

# Easy Summer Eating Recipes

Les Dames d'Escoffier-D.C. Chapter Zoom Webinar | June 25, 2020

## LEEK, FENNEL AND CHICKPEA SALAD

By Susan Barocas ©2020

Like so many salads, this one is open to interpretation, so add more or less of any ingredient as you like.

1 medium or 2 small leeks  
1 large or 2 small fennel bulbs with fonds  
2 stalks celery, including the leaves if attached  
2 cans chickpeas, drained, or about 3 cups cooked  
Zest and juice from 1 large lemon or 2 smaller lemons (4-5 tablespoons of juice needed)  
4 tablespoons olive oil  
Salt and pepper to taste  
Few pinches of Aleppo or cayenne pepper (optional)  
½ -1 cup crumbled feta (optional)

To clean the leeks, cut off dark green tops and root bottom, saving them for stock. Peel off the 1 or 2 tough outer layers of the stalk, then slice it into thin rounds. Put the pieces in a colander or strainer and wash under cold water, moving the pieces around with your hand. If there is still dirt left on the leek, set the strainer or colander in a bowl of cool water deep enough to cover all the leeks and swish the pieces again with your hand. Wait a few minutes for any dirt to settle, then lift out the colander or strainer and wash under cool running water. Repeat as necessary until the leek pieces are clean of dirt and grit. Set aside to dry.

To prep the fennel, cut off the stalks and fonds, saving the fonds. Slice the fennel bulb in half from top to bottom, then cut out the triangle of core in each half. Lay the fennel half on the flat cut side, then slice across into very thin pieces, either with a knife or mandoline.

Clean and cut celery into 1/4-inch slices on an angle. Chop any celery leaves. Put pieces and leaves into a mixing bowl along with the leek, fennel and chickpeas.

In a separate bowl, whisk together 4 tablespoons lemon juice (or 5 if you like it really lemony), oil, salt and pepper until well blended. Stir in lemon zest. Taste and adjust to your liking. Pour the dressing over the salad mixture and toss to coat well. Serve cold or at room temperature, in a shallow bowl or on a rimmed platter, over salad greens or arugula if you like. Just before serving, scatter top liberally with roughly chopped fennel fonds and, if desired, sprinkle with a few pinches of Aleppo pepper or cayenne and/or crumbled feta.

## **TURKISH TOMATO AND WALNUT SALAD**

By Susan Barocas ©2020

½ cup walnut pieces or halves roughly chopped  
2 tablespoons olive oil  
2 tablespoons pomegranate molasses  
1-2 teaspoons sumac  
½ teaspoon sea salt or to taste  
¼ teaspoon ground black pepper or to taste  
2 cups chopped tomatoes (about 4 medium tomatoes), seeded and drained  
¼ cup chopped parsley, preferably flat leaf

Toast the walnuts in a dry sauté pan for 10-12 minutes, shaking the pan often, until fragrant and just starting to darken slightly. Put into a bowl or dish to cool and set aside.

In a small mixing bowl, whisk together the oil, pomegranate molasses, sumac, salt and pepper.

Put the walnuts, tomatoes and parsley into a mixing bowl. Pour on the dressing and toss together well. Serve immediately for the crispest nuts, although it's still good the next day.

## MANGO COLESLAW

By Paula Shoyer ©2017

Parve, Gluten-free, Vegan, Passover • Serves 8

This recipe uses three types of cabbage, but you can also substitute with arugula, slivered spinach leaves, or sliced fennel, or add half a shredded carrot for more color, if you like. The dressing can be used on any salad. Serve this coleslaw with recipes from Paula's cookbook, ***The Healthy Jewish Kitchen: Fresh, Contemporary Recipes for Every Occasion***, such as Fish Tacos with Cilantro Lime Rice on page 68, the Grilled Steak with Everything Marinade on page 60, or the Baked Schnitzel with Nut Crust on page 55.

PREP TIME: 10 minutes

ADVANCE PREP: Dressing may be made 2 days in advance; salad may be made 1 day in advance

EQUIPMENT: Vegetable peeler, cutting board, knife, measuring cups and spoons, citrus juicer, food processor, large bowl, tongs to toss the salad

### DRESSING

1 large ripe mango, peeled and cut into 1- to 2-inch pieces

2 tablespoons finely chopped red onion

Juice of 1 lime, about 2 to 3 tablespoons

1 teaspoon apple cider vinegar

2 tablespoons avocado, sunflower, or safflower oil

½ cup (20g) loosely packed cilantro leaves

1 teaspoon honey

½ large green chili pepper, such as jalapeño

¼ teaspoon salt

¼ teaspoon black pepper

### SALAD

2 cups (200g) shredded red cabbage, about ½ small head

2 cups (200g) shredded green cabbage, about ½ small head

2 cups (200g) shredded Napa cabbage, about 1/3 head

4 scallions, ends trimmed, sliced

- To make the dressing, place the mango, red onions, lime juice, vinegar, oil, cilantro, honey, chili pepper, salt, and black pepper into the bowl of a food processor. Process until puréed; it will be a yellow sauce with green specks.

