

## Some Recipes for Those Who Cook from a Bay Area Food Garden

**Vietnamese-Style Vegetables** (Adapted from California Culinary Academy: Southeast Asian Cooking, by Jay Harlow.) This is a tasty stir-fried dish flavored with Southeast Asian fish sauce and crushed peanuts. It is a great way to use the wild, Mediterranean onions that are in season in the Bay Area in December through mid-April.

1 Tablespoon oil	2 Tablespoons chicken or vegetable broth
3 green onions or wild onions--cut into narrow strips	1 Tablespoon fish sauce--or to taste
2 stalks celery--cut into narrow sticks	Black pepper, to taste
1 medium carrot--cut into narrow sticks	1/2 Cup peanuts, dry-roasted
2 cups cut-up Chinese cabbage (or Western cabbage)	

Cut the onions, celery, and carrot into narrow sticks ("matchsticks") 2 or 3 inches long. Chop and measure Chinese cabbage.

Coarsely crush the peanuts. (I use a mortar and pestle--just long enough to break each peanut half into at least two pieces.)

Heat oil in a skillet, add onions, celery, and carrot. Stir-fry for 30 seconds.

Add cabbage and continue to stir-fry until cabbage begins to wilt.

Add broth, fish sauce, and black pepper, turn the heat up and cook until liquid is almost gone. (The fish sauce adds saltiness and a savory umami flavor.)

Taste to check the seasoning and add more fish sauce or pepper if desired.

Serve hot, sprinkled with the peanuts just before serving.

**Cream of Tomato Soup with Carrots and Onion** (Adapted from Ortho's Soups and Stews, by Cynthia Scheer)

2 lbs. tomatoes (about 4 large) chopped,	A strip of lemon peel about 1/2" wide and 3" long
or 1 14 oz can of diced tomatoes	1/2 teaspoon salt (less if canned tomato product is salted)
or 2 8 oz. cans of tomato sauce	1/8 teaspoon pepper
2 onions (about 1 lb.), chopped	1 quart water or chicken or vegan broth (fresh or canned)
2 large carrots (about 1 lb), sliced	2 tablespoons each of flour & softened butter or
(or 1 lb. small carrots)	margarine
2 tablespoons sugar	1 1/3 cups of milk (whole, nonfat, or even reconstituted
One bay leaf, fresh or dried	nonfat dry milk is fine)

In a 4 to 5-quart pot, combine tomatoes, onions, carrots, sugar, bay leaf, lemon peel, salt, pepper, and water or broth. Bring to a boil, reduce heat, simmer till vegetables are tender--20-30 minutes.

In a small bowl, mix flour and butter or margarine until smooth.

Remove the bay leaf and the lemon peel from the soup mixture. Transfer the mixture, a third or fourth at a time, to a food processor or blender and whirl until smooth. Put the blended soup in a large bowl.

Return the soup to the pot over medium heat. Stir a bit of the hot soup into the flour and butter mixture and mix well, then stir this mixture into the soup. Heat, stirring often, until soup boils and thickens.

Turn off the heat, and then pour in the milk. Stir to blend well. If soup is not steaming hot, heat gently, stirring occasionally, until it is. Do not let it boil again.

You can serve this soup hot, or refrigerate it and serve it as a cold soup.

**Marinated Gigante (White Runner) Beans** © Pam Peirce 2023

1 cup dried Gigante Beans—soaked and cooked until just tender	3 Tbsp finely chopped parsley
1/3 cup extra virgin olive oil	2 Tbsp finely chopped sundried tomatoes (If they are very dry, soak in water and drain, then chop.)
1/4 cup Kalamata olives, chopped finely	2 tsp white wine vinegar
2 Tbsp shallot, finely diced	1 tsp lemon juice
Chunks or crumbles of feta cheese (optional)	

Drain the cooked beans and add the other ingredients. Put in a container with a tight cover and let the contents marinate 3 hours or overnight. Refrigerate if you aren't serving them right away.

**SPAGHETTI WITH ARUGULA AND TWO CHEESES** © Pam Peirce 2010

6 oz. uncooked spaghetti (or try it with ravioli)	3-4 cups arugula leaves, chopped if they are large
2 cubic inches of feta <i>or</i> soft goat cheese	1-2 cloves garlic, minced
a little water	salt and pepper to taste
2 tablespoons olive oil	2-4 tablespoons Parmesan cheese
1/4 cup of onion, chopped	(and Parmesan cheese at the table)

1. Boil water in a large pot. When it is boiling, add spaghetti and cook 7-8 minutes to desired tenderness.
2. In a small, flat-bottomed bowl, use a fork to mix a little water into the feta or goat cheese until it is the consistency of thick cream, adding the water gradually and mashing with a fork until the mixture is smooth.
3. Heat the olive oil in a 10-12-inch skillet. Sauté the onion, turning it often, until it is nearly tender, but not browned. Add the arugula, and stir-fry it with the onion, until both are tender. It just takes a few minutes. (Other greens can replace part of the arugula if you don't have enough arugula.)
4. Add the garlic, sauté it for about 30 seconds.
5. Turn the heat to low. Add the cheese/water mixture and Parmesan cheese, stirring them in. Stir in the cooked, drained, still hot spaghetti. Season with salt and pepper, and use forks to toss the spaghetti with the arugula mixture. Serve hot, with Parmesan at the table for those who want more. Two or three servings.

**ROASTED FAVA BEAN PODS** (After Sophie Brinkman, *SF Chronicle* Staff Writer)

Pick fava bean pods that are still small, with no beans, or barely formed beans, inside. Roll them in 2 Tablespoons of olive oil. Arrange in a single layer in a baking pan. Roast at 450° F for about 25 minutes. There should be brown areas on the pods, but not black. Sprinkle with sea salt; serve hot. (You can also roast regular snap beans, Romano beans, or very young scarlet runner bean pods. Roll in 2 tablespoons of olive oil; roast at 450° F, sprinkle with sea salt, serve hot. Check them at 17 minutes. (Careful--smaller pods brown faster.) For more on roasting vegetables, see the book *Fast Fresh and Green*, by Susie Middleton.

Compiled by Pam Peirce, author of *Golden Gate Gardening*. Her website ([pampeirce.com](http://pampeirce.com)) links to her blog. There are recipes in GGG and on the blog. Also see her gardening columns on [sfgate.com](http://sfgate.com), or one Sunday a month in the San Francisco Chronicle Food + Wine section.