

COOKING FRESH

SUMMER RECIPES BY DONI GREENBERG

Doni Greenberg, a journalist, opinion columnist, and food writer, lives in Igo with her husband and website partner Bruce. Doni's columns, blogs and food stories can be found online at Food for Thought on www.donigreenberg.com. When asked to provide Edible Shasta-Butte readers ideas for a summer meal, Doni wrote, "When it's hot outdoors I move my cooking outdoors. Cedar-planked salmon with a lemon, dill and caper butter is among my favorite summer dinner entrees. Last summer, in Florence, Italy, we noticed a very simple arugula-based salad, layered upon a large, shallow platter. The pretty, peppery arugula is the perfect foundation for all kinds of summer fruits: sliced pears, kiwi and strawberries, and apple, grapefruit and avocado. I stick with the fruit theme by dressing it with an orange-herb vinaigrette and long shaves of Pecorino cheese.

"For dessert I turn to one of my favorite Italian desserts: Affogato. Loosely translated, it means 'drowned,' a reference to the large splashes of flavor poured over the ice cream.

"Buy a nice bottle of Chardonnay, add a loaf of rustic bakery bread, and you've got a cool dinner in time for a hot night."

CEDAR PLANKED SALMON

- 1 cedar plank
- 1 salmon fillet
- Juice of 1 lemon
- Zest of 1 lemon
- 3 tablespoons olive oil
- 1-2 tablespoons fresh dill
- Salt and pepper, to taste

Soak cedar plank in water at least 2 hours. (I'll often cover the plank with water in my kitchen sink full in the morning and leave it there all day as I work or run errands.) Make sure your cedar has not been treated with chemicals. (Some lumberyard cedar has chemicals. Ask.)

Heat barbecue to about 300 degrees. (Try to arrange for indirect cooking, if possible. If your barbecue gets too hot, the wood might catch fire.)

Place the salmon, skin down, on the cedar plank. Mix together about 2 tablespoons lemon juice, 1 teaspoon lemon zest, 3 tablespoons olive oil, 1-2 tablespoons dill, and some salt and pepper. Brush it on the salmon.

Barbecue the salmon low and slow for about 15 to 20 minutes, depending upon the size of the fish and how rare you like it. (For a fork test, in the thickest part of the fish poke and pull some of the flesh apart to see how it looks. Remember that the fish will continue cooking for a few minutes after you remove it from the heat.)

Slide a thin spatula between the fish and skin to separate them from one another. Cut the fish into desired pieces and arrange on platter. Serve with the following sauce.



Photograph: Cheryl Koehler

AFFOGATO

- Vanilla ice cream
- 1 cup espresso
- 1 shot coffee liqueur per person
- Garnish: chocolate shavings and whipped cream

Scoop ice cream into small clear glasses or mugs. Pour ¼ cup espresso over each serving and then add the coffee liqueur. Top with grated chocolate and a dollop of whipped cream. Makes 4 servings

LEMON, DILL AND CAPER BUTTER SAUCE

- 3 tablespoons lemon juice
- 1 tablespoon fresh dill, chopped
- 3 tablespoons capers
- ¼ cup butter, melted

Combine all ingredients. Pour some sauce over the salmon upon serving. Pass the remaining sauce with the salmon.

ARUGULA AND FRUIT SALAD

Fresh arugula
Fresh fruit slices, such as kiwi, peeled pear, apple,
orange, grapefruit and/or strawberries
Orange Vinaigrette (recipe below)
Pecorino cheese

Arrange a shallow layer of arugula on a large platter.
Scatter fruit on top. Dress with orange vinaigrette
(below). Top with Pecorino cheese shavings.

ORANGE VINAIGRETTE

1 large orange, juiced and zested
2 tablespoons rice vinegar
2 tablespoons honey
1 clove peeled garlic
½ teaspoon salt
¼ teaspoon freshly ground pepper
1 tablespoon snipped chives
1 teaspoon dried oregano
¾ cup extra-virgin olive oil

In a blender whirl everything except the olive
oil. With machine still running, add the olive oil
in a thin, steady stream until the dressing is well
blended. Season more to taste, if desired.

PEACH FRANGIPANE GALETTE

*Chico caterer Marianne Brenner recently made this galette at
a brunch for new and veteran members of Slow Food Shasta-
Cascade. Guest of honor author Deborah Madison, whose book
Local Flavors is now out in paperback, asked for the recipe for her
new cookbook. Marianne offers it here as well, a delicious scoop for
Edible Shasta-Butte readers.*

Makes one large or two small galettes.

