

Mushroom Stem “Jerky”

Stems from portobello mushrooms about 3#
3Tbl tamari or soy sauce
3Tbl hoisin sauce
1tsp dark sesame oil
2tsp granulated garlic
2tsp granulated or ground ginger root
1tsp Chinese 5 spice

Salt and white pepper to taste

Slice mushrooms into long thin slices lengthwise into about ¼ inch slices. Marinated in the above mixture for about 24 hours and then arrange slices flat on sheet pans fitted with wire racks. Dehydrate or place in a 170 degree oven for about 6 hours. The “jerky” should be very dry...allow to cool before eating. Store in an airtight container refrigerated for up to one week.

Spring English Pea Risotto –“ Peas and Carrots Style”

1 cup of arborio rice
1# fresh English peas shelled-shells reserved-blanch and shock
1# fresh carrots with tops-tops reserved-carrots cut into medium dice-blanch and shock
2 qt. hot vegetable stock-add scraps per demo to enhance flavor
1 small yellow onion small diced
4 cloves minced garlic
½ cup white wine
4 sprigs fresh thyme
4Tbl fresh chopped parsley
Asiago cheese (optional)
4TBL butter- can be left out for Vegan option

1-In a medium sauce pan add a bit of oil or butter and the onion and sweat until tender about 1 minute. Add garlic and good one more minute. Add the rice and cook for 2 minutes to toast the grain. Deglaze with white wine. Add fresh thyme and Add hot stock about 4 oz at a time until rice is cooked about 80 percent. Spread rice thinly and allow to cool.

2-In a blender or juicer add washed pea shells and puree into a liquid consistency. Strain mixture into a fine sieve.

3-Place risotto base back on medium heat and bring to a simmer. Add peas carrots and pea juice and allow the rice to soak up the juice. This should give the dish a nice color and fresh flavor. Add stock if needed to complete the cooking process. Finish with butter and asiago, fresh parsley and enjoy immediately!

Carrot top pesto-

Carrot tops reserved washed and chopped
4 oz fresh basil
Zest from ½ lemon
Grated asiago-1/4 cup
1 clove garlic
½ cup extra virgin olive oil
Salt and pepper t.t.

Blend and chill. Use as a condiment, dip or drizzle on freshly grilled meat or fish. Also makes a great simple pasta sauce!