

Cooking with Brassica!

Remember, any time you're cooking with canola oil, you're cooking with Brassica!



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Bangin' Broccoli Bites

Vegetarian

Battered and fried broccoli chunks dusted with parmesan cheese and served with a hearty pomodoro dipping sauce

Prep time: 15Min

Cook time: 2-4 Hours; depending on sauce

Adult add-ons: Ales are a classic pairing for most any battered dish

Pomodoro Sauce:

Pomodoro sauce is a classic Italian red sauce that is traditionally made with fresh tomatoes, basil, garlic and a bit of olive oil (other techniques cut this with vegetable broth to decrease the water/simmering time). It's a wonderful base sauce to play around with and discover your own personal flavor profiles (for example, I love to add greek olives or capers to mine for a saltier bite)!

Ingredients:

Batter

1/4C milk

1 egg

Roughly 2C all - purpose flour

½ C Cornmeal

Roughly 1C Panko breading

Roughly 1C of Fresh Basil; to taste

Season to taste

-½ tsp of cayenne for spice

-1tsp of garlic powder

-1tsp of onion powder

-½ tsp of mustard powder

1 medium head of Broccoli, cut into florets (smaller florets = shorter frying time)

1. Chop Broccoli head into @ 1 inch florets
2. Add milk and egg to a bowl and mix vigorously until the egg has completely broken up
3. Add half the flour, in parts, while whisking. To avoid clumps add small amounts of flour at once and whisk vigorously
4. Slowly add the corn meal while whisking (see step 3)
5. Completely coat florets in batter; roll in all purpose flour
6. Re-dip florets in batter wash; roll in panko

For the crispiest results, chill bites on a baking sheet over wax paper for @20 minutes before frying

7. Pre-warm 1/2 T of olive oil to a pan on medium heat
8. Once warm (water droplets should “bounce off” the oil if sprinkled in) carefully add bites to oil, and let cook for @1 minute a side (no more than 6 minutes total)
9. Toss with fresh sliced basil directly after draining oil off
10. Place on paper towel and dab to remove excess oil

Pomodoro Sauce:

1. Using fresh tomatoes, chop medium to large 6-8 tomatoes into quarter inch thick pieces
2. Finely chop 1-2 cloves of garlic; depending on preference
3. Warm 1T of olive oil over medium heat
4. Sautee tomato chunks (with onion if desired) for 4-6 minutes, or until they begin to soften. For a fuller bodied flavor simmer in @ 1/2 cup of veggie broth at medium high heat and wait until the skin begins to pull off tomatoes (1-2 hours)
5. Add fresh minced garlic and simmer until garlic is golden and fragrant
6. Add desired herbs (fresh are best!) and simmer with 1C of veggie broth for 1 hour
Use of an instant pot will greatly reduce the time frame here!
7. Add 1/2 of fresh basil to pomodoro sauce directly before starting fried bites
8. Sprinkle a small amount of fresh parm to the broccoli and top the bites and/or sauce with the remaining basil before serving.

In a time pinch? Use your favorite pasta sauce and cut the cook time down to @20 minutes!

Pak Choy Pancetta Salad

Gluten Free

Lightly grilled Pak Choy tossed with sliced Pancetta, palmintos, and a fresh lemon vinaigrette

Prep time: 10 min.

Cook time: 10-12 min.

Adult add-ons: Sweeter white wines such as pinot grigio or rieslings counterbalance the slight bitterness of Pak Choy yet pair well with the tartness of the dressing

Ingredients:

1 head Pak Choy, cut into quarters

1C Olive oil

¼ to ½ pound of pancetta; sliced into thin strips

¼ cup of palmintos; pre-sliced

1-2 fresh lemons

Lemon zester

Red wine vinegar

Balsamic vinegar

Minced garlic or garlic powder

Cracked pepper

Kosher salt

Fresh or dried herbs such as oregano, thyme, and/or basil

Flame grill; preferably a charcoal grill for flavor

Grilled Pak Choy:

1. Gently wash Pak Choy and dry well with a paper towel. Cut off the end and cut the remainder into 4 equal sized quarters.
2. Drizzle olive oil over the cut side of the Pak Choy quarters and sprinkle with fresh herbs and a pinch of kosher salt.
3. Get your grill nice and hot! Ideally you want to lightly char the outside.
4. Place the Pak Choy on the flame cut side down.
5. Brush on olive oil on the side facing up, and sprinkle with kosher salt and cracked pepper. Let char for ~6 minutes, depending on your char/flavor preference.
6. Close the grill lid, but allow a bit of air to enter.
7. Flip the Pak Choy and let grill for another ~6 minutes.
8. Close the grill lid, but allow a bit of air to enter still.
9. Remove and let cool while you prepare the dressing.

Lemon Vinaigrette:

1. Whisk together red wine and balsamic vinegars, lemon juice, and herbs.
2. Zest ½ a lemon.
3. Juice 1-2 lemons, depending on tart preference.

