

Seasonal Cooking Demonstrations

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



FOCUS ON CA SEAFOOD – March 2017

Fresh Ogo Seaweed Salad with Lime Dressing

Ingredients

1 pound ogo	1/2 cup rice vinegar
1 teaspoon minced garlic	1/2 teaspoon pepper
1 teaspoon sambal olek	1 teaspoon salt
1 tablespoon soy sauce	1/2 teaspoon grated lime zest
1 cup lime juice, strained	3/4 cups sugar
2 cups water	

Directions

Blanch the ogo in a pot of boiling water for 1 to 2 minutes. Drain ogo and rinse under cold, running water. Soak ogo in ice water for 5 minutes, to seal in flavor and crunchiness. Drain well and place in a large bowl.

Fresh Lime Dressing: Mix all remaining ingredients together and shake well. Add Fresh Lime Dressing to the cooked ogo, toss and enjoy!

Coconut Curry Marinade (For 5 lbs protein or vegetable)

Ingredients

1 can Coconut Milk	1 Lemongrass Bunch/Stalk
2 Tbls Curry Powder	2 Tbls Vegetable Oil
1 Tbls Garlic Powder	2 Tbls Rice Vinegar
1 Tbls Onion Powder	2 Tb lime juice
1 Tbls Salt	2 Tb Fine Chopped Green Onion
2 tsp Pepper	2 Tb Fine Chopped Cilantro
1 Tbls ground Ginger	¼ Cup Vegetable Oil

Directions

Combine all ingredients in a medium bowl. Add protein/vegetable and stir to coat. Marinade in refrigerator for 2-12 hours. Finish with preferred cooking method (grill, roast, pan-sear, etc.)”

Poke Dressing

Ingredients

1/4 to 1/2 cup soy sauce (low sodium)	2 cloves garlic, smashed and finely chopped
1/2 tablespoon sambal oelek	One 1/2-inch piece ginger, peeled and grated
1 teaspoon sesame oil	1/2 white onion, such as Maui onion, julienned
3 scallions, white and green parts separated, sliced thinly on the bias	1 lb favorite poke protein

Directions

Combine the soy sauce, sambal, sesame oil, scallion whites, garlic, ginger and onions in a medium bowl. Toss in the protein and let sit in the fridge for 30 minutes. Plate as desired and garnish with the scallion greens.



SHOPPING LIST

Garlic – Vang Farms

Limes – Valley Center Orchards

Green onion – Vang Farms

Cilantro – Anna’s Farm

Ogo – Santa Barbara Channel Seafood Company

Abalone - Santa Barbara Channel Seafood Company

Onion – Vang Farms

Blue Egyptian Farro – Kandarian Farms (Wednesday Market only)

Cauliflower – Suncoast Farm

Blood Oranges – Behnamen Family Farm

Thank you for shopping seasonally at the farmers markets and supporting California farmers and our local economy. Please visit our Facebook and Instagram pages for a list of upcoming events, bands, cooking and shopping tips and to stay current on what is in season right now!