

# Spaghetti With Ramps

Gourmet | April 2000

Active time: 25 min Start to finish: 25 min

Serves 4.

1/2 lb ramps  
1 teaspoon finely grated fresh lemon zest  
1/4 cup extra-virgin olive oil  
1 lb spaghetti  
2 tablespoons freshly grated parmesan  
Accompaniment: **toasted bread-crumbs topping**

Trim roots from ramps and slip off outer skin on bulbs if loose. Blanch ramps in a 6-quart pot of boiling salted water, 2 to 3 seconds, and transfer to a cutting board with tongs. Coarsely chop ramps and put in a blender with zest and oil.

Add spaghetti to boiling water and cook a few minutes, then ladle out 1/2 cup pasta water and add to blender. Purée ramps until smooth and season with salt. Continue to cook spaghetti until al dente, then ladle out about 1 cup additional pasta water before draining spaghetti in a colander. Return pasta to pot with ramp purée and toss with parmesan over moderate heat 1 to 2 minutes, thinning sauce with a little pasta water as needed to coat pasta.

## Ramp-Wrapped Roasted Vegetables

Rinse and drain ramp leaves.

Cut parsnips, sweet potatoes, carrots, or veggies of your choice into strips.

Coat with veggie strips olive oil (pump-spray oil works).

Cut ramp leaves from stalk and set bulbs aside.

Split ramp leaf lengthwise.

Wind one leek strip around the veggie. Leek will stick to coated veg.

Continue with second leaf strip until leek winds the length of the veg strip.

Arrange wrapped strips on a greased cookie tray.

Coat veggies with oil.

Roast at 400 degrees F for about 30 minutes or until tender.

# Beet Greens

## INGREDIENTS

1 pound beet greens  
1 strip of thick cut bacon, chopped  
1/4 cup chopped onion  
1 large garlic clove, minced  
3/4 cup of water  
1 Tbsp granulated sugar  
1/4 teaspoon crushed red pepper flakes  
1/6 cup of cider vinegar

## METHOD

Wash the greens in a sink filled with cold water. Drain greens and wash a second time. Drain greens and remove any heavy stems. Tear leaves into bite-sized pieces. Set aside.

In a 3 qt saucepan, cook bacon until lightly browned. Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Continue cooking until mixture boils. Add greens, reduce heat. Cover and simmer for 10-15 minutes (up to 30 minutes for kale or collard greens). Stir in vinegar. (For kale or collard greens continue cooking additional 20 to 25 minutes or until desired tenderness.)

Serves 4.

Simply Recipes <http://simplyrecipes.com>

Notes from Green Scene: Try substituting ramps for the onion and Agave for the sugar.

# Orange and Beet Salad

## INGREDIENTS

1 bunch of beets, leaves removed (save them for [beet greens!](#)) – about 4 or 5 medium sized

2 large navel oranges, peels cut off with a small small knife and sliced

1 bunch of arugula leaves, cleaned, and any thick stems removed

Several thin slices of red onion

*optional* 1/4 cup chopped walnuts

*dressing* In a small jar, mix the following ingredients. The mustard is there to act primarily as an emulsifier. 1/4 cup white wine vinegar 1/4 cup olive oil 1/4 teaspoon dried mustard Salt and pepper to taste

## METHOD

**1** Cook the beets with their peel on. I prefer the boiling method because it's more efficient - cover the beets with water, bring to a boil, and simmer for 30 minutes or until beets can easily be pierced through with a fork.

Alternatively you can wrap the beets in aluminum foil and bake them in the oven at 400°F for an hour or until done. After cooking, allow the beets to come to room temperature and remove their peels. Slice or quarter them. If you have time, place them in a small bowl and marinate them in half of the oil and vinegar dressing, ingredients listed above.

**2** Compose individual salad plates with arugula, a few slices of orange, a few beets, a few slices of red onion and a few chopped walnuts. If you want some added color, gently add a few slices of the orange to the beet juice from your bowl of beets. Let the oranges absorb the beet color and use in your salad.

Sprinkle dressing over the individual salads.

Serves 4.

Simply Recipes <http://simplyrecipes.com>

## Roasted Cauliflower

Gourmet | April 2007

Blasting cauliflower florets in a hot oven concentrates their natural sweetness, turning them into something akin to vegetable candy.

Makes 4 servings.

1 medium head cauliflower (2 1/2 to 3 pounds), cut into 1 1/2-inch-wide florets (8 cups)  
2 tablespoons extra-virgin olive oil  
1/4 teaspoon salt

Put oven rack in middle position and preheat oven to 450°F.

Toss cauliflower with oil and salt in a large bowl. Spread in 1 layer in a large shallow baking pan (1 inch deep) and roast, stirring and turning over occasionally, until tender and golden brown, 25 to 35 minutes.

## Cauliflower And Spinach Vinaigrette

Gourmet | December 1990

Can be prepared in 45 minutes or less.

Makes use of the microwave oven.

Serves 2 as a first course.

2 tablespoons red-wine vinegar  
2 tablespoons finely chopped pimiento-stuffed green olives  
2 tablespoons finely chopped bottled roasted red peppers  
1 tablespoon finely chopped fresh parsley leaves (preferably flat-leaved)  
3 tablespoons olive oil  
1 small head of cauliflower, separated into flowerets (about 6 cups)  
6 ounces spinach, washed well and coarse stems discarded

In a small bowl whisk together the vinegar, the olives, the roasted peppers, the parsley, and salt to taste, add the oil, whisking, and whisk the dressing until it is emulsified. In a shallow microwave-safe dish arrange the cauliflower in one layer, add 2 tablespoons water, and microwave the cauliflower, covered with a microwave-safe lid, at high power (100%) for 8 minutes, or until it is tender. Transfer the cauliflower with a slotted spoon to a bowl. Put the spinach in the microwave-safe dish and microwave it with the water clinging to its leaves, covered with the lid, at high power (100%) for 2 minutes. Blot the spinach dry with a triple layer of paper towels, pressing out the excess liquid. Transfer the spinach to a platter, mound the cauliflower on it, and spoon the dressing over the vegetables. Serve the vegetables at room temperature.

## Raw Beet Salad:

**Yields:** Serves 4

*Vegan*

1 bunch beets

1 large shallot

Brittany sea salt and freshly ground black pepper

2 T Dijon mustard, or to taste

1 T extra virgin olive oil

2 T sherry vinegar

1 T minced dill (or may use minced rosemary, parsley, chervil, or tarragon)

- . Eaten raw, beets are delicious; even self-proclaimed beet-haters will like them in this salad.
- . Peel the beets with a vegetable peeler, the second with the metal blade of the food processor, pulsing the beets.
- . Peel the shallot and the shallot.
- . Combine them in the bowl of a food processor fitted with a metal blade, and pulse carefully (about 10 seconds). (Do not pulse the shallots; combine.) Scrape into a bowl.
- . Toss with the salt, pepper, mustard, oil, and vinegar. Taste and adjust the seasoning.
- . Toss in the herbs and serve.