

## **Eggs with Fire Roasted Salsa and Black Beans**

Lori Valenziano

Serves 4

8 eggs, well beaten

2 teaspoons butter

salt and pepper

8 corn or small flour tortillas

1 cup shredded cheese (Lori used a mixture of cheddar, fresh mozzarella and Manchego)

2 cups Lori's Black Beans (recipe follows)

1 cup Fire Roasted Salsa (recipe follows)

1. Melt butter in a large nonstick skillet over medium heat. When butter bubbles, pour in eggs. Cook slowly stirring occasionally until eggs set into large curds that are still moist and shiny. Remove from heat. Season with salt and pepper.
2. Warm tortillas directly over flame on gas range or in a dry skillet on an electric range. Heat beans if needed.
3. Arrange two tortillas on each plate. Spoon eggs into tortillas, top with cheese and salsa; fold tortilla over eggs and serve beans on the side.

### **Fire Roasted Salsa**

5 tomatoes

1 onion, unpeeled

1 small head garlic, unpeeled

2 jalapeno chiles, whole  
1 Tbsp. olive oil  
2 Tbsp. cilantro, chopped

1. Roast tomatoes, onion, garlic and chiles whole over the direct flame of your gas stove, on an outdoor grill or in a heavy dry skillet placed on an electric range. Turn occasionally with tongs, allowing the papery skins to burn away and the moist skins to char and blacken. Set aside until cool enough to handle.

2. Peel away and discard the burned skins of the vegetables. Small flecks of black may remain. Roughly chop and place in work bowl of food processor. Cut open chiles and scrape out and discard seeds and inner ribs if milder salsa is desired. Add salt and pulse processor to make a nearly smooth salsa.

3. In a medium skillet, heat oil over medium heat until hot. Add salsa, all at once and cook, stirring, until salsa colors deepens and the texture smoothes out. Remove from heat, and stir in cilantro. Store refrigerated in a covered container for up to a week. Can be frozen for up to 6 months.

Makes 2 cups

## **Black Beans**

1 lb. dry black beans, sorted (you're looking for small stones, dirt and chaff)  
1 small onion, chopped  
1 bell pepper, chopped  
2 garlic cloves, chopped  
1 bay leaf  
salt and pepper

1. Rinse beans and place in a large pot. Cover with cold water and soak overnight OR bring to a boil, cover, remove from heat and let stand one hour. Drain.

2. Cover with fresh water. Add vegetables and bay leaf. Simmer an hour or until tender. Drain, reserving cooking liquid. Season with salt and pepper to taste. Remove a cup or two of beans and mash. Return to pot and stir in small amounts of cooking liquid until beans have reached desired consistency. (Reserve any remaining bean broth for use in soups, stews and chili. It freezes well for up to 6 months.)

## **Bread and Butter Pickles**

### **Phillip Becht**

- 1 cup kosher salt
- 1 1/2 gallons water
- 5 1/2 pounds pickling cucumbers, sliced as you like
- 5 cups cider vinegar
- 5 cups sugar
- 1 1/4 pounds onions, thinly sliced
- 2 Tbsp. yellow mustard seeds
- 1 Tbsp. celery seeds
- 1 Tbsp. curry powder
- 1 Tbsp. coarsely cracked black pepper

1. In a very large bowl or pot, dissolve the salt in the water. Add the cucumbers, cover and soak overnight in the refrigerator

2. In a large, heavy pot, combine the vinegar and sugar and cook until the sugar dissolves. Stir in the remaining ingredients. Drain the cucumbers and add them to the pot. Stir gently and bring to a boil, then turn off the heat. Ladle the hot cucumbers and their liquid into 6 hot 1-pint glass canning jars, leaving a 1/2 inch of space at the top. Close with the lids and rings. Store in refrigerator or process to keep on the shelf.

3. To process, boil the filled jars for 10 minutes. Cool the pickles to room temperature and serve immediately or store them in a cool, dark place for up to 1 year. Refrigerate after opening.

Makes 6 pints

## **Chunky Potatoes with Buttermilk**

This is one of many fantastic potato recipes from his book, 660 Curries. Raghavan used a mixture of freshly dug red, white and blue potatoes for this dish at the Garlic festival.

4 dried red Thai or cayenne chilies, stems removed

1 cup boiling water

1/2 cup firmly packed fresh cilantro leaves and tender stems, chopped

8 cloves garlic, chopped

1 pound potatoes, cut into 2-inch cubes

2 Tbsp. canola oil

1 tsp. salt

1/4 tsp. turmeric

1/2 cup nonfat buttermilk

2 Tbsp. heavy cream

1. Place chiles in bowl and pour boiling water over them. Let soak 15 minutes to reconstitute. Remove from water (reserving water) and chop.

