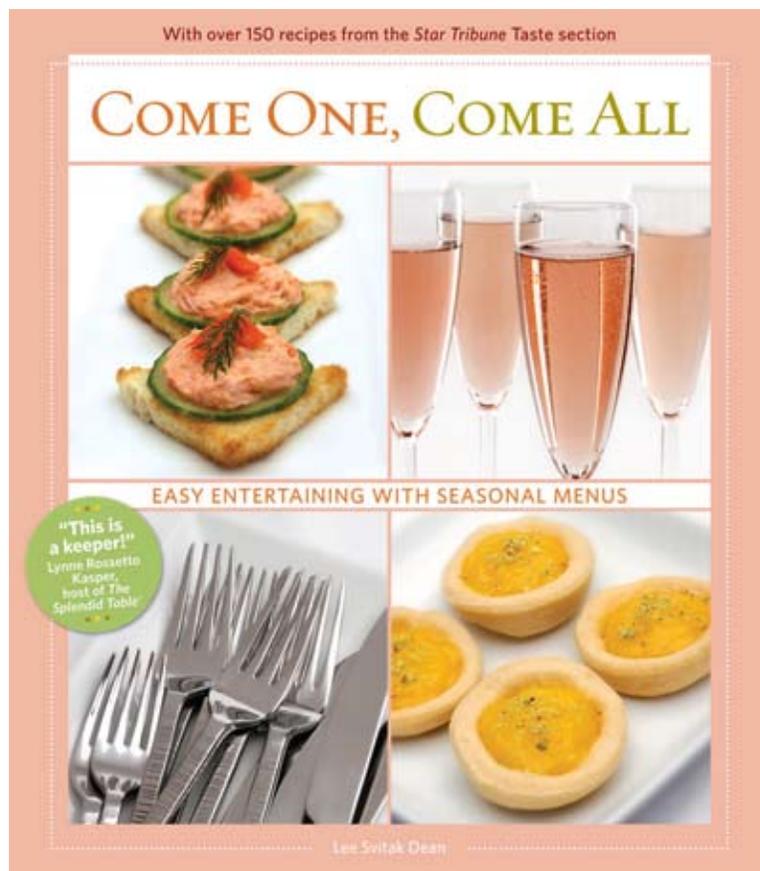


Recipes contributed by Lee Svítak Dean

while as a guest on the Minneapolis Farmers Market radio show

*Fresh & Local on AM950
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Pork Burgers with Cayenne Mayonnaise

Makes 6

From “Come One, Come All/Easy Entertaining With Seasonal Menus,” by Lee Svitak Dean.

1 ½ pounds ground pork
2 teaspoons minced garlic
½ cup diced onion
2 tablespoons chopped fresh parsley
¼ cup chopped fresh sage, or 2 teaspoons dried
Salt and pepper
6 buns
Cayenne Mayonnaise (see recipe)
Lettuce, for garnish
Onion slices, for garnish
Tomato slices, for garnish

Directions

Combine ground pork, garlic, onion, parsley, and sage; season to taste with salt and pepper. Form into 6 patties. (If making in advance, pack in an airtight container and refrigerate until ready to use.) Grill or broil until desired doneness. (Pork can be cooked to an internal temperature of 160 degrees.) Toast buns on grill, if desired. Serve burgers on buns with flavored mayo and lettuce, onion, and tomato.

Cayenne Mayonnaise

Makes ½ cup.

From “Come One, Come All,” by Lee Svitak Dean.

½ cup mayonnaise
¼ teaspoon or more ground cayenne pepper (red pepper)

Directions

Mix together mayonnaise and cayenne in a small bowl. Refrigerate for at least 30 minutes before serving. (Can be made a day ahead.)

Grilled New Potatoes in Foil

Makes variable amount.

Small new potatoes
Chopped garlic cloves, peeled, if desired
Olive oil
Salt and pepper

Directions

Preheat grill to medium. Cut potatoes in half if more than 2 inches in diameter or leave whole. Toss in olive oil with garlic. Season with salt and pepper. Wrap mixture in tin foil and put on grill to cook for about 30 minutes, or until the potatoes are tender.

Zucchini Pancakes

Makes about 12

From “Eat Greens,” by Barbara Scott-Goodman and Liz Trovato.

