

Zucchini Carpaccio



These thin slices of baby zucchini are dressed with nothing more than (really really) good olive oil, (really really) good vinegar and a sprinkling of Himalayan salt.

For simplicity like this, quality counts. It's a lesson not to be forgotten.

And while I've never before purchased really good olive oil or good vinegar, it's a lesson that has me budgeting for the good stuff from now on. My mental gyrations go like this: I happily spend \$20 a pound for really good meat that's devoured in a single meal. But what if I skip the meat to purchase a bottle of olive oil that will grace lovely salads for an entire month? That's a deal I can live with.

WHAT IS CARPACCIO? Pronounced [kahr-PAH-chee-oh], carpaccio is an Italian dish, thin slices of raw beef, usually served as an appetizer. By extension, a zucchini carpaccio is thin slices of, yup, zucchini.

<http://kitchen-parade-veggieventure.blogspot.com/2007/07/zucchini-carpaccio.html>

Moroccan Beet Salad I and II

- 1 pound beets
- 1 tablespoon granulated sugar
- Juice of 1 lemon
- 1 tablespoon olive oil
- Large pinch of cinnamon
- 1 tablespoon chopped parsley
- Salt to taste

Wash the beets well, being careful not to break their skins.

Cut off the tops, leaving a stalk of about 1 1/2 inches.

Boil, covered, until tender.

Allow the water to cool, then slip off the skins, trim off the tops, and cut into bite-sized pieces.

Mix the remaining ingredients and pour over beets. Let marinate 1 hour before serving. Makes about 2 cups.

Beet Salad II

Prepare as described above, but add 1 teaspoon orange flower water, 1/8 teaspoon cumin, a pinch of paprika, and a little water to the sauce. --pp76-77 in Paula Wolfert's *Couscous and Other Good Food from Morocco*, (New York, Evanston, San Francisco, London: Harper & Row, 1973) ISBN 0-06-014721-0

Beet Salad II is much better than Beet Salad I, even if you can't get the orange blossom water (which may be available in Middle Eastern stores).

Zucchini and Beet Salad

Roast or steam beets until just tender (not too soft). Lightly steam cubed zucchini
Good quality blue cheese, crumbled

Use equal amounts of beets, zucchini and tomatoes. Cut into same size cubes. Chill.
Add blue cheese and toss with vinaigrette of olive oil, balsamic vinegar, dijon mustard and garlic. Dress sparingly. Toss and serve

GREEK SALAD SANDWICH

6 cups	spinach leaves,
1 1/2 cups	thinly sliced cucumber
1 cup	crumbled feta cheese (about 4 oz)
1/3 cup	coarsely chopped olives
16	large fresh basil leaves, thinly sliced
1/4 cup	olive oil
5 teaspoons	fresh lemon juice
1	large garlic clove, minced
4	5- to 6-inch-diameter pita bread rounds, toasted
	Place tomato slices in strainer; drain 15 minutes.

Combine spinach, cucumber, feta cheese, olives and basil in large bowl. Whisk 1/4 cup olive oil, 5 teaspoons lemon juice and minced garlic in small bowl to blend. Season dressing to taste with salt and pepper. Pour dressing over salad and toss to coat. Cut pita bread rounds in half crosswise. Divide salad mixture among 8 pita halves and serve.

Optional: add fresh tomatoes when in season
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Cucumber Fresca

This is so simple and so refreshing. Wash and quarter a cucumber (length wise). Place in glass pitcher and fill with your filtered water. Cover and refrigerate for about 12 hours.
Sip and enjoy!

SESAME SPINACH WITH GINGER AND GARLIC

1 garlic clove
2 teaspoons sesame seeds
1 tablespoon vegetable oil
1 teaspoon grated peeled fresh gingerroot
1 bunch trimmed fresh spinach
Mince garlic and in a small dry skillet toast sesame seeds over moderate heat, stirring, until golden. In heavy 6-quart kettle heat oil over moderate heat until hot but not smoking and cook garlic and gingerroot, stirring, 30 seconds, or until fragrant and golden. Add spinach by handfuls, stirring, and cook until just wilted.
Serve spinach sprinkled with sesame seeds.
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