

Seasonal Cooking Demonstrations

The 2nd Sunday of each month at the Main Street Farmers Market

May 2019 LA Times Food Bowl Demo

Cooking on a Cal-Fresh Budget

ROASTED FENNEL AND STRAWBERRY SALAD

Ingredients

1 Head of romaine lettuce, washed and rough chopped
2 Fennel bulb, sliced, seasoned with salt and pepper,
roasted in olive oil
1 Cup sliced strawberries

1 Cup sliced cucumber
¼ Cup toasted sliced almonds
¼ Cup julienned red onion
Salt and pepper, to taste
Black Sesame Dressing

Instructions

To roast the fennel, remove the fennel stalk and fronds, slice or julienne, then toss with salt, pepper, and olive oil. Pan roast on the stove top until browned and cooked through, or oven roast at 375 degrees for 15 minutes.
For the salad, tossed all ingredients with as much or as little Black Sesame Dressing as you like. Season with salt and pepper, to taste.

Black Sesame Dressing

Ingredients

¼ Cup Sesame Oil
¼ Cup Rice Vinegar
¼ Cup Low Sodium Soy Sauce
¼ Cup Brown Sugar
2 Tb Toasted Sesame Seeds, black preferred, but white OK too

Instructions

Combine and whisk all ingredients

BLISTERED SUGAR SNAP PEAS WITH VIETNAMESE NUOC CHAM

Ingredients:

1 Pound sugar snap peas, cleaned
Nuoc Cham, to taste
Black Pepper, to taste
Sesame oil, for cooking
Toasted bread crumbs, for garnish

Instructions

Pre-heat a sauté pan on high heat. Add about 2 Tb sesame oil to coat the pan and toss in the snap peas, in batches, if your pan isn't large enough. Toss or stir the peas, but do allow the peas to blacken or blister in the pan. Season with black pepper and cook until the peas are softened, about 5 minutes. Add in the nuoc cham sauce, to taste. Garnish with bread crumbs, if desired.

NUOC CHAM

Ingredients

¼ Cup sugar
¼ Cup lime juice
¼ Cup fish sauce
½ Cup water
2 Garlic cloves, minced
Chile flakes, to taste, optional

Instructions

Combine all ingredients in a saucepan and warm over medium heat for about 10 minutes to marry the flavors.

VIETNAMESE PICKLED CARROTS AND KALE

Ingredients

2 lbs carrots, julienned
2 lbs kale, shredded or rough chopped
1 Tb Salt
1 cups Sugar + 2 Tb Sugar, divided
3 cups white vinegar
1 cups rice vinegar
3 cups water

Instructions

Toss veggies with salt and 2 Tb sugar. Massage and kneed veggies until you can blend the carrots and the tips touch without breaking. Flush with running water, drain and press or shake to drain excess water. Transfer to pickling container. Stir together rest of sugar, vinegars and water until dissolved. Pour over carrots and kale and cover well and refrigerate. Ready in as early as 3 days.

Instructions:

Mix all dressing ingredients and whisk together like the dickens or throw it all in the blender and pulse until blended.

The Santa Monica Farmers Markets create thriving, vibrant communities that are inclusive, connected and diverse by promoting the preservation of the agricultural arts, prosperity of CA farmers and small food businesses and sustainable food systems.