3 medium zucchini, peeled and shredded

Kosher salt

3 eggs, lightly beaten

1 tbsp. olive oil

½ c. crumbled feta cheese

¼ c. freshly grated Parmesan cheese

2 green onions, trimmed and minced

Dash of hot salt

Freshly ground black pepper

½ c. flour

1 tsp. baking powder

½ c. vegetable oil, for frying

Directions

Put the zucchini in a colander, sprinkle with salt, and let drain for 30 minutes. Transfer to a kitchen towel. Squeeze out as much moisture as possible.

In a large mixing bowl, combine zucchini and eggs. Add oil, feta, Parmesan, green onions, hot sauce, and salt and pepper to taste, and mix well with a fork.

Sift flour and baking powder together and stir into zucchini mixture and mix well. Heat about ¼ cup oil in large heavy skillet over medium heat until hot but not smoking. Drop a few heaping tablespoons of zucchini batter into pan, allowing room for them to spread. Flatten with a spatula if necessary. They should be 2 ½ to 3 inches in diameter. Fry until lightly browned on one side. Turn over and fry until lightly browned on other side. Repeat once or twice until pancakes are crisp, frying about 8 minutes total. Repeat with remaining batter.

Summer Lettuce with Strawberries and Hazelnuts

Makes variable amount.

Mixed lettuce or greens

Small berries or larger bones cut up

Hazelnuts

Vinaigrette (homemade or bottled)

Directions

Top lettuce with berries and nuts. Drizzle with vinaigrette.

EGG ROULADE

Serves 6 to 7

Note: This calls for a 10- by 15-inch jellyroll pan (a baking sheet with edges). If you have a different size, just shape the batter on the pan accordingly. I've made two of these at a time, for a group of 12 diners, and I made the batter individually for each. With two roulades, it's a little extra last-minute pressure, but given the ease of the rest of meal, it's doable. The oven, however, will be full. From Lee Svitak Dean in the Star Tribune Taste section.

5 tbsp. butter
6 tbsp. flour
1 ¼ c. milk
4 eggs, separated
Freshly black pepper
Filling (see below)

Directions

- Preheat oven to 350 degrees. Line the 10- by 15-inch jellyroll pan with parchment paper; either butter or spray it with cooking oil.
- Melt butter in a medium saucepan. Add the flour and cook, stirring, for 3 minutes. Increase heat to high, whisk in the milk and bring to a boil. Reduce heat to medium and simmer for 5 minutes, stirring often.
- Transfer flour mixture to a large bowl. Whisk in the egg yolks 1 at a time. Season with pepper.
- Beat egg whites until soft peaks form. Stir a third of the whites into yolk mixture and fold in the rest. Pour the batter onto the parchment paper and smooth it out. Bake for 15 minutes, or until firm to the touch.
- Meanwhile, prepare any filling that needs to be warmed. Increase oven temperature to 375 degrees. Cover the egg surface with another oiled or buttered piece of parchment. Invert onto the counter, and peel off the parchment on the top.
- Sprinkle the egg surface with whatever filling is to be used. Starting on the long side of the egg surface, and using the parchment on the bottom to help, roll up the egg, jellyroll fashion. Place the roulade back on the jellyroll pan, with parchment underneath, and return it to the oven. Bake until any cheese in the filling has melted, about 10 minutes. To serve, cut into 1/2-inch slices.

Filling variations:

The filling must be prepared and hot (except for cheese) before it is placed on the cooked egg surface. Make sure any moisture in the vegetables is gone; heat in a saute pan to assure it.

- Diced tomatoes or roasted red peppers and grated Cheddar cheese
- Diced sauteed mushrooms and Gruyere cheese
- Cooked, chopped spinach (make sure it's thoroughly dry) and Parmesan cheese
- Slices of prosciutto and any grated cheese
- Black beans and diced roasted red peppers
- Diced ham and grated Cheddar cheese
- Smoked salmon (lox), whipped cream cheese (so it's easy to spread), chives or capers
- Cooked and crumbled bacon or sausage

Topping variations:

- Grated cheese or fresh, minced herbs
- Salsa
- Green chile sauce
- Hollandaise sauce

ROASTED ASPARAGUS

Servings vary.

