

Leek and Sausage Soup

- 1/4 cup olive oil
- 1/2 pound smoked sausage or Polish sausage
- 3 cups cleaned and sliced leeks (about 4-5 leeks)
- 3 tablespoons finely chopped celery and leaves
- 4 cups chicken broth or vegetable broth
- 1 cup milk
- 1/4 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 1/2 cup grated parmesan cheese

Heat oil in a large Dutch oven. Brown sausage in oil for about 3-4 minutes or until lightly browned on all sides. Add the leeks and celery and sauté until softened, about 5 minutes. Add chicken broth and bring to a boil. Reduce heat, cover and simmer for 25-30 minutes, stirring occasionally. Remove sausage links to a cutting board and slice. Pour soup into a food processor or blender and carefully puree in batches, being careful with the hot liquid. Return to the pan. Add milk, pepper and salt and heat thoroughly, seasoning with more salt or pepper as desired. Pour into serving bowls and top with sausage slices and parmesan cheese.

Seasonal Eating

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



June
Spinach, Lettuce, Leeks, Onions

Spinach and Cherry Salad with Warm Bacon Vinaigrette

8 ounces bacon, diced
1/2 cup finely chopped red onions
1 teaspoon minced garlic
1/4 teaspoon freshly ground black pepper
Pinch salt
1 1/2 tablespoons coarsely ground mustard
1/4 cup red wine vinegar
2 tablespoons sugar
1/4 cup vegetable oil
8 cups fresh spinach, washed and dried
1 cup fresh red cherries, pitted and cut in half
1/2 cup pecan halves, toasted
4 ounces goat cheese, crumbled

Cook the bacon in a large skillet over medium-high heat until crisp. Remove bacon to a paper towel with a slotted spoon. Pour off all but 1/4 cup of the bacon drippings. Add the onion to the drippings and cook, stirring, over medium-high heat until soft, about 3 minutes. Add the garlic, pepper and salt and cook, stirring, for 30 seconds. Add the mustard, vinegar and sugar, stirring up the bits on the bottom of the pan and dissolving the sugar. Remove from the heat and whisk in the oil. Toss the spinach with the dressing and divide among six plates. Top with the cherries, pecans, goat cheese and cooked bacon.

Caramelized Onion Tart

1 tablespoon coarsely ground mustard
1 (9 inch) unbaked pie crust (use store bought or see below)
1 tablespoon olive oil
2 medium onions, thinly sliced
1 1/2 teaspoons fresh thyme
3 eggs
1/2 cup half and half

3/4 cup milk
1/4 teaspoon salt
1/4 teaspoon black pepper
1 cup shredded Swiss cheese or gruyere cheese
1/2 cup freshly grated parmesan cheese

Rub mustard over pastry crust. Refrigerate 30 minutes. Prick crust with a fork. Line with wax paper or aluminum foil, add beans or pie weights and bake at 375 degrees for 12 minutes. Remove from oven and cool. Heat oil in a medium skillet over medium heat. Add onions and thyme; cook, stirring occasionally, until onions soften and caramelize, about 25 minutes. Remove from heat and cool. Combine eggs, half and half, milk, salt and pepper; whisk until well blended. Sprinkle cheese over bottom of crust. Spoon in the onions. Pour in egg mixture. Bake 25-30 minutes or until custard is set and top is golden brown. Let stand for 10 minutes before cutting.

Single Crust Pastry:

1 1/2 cups flour
1/2 teaspoon salt
1/2 cup vegetable shortening
4-5 tablespoons cold water

In a mixing bowl, stir together flour and salt. Cut in shortening until pieces are the size of small peas. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat until all is moistened. Form dough into a ball. On a lightly floured surface flatten dough with hands, gently. Roll dough from center to edge, forming a circle about 12 inches in diameter. Wrap pastry around rolling pin. Unroll onto a 9 inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim to 1/2 inch beyond edge of pie plate; fold under extra pastry. Make a fluted edge by pressing with thumbs and index finger. Fill as directed in recipe and bake.

For a baked pie crust - prick the bottom and sides with the tines of a fork. Bake at 450 degrees for 10-12 minutes or until golden.