

Turkey and Spinach Wraps

- 1 package cream cheese.
- 8 x flour tortillas.
- 5 oz spinach leaves trimmed.
- 1 lb thickly sliced turkey.
- 1 jar salsa (green salsa is great with poultry)

1. Spread the cream cheese on the tortillas.
2. Put some spinach and then turkey on each tortilla.
3. Drizzle some salsa over the top.
4. Fold in one end and roll up the tortilla to form a wrap.

Basic Cooked Spinach Recipe

My father prepares spinach this way at least once or twice a week, usually made with fresh spinach from the farmer's market. According to dad he overcooked it for years, until he learned that you shouldn't cook spinach beyond the point that it just wilts. The trick is to drain and dry the spinach leaves as well as you can, using a salad spinner if need be, before cooking them. His spinach is fabulous; I hope you give it a try.

- 2 large bunches of spinach, about 1 lb
- Olive oil, extra virgin
- 3 cloves garlic, sliced
- Salt to taste

1 Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.

2 Heat 2 Tbsp olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to brown.



3 Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.



4 After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.
Serves 4.

Optional: in Italy this is served as a course instead of salad. It is usually sprinkled with Balsamic Vinegar.

Roasted Cauliflower

Who knew that cauliflower could be such a perfect vehicle for olive oil, lemon, garlic, and Parmesan cheese? I'm used to eating cauliflower raw, steamed, or puréed. I love cauliflower and will eat it any way it is prepared. But this method makes cauliflower palatable to any but the most ardent anti-veggie. Perhaps it's that anything is good roasted with those ingredients, or perhaps the cauliflower really is the ideal stage for this blend of flavors.

- 1 head of cauliflower
 - 2-3 cloves of garlic, peeled and coarsely minced
 - 1 lemon
 - Olive oil
 - coarse salt and freshly ground black pepper
 - Parmesan cheese
- 1 Preheat oven to 400°F. Cut cauliflower into florets and put in a single layer in an ovenproof baking dish. Add garlic. Squeeze a lemon over cauliflower and drizzle each piece with olive oil. Sprinkle with salt and pepper. If the oven hasn't reached 400°F yet, set aside until it has.
- 2 Place casserole in the hot oven, uncovered, for 15-25 minutes, until the top is lightly brown. Test with a fork for desired doneness. Remove from oven and sprinkle generously with Parmesan cheese.
Serves 4.

Orange Beurre Blanc Sauce for Seafood

Beurre Blanc is a French sauce ("white butter") based on a reduction of **shallots** and an acid such as vinegar, citrus juice, or wine, mixed in with cold butter. Its creamy tanginess works well with mild fish such as trout, shad, or haddock. It may also be served with any shellfish including lobster, crab, and scallops. This recipe comes from a cooking class I took at Scott's Seafood in Folsom, California, presented by Chef David Lamonica.

- 2 oranges
- 1/2-cup white wine
- 2 teaspoons minced shallots
- 1/2 pound (2 sticks) unsalted butter
- Salt and white pepper

- 1 Zest half of one orange (about 2 teaspoons) and juice the two oranges (about 3/4 cup). Put the juice, zest, wine and shallots in a saucepan on medium high heat. Cook until it is syrupy and almost gone.
- 2 On low heat, whisk in the butter continuously and vigorously, 1 tablespoon at a time. Butter is the only emulsifier for this sauce, and if you slowly add it, continuously stirring, the sauce will achieve a silky smooth texture. Do not let the sauce boil.
- 3 Add salt and pepper to taste.
Makes about 1 cup.