

COOKING FRESH



With winter behind us, it is time to celebrate the joys of spring. Appetites, long since tired of bananas, apples and carrots, will soon be rewarded. The anticipation of the first asparagus stalks make way to the satisfaction of having eaten them. The high seasons of locally grown produce are finally upon us. Roadside stands and farmers' markets are beginning to open again, signaling the start of six mouth watering months of fresh picked fruits and vegetables.

RECIPES BY CINDY SALVATO

WHAT'S FRESH, WHAT'S LOCAL

PRODUCE

Asparagus
Bok Choi & Tat Soi
Broccoli
Broccoli Rabe
Brussels Sprouts
Carrots
Chives
Escarole & Radicchio
Garlic
Green Beans
Greens (Arugula, Chard, Collards, Kale & Mustard)
Leeks
Lemon Verbena
Lettuce & Salad Mix
Mushrooms (farmed and wild)
Onion
Parsley
Peas
Potatoes (stored)
Radishes
Rhubarb
Spinach
Strawberries

SWEETENERS

Maple Syrup
Honey

MEAT AND SEAFOOD

American Eel
Black Sea Bass
Blackfish
Bluefish
Butterfish
Chicken & Eggs
Clams
Cod
Crab
Dogfish
Flounder
Fluke
Haddock
Lamb
Lobster
Mackerel
Milk & Cheese
Monkfish
Mussels
Oysters
Pollock
Porgies
Sea Robin
Sea Scallop
Skate
Squid
Striped Bass
Swordfish
Tilefish
Tuna
Whiting

SWORDFISH WITH TOMATO, OLIVE, CAPER SAUCE

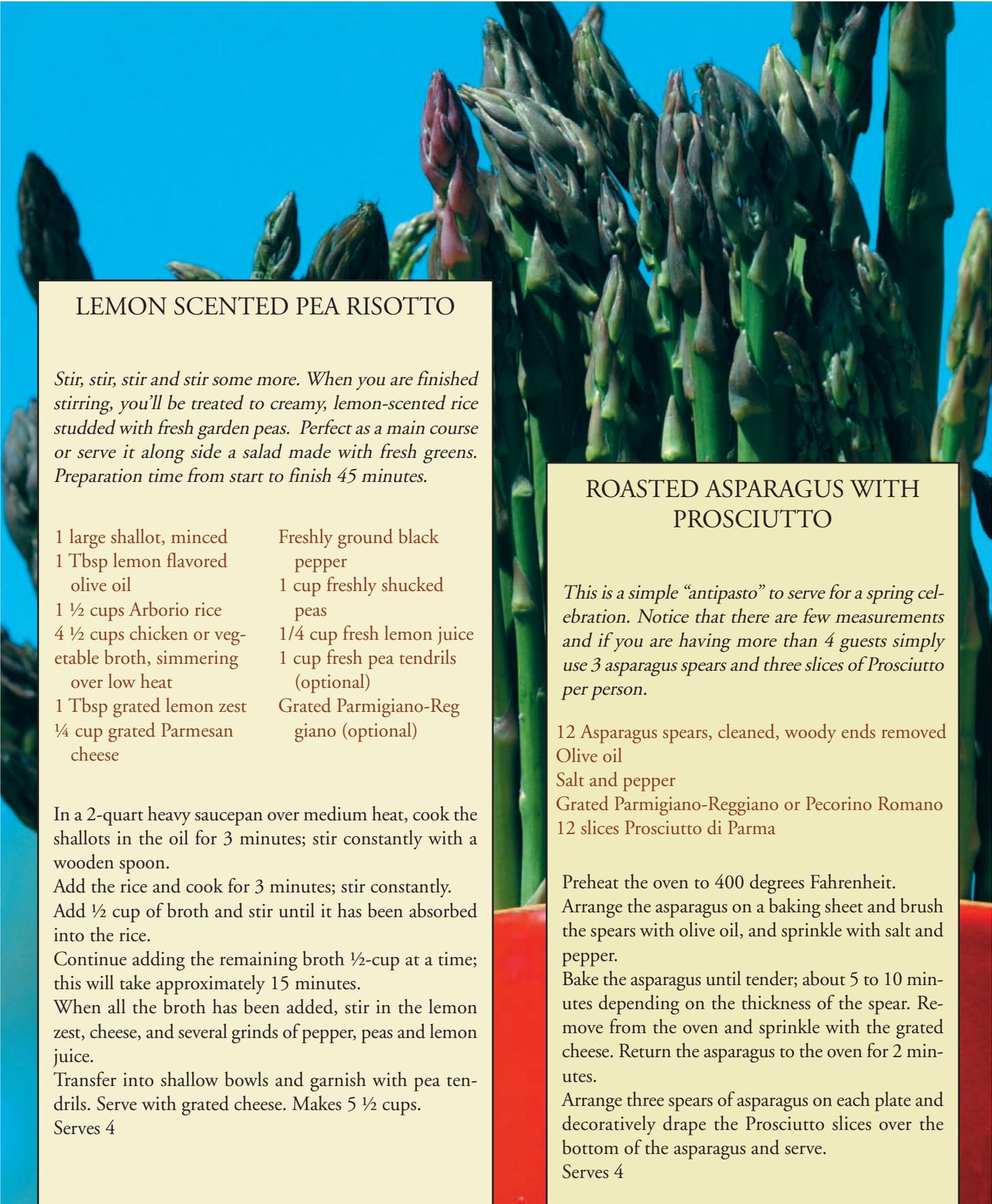
This sauce is very easy to make and it is versatile too. If you are in the mood for mussels or clams, simply put the shellfish in the sauce, place over medium heat, cover and let them steam open.

