - 1 tomato diced
 - salt and pepper
- 2 tablespoons parmesan cheese

Preheat oven to 400°. Slice zucchini into 1-½ to 2 inch chunks (*little logs*). In a saucepan filled with lightly salted boiling water, cook zucchini pieces for 5 minutes. Rinse under cold water and drain. Scoop out pulp, but not too deeply, leave ¼ to ½ inch bottom. Chop pulp and set aside.

In a skillet, melt butter and cook zucchini pulp along with garlic, shallots and diced tomatoes until liquid has completely evaporated. Season with salt and pepper and sprinkle with parmesan cheese.

Stuff each zucchini tambourine with filling and heat in oven for 5 minutes and serve.



— TINY SPINACH SOUFFLÉS —

SUBMITTED BY ANN T

- 1 pounds of fresh baby spinach
 - béchamel sauce
 - 2 tablespoons butter
 - ½ small onion
 - 2 tablespoons flour
 - 5 ounce milk
- 2 eggs, separated, plus 2 egg whites
- 6 tablespoons grated cheddar cheese
- 2 tablespoons grated Parmesan cheese
 - freshly grated nutmeg
 - salt and pepper

Preheat the oven to 350°F

Grease 8 small or 4 medium size ramekins.

Sprinkle with parmesan cheese.

Wash the spinach and shake most of the water off leaves.

Cook until tender with just the water that is left on the leaves (*takes just one minute or so*). When cool enough to handle, squeeze the excess spinach to get rid of excess liquid. Chop it finely and add to the béchamel sauce.

Remove from the heat, add the two egg yolks, cheddar cheese, parmesan cheese, nutmeg, salt and pepper. Beat the four egg whites until stiff and fold into spinach mixture.

Divide the mixture between the prepared soufflé dishes and place in a pan of hot water. Place in oven and bake for about 20 to 25 minutes or until they have risen and browned but are still creamy in the centre. Serve immediately.

Makes 8 small soufflés.



— **STRING BEANS WITH PROSCIUTTO** —

SUBMITTED BY MQMOI

- 1 pound tender string beans
 - 3 tablespoons butter
- 3 slices prosciutto, shredded
 - $\frac{1}{4}$ teaspoon pepper

Wash beans and boil in salted water 20 minutes.

Drain well and place in skillet with butter and cook 5 minutes.

Add prosciutto and pepper, mix well.

Cook 4 to 5 minutes longer and serve.

Serves 4



— SWISS CHARD GENOA STYLE —

SUBMITTED BY MQMOI

- 1 large bunch Swiss chard
 - $\frac{1}{4}$ teaspoon salt
 - $\frac{3}{4}$ cup olive oil
- 2 mediums onions, sliced
- 1 tablespoon chopped parsley
 - 2 cloves garlic
- $\frac{1}{4}$ pounds. mushrooms, sliced
 - 2 eggs, lightly beaten
 - $\frac{1}{2}$ teaspoon pepper
- 2 tablespoons grated Parmesan cheese
 - $\frac{1}{2}$ teaspoon salt
 - $\frac{1}{2}$ cup bread crumbs

Remove stalks from chard, wash and shred. Place in saucepan with $\frac{1}{4}$ teaspoon salt and no water. Cover pan and cook over moderate flame 10 minutes, stirring often.

Remove from fire and squeeze dry. Place onions and oil in saucepan and brown slightly. Add parsley, garlic, mushrooms and chard. Cook 5 minutes.

Remove from fire and cool. Add eggs, pepper, Parmesan and salt.

Grease casserole dish and sprinkle with some bread crumbs. Pour chard mixture into casserole and top with remaining bread crumbs.

Bake in moderate oven (375°) 20 minutes. Serve hot or cold.