1½ – 1¾ pounds summer stone fruits (This recipe mentions
peaches, but other stone fruits work too.)

SWEET PASTRY DOUGH

2 tablespoons sugar
3 cups flour
1 teaspoon salt
12 ounces cold sweet butter
2-3 tablespoons ice cold water

Combine sugar, flour, and salt in the bowl of an electric mixer.
Cut the butter into small pieces. Using the paddle attachment
add to the flour on low speed until it is the size of small peas.
Add just enough water so that the dough just comes together.
Roll out the dough about ¼ inch thick for your galette.

Lift the dough on to a parchment lined cookie sheet. Spread
the Frangipane filling (below) in the center (you may have
some left) and top with fresh peeled peach halves. Fold up the
sides of the tart to create an edge. The galette will have a rustic
shape, semi-round or oval. Sprinkle the galette with sugar and
bake in a preheated 350 degree oven for 30 minutes. Decrease
the temperature to 325 degrees and continue to bake the galette
until the crust is a golden brown and the fruit is cooked.

FRANGIPANE

Almond cream filling

½ cup sugar
1 cup raw almonds
9 tablespoons unsalted butter, softened
1 egg
1 egg yolk
1 teaspoon almond extract
2 teaspoons vanilla extract

Process sugar and almonds in a food processor until fine. Add
butter a tablespoon at a time, processing after each addition
until smooth. Add remaining ingredients until smooth.
Refrigerate until ready to use. Can be made up to 4 days in
advance.

This can also be made as a traditional tart in a tart pan with
a removable bottom.



SUMMER RECIPES

BY CHEF DAVE GUZZETTI

Dave is currently working on a combination memoir and cookbook that will detail his 31 years as a foodie/chef and 16 years on the Chico City Council. "Tomatoes, basil, eggplants," he says, "are always at the heart of my summer. We grow many varieties of tomato, marzano (great for canning), plum (for sauces), and a few varieties of the 'conventional' round ones. Eggplants, both the globe and Asian varieties, are available with many uses. It's easy to go Italian this time of year, but many cuisines around the world celebrate these summer delights."

EGGPLANT

. . . very important they are firm, shiny and fresh. Try baking an eggplant until soft. Then remove the skin, chop it, and add it to a marinara sauce. Sweet and hearty! Slice eggplant and marinate in an Italian style salad dressing. Then barbeque! Or stuff them Italian, mid-eastern, or hippie style!

EGGPLANT CAVIAR

Roast eggplant until tender, then process with lemon juice, garlic, salt, few red chili flakes, basil and some extra virgin olive oil. . . yum.

MOUSSAKA

Slice eggplants and bake them on an oiled sheet until tender. Make a tomato sauce by starting with a sauté of some garlic and a lot of onions. Sauté slowly, add the tomatoes, cook a while, and finally add some grated cheese. The onions and cheese will give the sauce some texture. Layer your baking dish: sauce, then eggplant slices, then sauce. In a separate bowl make a custard with several eggs, whisk in some milk, and season with salt, pepper, and nutmeg. Pour the custard over the casserole (poke holes in center if necessary) and bake in medium oven until cooked through and browned.

THAI STYLE EGGPLANT

Roast the eggplants in hot oven, turn often and bake until soft. Peel them and chop them. Start a sauté with whole or large pieced chilies, some chunky garlic, and onion. A few minutes later add the eggplant. Add some soy or tamari, some molasses, and a little rice vinegar. Taste it and adjust seasonings if you want. Serve over rice.

Green Basil

BASIL

Make some pesto. Use a traditional mortar and pestle (thus the name) or a food processor. Blenders can be used, but they're not easy.

Peel several cloves of garlic (it's fresh now), and add them to the processor with a very small handful of lightly toasted pine nuts, almonds, or walnuts. Process and then add 3 or 4 or more handfuls of trimmed basil and ½-1 cup of good Parmesan. Run the motor and add local olive oil until it's the consistency you want. Add a pinch of salt at the end.

Great with pasta, boiled potatoes, or steamed green beans.

GUZZETTI SPREAD

2 8-oz. quality cream cheese (room temp.)

1 cup of chopped sun dried tomatoes in olive oil

1 cup of pesto.

Great with any of the local breads.

TOMATOES

. . . if you need some ideas, listen to Guy Clark's "Homegrown Tomatoes." Great raw, in salsa, parboiled in water then peeled for use in sauces, juice.

BRUSCHETTA

Peel and chop some tomatoes, and let them drain. (The Italians cook the tomatoes for more concentrated flavor.) Add some chopped basil, garlic, salt, pepper, and extra virgin olive oil. Use as a spread on baguette slices.