



Everyone Eats
The Cape Cod
COOKBOOK



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This cookbook is a celebration of all the delicious flavors found on Cape Cod! From the fresh produce grown on our farms, to oysters harvested from our beaches, to the exotic vegetables found at our cultural community gardens. Within is a compilation of recipes sourced from Buy Fresh Buy Local Cape Cod farmer members, community project partners, and Cape Cod Cooperative Extension’s Nutrition Educators. In the first half of this cookbook, you will find a section highlighting some of our locally grown produce and ingredients found at Cape Cod farmers’ markets. The second half features ingredients and recipes from our Everyone Eats Cultural Community Gardens project. This multi-year project began as a way to grow fresh, culturally-informed produce for local social service organizations, and to spotlight some of the foods eaten by Cape Cod’s growing diverse population. Over the years it has expanded to include many Cape towns, schools, and cultural groups. We hope you enjoy all the flavors of Cape Cod— from the longstanding, go-to favorites to the ever-growing, recently introduced tastes!



Buy Fresh Buy Local Cape Cod is a program of the Cape Cod Cooperative Extension and a member of the Massachusetts Coalition for Local Food and Farms. The mission of Buy Fresh Buy Local Cape Cod is to promote the Cape’s land and sea farms, to educate the public about all the beneficial reasons to shop locally, and to provide residents with nutrition education programs.



Check out more recipes, cookbooks, and cooking videos at www.buyfreshbuylocalcapecod.org.

This project was made possible with grant funding from the Massachusetts Department of Agricultural Resources (MDAR) and in support of the Massachusetts grown...and fresher statewide initiative established to promote Massachusetts agriculture and locally produced crops.



FOOD SAFETY & STORAGE

CHECKLIST FOR SAFE FOOD HANDLING

CLEAN: Wash hands and surfaces often

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

SEPARATE: Don't cross-contaminate

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

CHILL: Refrigerate promptly

- Refrigerate or freeze meat, poultry, eggs and other perishables immediately.
- Let food sit at room temperature no longer than two hours (one hour when the temperature is above 90°F).
- Thaw frozen foods in the refrigerator, under cold running water, in a microwave oven just before use, or as part of the cooking process.
- Food thawed in cold water or in the microwave should be cooked immediately.

COOK: Cook to proper temperatures

- Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg dishes, and other foods are cooked to the right internal temperature. When cooking in a microwave oven, cover food, stir and rotate for even cooking. Food is done when it reaches the correct internal temperature.
- Bring sauces and soups to a boil when reheating.

Raw Food	Temperature for doneness
Beef, pork, veal, lamb roasts and steaks:	
medium	160° F
well-done	170° F
Chicken, whole & pieces	165° F
Ground beef, veal, lamb, pork	160° F
Ground chicken, turkey	165° F
Ham and sausage, fresh	160° F
Stuffing, cooked separately	165° F
Whole turkey, unstuffed	165° F

Upper Cape

Falmouth Farmers Market

Location: Marine Park, Scranton Ave
Open: End of May to mid- October
Day & Hours: Thursdays, 12pm – 5pm
Holiday market on Tuesday before Thanksgiving
[Facebook.com/FalmouthFarmersMarket](https://www.facebook.com/FalmouthFarmersMarket)

Mashpee Farmers Market

Location: Naukabout Garden Party
Mashpee Commons, by library
4 Job's Fishing Road.
Open: Memorial Day to Columbus Day
Day & Hours: Sundays, 11am – 3pm
www.mashpeefarmersmarket.com

Sandwich Farmers Market

Location: Sagamore Inn Grounds (tent out back)
1131 Sandwich Rd. (Route 6A), Sagamore
Right on town line for Bourne & Sandwich
Open: Mid-June to mid-October
Day & Hours: Tuesdays, 9am – 12pm
Holiday markets announced on Facebook
Sandwichfarmersmarket.com

Mid Cape

Bass River Farmers Market

Location: 311 Old Main St., South Yarmouth
Open: mid-June to early September
Days & Hours: Thursdays & Sundays, 9am – 1pm
Bassriverfarmersmarket.org

Osterville Farmers Market

Location: Osterville Historical Museum
155 West Bay Road
Open: early June to mid-September
Days & Hours: Fridays, 9am – 1pm
[Facebook.com/ostervillefarmersmarket](https://www.facebook.com/ostervillefarmersmarket)

Lower Cape

Chatham Farmers Market

Location: Our Lady of Grace Catholic Church
60 Meetinghouse Road (Route 28/Route 137)
Open: mid-May to late October
Days & Hours: Tuesdays, 3pm – 6pm
[Facebook.com/chathamfarmersmarket](https://www.facebook.com/chathamfarmersmarket)

Orleans Farmers Market

Summer Location: 21 Old Colony Way
Winter Location: 44 Main Street
Open: Year-round
Days & Hours: Saturdays
Dec. – April: 10am – 12pm
May – Aug: 8am – 12pm
Sept. – Nov: 9am – 12pm
Orleansfarmersmarket.com

Outer Cape

Provincetown Farmers Market

Location: Ryders Street
Park at town lots & high school
Open: mid-May to late Oct. (except annual
Portuguese Festival)
Day & Hours: Saturdays, 9am – 1pm
SustainableCAPE.org

Truro Educational Farmers Market

Location: 20 Truro Center Road
Open: early June to late August
Day & Hours: Mondays, 8am – 12pm
SustainableCAPE.org

Wellfleet Farmers Market

Location: Congregational Church
200 Main Street
Open: late May to mid- October
[Facebook.com/WellfleetFarmersMarket](https://www.facebook.com/WellfleetFarmersMarket)
Wellfleetfarmersmarket.com





INGREDIENTS FROM CAPE COD FARMERS MARKETS





STRAWBERRIES

Strawberry Rhubarb Crisp

Ingredients

2 cups rhubarb, sliced	1/3 cup sugar
1 cup strawberries, sliced	1 tablespoon flour

Topping:

1/3 cup quick cooking oatmeal	1/4 teaspoon cinnamon
1/8 cup flour	1-2 tablespoons butter or margarine
1/8 cup packed brown sugar	

Directions

Combine sliced fruit, sugar and flour.
Place in a greased baking pan (or microwave dish).
Combine topping, mix until crumbly.
Sprinkle mixture over fruit.