— ITALIAN RATATOUILLE —
(PEPERONATA)

SUBMITTED BY CANARYBIRD (SHARON)

SOURCE: *The New Basics Cookbook*

JULEE ROSSO AND SHEILA LUKINS©1989

- 2 small Italian eggplant (*5 ounces each*), cut into 1 inch cubes
 - ½ teaspoon salt
- 1 pounds very small new potatoes (*18 to 20*)
 - 4 tablespoons olive oil
- 1 green bell pepper, cored, seeded, and cut into 1-inch squares
- 1 red bell pepper, cored, seeded, and cut into 1-inch squares
 - 1 red onion, coarsely chopped
 - 4 cloves garlic, coarsely chopped
 - ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
 - 6 ripe plum tomatoes, cubed
 - ½ cup coarsely chopped fresh parsley
 - ½ cup coarsely chopped fresh basil leaves
 - 2 tablespoons fresh oregano leaves

GARNISH:

- 2 tablespoons minced fresh basil leaves
- 1 tablespoon grated lemon zest
- 2 cloves garlic minced

Sprinkle the eggplant lightly with the salt, and place in a colander.
Allow to sit for one hour. Then rinse, drain, and pat dry.

Bring a large saucepan of water to a boil, and add the potatoes. Reduce the heat and simmer until just tender, about 25 minutes. Drain and set aside.

Preheat the oven to 350°F.

Heat 2 tablespoons of the oil in a large skillet, and add the bell peppers, red onion, and garlic. Sauté over medium-low heat for 5 minutes.

Remove the skillet from the heat and add the salt, pepper, tomatoes, parsley, basil, oregano, eggplant, and remaining 2 tablespoons of oil. Stir well, and transfer the mixture to an ovenproof casserole. Cover and bake 30 minutes. Stir in the reserved potatoes; and bake, uncovered, another 30 minutes, stirring once.

Combine the garnish ingredients in a small bowl, and stir it into the ratatouille just before serving. Serve hot or at room temperature.

8 to 10 portions



— SICILIAN CARROTS —

SUBMITTED BY BUBBESKITCHEN (RENEE A)

*These are wonderful at room temperature or chilled used
as a side dish in the warmer weather and especially useful for a buffet as the dish is colorful,
sweet and not another starch.*

Prep and cooking time: 30 minutes

- 4 bunches medium sized carrots, scraped, sliced on a slight angle about $\frac{1}{3}$ inch thick
 - $\frac{3}{4}$ cup dried cranberries preferably unsweetened or just lightly so
- $\frac{1}{2}$ teaspoon dried herbs such as a good "fine herb" blend or just use thyme.

Be sure to rub between palms to release essential oils.

- $\frac{1}{4}$ cup pine nuts
- salt and pepper
- good quality, extra-virgin olive oil

Preheat oven to 450° . Place oven rack in top position.

To a large, somewhat shallow roasting pan, add carrots and drizzle with olive oil. Season with herbs and freshly ground black pepper.

Toss to blend. Roast carrots for 10 minutes, toss briefly and return to oven for 10 minutes more.

Meanwhile, put pine nuts in shallow pan and toast in middle of oven for 5 minutes or until just until lightly colored and fragrant.

Remove and set aside.

Check carrots; they should be slightly golden and have lost their rawness. The caramelizing should make them taste somewhat sweet and mellow. If not, cook a bit longer: up to 5 minutes or so. Remove from oven, and salt to taste.

Add the cranberries and the pine nuts. Stir. Allow to cool in pan.

May be eaten at any temperature, or be refrigerated for a couple of days.

Servings: 8 to 10



— ASPARAGUS TIPS WITH PROSCIUTTO —

SUBMITTED BY MQMOI

- 24 asparagus tips
- 8 long thin slices prosciutto or ham
 - ¼ cup butter, softly melted
- 3 tablespoons grated Parmesan cheese

Cook fresh asparagus in briskly boiling water until barely tender.
Drain well.

Wrap 3 tips in each slice of prosciutto and fasten with toothpick.
Place in oiled baking dish, sprinkle with half of the butter and the
Parmesan and bake in hot oven 400°F for 5 minutes.

Remove from oven and pour remaining butter and serve.



