



## Watertown Farmers' Market Culinary Corner

August 19, 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.

### A Double-Double Header for mid-August

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After a cool weekend, the hot weather is back and Culinary Corner is a big fan of the simplest, coolest and most delicious ways to our readers' eating pleasure. To that end, the blender or food processor is the cook's best friend, along with the fresh produce available at the market. So this week, we turn again to soups, one of which is a whole meal based on a single head of cauliflower prepared in two very different ways. The salad goes splendidly with both soups. If you don't see cauliflower at the market this week, keep these recipes in mind for when they return in the coming weeks!

#### Soup No. 1: Salmorejo

Salmorejo, a cousin of gazpacho from the same southern part of Spain, made with tomatoes and ageing bread. It is traditionally served with chopped hard-boiled eggs sprinkled on top and bits of ham. In some areas, canned tuna is forked apart and added to the garnish, again in bits.

- 6 oz. crustless day-old white bread, processed into fine crumbs
- 1.5 lbs red tomatoes, skin on
- 1/2 c. extra virgin olive oil
- 2 garlic cloves, crushed
- 1 1/2 - 2 T red wine vinegar, to taste
- Pinch of superfine sugar
- Salt & Pepper to taste

Cut the tomatoes into quarters and remove any white parts. Blend until the peel shows only as tiny pink specks in the emulsified tomatoes. Add all other ingredients except the bread and blitz. Taste for acidic balance. Add the bread crumbs and mix well. Refrigerate until chilled, the longer the better. Serve in bowls garnished with drops of olive oil, and the chopped eggs and ham, and tuna if you choose.

## Soup No. 2: Chilled Cauliflower Soup with Cucumber & Ginger

This is wonderfully gingery.

- 4 mint sprigs
- Whole piece of ginger, roughly 3 oz, peeled; 2/3 grated, remainder sliced thin
- Half a medium head of cauliflower, in florets
- 3-4 of small, firm cukes, peeled & roughly chopped
- 1 garlic clove, crushed
- 1 pint Greek-style yogurt
- 2 T lemon juice
- 2 T Extra Virgin Olive Oil
- 1/3 C chopped almonds, lightly toasted
- 2 t dried mint
- Salt & White pepper to taste

In 3 cups water add ginger slices, fresh mint, and 2 t salt. Bring to the boil, and add cauliflower and blanch for 2-3 minutes; just long enough to retain a bite. Discard ginger & garlic. Blitz cukes, garlic, yogurt, grated ginger, lemon juice and pepper in a food processor. Refrigerate for at least an hour. Heat almonds in a small pan, lightly oiled, until golden. Let cool and stir in dried mint. Add pinch of salt and put aside to cool. Place florets in bowls and pour soup mixture on top. Sprinkle each with almonds.

## Cauliflower Salad

- Other half of above cauliflower, uncooked
- 2 c watercress
- 1 hard-boiled egg
- 2 scallions
- 1 sm. green bell pepper
- 1 sm. cucumber, peeled, seeded & chopped
- 12 pimiento-stuffed Spanish olives
- 1 T capers, rinsed of excess salt
- 1/2 cup parsley, chopped
- 1 sm. garlic clove
- Vinaigrette of your choice

Thinly slice the cauliflower, peeling stalks if you like. Remove watercress stems & put leaves with vegetables in a serving bowl (save stems to be chopped into another salad). Make your vinaigrette, mashing egg yolk with garlic & a pinch of salt into it. Dice egg white and toss it with the vegetables, watercress, olives, capers and parsley. Add vinaigrette and toss again.

Recipes adapted from Y. Ottolenghi and D. Madison