



Swiss Chard with Creme Fraiche

Serves 4-6

1.5# Swiss chard
1T olive oil
1 shallot, diced
pinch cayenne and nutmeg
1/3C creme fraiche
salt and pepper

Remove stems and center ribs from chard. Cut stems and ribs into 1/2-inch pieces; set aside. Coarsely chop leaves; set aside.

Place a large saute pan over medium heat. Add oil to pan; swirl to coat. Add shallots, stems and ribs. Saute for 4 minutes.

Add the chard leaves, nutmeg and cayenne; saute for 2 minutes. Add the crème fraîche, salt, and pepper. Cook until the creme is heated thru, about 2 minutes. Season with salt and pepper



Cauliflower Mashers

Serves 4

1 16oz package of riced cauliflower, or 1 small head of cauliflower (1.5#)
2T butter
1C water
½ tsp salt

Sauté the cauliflower: Melt the butter in a 4-quart pot over medium-high heat. Add the cauliflower and sauté, stirring regularly, until the cauliflower has lightened in color, 3 to 5 minutes.

Boil until tender: Add the water and salt and bring to a boil. Cover and cook until the cauliflower is tender, about 10 minutes.

Reserve the cooking liquid, then drain: Reserve 1/4 cup of the cooking liquid. Drain the cauliflower.

Mash or purée: Place the drained cauliflower and reserved cooking liquid back in the pot. Mash using an immersion blender to desired consistency. Serve hot.

Additions: roasted garlic, fresh chopped herbs, grated Parmesan, scallions or chives



Peaches with Amaretti

Serves 5

- 5 amaretti cookies (Italian macaroons; about 3/4 ounce total)
- 3 tablespoons whole natural almonds
- 2 tablespoons unbleached all purpose flour
- 1 1/2 tablespoons sugar
- 3 tablespoons chilled unsalted butter, cut into 1/2-inch cubes
- 3 firm but ripe large peaches, rinsed, wiped clean of fuzz, halved, pitted
- Serve with Vanilla ice cream (optional)

Preheat oven to 350°F. Butter 11x7x2-inch glass baking dish. Combine cookies, almonds, flour, and sugar in processor. Using on/off turns, process until cookies and almonds are coarsely chopped. Add 3 tablespoons chilled butter to processor. Using on/off turns, process topping mixture until moist clumps form.

Place peach halves, cut side up, in prepared dish. Spread topping over surface of each peach half (about 1 generous tablespoon for each), pressing lightly to adhere and leaving 1/4-inch plain border.

Bake peaches until tender when pierced with knife and topping is golden brown, about 35 minutes. Cool slightly. Transfer 1 warm roasted peach half to each of 6 plate.



Supremed Oranges with Cardamom Syrup

Serves 4

5 navel oranges

5 cardamom pods

3 cups water

1 1/2 cups sugar

1 5-inch-long strip lemon peel

1 cinnamon stick

Using vegetable peeler, remove 5-inch-long strip of peel from 1 navel orange; reserve. Using knife, cut off remaining peel and white pith from oranges. Cut oranges lengthwise in half, then crosswise into 1/3-inch-thick slices; place slices in bowl.

Using mortar and pestle, grind cardamom to break open pods and pulverize black seeds and husks, yielding about 1/2 teaspoon crushed cardamom. Transfer cardamom and reserved orange peel strip to heavy medium saucepan. Add 3 cups water, sugar, lemon peel, and cinnamon stick; bring to boil. Reduce heat to low; simmer until mixture is reduced to 1 cup, about 50 minutes.

Cool syrup 10 minutes. Strain, discarding solids in strainer.

Pour warm syrup over oranges and chill at least 6 hours or overnight. Serves as is in small bowls, or with pound or angel food cake