



Watertown Farmers' Market Culinary Corner

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Welcome to Eat Well Watertown's Culinary Corner! Each week, we'll feature Watertown Farmers Market products and vendors. We'll offer nutritional and culinary tips, and recipes for you to experiment with. We hope that you'll be encouraged to try new or unfamiliar vegetables and fruits, and we'll help you pair them with meats and fish from the Farmers Market walkway.

Here's our question for the week:

I keep overbuying the beautiful lettuce and greens I see at the market. What else can I do with it?

Lettuce varieties: First, let's talk about what greens are available. Beautiful, delicate, multi-colored heads are in Red Fire Farm's boxes, and at Dick's Market stand on Wednesdays. You're likely to find arugula and mizuna, in addition to red leaf, romaine, or butter lettuce. Mizuna (Japanese mustard greens) and arugula are sharp and peppery, and add a delicious dimension to a simple summer salad. Red leaf, young romaine, and butter lettuce will look familiar to you from the supermarket. We all love a good salad at this time of year, but can you actually cook with lettuce? Of course you can!

- Add it to soup (the way you would baby spinach) for a nutritional punch
- Juice it for your morning smoothies
- Go low-carb, and use it as a wrap for sandwich fillings
- Grill hearts of romaine, endive or radicchio for a new spin on Caesar salad
- Even add it to your favorite pesto recipe, to tame some of the stronger flavors

Spicy Beef Lettuce Wraps

(adapted from Pete Wells at cooking.nytimes.com)

For the Beef (or substitute any other chicken, shrimp, or tofu)

1 ½ pounds rib-eye or other well-marbled steak

Sa's Homestyle Sauce

- Freeze the steak for a half hour or so to make it easier to slice. Slice across the grain into ¼ inch slices.
 - Cover with Sa's Homestyle Sauce (any variety), and let sit for 30 minutes.
 - Turn your gas grill onto its hottest setting, or start a charcoal grill. When the grill is screaming hot, sear the steak until nicely caramelized (2-3 minutes per side).
 - Serve with any or all condiments, wrapped in a large lettuce leaf.
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- Cooked sushi rice
 - Large lettuce leaves
 - Scallions, chopped
 - Slivered chiles
 - Fresh herbs, like Thai basil, shiso, mint and cilantro
 - Radishes, thinly sliced
 - Carrots, shredded
 - Persian cucumbers, thinly sliced and marinated briefly with seasoned rice vinegar
 - Chile flakes
 - Garlic cloves, thinly sliced
 - More Sa's sauce, or sriracha or other chili sauce