2 tsp olive oil
2 cloves garlic, minced
1/4 cup chopped pitted Sicilian or Kalamata olives
2 tsp brined capers, drained
1 (14.5-ounce) can

diced tomatoes, undrained
6 to 4-6 oz. pieces of fresh swordfish
Salt and freshly ground black pepper to taste

Pre-heat oven to 375 degrees.
Heat olive oil in a large nonstick skillet over medium heat. Add garlic and cook for 30 seconds. Do not let the garlic burn.
Add the olives, capers, and tomatoes. Simmer lightly for 10 minutes. Cover and remove from heat.
Brush baking sheet with olive oil and arrange the fish on it. Sprinkle with salt and pepper; bake for 10-12 minutes or until the fish flakes easily with a fork.
To serve, place a piece of fish on each dish and spoon the sauce over the fish. Serve any left over sauce on the side.

Serves 6



LEMON SCENTED PEA RISOTTO

Stir, stir, stir and stir some more. When you are finished stirring, you'll be treated to creamy, lemon-scented rice studded with fresh garden peas. Perfect as a main course or serve it along side a salad made with fresh greens. Preparation time from start to finish 45 minutes.

1 large shallot, minced	Freshly ground black pepper
1 Tbsp lemon flavored olive oil	1 cup freshly shucked peas
1 ½ cups Arborio rice	1/4 cup fresh lemon juice
4 ½ cups chicken or vegetable broth, simmering over low heat	1 cup fresh pea tendrils (optional)
1 Tbsp grated lemon zest	Grated Parmigiano-Reggiano (optional)
¼ cup grated Parmesan cheese	

In a 2-quart heavy saucepan over medium heat, cook the shallots in the oil for 3 minutes; stir constantly with a wooden spoon.

Add the rice and cook for 3 minutes; stir constantly.

Add ½ cup of broth and stir until it has been absorbed into the rice.

Continue adding the remaining broth ½-cup at a time; this will take approximately 15 minutes.

When all the broth has been added, stir in the lemon zest, cheese, and several grinds of pepper, peas and lemon juice.

Transfer into shallow bowls and garnish with pea tendrils. Serve with grated cheese. Makes 5 ½ cups.

Serves 4

ROASTED ASPARAGUS WITH PROSCIUTTO

This is a simple “antipasto” to serve for a spring celebration. Notice that there are few measurements and if you are having more than 4 guests simply use 3 asparagus spears and three slices of Prosciutto per person.

12 Asparagus spears, cleaned, woody ends removed
Olive oil
Salt and pepper
Grated Parmigiano-Reggiano or Pecorino Romano
12 slices Prosciutto di Parma

Preheat the oven to 400 degrees Fahrenheit.

Arrange the asparagus on a baking sheet and brush the spears with olive oil, and sprinkle with salt and pepper.

Bake the asparagus until tender; about 5 to 10 minutes depending on the thickness of the spear. Remove from the oven and sprinkle with the grated cheese. Return the asparagus to the oven for 2 minutes.

Arrange three spears of asparagus on each plate and decoratively drape the Prosciutto slices over the bottom of the asparagus and serve.

Serves 4