

Tender Asparagus Spears with Garlic Mustard

1 lb. (24) asparagus spears, trimmed
¼ cup butter
2 cups fresh mushrooms, sliced
2 tbsp. country-style Dijon mustard
¼ tsp. pepper
Pinch of salt

½ tsp. minced fresh garlic

In 10" skillet place asparagus spears; add enough water to cover. Bring to a full boil. Cook over medium heat until asparagus is crisply tender (5 to 7 minutes). Drain; return to skillet. Add remaining ingredients, pushing asparagus to side just until butter is melted. Cook over medium heat, stirring occasionally, until heated through (5 to 7 minutes).

Asparagus Gratin

1 lb. asparagus, stemmed and peeled 1-inch from bottom
6 slices prosciutto OR thin-sliced deli ham
3 tbsp. butter
½ cup fresh bread crumbs
½ cup shredded Gruyere cheese

Cook asparagus in pot of simmering water until tender (7 to 9 minutes). Drain. Divide asparagus into 6 equal bundles. Wrap each bundle with slice of prosciutto; place in shallow flameproof dish. Melt butter in small saucepan over medium-low heat. Add breadcrumbs; cook, stirring, 1 minute. Pour mixture over each bundle. Top with Gruyere cheese. Preheat broiler. Place bundles under broiler until cheese lightly browns, about 1 minute.

Asparagus Stir-Fry

2 tbsp. oil
2 boneless, skinned chicken breasts (about 12 oz.), cut into 1x1/2-inch strips
1 or 2 bunches (1 ¾ pounds) asparagus, trimmed and cut into 1-inch pieces
1 sweet red pepper, sliced into ¼-inch wide strips
6 green onions, cut into 1-inch pieces
2 tsp. chopped fresh ginger

2 large garlic cloves, chopped
½ tsp. Dark Asian sesame oil
¼ tsp. red pepper flakes

1 ½ cups chicken broth

1 tsp. soy sauce

2 tbsp. hoisin sauce

2 tsp. cornstarch

2 tsp. water

cooked rice (optional) Heat 1 tbsp. oil in a large nonstick skillet over high heat. Add chicken; cook 1 minute; stir and cook 2 minutes more or until chicken is almost cooked through. Remove chicken to plate. Add remaining oil to skillet. Add asparagus, sweet pepper, onion, ginger, garlic, sesame oil and pepper flakes; cook, stirring occasionally, 5 minutes. Add broth, soy and hoisin sauce. Cook 4 minutes. Add chicken. Combine cornstarch and water in small dish; add to skillet. Cook until heated through and thickened, about 2 minutes. Serve with cooked rice if you wish.

Curried Mustard Greens (or Spinach) with Kidney Beans

"This is fairly quick and simple. I substituted light sour cream and fat free yogurt for the half and half".

- 1 bunch mustard greens or spinach
- 1 Tbs ghee (clarified butter)
- 2 medium shallots, chopped
- 1 Tbs minced fresh ginger root
- 1 pinch red pepper flakes
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can tomato sauce
- 2 teaspoons curry powder
- 1/2 cup half and half

Bring a large pot of lightly salted water to a boil. Place greens in the pot, cover, and cook 7 minutes, or just until tender. Drain, and rinse under cold water.

Heat the ghee in a skillet over medium-high heat, and cook the shallots until lightly brown. Stir in ginger, and season with red pepper. Mix in greens, kidney beans, tomato sauce, and curry powder. Stir in the half and half, and continue cooking until heated through.

Spring Turnips with Greens and Raisins (with Pasta)

2 Tbs butter, divided

2 tsp olive oil

1 medium onion, diced (or use 2 leeks)

1 bunch spring turnips and greens

½ cup raisins

Salt to taste

12 ounces orzo or bow tie pasta, cooked and cooled

Cook pasta and set aside. Heat 1 Tbs butter and all the oil in a large skillet over medium flame.

Add onions and cook, stirring often, until they begin to soften, about 5 minutes.

Meanwhile wash turnips and trim the leaves from the root. Chop the roots into 1-inch dice. Discard any yellowed turnip leaves and roughly chop the nice ones. Once the onions are softened, add the turnips. Sprinkle with a bit of salt, stir, and cover. Cook until the turnips can be easily pierced with a knife, about 8 minutes.

Uncover; turn the heat up to medium high, and cook, stirring now and then, until tender, another 3-4 minutes. Add the remaining 1 Tbs butter and salt to taste. Eat this as a side dish or toss it with cooked pasta for a main dish
Makes 3-4 servings.

Jenny Bonde and Rink DaVee, Shooting Star Farm

Parsley and Green Onion Salad

1 bunch fresh parsley, lightly chopped

1 bunch of green onions, chopped

1 handful of capers

Lightly chop your parsley and mix it with chopped green onions and a handful of capers.
Just before serving, toss with the dressing.

Dressing

juice of 1 lemon

extra-virgin olive oil

a pinch of sea salt and freshly ground pepper
a good supply of toast

coarse salt