

VIETNAMESE CAULIFLOWER “ELOTE” STEAKS

1 large cauliflower, cut into “steaks”
1/4 cup Manchego cheese
1 Tb fresh lime juice

1 Tb cilantro, chopped
Vietnamese “Elote” Sauce
Salt and Pepper, To Taste

Instructions

Brush your cauliflower “steak” with oil and season with salt and pepper, pan roast the cauliflower until browned on both sides and cooked “al dente”. Then, add the fresh lime juice to the pan, right on top of the cauliflower, simmer until absorbed. Coat cauliflower with Vietnamese “Elote” Sauce (as much as you like) and top with Manchego cheese. Continue to cook in the pan until the cheese is melty. Transfer to your dinner plate and garnish with chopped cilantro.

VIETNAMESE “ELOTE” SAUCE

1/2 cup fresh mayo
1/2 cup caramelized fish sauce

Instructions

Whisk the fresh mayo and caramelized fish sauce together.

Fresh Mayo

1 egg, room temperature
1/4 tsp salt
1 tsp dijon mustard
2 tsp water
1 Tb lemon juice
1 cup oil, good quality canola or neutral oil

Put everything but the oil in a food processor, pulse to blend into a creamy mixture. Then, slowly drizzle a thin stream of oil into the feed tube. Adjust the flavor with salt or lemon. If stiff, add water. If loose, add oil. If your mayo breaks, add 1.5 Tb of boiling water and blend.

Caramelized Fish Sauce

2 cups sugar
1 tablespoon fresh lime juice
4 large shallots, very thinly sliced
1 dried hot red chile
3 star anise pods
One 2-inch cinnamon stick
2 teaspoons fresh ground black pepper
1/2 cup Asian fish sauce

In a medium saucepan, combine the sugar, lime juice and 1/4 cup of water and bring to a boil. Using a wet pastry brush, wash down any sugar crystals on the side of the pan. Boil over low heat until a deep amber caramel forms, about 20 minutes.

Stir in the shallots, chile, star anise, cinnamon and pepper. Remove the saucepan from the heat and carefully whisk in the fish sauce and 1/4 cup of water. Stir over moderate heat until the caramel is dissolved. Pour the sauce into a heatproof bowl and let cool completely. Remove the chile, star anise and cinnamon stick. The caramel can be refrigerated in a lightly sealed container for up to 2 weeks.

KHÔNG TÊN FENNEL AND CITRUS SALAD

1 Large Fennel Bulb, Trimmed and Thinly Sliced
1 Large Orange or Citrus Fruit, Sectioned
1 Baby Bok Choy, Thinly Sliced
½ Medium Apple, Thinly Sliced

1 Radish, Thinly Sliced
2 Tb Almonds, Sliced and Toasted, For Garnish
Black Sesame Dressing
Salt and Pepper, To Taste

Instructions

Toss all ingredients with the black sesame dressing and plate. Enjoy with a delicious piece of grilled bread or pair with the protein of your choice.

Black Sesame Dressing

1/3 cup rice vinegar
2 Tb Soy Sauce
2 Tb Sesame Oil
2 Tb Brown Sugar
4 Tb Sesame Seeds

Whisk all ingredients together either by hand, or in a blender or food processor.

SHOPPING LIST – MAIN STREET FARMERS MARKET VENDORS

- ¼ cup cheese – ACHADINHA CHEESE CO
- Limes – VALLEY CENTER ORCHARD
- 1 large orange or citrus fruit – VALLEY CENTER ORCHARD
- Lemons – VALLEY CENTER ORCHARD
- Cilantro – VANG FARM
- Eggs – ANNA'S FARM
- Radishes – ANNA'S FARM
- 1 large fennel bulb – RANCHO LA FAMILIA
- 1 baby bok choy – VANG FARM
- 1 medium apple – CUAMA ORGANIC ORCHARDS
- Almonds – KENNEDY FARM or AVILA & SONS
- 1 large cauliflower – SUNCOAST FARM

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