

## Covent Market Demo

As a chef, I like to cook with all the fresh things. As a cheapskate, I hate throwing things out, or buying components that I could just make! Take vegetable broth / bouillon cubes, which were definitely a staple of my kitchen growing up. The recipe calls for a bouillon cube, or stock, so go to the store, drop four bucks, and then make the recipe, that calls for onion, carrots, celery, and garlic. Why not instead, prep the vegetables for the recipe, throw the skins, scrap, and trim into a pot of cold water, bring to a boil, remove from the heat and wait twenty minutes?

In the Wolfepack restaurants (The Early Bird, Los Lobos, The Little Bird, Through Thick and Thin, and Company Bar), we make our vegetable broth from scratch with freshly cut vegetables, and do not use the skins or ugly parts. This creates a clear yellow broth instead of what Chef Kyle Rose refers to as dirty river water.

At home, I always have a container in the fridge or freezer where I'm collecting my scraps from garlic, herbs, carrots, celery, and onions. I usually have a pot made each week that I use in my dishes at home, or just for a quick soup when pressed for time. Maybe I'm worth more than dirty river water but the taste is mostly the same, and I prefer to keep my money for fancy coffees.

In the production of dishes, I'm always taken back by how much food waste can be created. Chef Douglas McMaster of Silo (formerly of Brighton, now heading to London, UK) says that "*Waste is the failure of imagination.*" I am of the belief that if beets are on the menu, beet greens should be somewhere on that menu too, or they are either ending up in the bin, or being sourced without tops (larger restaurants typically get bags of beets that have had the greens removed to increase storage life). I believe the same thing for radishes, turnips, carrots, and just about anything I can get my hands on.

One more thing I should note about greens : early spring, the leaves are perfect, as the insects are not awake and nourishing themselves on the greens. I suspect some people throw greens, and even lettuces out when insects have eaten them. I remember finding a slug once on a piece of Bok Choi, and my first reaction was boyhood Tim saying EWWW GROSS, and then sensible me took the wheel and said...if the slug wants to eat this, then its real food. If bugs want to eat the leaves a bit, there's a reason, and I should be eating these leaves for the same reason. I'm not saying you should eat vegetables that are full of worms by the way, there is a difference between a nibbled leaf and a spoiled crop.

## Carrot Top Pesto

1 Bunch Carrots with tops  
2 Sprigs fresh Dill.  
1 C Sunflower Seeds  
1/2 C Olive oil

Separate the greens from the carrots, then strip the leaves from the thicker green stalks (thinner stems and stocks are fine).

Fill a small pot with water, and bring to a boil.

While water is coming to a bowl, gather a small bowl with ice and topped up with cold water.

When the water reaches a boil, drop in the carrot tops, and allow to blanch for 2-3 mins.

Carefully strain off, and cool, squeeze out the remaining water once the greens are cool.

Place greens, dill, sunflower seeds, and olive oil in a food processor, and grind to desired consistency, add more oil if you prefer it thinned out.

Season with salt and pepper.

### **Turnip Pakoras with Rhubarb Chutney**

#### Rhubarb Chutney

2 T oil  
2 C chopped rhubarb (small dice)  
2 Cloves garlic or midsection of one piece green garlic, fine dice  
2 bulbs green onion or half a small white onion fine dice.  
1 t curry powder  
1 t ground cumin  
1 t salt  
1 C sugar

Heat oil over medium heat.

Add in garlic, onion, rhubarb, curry powder, cumin, and salt. Lightly sauté for 10 mins. Add sugar, and stir to incorporate. Continue to cook until rhubarb has broken down into a jam like consistency (it might seem loose, but it will harden in the fridge or once off the heat)

#### Turnip Pakora

1 Bunch Hakurei turnips with leaves  
2 Green onion, diced.  
2 T dry ground mustard  
1 T mustard  
1 T salt  
1/2 t ground black pepper  
1 T baking powder  
1 C flour.  
1/4 C veg stock or water

Cut leaves from stems, rinse and let dry.

Cut turnips from stems, need 1 cup in total of grated turnip, (watch your knuckles!)

Dice up the turnip greens, and the green onions.

combine in bowl with both mustards, salt, black pepper, baking powder and flour.

Slowly add Veg stock or water, until you reach a thick batter consistency.

At medium heat, warm 1 L of oil in a 2-3 L high sided pot (you want high sides, because when the batter enters the hot oil, it can bubble up, and needs room to grow). If you have a thermometer, you want the oil to at least be 350°F, but not higher than 375°F. If the oil is too hot, the batter will cook too quickly, and be raw inside.

Carefully spoon approximately 1" blobs of batter into the hot oil, 5-6 pieces per round of cooking. Flip the fritters every minute or so to promote even cooking. When they are done, remove with a slotted spoon, allowing the excess oil to drip off, then place in a metal bowl and toss with a pinch of salt and pepper. Serve with a smear or dollop of the rhubarb chutney.

### **Cauliflower Kimchi Wontons**

This recipe utilizes the greens that encase the cauliflower. It takes about two weeks to get your cauliflower kimchi ready for use. So plan ahead :)

1 leafy head of cauliflower. Should yield approximately 2 C greens.  
1 T Salt  
1 T Sugar  
1 T Chili Paste

Remove leaves, and slice thinly.

