

Green Garlic Scrambled Egg Toasts

recipe by Martin Bournhonesque

- 1 stalk green garlic for every 3 eggs (use brown ones for more eggy flavor).
- butter
- milk or cream
- dense wheat bread or levain

Chop green garlic like you would a scallion. Feel free to use all the green part as well as the white part. Beat eggs and add 2 tablespoons milk or cream to eggs. Slice bread thinly and leave near toaster.

Saute green garlic in desired amount of butter over medium flame for a minute or two. Add beaten egg mixture to pan and reduce flame to its lowest possible setting. Stir constantly. As the eggs heat up they will start to steam a little and maybe stick to the bottom of the pan. Add some salt and pepper. Take the pan off direct heat to slow the process down. . The longer it takes, the better it'll taste. It should take at least 10 minutes to cook 3-5 eggs this way. Throw the bread in the toaster. As the eggs finally congeal, spoon onto toast, and cut to desired size.

Braised Green Cabbage with Onions, Carrots and a Poached Egg

Adapted from *All About Braising*, by Molly Stevens

I've long been a fan of braising red cabbage—on the stovetop, usually, with caraway seeds, honey, and apples—but braised green cabbage may be my new regular. It couldn't be simpler—provided, of course, that you have two hours to spare—and its soft, subdued flavor makes it an easy pairing for many foods, from corned beef to sausage, roasted chicken, or, as I've shown here, a plain old

poached egg. And perhaps best of all, it keeps beautifully in the fridge and, as with many braises, actually improves with rest. I like to cook it during the weekend and eat it over the busy days that follow, warmed in the microwave or a low oven.

1 medium head green cabbage, about 2 pounds
1 large yellow onion, sliced into rough 1/3-inch slices
1 large carrot, sliced into 1/2-inch rounds
1/2 cup good-quality chicken stock, or water
1/2 cup extra virgin olive oil
Coarse salt and freshly ground black pepper, to taste
1/8 tsp crushed red pepper flakes
1 egg, poached
Maldon salt, or fleur de sel, to taste

Preheat the oven to 325 degrees Fahrenheit, and position a rack in the middle of the oven.

Peel off and discard from the cabbage any bruised or messy outer leaves. Give the cabbage a quick rinse under cool water, and dry it lightly. Cut it into 8 wedges, and trim away some of the woody core, leaving enough to hold each wedge intact. Arrange the wedges in a 9 x 13 baking dish. They may overlap a little, but you want them to lie in a single—if crowded—layer. If they don't fit nicely into the dish, remove one wedge and set it aside for later use in a quick sauté, salad, or soup.

Scatter the onion and carrot over the cabbage, and pour the stock and oil over the whole mess. Season with a couple pinches of coarse salt, a couple grinds of the pepper mill, and the red pepper flakes. Cover the dish tightly with foil, and slide it into the oven. Cook the vegetables for 1 hour; then remove the dish from the oven and gently turn the cabbage wedges. If the dish seems at all dry, add a couple tablespoons of water. Cover the dish, and return it to the oven to cook until the vegetables are very tender, about an hour more.

When the cabbage is completely tender, remove

the foil over the baking dish, turn the oven up 400 degrees, and continue cooking until the vegetables begin to brown lightly on their edge another 15 or so minutes.

Serve warm, topped with a poached egg and sprinkled with plenty of good, flaky Maldon salt and freshly ground black pepper.

Note: The cabbage keeps well in the fridge for a few days, sealed in an airtight container.

Quick, Easy -N- Fast Spinach Recipe

1 t. unsalted butter
10-ounces spinach, rinsed and drained but still wet
dash of freshly grated nutmeg
salt and pepper to taste

Place butter and spinach in a saucepan with a cover; cover, and over medium heat cook quickly until just wilted, about 5 minutes. Dust with a little nutmeg; season to taste with salt and pepper. Drain off any liquid, remove from pan and keep warm.

Easy Marinated Raw Cauliflower

- 1 head cauliflower, broken into small florets
- 1 (8 ounce) bottle Italian dressing
- 1 cup mayonnaise or yogurt
- 1/4 cup bacon bits (optional)
- 1/4 cup grated Parmesan cheese (optional)

1. Place cauliflower in a large bowl and cover with Italian dressing. Cover and refrigerate overnight.
2. Drain cauliflower and stir in mayonnaise, bacon bits and cheese. OR use this idea and modify to your preferences.