2. Heat oil in a medium skillet over medium heat. Add chiles, cilantro and garlic. Cook 1 to 2 minutes until garlic is honey-brown and chiles are pungent (make sure to use adequate ventilation).

3. Add potatoes and turmeric, stir fry to coat potatoes, about 1 minute.
4. Pour in reserved chile water and heat to a boil. Reduce heat to medium-low, cover and cook, stirring occasionally, until potatoes are fork-tender, 15 to 20 minutes.
5. Meanwhile, whisk the buttermilk and cream together in a small bowl. Add the buttermilk mixture to the potatoes and stir once or twice. Continue to simmer the curry, uncovered to warm the buttermilk, 2 to 3 minutes.

Tip from Raghavan: The cream provides the fat, which in turn prevents the buttermilk from curdling when it is heated. The combination mellows the pungent chiles, balancing out the curry. A great example of a chain reaction that helps one and all.

## **Nam Prik Ong** **Thai Pork and Tomato Dip with Chiles**

Yield: 1 cup

1 stalk lemongrass, trimmed and sliced,  
about 3 tablespoons  
2 Tbsp. red Thai curry paste  
4 cloves garlic, peeled and chopped  
1 shallot, peeled and sliced  
1 to 2 teaspoons shrimp paste (or  
anchovy paste)  
1 Tbsp. chopped galanga (or fresh ginger)  
1 tsp. salt  
1/2 lb. ground pork  
3 large tomatoes, finely chopped (about 2  
cups)  
2 Tbsp. palm sugar or brown sugar  
2 Tbsp. fish sauce  
1/4 cup chopped cilantro to garnish

Place the curry paste in a frying pan with the pork and cook over medium heat until the pork is no longer pink. Stir in tomato, palm sugar, and fish sauce and let it simmer until the tomato is softened. Nam Prik Ong should have the consistency of tomato sauce (not watery). When it is done, stir in chopped cilantro and serve with sticky rice and raw vegetables like cabbage leaves, cucumbers, carrots or green beans.

## **Sweet Corn Ice Cream**

**Bryan Morcom**

5 ears sweet corn  
1 cup heavy cream  
3 cups whole milk  
1 vanilla bean  
1 cup sugar  
10 egg yolks

1. Cut corn from cobs. In a large deep pot, combine corn, cobs, cream and milk. Slit the vanilla bean lengthwise and scrape out seeds; add seeds and bean pod to pot. Bring to a boil over medium heat, reduce heat and simmer 10 minutes.

2. Meanwhile, beat egg yolks and sugar together.

3. Strain cream mixture through a cheesecloth lined sieve into a bowl; discard solids. Slowly whisk a cup of the hot cream mixture into the egg mixture to temper eggs. Whisk egg mixture into remaining milk mixture and return to pot. Cook over low heat for 3 to 5 minutes or just until mixture thickens and coats the back of a metal spoon. (Note: to test this, dip a metal spoon into the mixture. Lift it out and draw your finger across the back of the spoon. If the line your finger made remains it is done.) Do not boil, it will scramble the eggs.

4. Strain the cooked mixture through the cheesecloth lined sieve into a bowl. Place the bowl in an ice bath to cool or refrigerate until ready to churn. Churn into ice cream following ice cream maker's directions.

Makes about 1 1/2 quarts

## **Sunflower Seed Burgers**

**Christian Sipiorski**

Makes about 8 burgers

1/2 cup sunflower seeds, toasted  
1/2 cup tamari  
2 Tbsp. chopped onion  
1 lb. chard or kale, blanched  
1/4 cup nutritional yeast  
1/2 tsp. pepper  
1/2 tsp. salt  
2 eggs  
1 cups panko breadcrumbs  
1 cup shredded cheddar cheese  
1 Tbsp. cayenne pepper  
1 Tbsp. ground nutmeg  
2 cloves garlic, finely chopped

1. In a food processor grind sunflower seeds until granular. Add tamari and onion and process briefly.
2. Squeeze out any excess liquid from greens and add with yeast, pepper, salt and eggs. Process until eggs are well incorporated.
3. Add remaining ingredients and process just to mix. Shape into patties.
4. Heat a small amount of vegetable oil in a nonstick skillet over medium heat. Cook each patty 4 to 6 minutes, turning once or

until browned and crisp. Serve on buns with your favorite burger toppings.

Notes: To blanch greens, bring a large pot of water to a boil. Drop in greens and cook 3 minutes; drain and cool.

Find nutritional yeast in many food coops.

Uncooked burgers freeze well, tightly wrapped. Cook without thawing, just double the cooking time.