- To make the salad, in a large bowl, place the shredded cabbages and scallions and toss. Add the mango dressing and mix well.

### Chopping Onions

Trim the ends off the onion and cut it in half the long way. Peel off the skin. Place one half, cut side down, on a cutting board, with one end facing toward the tip of your knife. With your knife, cut slices into the onion lengthwise, in the width that you want, but do not slice all the way through the onion; keeping the onion partially intact on one end gives you stability in cutting. Make perpendicular cuts across the long slices all the way until your first cuts end. Turn the small piece of the onion around and then cut slices into that piece. Slice across that slice.

## FRUIT GALETTE WITH A CHOCOLATE CRUST

By Paula Shoyer ©2017

Parve • Serves 8

This galette is a new version of my easiest fruit tart. You do not even need a tart pan or pie plate. You can use any fruit you like, but it tastes best with summer fruits and it looks best if you combine raspberries and plums with peaches or apricots to contrast with the dark color of the chocolate crust.

PREP TIME: 5 minutes to make dough; 15 to 20 minutes for dough to chill; 10 minutes to fill and assemble tart

BAKE TIME: 30 minutes

ADVANCE PREP: May be made 2 days in advance

EQUIPMENT: Measuring cups and spoons, food processor or pastry cutter, cutting board, knife, plastic wrap, parchment or silicone baking mat, rolling pin, cookie sheet or jelly roll pan, medium bowl, small bowl, silicone spatula, pastry brush, fork

### CRUST

1 cup (125g) all-purpose flour, plus extra for sprinkling on the dough and parchment

1/3 cup (25g) dark unsweetened cocoa

3 tablespoons sugar

¼ teaspoon salt

7 tablespoons (105ml) coconut oil, measured, and then frozen for about 20 minutes, until hard

1 large egg, plus 1 large egg white for glaze

3 tablespoons ice water, divided

### FILLING

3 cups fresh fruit: berries, plums, peaches, or apricots, cut into ½-inch (12-mm) pieces, or peeled and thinly sliced pears

3 tablespoons, plus 1 teaspoon sugar

2 teaspoons cornstarch

Confectioners' sugar, to sprinkle on top, optional

- To make the dough, place the flour, cocoa, sugar, and salt into the bowl of a food processor. Pulse to mix. Cut the frozen coconut oil into pieces and add them to the bowl of the food processor. Pulse them into the flour mixture 10 times or cut the frozen oil pieces into the dry ingredients by hand, using two knives or a pastry cutter.

- Add the egg and 1 tablespoon (15ml) of the ice water to the bowl of the food processor. Pulse the mixture 5 times or mix it gently by hand. Add another tablespoon of the ice water and pulse the mixture another 5 times or mix it again gently by hand. Add the last tablespoon of water, pulsing or lightly mixing the dough for 10 to 15 seconds, until it looks like clumps of couscous; the dough does not have to come completely together.

- Cut off a large piece of plastic wrap, place the dough on top of it, lift the sides of the plastic to wrap it around the dough, and then flatten it into an 8-inch (20-cm) pancake. Place the dough in the freezer for 15 to 20 minutes, until it feels firm, but you can still press into it a little.

- Preheat the oven to 425°F (220°C) and place a rack in the lowest position in your oven.

- Cut off a large piece of parchment paper and sprinkle it with some all-purpose flour. Remove the dough from the plastic wrap and place it on top of the parchment. Sprinkle some flour on the dough and then place a second piece of parchment on top. Using a rolling pin, roll over the top of the parchment to smooth out the dough into a 12- to 13-inch (30- to 33-cm) round shape. Peel back the top piece of

parchment paper and sprinkle some more flour over the dough, once or twice, while you are rolling. Place the parchment and rolled crust onto the cookie sheet or jelly roll pan.

- To make the filling, place the fruit in a medium bowl. In a small bowl, mix together the sugar and cornstarch, then sprinkle it on top of the fruit and mix it in gently until the flour dissolves. Place the fruit in the center of the dough circle and spread it outward, leaving a 2- to 3-inch (5- to 7.5-cm) border. Fold about 2 inches (5cm) of the border over the fruit, leaving the fruit-filled center open. Fold over another 2-inch (5-cm) section of the border and repeat this step, pressing one section of the border into the next, so that you end up with dough pleats all the way around. This will seal in the fruit (and fruit juices). Use a pastry brush to dust off any excess flour on the dough.

- Beat the reserved egg white with a fork, then brush the egg white all over the dough. Sprinkle it with the remaining teaspoon of sugar if you like. Bake for 30 minutes, then remove the pan from the oven. Using oven mitts, move the rack to the middle position, then move the galette back to the rack and bake for another 5 to 10 minutes or until filling looks bubbly. Let cool for 20 minutes and serve, dusted with confectioners' sugar, if desired.

#### Dark Cocoa

Dark cocoa is a favorite recent ingredient that gives chocolate desserts deeper flavor and color. Whenever I substitute dark cocoa for the regular cocoa in a recipe, I add 2 tablespoons of sugar to the recipe to balance the slight bitterness of the dark cocoa.