

Local Morel Mushroom Risotto with Rosemary Cream and Chive Oil*The Inn at Meander Plantation, Locust Dale*

If you are preparing the risotto ahead of time, spread the fully prepared risotto on a baking sheet to cool and then refrigerate it. Alternatively, if you will not serve the risotto immediately, cook the rice to about 75 percent of doneness and fold in morels and heavy cream when reheating.

—executive chef David Scales

Preparation time: 20 minutes 🍴 Cooking time: 45 minutes 🍴 Serves 4 as entree.

For the risotto

4 tablespoons extra virgin olive oil
 ½ cup finely diced onion
 1 cup Arborio rice
 1 cup white wine
 3 cups vegetable stock
 Salt and pepper to taste
 1 cup diced fresh morels
 ½ cup heavy cream

In a stainless steel or nonstick pan over medium-high heat, sweat onion in 3 tablespoons olive oil for 3 minutes and then add rice. Pour in wine and reduce to nearly dry. Add stock in 1-cup increments, stirring constantly. This should take about 15 to 20 minutes. Season to taste.

In a separate pan, sauté morels in 1 tablespoon olive oil. Fold morels and heavy cream into rice and serve immediately.

For the sauce

2 cups white wine (good, drinkable wine)
 6 cups heavy cream
 4 sprigs rosemary
 Salt and pepper

Combine all liquids and reduce slowly over low heat until thick (sauce consistency). Strain.

Add rosemary sprigs to liquid. Season with salt and pepper to taste. Leave rosemary in to steep for 5 minutes. Remove rosemary sprigs. Reheat if needed over low heat and serve.

For the oil

3 cups roughly chopped chives
 1 cup roughly chopped spinach
 1 tablespoon water
 3 cups canola oil
 Pinch of salt

Blanch chives in boiling water for 1 minute and then shock in ice water. Put chives, spinach, and water in a blender. Pulse 5 times on low speed. Add oil. Increase blender speed to high and purée until oil is dark green and well puréed.

Strain in a fine strainer or chinois overnight in the refrigerator. Pour into squeeze bottle and store in refrigerator. This will keep for 7 days.

Assembling and serving

Spoon risotto onto center of plate or use a ring mold if desired. Circle risotto with rosemary cream sauce, and then run a line of chive oil through sauce in a thin line.

MORELS FORAGED AND PHOTOGRAPHED IN VIRGINIA BY ART DRAUGLIS



Cream of Radish Leaf Soup with Tartines of Radishes & Homemade Farm Cheese

Laughing Duck Gardens & Cookery, Washington, Va.

One of the earliest spring vegetables, radishes are too often eaten as an afterthought, with only the crunchy root consumed. However, the tops and the immature seed pods are all edible—perfect for the frugal gourmet. For this recipe, make sure to obtain the freshest radish bunches with leaves as young as possible. The tartines (open-faced sandwiches) are made with homemade cheese and the radish roots. 🌱 Because the cheese is so simple, it can only be as good as the milk you use: organic whole milk from a local dairy is ideal. No matter what, do not use ultra-pasteurized milk because ultra-pasteurization prevents the cheese from setting. 🌱 Make the cheese first and then use the leftover whey (what’s left of the milk after the cheese is made) in the soup. Prep the veggies while the milk is heating, and make the soup while the cheese is draining, so that the total recipe should only take about 75 minutes from start to finish. 🌱 If you prefer, you may use a fresh, mild, store-bought cheese instead of making the cheese. In that case, replace the 3 cups of whey called for in the soup with a combination of good-quality chicken broth and milk.

—owner Sylvie Rowand, personal chef, kitchen gardener, cooking instructor & kitchen garden coach

Serves 4 as a starter or 2 as main dish.

For the cheese

Total cooking time: 1 hour • Total active time: 20 minutes
Yields 1 to 1½ cups cheese.

- 1 quart whole milk, preferably organic, *not ultra-pasteurized*
- ½ teaspoon salt, preferably kosher or cheese salt
- 2 tablespoons fresh lemon juice

In a heavy-bottomed pan over medium heat, bring milk and salt to a bare simmer, stirring often to prevent scorching and a burned taste. When tiny bubbles form at the edge of the pan—which may take as long as 15 minutes—stir in the lemon juice. (A thermometer, if you

use one, should read 190–200 F). Remove from heat. Cover and let sit for about 20 minutes.

Line a colander with a double layer of muslin cheesecloth. Set the colander over a large bowl or pan to catch the whey (which can be used for soup). Pour the milk mixture into the colander. Tie the opposite corners of the cheesecloth together.

Slide a long-handled spoon through the bundle and rest the spoon over the rim of a bowl or pan so that the bundle is not touching the bottom of the pan. Let the cheese drip drain for about 30 minutes, reserving whey.

Scoop cheese out of the cloth, put in a jar, and refrigerate for up to a week if not serving immediately.