4. Add zest, lemon juice, and garlic (if desired) to the vinegar mixture and whisk thoroughly.
5. Add ½ C of extra virgin olive oil.

Final Salad

1. Remove the yellow center of the Pak Choy, retaining the outside leaves for a stronger charred flavor.
2. Chop into ½ - 1 inch sized chunks.
3. Cut pancetta into ¼ inch sized strips.
4. Quickly sear the pancetta in 2 Tbsp of olive oil over medium high heat. 1-2 minutes per side.
5. Drain palmintos and pat dry.
6. Toss all items together in a large salad bowl.
7. Drizzle the lemon vinaigrette over the top directly before serving.

*Heirloom tomatoes make an excellent addition to this salad, and cesar dressing can be used to create a richer flavor. Char the Pak Choy and pancetta last for a warm salad twist. *

Homemade Horseradish Mustard

Vegan; Vegetarian; Gluten Free

Freshly ground horseradish adds a spicy kick to this traditional dijon-based sandwich spread

Prep time:

Cook time:

Adult add-ons: Many?

Ingredients:

2-4T of minced/jarred horseradish depending on desired spice

OR ~8inch chunk of horseradish root

½ C Dijon mustard

Cracked black pepper

2T of white wine vinegar

If using fresh horseradish:

1. Peel the skin off an @8inch chunk of horseradish root using a vegetable peeler.
2. Chop into chunks for a food processor, or finely mince by hand.

Remember, fresh horseradish is quite a bit stronger than the jarred horseradish you buy at the store! Chop in a large/ventilated room as the aroma can be quite strong

3. Add 1T of white wine vinegar and a pinch of coarse salt.
4. Mix thoroughly.

Mustard:

1. Add 2-4T of store-bought horseradish or 1-2T of fresh (above) to your favorite dijon mustard.
2. Add 2T of white wine vinegar and cracked pepper to taste.
3. Blend vigorously.
4. Spread on your favorite sandwich, hot dog, or use as a batter substitute (future recipes!) for broiled chicken with a kick.

For a cooler, creamier spread add ¼ C of sour cream. Honey can also be added to create a sweeter honey mustard that still has the characteristic bite of horseradish

Turnip Puff

Vegetarian

Serves 6

6C cubed rutabaga

2t butter

2 eggs beaten

3T flour

1T brown sugar

1t bkg pwd

3/4t salt

1/8t pepper

pinch nutmeg

1/2C bread crumbs

Oven 375 F

Butter 1 ½ qt. casserole

Cook rutabaga in salted water until tender. Drain and mash (should have 3C). Add butter and eggs. Beat well with wooden spoon. Combine flour, sugar, bkg pwd, salt, pepper and nutmeg. Stir into mixture. Spoon into casserole. Sprinkle breadcrumbs over top. Bake 25 minutes or until hot, puffed and lightly browned.

Can refrigerate one day before cooking.

Broccoli Buffet Salad

Vegetarian; Gluten Free

1 bunch broccoli, trim to florets
1 red onion, thinly sliced and separated into rings
¼ lb small mushrooms
¼ lb feta cheese, crumbled
2T toasted sliced almonds

Dressing:

2T olive oil
2T lemon juice
3T water
1 clove garlic
1/2t oregano
pepper to taste

Pour dressing over veggies and toss.

Crisp (Red) Cabbage Salad

Vegetarian; Vegan; Gluten Free

½ head red cabbage

1/4C vegetable oil

1 green apple, grated

2 medium carrots, grated

1 1/2t caraway seed

1/2C apple cider vinegar

1/2C apple juice or ½ pomegranate juice with ½ water for ½ C

3/4C dried cranapples

pepper to taste

Remove core from cabbage, cut in half, and thinly slice. In a large stainless steel pot, place oil, cabbage, apple and carrots. Heat over medium-high heat and bring to a simmer.

Season with pepper and caraway seeds. Add vinegar and juice, partially cover with a lid, and cook for 18-25 minutes. During the last 10 minutes add the cranberries and continue to stir from time to time. Remove from heat and cool.

Can eat cool or hot.

HOW ARE OTHERS COOKING WITH BRASSICA??

Check out some of our favorite links below for other ways to have fun cooking with Brassica

Kimchi: <https://www.youtube.com/watch?v=vaoA7SKN0g0>

Salmon in mustard paste (this is super good FYI): <https://foodiesterminal.com/shorshe-salmon/>

Prawns in mustard curry: <https://www.archanaskitchen.com/doi-shorshe-chingri-bengali-prawn-in-mustard-curry-recipe>

Curried mustard leaves: <https://www.thespruceeats.com/sarson-ka-saag-1957985>

Okra fried with mustard: <https://www.betterbutter.in/recipe/45510/shorshe-dharosh-mustard-okra-stir-fry-bengali-style/>