Place in bowl and sprinkle with Salt and Sugar and rub in the Chili paste.

Allow to sit for an hour. Pack greens and all liquid into a sterilized Mason Jar.

Cover any exposed leaves with filtered water, and loosely tighten lid onto the jar.

Allow to ferment in a warm spot in your kitchen, opening the jar daily in order to “burp” the kimchi (fermentation produces gas, if gas can’t escape, gas will make your jar or lid pop and leak everywhere).

Taste after ten days, at which point you can decide to continue the fermentation, or to move the kimchi into the fridge (effectively stopping the fermentation process.)

When your kimchi is ready!

1 pack of square wontons  
2 T cornstarch  
1/4 C water  
2 T oil  
Ponzu / Soy / Tamari

Whisk the cornstarch and cold water.

Lay out the wontons like diamonds.

With a pastry brush or index finger, brush the upper triangle of the wonton with the cornstarch slurry.

spoon 1 T of kimchi into the center.

Fold the dry triangle over the kimchi and press into the wet triangle. Press firmly to seal.

Dot one of the bottom corners with slurry, then fold to the centre of the wonton.

Dot the centre of the wonton now with slurry, and fold in the other corner.

Repeat process until you get the hang of it or order out for wontons.

Heat the oil in a saute pan over medium high heat, and toss in the wontons, moving regularly till they are golden on the outside. Toss in a bowl with a pinch of salt and pepper, serve with some soy, ponzu, tamari, or whatever you like with your wontons.

### **Salt Baked Beets & Greens**

A note on this one : salt baking is a very simple way to prepare veggies, but you end up with a bunch of salt that is stained and then flavoured a bit by whatever you baked. I have a container of beet stained salt that I’m going to use to pickle some beets later on. Why the hell would I waste perfectly good salt??

1 Bunch beets, with healthy greens (i don’t care about insect bites, just not wilted)  
2 C Kosher salt  
1 small can of tomato sauce.  
1/4 C Brown sugar  
2 Cloves garlic, minced, or 2 stalks of garlic scapes sliced up.  
1 Small onion, diced, or three green onion bulbs sliced up.  
2 T olive oil  
1/2 C cornmeal

Set oven to 400 \* F.

Remove beet greens from the beet bulbs. Remove the leaves from the stems, and slice into half inch strips.

In a small roasting pan, or packed in aluminum foil, pour the salt, and push the beet bulbs into it. (like the beet is the egg, and the salt is the nest). Cover, and roast for 30 minutes.

While the beets are roasting, heat the olive oil over medium heat in a sauce pot. Saute the onions and garlic for 5 mins, add in the brown sugar, and continue to cook for 3 mins. Add in the tomato sauce, and cornmeal, continue to cook for 10 minutes. Lower the heat if the sauce begins to sputter. Add in the beet greens, and reduce heat to simmer while beets finish roasting.

Remove beets, and allow to cool so you can handle them. Slice into segments and serve with the tomato braised greens.

### **Veg Stocks**

This is just a glance at what I keep in a container to go into veg stocks, so that I'm not wasting too much of my vegetables. Always start a stock with cold water.

Onions : skins, leftover pieces, scallions, chives, onion flowers.

Carrots : skins, trimmed ends, greens.

Celery : Leaves, trimmed ends, ugly parts of the stalk, weird celery from celeriac plant.

Herbs : pretty much open season : stems, stalks, leaves (dried out, wilted, just not mushy)

Mushrooms : as long as they are slimy, get them in there, dried out is fine.

Tomatoes : core, trimmed parts, left over bits on the cutting board.

If you want to make your veg stock richer, rub the veg scraps with a small can of tomato paste and roast at 375\* F for 30 minutes, and then bring to a boil.

If you want to add some asian flavours to your stock, i recommend adding some turmeric chunks, ginger scraps and skins, more mushrooms, a scoop of miso, and sweet potato skins to the other stuff in your veg stock container.

When I make borscht, I add in beet skins to the vegetable stock, and I also roast it, so its rich, but also vibrantly deep reddish purple when I make the stock. Beets on beets, makes your borscht have another not that it normally would lack.

### **Requisition Order**

Paige, this is what I figure I would need. Let me know if I'm over budget, or something won't be available. I should have asked if the demo kitchen has any staples like flour, sugar, salt and such.

3 x bunches Hakurei Turnips with greens  
3-5 bunches Carrots with greens  
3 x bunches Beets with greens  
1 x garlic scapes or green garlic or bulb of garlic  
1 x bunch green onion or chives  
1 cup shelled sunflower seeds  
1 cup olive oil  
1/4 cup Dry mustard powder  
2 cups flour  
3 tbsp Baking Powder  
1 small can tomato sauce 8-12 oz is fine  
1/2 Cup cornmeal  
1/2 Cup cornstarch  
1/2 Cup brown or white sugar  
salt and ground pepper.  
soy sauce or tamari or ponzu  
wonton wraps.

Wonton wraps I'm going to grab from united, as I know they have the egg free ones. If any of this stuff you don't have available already in the spot, just let me know and i'll bring it. I don't expect you to go and buy 1/4 cup of dry mustard.