

June 2009

Cooking with the Market – PCC Cooks

Last week, PCC cooking instructor Birgitte Antonsen demonstrated two delicious, healthful salads she has created for PCC Cooks, PCC Natural Market's cooking school.

She enjoyed shopping at our Market for her ingredients and watching the faces of the delighted samplers who crowded around her booth for a taste of her salads.

Strawberry Delight Salad with Strawberry Champagne Vinaigrette and Caramelized Pecans

Serves: 4-6

Vinaigrette:

½ lb. organic strawberries
1 tbsp. maple syrup
1 tsp. vanilla
2 tbsp. red wine vinegar
6 tbsp. champagne or 2 to 3 tbsp. champagne vinegar
2 tbsp. fresh basil
¼ tsp. salt
4 tbsp. extra-virgin olive oil

Caramelized Pecans:

¼ c. sugar
1 tbsp. butter or vegan butter
2 tsp. salt
½ tsp. powdered cloves
1 ½ tsp. powdered allspice
1/8 to ¼ tsp. cayenne pepper
2 tbsp. water
1 ½ cups shelled halved pecans

Salad:

½ lb. fresh organic strawberries, sliced
4 to 5 c. mixed organic baby greens (12 to 16 oz.)
1 c. Belgian endive, arugula or dandelion greens (optional)
Pea sprouts, watercress or sunflower sprouts for garnish

For the vinaigrette, combine in a skillet strawberries, maple syrup, vanilla, red wine vinegar, champagne vinegar or champagne. Let simmer, covered, until strawberries are soft, about 10 to 15 minutes. Strain the juice and set aside.

In a blender, combine cooked strawberries, salt and fresh basil. Add olive oil slowly while blending. Pour into a bowl and mix in the juice. Do not blend. Refrigerate until cold.

For the caramelized pecans, preheat oven to 300 degrees F. Combine all ingredients in a skillet, except the nuts. Simmer until sugar has dissolved. Add the nuts, stirring to toast evenly. Transfer to the oven and bake for 4 minutes. Cool before using.

Arrange the strawberries and greens in a bowl or on individual plates. Sprinkle the caramelized pecans on the salad. Add the vinaigrette and garnishes.