Preserving Food

The Chef and the Garden Cooking Class - Summer 2012
Recipes from the kitchen of Chef Robert Donis

Chilled Soups

**Zucchini and Avocado Soup**
2 ea. Zucchini, Rough Chop
2 ea. Avocados, Rough Chop
2 ea. Scallions, Rough Chop
2 ea. Garlic, Rough Chop
1/2 tea Cumin, Ground, Toasted
1/2 tea Chili Powder
1/2 tea Coriander Seeds, Toasted, Ground when seeds are cool
1 cup Yogurt, Plain

Method: Put all ingredients, except the yogurt into a blender or food processor and combine until smooth. Refrigerate until cool. Stir in the yogurt when cool and serve.

**Corn Soup**
3 ears Corn, removed from cobs, cobs scraped, cobs reserved
1/2 ea. Shallot
2 T Vegetable Oil
3C Low fat milk
1/4 tea Salt
3 Turns Pepper Mill
1 ea. Scallion
4 ea. Shiitake Mushrooms
1/2 ea. Shallot, minced

Method: Cut corn in half with a cleaver. Remove corn kernels from the cob, reserving 1/3C for garnish. Cook shallots in 1T of oil on medium heat until shallots soften, without color. Add corn, corn scrapings, salt and pepper. Raise heat to medium high. Cook and stir for 1 minute. Add milk and bring to a simmer. Add cobs and cook for 10 minutes at a gentle simmer. Remove cobs from soup. Puree soup and strain for better consistency. Chill soup. Heat 1T oil in saute pan. Cook shiitake mushroom, shallot and corn and cook for 5 minutes--Reserve for garnish mixing in scallion.

**Gazpacho**
2 each Red Bell Peppers, Seeded, Rough Chop
1 each Green Bell Pepper, Seeded, Rough Chop
3 each Red Tomatoes, Cut into 1/3
1 each Seedless Cucumber, peeled, Rough Chop
1/2 each Sweet Onion, Peeled, Rough Chop
2 each Garlic, Halved
1 each Lime Juiced
1 each Lemon Juiced and Zest
1 tea Rice Wine Vinegar
1/4 tea Cumin, Ground
1 tea Tabasco Sauce

Garnish:
1/2 each Cucumbers, Peppers (assorted), Onion, and Cucumber, Diced Small
6 each Toast Rounds, Garlic Oil
1/4C Basil, Chopped
Method: Bring a small pot of water up to the boil and add peppers. Cook for 2 minutes until peppers are slightly tender. Cool off in ice bath. Remove immediately when they cool. Drain well. Add tomatoes to boiling water for 15 seconds. Put in ice bath until cool. Remove skin from the tomatoes. Put peppers, tomatoes and all other ingredients (not garnish) in blender. Blend until a puree is formed. Taste for seasoning and adjust. Chill in refrigerator until very cold. Serve with a spoonful of garnish on garlic toast rounds.

**Back Eddy Pickles** (Adapted from “Quick Pickles”)

2# Cucumbers (Pickling type), 1/2” slices
3T Kosher Salt
Ice Cubes To cover
3T Vegetable Oil
4 each Garlic Cloves, smashed
1 Pound Carrots, peeled, 3/8” thick slices
1 each Red Bell Peppers, cut into 1/2” dice
1 each Green Bell Pepper, cut into 1/2” dice
2 each Jalapenos, cut into 1/4” dice
2 Cups Onions, Vidalia/Bermuda Sliced thin
4 Cups Apple Cider Vinegar
2 1/4 C Dark Brown Sugar
2 tea Fennel Seeds, Cracked
1 tea Cloves, Cracked
2 each Bay Leaves
1T Yellow Mustard Seeds
2 tea Allspice Berries, Cracked
2 tea Coriander Seeds, Toasted, Cracked
3T Dijon Mustard

Method: Cut cucumbers into a bowl and salt. Toss to cover cucumbers with salt. Cover with ice cubes and refrigerate for 1 hour. Drain cucumbers, rinse well, drain and dry. In a saute pan large enough to hold vegetables heat oil on medium and cook garlic, carrots, peppers and onions until carrots soften and do not color, about 7 minutes. Remove from heat and and combine with the cucumbers. In a nonreactive pan, combine the vinegar, brown sugar, and all the spices. Bring to a boil over medium-high heat. Stir from time to time to dissolve the sugar. Boil for 5 minutes. Carefully pour the boiling syrup over the vegetables. Let sit at room temperature until cooled to room temperature, then cover and refrigerate. This can last for a month if covered and handled properly.