

## Crème de la Crop

### **Fava Bean and Radish Salad, Mustard Vinaigrette.**

Yields: 4 servings

3 tablespoons apple cider vinegar  
2 teaspoons Dijon mustard  
1/4 cup extra-virgin olive oil  
2 cups fresh fava beans (from about 2 pounds fresh pods) or frozen double-peeled, thawed  
10 medium radishes, very thinly sliced  
1/4 cup chopped fresh herbs, such as tarragon, basil, thyme, and parsley

Whisk vinegar and mustard in small bowl. Gradually whisk in olive oil. Season to taste with salt and pepper to taste.

Cook fava beans in large pot of boiling salted water until tender, about 2 minutes. Transfer to bowl of ice water to cool. Drain and peel (if using fresh). Transfer to paper towels to dry. Place fava beans, radishes, herbs, and dressing in medium bowl; toss to coat. Season with salt and pepper. Let salad stand at room temperature at least 20 minutes and up to 1 hour. This salad works well alongside any grilled meats or simply on its own.

### **Don't toss those radish greens**

Yes, you can eat the radish tops as well! Radish greens typically have a slight peppery flavor, and they are great for adding a crunchy texture in salads and sandwiches, or you can cook them as you would other leafy greens. Here is a simple way to cook your radish greens.

### **How to Shell Peas**

Adapted from [www.ehow.com](http://www.ehow.com)



Photo by Leann Landgrebe

Many southerners know that big, home-cooked meals often begin with plenty of hands pitching in to help. That way, everyone involved can reap the fruits of their labors as they join together at the table. One of these traditional chores is shelling loads of peas.

**Step 1** Begin by washing the pea pods thoroughly to remove any dirt and grit that might be there. This will avoid any unwanted dirt falling into the container of freshly shelled peas.

**Step 2** Soak the pea pods in water for a while. This step is not at all necessary, but some find that the water softens the pods up a bit and makes the process go a little easier.

**Step 3** Set up a comfortable work space. To get a good amount of peas, a great deal of shelling has to be done, so you'll want to be seated in a place where you don't mind spending a couple of hours. Some people enjoy sitting on the floor with their containers between their knees.

**Step 4** Snap off both ends of the pea pod. Simply grasp the pea pod with thumb and forefinger, leaving the tip exposed. Snap off the end using the thumb and forefinger of your free hand.

**Step 5** Remove the strip in the middle of the hull by grasping it at the top with your fingers and pulling downward, much like shucking corn.

**Step 6** Pry open the pod at the seam using your thumbs. Some pods tend to be a little stubborn, but it's nothing a little pushing won't overcome.

**Step 7** Rake the peas out of the pod using your fingers and let them drop into the empty container.

**Step 8** Repeat these steps until you've gotten the desired amount of peas, the pods are all gone or your fingers become too sore to continue, whichever comes first.

### **Radish Greens with Garlic**

1 large bunch fresh radish greens  
1-2 cloves garlic, chopped (you may add more if you like)  
2 tablespoons olive oil  
salt and black pepper to taste

Pick through the radish greens and discard any wilted, yellowed or tough leaves.

Remove any woody stems (if you prefer, you can remove all the stems), and wash leaves well. This will take two or three changes of cold water, as the leaves can be gritty. Pat dry with a clean dish towel.

In a sauté pan, heat the olive oil until it begins to shimmer. Add the greens and stir around with a wooden spoon until the leaves are limp. Press the garlic over the greens and stir so that it's evenly disbursed. Sprinkle with salt to taste and cook over medium-high heat until garlic is mellowed (but not browned) and excess water has evaporated.

### **Balsamic Vinaigrette** Yield 16 fl oz

2 fl oz red wine vinegar  
2 fl oz balsamic vinegar  
12 fl oz mild olive or canola oil  
1 tsp mustard  
1 tsp salt  
1/2 tsp ground black pepper

1. Combine vinegars and mustard in a bowl.  
2. Gradually whisk in oil to form an emulsion.  
3. Taste! Season with more salt and pepper if needed.

