

EVERYDAY CHEF

Recipes from Fall 2013

CUBAN BLACK BEAN SOUP

Serves 8-10

1 onion, diced (1 ½ cups)
1 small red bell pepper diced (1 cup; optional)
6 cloves garlic, peeled and sliced
4-6 cups cooked black beans (to be pureed)
25 ounce can or 3 cups cooked black beans (keep whole)
1-1 ½ quarts vegetable stock or water
2 medium potatoes, peeled and diced (1 ½ cups)
½ cup chopped cilantro
1 Tbs. ground cumin
1 tsp. granulated garlic powder
½ tsp cayenne pepper (optional)
1-2 Tbs. oregano leaves
1-3 tsp. salt
1 tsp black or white pepper
Juice of 1 lime (optional)

Diced red onion, avocado and red bell pepper for garnish

1. Add 4-6 cups cooked black beans, onions, bell peppers, potatoes and garlic in 8 quart stock pot with 1 ½ quart water or vegetable broth over medium heat for 30 minutes until vegetables soften. Transfer to blender or use hand held blender, purée until smooth.
2. Return mixture to saucepan, and add remaining whole beans, herbs, lime juice and salt. Bring to a simmer. Reduce heat to medium-low, and simmer, covered, 20 minutes. Add small amount rice to serving bowls and garnish with diced red onion, avocado and red bell pepper.

HOW TO COOK BLACK BEANS IN ADVANCE

- Soak 1 pound of black beans in enough water to cover 2-3 inches above beans (8 hours or overnight)
- Drain and rinse beans. In a large pot add beans and enough water to cover by 3 inches.
- Add 1 small diced onion and heaping tablespoon of salt. You can add cumin,

garlic powder or oregano if desired.

- Bring to a boil and cook on medium heat until beans are tender. (1 to 2 hours)

Extra beans can be used for another purpose or frozen in freezer jars or bags for later use.

TURMERIC BASMATI RICE

3 cups basmati rice
6 cups water
1-2 tsp turmeric
1 tsp curry
1/4 tsp. granulated garlic powder
3 tsp. salt

1. Add all ingredients to a 6 quart pot and cover bring to boil and reduce heat to simmer for 15-20 minutes until fork tender.
2. Turn heat off and let sit for 5 minutes cover, fluff with fork.

THAI BLACK RICE SALAD

(makes 8 servings)

2 cup Thai black rice
1-2 tsps sea salt
¼ cup chopped onion
1 red pepper (diced)
1 ½ cups, pineapple peeled and diced
3 green onions (sliced)
¼ cup cilantro (chopped)
½ cup toasted cashews
¼ cup soy sauce
2 lime (juiced)
¼ cup coconut or extra virgin olive oil

1. Cook the rice as directed on the package with 1 tsp salt and ¼ cup onion.
 2. Cool cooked rice.
 3. Mix the black rice, red pepper, pineapple, green onions, cilantro, and cashews in a large bowl.
 4. Mix the soy sauce, oil, lime juice and zest, and in a small bowl.
 5. Toss the rice in the small bowl
- Put Thai black rice over mixed greens

SPICY THAI DRESSING

2 Tbs Red curry paste
1 small red onions, diced
½ red pepper, diced
2 Tbs ginger root, peeled and small minced
2 cloves of garlic, minced
2-3 TBS of red curry paste
½ cup honey or maple or agave
1-14 ounce can of coconut milk
3 TBS soy sauce
2 TBS sesame oil

½ tsp garlic powder
½ tsp cumin
½ tsp oregano
¼ tsp cayenne pepper
½ cup cilantro
Salt and pepper to taste

Put in blender and blend until smooth. Sometimes I add small can of chipotle tomatoes and Asian seasonings.

TUSCAN WHITE BEAN W/ EINKORN PASTA

1 pound of dried white beans (cannellini or navy), soaked and cooked
1-1/4 cups small-diced sausage or bacon cooked and drained (optional)
4 cups large-diced green cabbage (about 1/2 small head)
2 cups medium-diced onion (10 to 12 oz. or 2 small)
1-1/2 cups medium-diced carrot (about 4 medium carrots)
1 cup medium-diced red pepper
2-3 cups spinach, kale or collards
3 medium size potatoes, peeled and diced
1/2 tsp. kosher salt; more as needed
2 Tbs. minced garlic
1 Tbs. plus 1 tsp. minced fresh rosemary
1 tsp. ground cumin
1 Tbs. oregano
1/2 cup chopped fresh basil or 1 tsp dried
1 28-oz. can diced tomatoes, drained
7 cups homemade or low-salt canned chicken broth
Salt and black pepper taste
1-2 Tbs. extra-virgin olive oil

1 cup grated Parmigiano-Reggiano (optional)
1 pound Einkorn penne pasta, cooked

In a 4- to 5-qt. Dutch oven or stock pot over medium heat add the chicken stock, onions, carrots, red peppers, green cabbage, potatoes, garlic and cook on medium high heat until it comes to a boil, reduce to a rolling simmer and cook for 15-20 minutes. Add dried herbs and seasonings. Add beans, tomatoes, and fresh greens. Cook for another 20-25 minutes. Adjust seasonings and add fresh herbs at this time.

Cook pasta according to direction on box. Drain and cool pasta under cold water toss with olive oil adding pasta to serving bowls and ladle bean soup over pasta.

Add extra virgin olive oil and top with grated or shredded cheese (optional)

Reserve extra pasta for a meal in the next 3 days

ROASTED CAULIFLOWER RED QUINOA SALAD

1 cup quinoa, cooked until soft in 2 cups water (15-20 minutes) and let cool

1 large head of cauliflower (approx 2 lbs), cut into bite-sized flowerets

3 tbs olive oil

1 tsp salt, divided

3 tbs chopped basil or cilantro or parsley, plus more for sprinkling on top

3 tbs capers

1 cup toasted walnuts

½ cup kalamata olives

Optional: crumbled feta or soft goat cheese

Dressing:

2 tsp Dijon mustard

2 tbs apple-cider vinegar

3 tbs olive oil

½ tsp salt

fresh black pepper to taste

Preheat oven to 400°

Arrange the cauliflower flowerets on a baking sheet with a rim and drizzle olive oil and

sprinkle 1/2 tsp salt on them. Toss until all flowerets are coated and place into preheated oven. Don't crowd the cauliflower too closely or it will steam rather than roast. If necessary, roast on two sheets or in two batches. Using a rubber spatula, turn the cauliflower after ten minutes, and every five minutes after that.

Cook until cauliflower is slightly colored but still firm. You don't want it to get too soft or mushy. This should take about 15-20 minutes.

Remove from the oven and let cool.

In a large bowl toss the quinoa with the fresh herb, olives, capers. Gently fold in the cooled cauliflower and drizzle the dressing (you might not want to use all, taste and see how you like it with ¾ of the dressing). Add salt and pepper and taste again. Sprinkle with additional parsley and serve cold or at room temperature. Will last in the fridge for a day or two, but best the day it's made.