

Cooking Demonstration  
Theme - Leafy Greens  
Hollister Certified Farmers' Market

*This demonstration is brought to you by :*

*Kinship Center*

*Gabilan Chapter of San Benito County*

*P. O. Box 324, Tres Pinos, CA 95075*

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**GREEN SALAD WITH SAUTEED MUSHROOMS & WARM SHALLOT VINAIGRETTE**

Contrasting temperatures creates an interesting and sensual dish. The cool leaves wilt just a bit and become coated with the dressing in a delicious way.

- 1/2 pound flavorful fresh mushrooms (chanterelles)
- 4 large handfuls of young, tender salad greens (about 8 cups or 1/3 lb) chilled
- 2 to 3 Tbsp. extra virgin olive oil
- 2 teaspoons minced garlic
- Italian or Sea salt and freshly ground black pepper
- About 1/2 cup mustard shallot vinaigrette

Place the chilled salad greens in a large bowl.

In a large saute pan, heat 2 Tbsp. olive oil over medium heat.

Add the sliced mushrooms and garlic and saute, adding a bit more oil if the mushroom begin to stick or scorch. Cook until the mushrooms are tender, about 5 minutes.

Season with salt and pepper to taste and slide them onto a plate.

Quickly deglaze the pan with vinaigrette and then pour the warm dressing and warm mushrooms over the salad greens. Mix well. Distribute among 4 salad plates and serve at once.

Variation: You may add cooked green beans to this salad.

**Mustard Shallot Vinaigrette**

- 2 Tbsp. Dijon mustard
- 2 Tbsp. red wine vinegar
- 1/2 cup mild olive oil
- 4 Tbsp. finely minced shallots
- Italian or Sea salt and freshly ground black pepper

Whisk the mustard and vinegar in a bowl. Beat in the oil, fold in the shallots, and season to taste with salt and pepper.

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## **COOKED WILD GREENS**

The Greeks are mad for greens. They add them to soups and stews and combine them with beans. Instead of simply serving a salad of fresh wild greens, Greeks cook the greens and dress them with a classic olive oil and lemon oil dressing. As greens cook down quite a bit, be sure to have at least 1/2 pound per person.

1-1/2 to 2 pounds assorted young, tender wild greens, such as arugula, sorrel, black mustard, dandelion greens, beet greens, escarole, kale, collard greens and chicory (gives you 6 to 7 cups after trimming - cooks down to about 2 cups), or use stir fry mix from Farmers' Market

3/4 cup basic citrus dressing

2 hard-boiled eggs, sliced, for garnish (optional)

1 cup black olives, for garnish (optional)

Stir fry mix is triple washed, but wash greens once more in a lettuce spinner. (If using wild or larger greens, trim, wash & blanch in a large pot of water.) Drain well and chop. Trim the greens, discarding any tough stems and cut into 2 inch pieces.

Heat pan. Add 1 Tbsp. oil to pan and stir fry until wilted.

Serve the greens warm or cold. Dress with citrus dressing at serving time.

Garnish with hard-boiled eggs or olives if you like.

## **Basic Citrus Dressing**

Citrus dressings are popular all over the Mediterranean. They are used to dress leafy and chopped salads, cooked vegetables such as beets, fennel, favas, and artichokes, and bean and grain salads. Citrus dressings are particularly good on fruit salads, salads with strong cheese components, and salads that are served with wine. They are ideal for seafood salads and may be spooned liberally over cooked fish and seafood as a finishing sauce. You can also add 4 Tbsp. capers, rinsed & chopped.

1/2 cup mild and fruity extra virgin olive oil

4 Tbsp. fresh lemon juice

Italian or Sea salt and fresh ground black pepper.

Whisk all ingredients together in a bowl.

Variation: For garlic citrus dressing, add 2 tsp. minced garlic.

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Meet the demonstrators:

Kinship Members:

Mary McCullough

Assisted by: Mary Edrington & Linda Churchill