— IDEAS FOR SIDES —

SUBMITTED BY EILEEN_LAUNONEN (EILEEN)

BROCCOLI RABE SAUTÉED WITH OLIVE OIL AND GARLIC

BREADED AND FRIED ARTICHOKE HEARTS

TOASTED BAGUETTE WITH FRESH BRUSCHETTA

ZUCCHINI WITH ONION IN A LIGHT TOMATO SAUCE



— **BROCOLI D' RABE** —

SUBMITTED BY BUBBESKITCHEN (RENEE A)

INGREDIENTS:

- one bunch broccoli rabe, washed well
 - 2 to 3 cloves garlic sliced
 - ¼ cup extra-virgin olive oil
 - black pepper
 - salt
 - red pepper flakes (*optional*)

INSTRUCTIONS:

Put a large pot of water to boil.

Cut broccoli rabe into 2 ½-inch lengths. Blanch broccoli rabe for 3 minutes and drain. Put garlic in oil in a cold sauté pan and heat until garlic is just golden, add red pepper if using, stir. Raise heat and add broccoli rabe, sauté until desired doneness



— SPINACI ED AGLIO—UNO, DUE, TRE—
(SPINACH AND GARLIC—ONE, TWO, THREE)

SUBMITTED BY BUBBESKITCHEN (RENEE A)

INGREDIENTS:

- large bag of prewashed baby spinach leaves (*about ½ pounds*) or 2 bunches
 - spinach, (*not curly*), leaves and tender stems only, washed
 - 2 to 3 cloves garlic, minced
 - 3 tablespoons extra-virgin olive oil
 - salt and pepper
 - pinch baking soda

INSTRUCTIONS:

Microwave garlic in oil for 45 seconds on high.
Microwave Spinach for about 1-½ minutes with a pinch of baking soda.
Stir, and for cook for about another 30 seconds or until just wilted.
Put in serving dish with garlic and oil, salt and pepper, and toss.



— ROASTED POTATOES WITH LEMON AND HERBS —

SUBMITTED BY MQMOI

My favorite way to cook potatoes. Don't cut smaller than quartered.

These are best right out of the oven (not very good left over).

Adjust as necessary for smaller portions

- 5 pounds medium-size red potatoes—or premium, small white potatoes
 - olive or salad oil
 - 1 large lemon
 - ¼ cup chopped parsley
 - 1 ¼ teaspoons salt
- 1 teaspoon or less dried rosemary leaves, crushed
 - 1 teaspoon dried thyme leaves
 - ½ teaspoon sugar or more to taste
 - ½ teaspoon coarsely ground black pepper

Preheat oven to 425° F. Cut each unpeeled potato into quarters.

In large bowl, toss potatoes with 2 tablespoons olive or salad oil.

Place potatoes in 2 jelly-roll pans (15-½ x 10-½ inch).

Roast potatoes 45 minutes, switching pans between upper and lower racks halfway through baking, turning them occasionally with pancake turner, until golden and fork-tender.

When potatoes are cooked, remove to large bowl. Grate peel from lemon. Squeeze enough juice from lemon to equal 2 tablespoons. Add lemon peel, lemon juice, parsley, salt, rosemary, thyme, sugar, pepper, and 2 tablespoons olive or salad oil; toss until potatoes are well coated.

Serve potatoes warm. Or, cover bowl and refrigerate if not serving right away.

Bring potatoes to room temperature before serving.



— OREGANO MUSHROOMS —
(FUNGHI OREGANATA)

SUBMITTED BY CALILOO (ALEXA)

This is another one I got from a friend. Quite tasty.

- 14 ounce mushrooms
 - 2 lemons
 - 1 cup white vinegar
 - 2 cups water
 - 1 cup olive oil
 - salt and pepper
- red pepper flakes (*to taste, I use about 1 teaspoon*)
 - 4 cloves garlic, peeled and sliced
 - 1 tablespoon oregano
 - 1/3 cup fresh, chopped parsley

Brush off the mushrooms, and cut off any woody stems.

Cut the mushrooms into quarters or halves if they are large. Boil the water, and squeeze the lemons into the hot water. Add the mushrooms, and cook until tender. Drain well. In another pot, add two cups of water and 1 cup of white vinegar and bring to a boil. Add the mushrooms and cook until foam appears.

Drain in a sieve over the sink for two hours.

In a bowl, mix the cooled mushrooms with the rest of the ingredients. Toss well. Store in a large jar in the refrigerator, topping off the jar with a little extra olive oil to cover the mushrooms. Serve at room temperature.

Serves 4 to 6