For the soup and the tartines

Preparation time: 10 minutes • Cooking time: 35 minutes

- 2 medium leeks
- 2 tablespoons butter
- 2 bunches fresh, young radishes with leaves
- 2 medium all-purpose or baking potatoes, such as Yukon Gold
- 3 cups whey, leftover from cheesemaking, or a combination of good-quality chicken broth and milk (for example, 1½ cups broth and 1½ cups milk).
- 1 cup half-and-half
- Salt and pepper to taste

Trim roots off leeks and cut off dark green leafy part (which can be saved for making broth). Thinly slice white and light-green parts. Wash well by swishing in a bowl of water. Spin dry in a lettuce spinner or gently pat dry with clean kitchen towels.

In a heavy-bottomed pan over medium heat, melt butter and sweat leeks for about 10 minutes. Leeks should not brown but gently sauté. Adjust heat accordingly.

Meanwhile, trim tops of radishes and set roots aside. Wash radish tops well. Spin dry in a lettuce spinner or gently pat dry with clean kitchen towels. Chop roughly.

Scrub and dice potatoes. Add chopped radish tops and potatoes to leeks. Add whey. Bring to a boil. Lower heat, cover and simmer until potatoes are very tender, about 20 minutes.

While the soup is cooking, wash radishes and trim any remaining tops and roots. Slice radishes and put them in a serving bowl. Set aside.

Carefully purée the hot soup in your blender in small batches or with an immersion blender. Pass the soup through a fine mesh sieve, pressing hard on any solids, before returning the liquids to the pan, so the final texture is velvety and no fibrous leaf part remains.

Add the half-and-half and salt and pepper to taste. Heat gently until hot, but do not let it boil.

Assembling and serving

- 1 country-style baguette
- A few sprigs of chives, finely minced
- Fresh cheese (recipe above)
- Sliced radishes, leftover from soup preparations

Cut the baguette in 4 pieces and then cut each piece in half lengthwise. Toast or grill the bread.

Spread 4 slices of toasted bread with some farm cheese and top with radish slices.

Ladle the soup into bowls, sprinkle with chives, and serve with the tartines on the side. Bring extra bread, radishes, and cheese to the table so people can make additional tartines or munch on them.

Corn Quiche

Mom’s Apple Pie Company

I suggest you get free-range eggs from a neighbor and that you freeze corn off the cob in season for use year-round. We use Appalachian cheese from Meadow Creek Dairy in Galax.

—chef & owner Avis Renshaw

Cooking time: 45 minutes 🌱 Serves 4–6.

- Butter pie crust in pie dish
- 5 eggs
- ⅓ cup milk
- 1 cup cream
- Kernels from 2 cobs sweet corn
- ½ red bell pepper, chopped into ½-inch cubes
- ¼ medium sweet onion, chopped into ½-inch cubes
- ½ teaspoon salt
- ½ cup shredded cheese or Asiago cheese

Preheat oven to 350 F.

Mix together eggs, milk, and cream in a bowl. Place corn kernels, chopped pepper, onion, salt, and shredded cheese into crust shell. Pour egg mixture on top. Bake for 1 hour until quiche pie is puffy and slightly browned.



RADISHES GROWN AT THE FARM AT SUNNYSIDE, PHOTOGRAPHED BY GARDINER LAPHAM

Sausage with Escarole and Peppers

Forlano’s Market, The Plains

I grew up eating this dish. For my own recipe, I use locally raised pork to make homemade Italian sausage.

—chef Nick Forlano

Preparation time: 15 minutes 🌱 Cooking time: 5 minutes 🌱 Serves 2 as an entree or 4 as an appetizer.

- 2 tablespoons extra virgin olive oil
- 1 tablespoon unsalted butter
- 1 medium onion, sliced
- 3 garlic cloves, crushed
- 3 red bell peppers, seeded and cut into ½-inch strips
- 1 pound Italian sausage, roasted and sliced
- 1 head escarole, washed and chopped into 2-inch pieces
- ¼ teaspoon dry red pepper flakes, crushed
- ¼ cup dry white wine
- ½ cup grated Parmesan cheese, for garnish

In a large skillet, heat oil over medium heat. Melt butter in the oil. Add onion, garlic, and peppers. Cook until onions and peppers start to brown.

Add sausage to onions and peppers. Toss in escarole and crushed red pepper flakes. Mix well. Deglaze with the wine. Season with salt and pepper. Garnish with grated Parmesan cheese.

Traditional Red Cabbage

The Bavarian Chef, Madison

This versatile, fun, and tasty recipe goes well with beef, chicken, and pork dishes.

—chef & owner Jerome Thalwitz

Cooking time: 45 minutes
Serves 4–6.

- 2 heads red cabbage, sliced into thin juliennes
- 1 medium yellow onion, diced into small brunoise
- 2 cups diced apples, preferably Granny Smith
- 2 cups red cooking wine
- 1 cup red wine vinegar
- 2 cups sugar
- 3 cloves
- 2 bay leaves
- Salt and black pepper to taste
- ½ cup cornstarch
- 1 cup water

Combine all ingredients (except cornstarch and water) into a large pot. Cook over medium heat until cabbage is tender, about 1 hour.

