



## Watertown Farmers' Market Culinary Corner

August 5, 2020

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.

### Make a Tapas Restaurant at Home

Written By: Eat Well Chef Judy

You don't want to risk taking your family to a restaurant, it's really too hot to cook, and your family is B-O-R-E-D (yawn, yawn) with the same-old, same-old. How about creating a restaurant in your own home with a simple but exciting Tapas bar? Tapas are "small plates" with a little bit of this and a little bit of that, and everyone gets to try from many different options.

So let's take a virtual stroll through the Watertown Farmers Market, and see what we can use in our very own personalized tapas.

It's always a good idea to have some sort of **bread on the table** and we have so many options:

- Take a flatbread or pita from Habibi and cut it into wedges.
- Split bagels from OMG Bagels, then cut in halves (or quarters) and flatten slightly.
- Choose any of the wonderful artisanal breads from Clear Flour Bakery. Choose Dinklebrot if you want thin slices of firm bread, or soft Pain de Mie for the children.
- Gluten free? Try Tahini bread from Sweet Tahini.

Next you want to **choose something to dip with, or spread onto your bread.**

- Head over to Boston Smoked Fish for the fish lovers and choose one of their smoked fish patés. My personal favorite is the Bluefish paté.
- Choose from the many different Middle Eastern dips and spreads at Habibi. Last week I tried Muhammara – a combination of fire roasted red pepper, walnut and pomegranate – and I'll definitely buy this one again.
- If you'd like a little (or a lot) of spice in your life, choose one of the glazes from SA's Homestyle Sweet & Spicy Sauce. Great for dipping.

- For an exotic flavor, try one of the sesame butters from Sweet Tahini.
- You can also dip with cut up veggies from Dick's Market Gardens, or falafel balls from Habibi.

**If your family includes the "I must have meat" eater**, fire up your grill and cook burgers or sausages from Lilac Hedge Farm, or try some of their chicken wings marinated in your favorite sauce from SA's Homestyle Sweet & Spicy Sauce.

**Instead of mixing a salad**, make an attractive plate of cut up seasonal veggies from Dick's, great for dipping or munching "as is". Sprinkle microgreens from We Grow Microgreens over the veggies or around the dips.

**Dessert Time:** There are so many good things to choose from:

- Delectable Greek treats from Fournas Authentic Greek Pastries (my favorites are the ones covered in orange syrup. I'm not very good at remembering Greek names, but if you ask for the ones in orange syrup, you'll see why I like them so much).
- Date Bites from Sweet Tahini.
- Mouth-watering pastry from Clear Flour Bakery.
- And don't forget to make a fresh fruit platter from Dick's.

**Time for dinner:**

Place your 'small plates' on a table covered with a pretty tablecloth, or out on your patio, open a bottle of wine, or make your favorite lemonade or punch, and sit back and enjoy your "Tapas Restaurant at Home".