# Garganelli with Prosciutto and Fresh Peas

## Ingredients:

1 cup Fresh peas, cooked  
1 lb Garganelli pasta, (Cooked)  
4 oz Prosciutto di Parma, julienne  
8 oz Pea purée  
1/8 oz Chives, minced  
Parmigiano cheese, grated  
t.t. Salt and pepper  
Chicken Stock, as needed.

## Method: Cooking the Pasta

Cook pasta in plenty of salted water. When pasta is cooked al dente. Shock in ice water, strain and toss with Extra Virgin Olive Oil.

## Pea Purée

3 oz Olive oil  
6 oz Onions minced  
1 lb Peas  
1 oz Italian Parsley, roughly chopped  
t.t Black pepper ground  
Salt

## Method: Pea Puree

Take 1 fl oz of the olive oil and sweat onions (no color) until sweet and translucent.

When onions are sweated (no bite) add peas to onions.

When peas are slightly warm and very green, add parsley and remove from fire. Mix parsley into pea and onion mixture.

Place mix into a blender and slowly add remaining oil (about 2 fl oz.). Puree mix until smooth being careful not to turn puree brown.

## Garganelli recipe continued:

Place 1 tsp. of olive oil in pan. Sauté one tablespoon of prosciutto until lightly crisp and remove. Add diced summer squash and sauté until tender, season with salt and black pepper to taste. Drain the pasta and transfer it to the pan. Add cooked peas.

While the pasta is still hot, immediately add pea puree (about 1 Tbsp.), grated Parmesan (1 Tbsp (1 Tbsp.)). Tossing constantly, gradually add about 1 tsp. of chicken stock and emulsify into a rich and creamy sauce.

Add chives (1 Tbsp.) and toss again. Season with salt and pepper, place in bowl and drizzle with the Balsamic Vinaigrette. Top with crispy prosciutto and serve with love.

**Your share will progressively get heavier throughout the season.**

## All about Peas

### Green Arrow Shell Pea



Long pods with up to 10 peas per pod

### Oregon Giant Snow Pea



To the right is adapted from wikipedia.org

*sativum* var. *saccharatum*) is a legume, more specifically a variety of

The **snow pea** (*Pisum sativum* var. *saccharatum*) is a legume, more specifically a variety of pea eaten whole in its pod while still unripe. The name **mangetout** (French for "eat all") can apply both to snow peas and to snap peas.

It is one of the earliest-known cultivated plants, with evidence of having been cultivated in a region that is now along the Thailand-Burma border, 12,000 years ago.

## Sugarsnap Snap Pea



Snap peas (*Pisum sativum* var. *macrocarpon*), also known as sugarsnap peas, are a cultivar group of edible-podded peas that differ from snow peas in that their pods are round as opposed to flat. The name mangetout (French for "eat all") can apply both to snap peas and snow peas. Snap peas like all other peas are pod fruits.

An edible-podded pea is similar to a garden, or English, pea, but the pod is less fibrous, and edible when young. Pods of the edible-podded pea, including snap peas, do not have a membrane and do not open when ripe. At maturity, the pods grow to around 4-8 cm in length, Pods contain three to five peas per pod.

## How to Shell Fava Beans

By Molly Watson, from About.com



photo by Molly Watson

Snap off stem end of the fava pod towards "string" side of the pod.

Pull down and remove "string" that runs along inner curve of fava pod.

Open pods and remove beans from pod.

Bring a large pot of water to a boil. Add enough salt so the water tastes as salty as the sea (this will help the beans stay green). Add fava beans, cook 1 minute, and drain. Meanwhile, prepare a large bowl of ice water.

Plunge blanched fava beans into ice water and let sit until completely cool, 3 to 5 minutes.

Yes, shell them again. This is what makes fava beans so labor-intensive. Make as speedy work of this as possible using this method: with your thumb nail, break through shell at the dimpled point and pull up to remove a "cap" at the top of the bean.

Having removed the top of the shell, you can now pop out the fava bean.

Fully shelled fava beans are bright, emerald green with an amazingly tender texture.