Combine cornstarch with water and slowly stir into pot until red cabbage thickens. Remove from heat and serve.

CABBAGES GROWN AT THE FARM AT SUNNYSIDE, PHOTOGRAPHED BY GARDINER LAPHAM
RHUBARB AT THE CHARLOTTESVILLE CITY MARKET, PHOTOGRAPHED BY SPICY BEAR MEDIA
STRAWBERRIES GROWN AT OAK SHADE FARM



Caramelized Rhubarb Upside-Down Cake with Strawberries & Whipped Cream

24 Crows, Flint Hill

Every spring we wait impatiently for our favorite organic strawberries, grown by Jim and Sally Mello at Oak Shade Farm in Rixeyville. These strawberries are incredibly delicious! With luck, rhubarb usually appears from a neighbor's garden. In this upside-down cake, we combine tart rhubarb with a sweet caramel and top the cake with sliced strawberries, fresh whipped cream, and a single violet garnish.

—owner & chef Heidi Morf

Preparation time: 50 minutes 🐼 Cooking time: 1 hour

For the caramel

- Butter for the cake pan
- ¾ cup granulated sugar
- 3 tablespoons water
- 3 tablespoons butter
- ¾ pound rhubarb cut in ¾-inch pieces

Butter a high-sided 9-inch cake pan, line the bottom and sides with parchment paper, and lightly butter bottom parchment. If a high-sided pan isn't available, extend the parchment an inch above the pan's sides.

Caramel gets extremely hot. Handle with great care.

In a small, heavy saucepan, bring sugar and water to a boil over medium-high heat. Stir until sugar is dissolved, brushing down the sides of the pan with cool water to remove any sugar crystals. Boil the sugar mixture, swirling the pan occasionally, until the caramel is a golden color. Remove from heat and whisk in butter.

Pour caramel into the prepared cake pan and tilt to distribute it evenly. Arrange rhubarb pieces over the caramel and set aside.

For the cake

- 1¾ cups plus 2 tablespoons all-purpose flour
- ¼ cup cornmeal
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup unsalted butter at room temperature
- 1½ cups granulated sugar
- 2 large eggs
- 1 teaspoon vanilla
- 1 teaspoon lemon zest
- ¾ cup milk

Preheat oven to 325 F.

Sift flour, cornmeal, baking powder, and salt and set aside.

In the bowl of an electric mixer, cream butter using the paddle attachment. Add sugar and beat until smooth and well-blended. Add eggs 1 at a time, beating after each addition. Add vanilla and lemon zest. Beating at low speed, add flour mixture in 3 parts, alternating with the milk. Beat until smooth, scraping the sides of bowl as necessary.

Spread the batter over the rhubarb and bake 1 hour or until a toothpick comes out clean. Cool for 5 minutes and turn onto a cake plate. Remove parchment.

For the strawberries & whipped cream

- 1 pint strawberries, washed and sliced
- 2 tablespoons sugar (or to taste)
- 1 cup heavy cream

Sprinkle 1 tablespoon sugar over berries, toss, and let rest for 10 minutes to dissolve sugar and draw out juice.

Whip cream and 1 tablespoon sugar with whisk attachment in an electric mixer or by hand until soft peaks form.

Assembling and serving

Cut cake into 8 pieces. Spoon strawberries, with juices, over cake. Top with a dollop of whipped cream, and add a fresh violet garnish.



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Pasta with Purple-Sprouting Broccoli & Chillies

Adapted with permission from The Farmers' Market Cookbook by Nina Planck

Chili, garlic, and dark greens such as cavolo nero and broccoli are a classic Italian combination. For a side dish, blanch purple-sprouting broccoli in salted water and drain. Sauté a clove of garlic and 2 tablespoons mustard seeds. Then stir in the broccoli and serve.
—Nina Planck

Cooking time: 20 minutes
Serves 4.

- 6 cloves garlic, smashed, peeled, and finely chopped
- 2 tablespoons olive oil for frying
- 2 tablespoons pine nuts
- About 1½ pounds purple-sprouting broccoli, washed, trimmed, and cut into bite-sized pieces
- About 1 pound short pasta, such as penne
- 2 teaspoons dried chili flakes, or to taste
- 2 tablespoons best olive oil

Put garlic in a bowl with frying oil.

In a large, dry frying pan, gently heat pine nuts, turning frequently, until browned on all sides. Do not let them burn. Set them aside.

Boil some salted water in two large saucepans. Blanch the broccoli until barely cooked, not more than 2 minutes. Drain and set aside.

Meanwhile, drop the pasta into the other pan. Sauté garlic and chili flakes in the pan used to toast pine nuts. The more you heat the chili in oil, the hotter the dish will become, so if you prefer a milder flavor, add the chili toward the end of cooking.

Put in the broccoli and fry until it is heated through. Take the pan off the heat and keep it warm.

Drain the pasta, reserving a little of the cooking water, then return the pasta to the hot pan. Toss it well with the vegetables and olive oil. Season to taste.



PURPLE-SPROUTING BROCCOLI FROM SPRING MEADOW FARM, MD