Note: You can roast the asparagus at a variety of temperatures, depending on what else you have cooking in the oven. You'll need to adapt the length of time accordingly. Generally I roast the asparagus at 400 degrees for about 20 minutes, but because the egg roulade is in the oven, for this menu I will cook it at 350 degrees for about 30 minutes. If you're making two roulades, consider roasting the asparagus prior to baking the egg batter. The lemon zest (the grated rind) gives the asparagus a bright, light flavor. From Lee Svitak Dean in the Star Tribune Taste section.

- Fresh asparagus
- Olive oil
- Lemon zest, optional (see Note)
- Kosher salt and freshly ground black pepper

Directions

Preheat oven to 350 degrees. Break off ends of asparagus. Toss with olive oil and lemon zest, if using, and sprinkle with salt and pepper. Place in ovenproof dish. Roast for about 30 to 35 minutes, tossing once, or until asparagus is as tender as you want. Serve warm or at room temperature.

Salad of Grilled Chicken with Snow Peas or Asparagus

Makes variable amount.

- Bone-in chicken breasts
- Snow peas or asparagus (the latter should be cut in bite-size pieces)
- Walnut halves
- Flat-leaf parsley, minced
- Other vegetables, as desired (peppers, green onions, zucchini)
- Vinaigrette

Directions

Preheat grill to hot. While chicken grills, steam snow peas or asparagus for a few minutes, until tender. Toast walnut halves atop grill (on screen mesh or in cast-iron pan) just to bring out fragrance.

Let chicken cool and cut up into bite-size pieces. Toss with vegetables, toasted walnuts, parsley and a vinaigrette (homemade or bottled).

Radish Butter

Serves a lot.

From "The Lee Bros. Simple Fresh Southern," by Matt Lee and Ted Lee.

- ½ pound round red radishes, trimmed, at room temperature
- 6 tbsp. unsalted butter, completely softened
- ¼ tsp. kosher salt
- 1/8 tsp. freshly ground white or black pepper
- About 24 thinly sliced rye toast points, unsalted crackers or celery sticks

Directions

Put the radishes in the bowl of a food processor and pulse until the radish is chopped into very fine dice, four or five 3-second pulses. Transfer contents to a length of cheesecloth or a double thickness of paper towels and wring out excess liquid.

(Radish Butter - Continued)

...Transfer to a medium bowl and add 4 tablespoons butter. With a rubber spatula, cream radish and butter together, adding more butter 1 tablespoon at a time, until mixture comes together in a smooth, pliable mass.

Transfer mixture to a 2-cup ramekin or bowl, sprinkle salt and pepper over top, and serve immediately. (The butter will keep, covered with plastic, in refrigerator for up to 2 days. Remove from refrigerator 15 minutes before serving to let it soften. Sprinkle the salt and freshly ground pepper over the radish butter before serving.)

Pan-Seared Salmon With Braised Mixed Greens

Serves 4

From "Eat Greens," by Barbara Scott-Goodman and Liz Trovato.

3 tbsp. olive oil, divided
4 (6-oz.) salmon fillets, skin removed
Kosher salt and freshly ground black pepper
1 small onion, chopped
1 garlic clove, chopped
2 ½ to 3 lb. mixed greens, rinsed, stemmed and coarsely chopped
¼ to ½ c. chicken or vegetable broth
½ c. chopped fresh flat-leaf parsley
½ c. chopped fresh cilantro
Lemon wedges, for garnish

Directions

To make salmon, put 1 tablespoon oil in shallow baking dish. Add salmon and turn to coat with oil. Season to taste with salt and pepper, and let sit for 30 minutes at room temperature.

To make greens, heat 2 tablespoons oil in large skillet or sauté pan over medium heat. Add onion and sauté until soft, about 5 minutes. Add garlic and sauté for 1 minute. Add greens and toss until they just begin to wilt. Add ¼ cup broth and sauté, tossing occasionally, until greens are wilted and cooked through, 5 to 7 minutes. Add parsley and cilantro and sauté for 1 minute. Add a bit more broth if mixture seems dry. Cover and set aside.

Heat a large nonstick skillet over medium heat. Add salmon fillets and cook for 3 minutes. Turn them over and cook for an additional 3 to 5 minutes, until opaque in center.

Divide and arrange greens in center of four plates. Place 1 fillet over center of greens on each plate. Garnish with lemon wedges.