



AN EDIBLE EVENING

with

Deborah
Madison



Saturday, October 24, 2020
6:30PM



Welcome!

Introduction

Darrie Ganzhorn, HGP Executive Director

Keynote Address

Deborah Madison, chef, writer, teacher

Voice of Experience

Cody Davis, HGP Trainee

Sustaining the Homeless Garden Project

Enda Brennan, HGP Board Member

Deborah's Recipes

A Shallot Vinaigrette

*Looking through my book, *The New (or old) Vegetarian Cooking for Everyone*, I was astonished at the number of good ideas there for salads and dressings. But this is my go-to vinaigrette. I've made it for years.*

- 1 shallot finely diced
- 2 tablespoons white wine vinegar
- 1/4 teaspoon sea salt
- 5 - 6 tablespoons olive oil, depending on the level of acidity you like

Put the diced shallot in the vinegar with 1/4 teaspoon salt and let stand for five minutes or so. This dissolves the salt and pickles the shallot bringing out its color and sweetness. If you want the color to show, choose a light colored vinegar because a dark vinegar will hide it.

Whisk in the oil and taste on a lettuce leaf — not your fingers — you're not going to eat them!

Add more oil or vinegar as needed, toss the leaves lightly in the dressing, mound on a plate, and season with pepper.



Mustard-Shallot Vinaigrette

A mustard vinaigrette is excellent with vegetables and tougher greens, such as cabbages, leeks, asparagus, steamed potatoes, summer and winter squash, beets, beans (both green and dried), mizuna, etc. It's a strong and forceful salad dressing – maybe too much so with tender lettuces, but with stronger greens and with vegetables it's superb.

If you don't have shallots, leave them out and don't worry, or add some slivered scallions or pickled red onion. This is a good place to use a more punchy vinegar—red wine or sherry, apple cider vinegar, even banana vinegar! Other goodies that can go into this vinaigrette are capers, anchovies, or garlic.

A mustard vinaigrette will thicken (emulsify) but will thin when spooned onto warm foods (like green beans) which is fine.

2 tablespoons red wine or sherry vinegar
2 shallots finely diced
sea salt and freshly ground pepper
2 to 3 teaspoons prepared mustard
2 tablespoons sour cream or crème fraiche
1/3 cup olive oil, depending on your taste

Pour the vinegar over the shallots and add about ¼ teaspoon salt. Let stand for 5 minutes for the shallots to color and sweeten and the salt to dissolve.

Whisk in the mustard and sour cream then the oil. Taste on leaf and add more oil or vinegar, as needed. Season with pepper if you wish.



Salad Greens with Olive Oil and Sea Salt

When even a shallot vinaigrette seems like too much, know that you can always toss your salad greens with nothing more than olive oil and salt. Not even vinegar, though you can include it if you like.

I often do this, and I generally choose a very special olive oil when I do. Today we're using McEvoy's gold medal olive oil made with moriaolo olives, a Tuscan variety.

Toss the greens with a few pinches sea salt, then with the olive oil. Your hands will tell you if you have used enough oil. Pile lightly on a plate and serve.

Have Malden sea salt and vinegar on the table for those who love those additions.

That's it, and it will be delicious.



Delicata Squash with Kamut and Lime-Cumin Vinaigrette

This is a more complicated vinaigrette that I often use with quinoa, a grain, or a citrus salad as I did in my last cookbook, In My Kitchen. Today I'm going to use it with the Delicata squash from the farm, sliced and roasted until well colored and served over a mound of kamut, an ancient grain. One nice thing about Delicata squash is that you can eat the skins – a good reason for it to be organic. Technically Delicata is not a winter squash despite its hard skin, but is more closely related to zucchini.

The Kamut

Soak 3/4 cup kamut in water overnight. The next day cook in a pressure cooker, covered with water by 1 1/2 inches, under high pressure for 15 minutes. Continue simmering NOT under pressure until the grain is soft, another 15 minutes or so. It will be chewy regardless of how long it cooks.

The Squash

Slice the squash in half lengthwise, cut it crosswise into pieces about 1/2 inch thick, toss lightly in olive oil, season with salt and pepper, and roast at 375°F until golden on both sides, turning at least once. This should take about 20-25 minutes.



The Lime-Cumin Vinaigrette

1 small garlic clove
sea salt
grated zest of 2 limes
3 tablespoons lime juice
2 scallions, including an inch of the greens, finely sliced (about 2 tablespoons)
1 tablespoon finely diced jalapeño chili, seeded first
1/2 teaspoons cumin seed
1/2 teaspoon coriander seed
1/4 teaspoon dry mustard
1/4 teaspoon sweet paprika
4-5 tablespoons olive oil
2 tablespoons finely chopped cilantro

Pound the garlic clove with a pinch of salt until smooth. Combine it with the zest, juice, scallions and chili. Set aside.

Toast the cumin and coriander seeds in a small skillet to bring out their flavor. When fragrant, cool them on a plate then grind to a powder. Add to the juice mixture along with the mustard and paprika.

Whisk in the oil. Taste on a piece of squash for balance and salt. Season with pepper if you like. Stir in the cilantro.

Spoon about 1/3 of the dressing over the squash. Pour the rest over the kamut if using. Mound the kamut on a plate and place the squash over it.



On Saturday, October 24...

Pick up fresh veggies from the farm, with wine and other goodies, and join us for an online gathering with Deborah Madison and more!

Pick up at the farm is Saturday, October 24 anytime between noon and 6 PM

The private video link will be released at 6:30PM. Please check for an email from Eventbrite at that time.



Proceeds support the programs of the Homeless Garden Project.

A special thank you to our supporters for helping make this event possible!

Deborah Madison
David Aubrey of Lightningwood Pictures, Santa Fe NM
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