

## Crème de la Crop

### How to wash and store Leafy Greens:

<http://www.thekitchn.com/thekitchn/tips-techniques/simple-tip-how-to-wash-lettuce-082975>

Store Greens in plastic clamshell container with a sheet of paper towel placed inside and on top to absorb moisture and keep leaves fresh. I have saved some of my Earthbound Lettuce containers, and they work beautifully.



**Sorrel** is the startlingly sour leaf of several European relatives of rhubarb and buckwheat that are rich in oxalic acid. Cooks use them mainly as a source of acidity, and they also provide a more generic green aroma. Sorrel readily disintegrates with a little cooking into a sauce-like puree that complements fish, but whose chlorophyll turns drab olive from the acidity. The color can be brightened by pureeing some raw sorrel and adding that to the sauce just before serving.

McGee, Harold. "A Survey of Common Herbs."  
*On Food and Cooking*. New York, NY:  
Simon & Schuster, 1984. 411.

### Seared Salmon with Sorrel Butter

*Yields 4 servings*

#### Ingredients

4 portions of Salmon Filet (5 oz each)  
1 oz Fresh Sorrel  
½ cup Spinach Blanched  
5 oz Whole butter  
Salt and pepper to taste  
16 fl oz Fish fumet

#### METHOD

Cut the Salmon into 5 oz portion.

Blanch the spinach in salted boiling water for 1 minute, then shock in a ice water bath, when cold dry them, and squeeze out excess water.

Coat the fish in flour, pat off excess flour and cook in a hot sauté pan until desired doneness. (You may cook the salmon by other means, such as grilling, etc.

Combine in a blender the fish fumet (hot) the sorrel and spinach and the butter.

Season with salt and black pepper.

Place the fish on a plate and serve the sorrel butter over the salmon.

Serve with love.

### ROSEMARY-GARLIC VINEGAR

YIELDS 16 FL OZ

#### INGREDIENTS

16 FL OZ WHITE WINE VINEGAR  
4 GARLIC CLOVES  
6 TO 8 ROSEMARY SPRIGS  
1 T WHOLE BLACK PEPPERCORNS

#### METHOD

HEAT THE VINEGAR UNTIL SLIGHTLY WARM, ABOUT 120 DEGREES F.

THREAD THE GARLIC ON A SKEWER. PLACE IT IN A GLASS OR PLASTIC BOTTLE WITH THE ROSEMARY AND PEPPERCORNS.

POUR THE VINEGAR OVER THE HERBS AND GARLIC. ALLOW TO COOL AND RECAP.

KEEP CHILLED. USE WITHIN 5 TO 6 DAYS.

# ***Fish Fumet***

*Yield 1 gallon*

*2 fl oz vegetable oil*

*11 # non-oily fish bones*

*1 # white mirepoix (8 oz onion or leeks, 4 oz celery, 4 oz parsnips)*

*1-gallon cold water*

*16 to 32 fl oz white wine*

*2 tsp salt*

*1 sachet d'epices*

*Heat the oil in a large rondeau and add the bones and mirepoix. Cover the pot and sweat the bones and mirepoix over medium heat for 10 to 12 minutes until the mirepoix is soft and the bones are opaque.*

*Add the water, wine, salt, and sachet and bring to a simmer.*

*Simmer for 40-60 minutes, skimming the surface as necessary.*

*Strain the fumet. It may be used now, or it may be cooled and frozen for later use. If you are going to make your own fish fumet, I recommend making a gallon, and freezing what you do not use. You can easily use store bought fish stock to save the time, but be careful of the salt content.*

# **Chilled Cucumber Soup with Dill, Leeks, and Shrimp**

Yield 10 servings

10 oz shrimp (26-30 count)

32 fl oz shellfish stock

8 oz yellow onions, diced

8 oz celery, diced

1 oz butter

3# cucumbers, peeled, seeded, diced

½ oz corn starch or arrowroot

12 oz sour cream

4 fl oz heavy cream

½ bunch dill, chopped

salt, black pepper, lemon juice,

Tabasco all to taste.

Garnish suggestion

Diced cucumbers, fried leeks, dill, shrimp

Poach the shrimp in the stock.

Cut in half lengthwise and reserve for garnish. Reserve the stock.

Saute the onions and celery in the butter until translucent

Add the cucumbers and reserved stock and simmer for 30 minutes.

Puree in a blender and strain through a sieve. Thicken with arrowroot or corn starch. Return to a boil. Remove from heat and cool to 40 degrees.

To finish the soup, blend 8 fl oz of the soup base with sour cream, heavy cream, and dill. Add this to the remaining soup base mixture. Season with salt, pepper, Tabasco sauce and lemon juice.

Garnish individual servings of the soup with the reserved shrimp, diced cucumbers, fried leeks and dill.

# **Zucchini Crudite with Herbed Yogurt Sauce**

Serves 6

6 small green zucchini  
salt and black pepper to taste

juice of ½ lemon

4 T Extra Virgin Olive Oil

3 T toasted almond slivers

Trim the ends off the zucchini and slice thinly on a bias. When ready to serve, overlap the zucchini slices around the plate.

Be creative. Season with salt and pepper and drizzle with olive oil and lemon juice.

Pour the herbed yogurt sauce over the zucchini, sprinkle with almonds and serve with love.

## **HERBED YOGURT SAUCE**

5 FL OZ HEAVY CREAM LIGHTLY WHIPPED

5 FL OZ YOGURT, PLAIN

1 SMALL GARLIC CLOVE

1 T MINCED HERBS, (CHIVES, THYME, ROSEMARY AND BASIL)

3 T EXTRA VIRGIN OLIVE OIL  
SALT AND BLACK PEPPER, TO

TASTE

LEMON JUICE, TO TASTE

PARTLY FOAM THE HEAVY CREAM,

AND MIX IN THE REMAINING INGREDIENTS.