OVEN: Bake at 350 degrees for 30-40 minutes.

MICROWAVE: Make sure to use a microwave safe dish. Combine fruit and sugar as above, place filling in a dish. Cover and cook 5 minutes, stirring at least once. Follow instructions for topping, cook uncovered for 2 to 3 minutes.



Andrews Strawberry Daiquiri

Prep 15 min. **Servings** 10 – 6 oz.

This recipe from is from Geoffrey Andrews and features pick your own strawberries from the Tony Andrews Farm in East Falmouth. A great summer cocktail to share at a BBQ or picnic with family and friends.

Ingredients

1 qt. strawberries, cleaned & chopped	1 can frozen lemonade
6 oz. rum	1 large banana
1 tsp. Cointreau	1/4 cup simple syrup crushed ice

Directions

1. Make simple syrup by boiling equal parts water and sugar to dissolve. Cool.
2. Mix all ingredients in blender until foamy.
3. Pour over 1/4 cup crushed ice per serving



Strawberry Swiss Chard Salad

Ingredients

1/2 cup extra virgin olive oil	1 cup diced strawberries
1 1/2 cups of bread crumbs, from fresh bread	1 lemon
1 bunch swiss chard	Crushed red pepper flakes, optional
3/4 cups grated parmesan cheese	Sea salt to taste
1 clove garlic	

Directions

Wash and dry strawberries and swiss chard.

Chop strawberries and swiss chard and put in a large salad bowl.

Zest lemon over the bowl of swiss chard and strawberries. Be careful to grate only the yellow part of the rind and not down to white underneath because that part is bitter.

Make lemon dressing: Slice and juice the lemon into a small mixing bowl. Add a few generous pinches of sea salt. Slowly whisk in 1/4 cup of extra virgin olive oil.

You can make bread crumbs from fresh or day old bread. Place cubes of bread in a food processor and mix on high setting for 30 seconds, up to 1 min for finer bread crumbs. If you do not have a food processor you can finely chop or tear bread into small, bread crumb pieces.

Warm 1/4 cup of olive oil in a small skillet over medium heat. Add the bread crumbs and cook, stirring frequently, until they are crisp and gold brown (about 5 minutes). Be careful not to burn them. Stir in the garlic and a pinch of sea salt. Add optional red pepper flakes if you prefer. Toast the bread crumbs for 1 more minute, then remove the skillet from heat.

Using a cheese grater, grate parmesan cheese to the salad according to your preference. Add about 2/3 of the lemon dressing to the swiss chard and strawberry bowl. Toss until the bowl contents are nicely coated. Taste and add more dressing if you'd like. Add the toasted bread crumbs, mix again, and serve immediately.



CRANBERRIES

Crustless Cranberry Pie

Servings: 8 allrecipes.com

This crustless cranberry pie is a light, delicious holiday dessert that's super simple to make with fresh or frozen cranberries. Serve warm with whipped cream or ice cream.

Ingredients

1 cup all-purpose flour	½ cup chopped walnuts
1 cup white sugar	½ cup butter, melted
¼ teaspoon salt	2 large eggs, beaten
2 cups fresh cranberries	1 teaspoon almond extract

Directions

1. Gather all ingredients
2. Preheat oven to 350 degrees F (175 degrees C)
3. Grease a 9-inch pie pan
4. Combine flour, sugar and salt in a bowl. Add cranberries and walnuts
5. Toss and coat
6. Stir in butter, eggs and almond extract
7. Spread the batter into the prepared pan
8. Bake in the preheated oven until a toothpick inserted near the center comes out clean, about 40 minutes
9. Serve warm



Cranberry Nut Oatmeal Cookies

Watch our cooking video here:

<https://www.facebook.com/watch/?v=654809060067517>

Prep 20 min. **Cook** 10-12 min. **Yield** Around 4 dozen

Lindsay Leboeuf and Chris Wilson of Fresh From the Vine cranberry bog shared this family recipe from Lindsay's Grandmother, Gramma B! Made with fresh or frozen local cranberries, this is a delicious and simple cookie recipe.

Ingredients

1 cup shortening soda	1-1/2 tsp. baking
1 cup light brown sugar	1 tsp. salt
1 cup white sugar + 1/2 cup for rolling cookies	1/2 tsp. cinnamon
2 eggs, beaten	3 cups rolled oats
2 tsp. vanilla extract	1 cup cranberries, fresh or frozen
1-1/2 cups flour	1 cup chopped walnuts



Directions

Preheat oven to 350°.

Using a mixer, cream shortening and sugars until fluffy.

Add beaten eggs and vanilla to butter mixture and blend.

In a separate bowl, sift together flour, baking soda, salt, and cinnamon.

Add dry ingredients and oats into butter mixture and stir until well blended.

Fold in cranberries and walnuts.

Put 1/2 cup white sugar in a dish; roll dough into walnut sized balls. Roll each dough ball in the sugar and place on a parchment covered or greased baking sheet. Place dough balls 3 inches apart.

Bake 10-12 mins or until lightly golden.





TOMATOES

Panzanella

(Williams-Sonoma Cooking at Home)

Ingredients:

½ lb. day old coarse bread

1 cucumber

6 tomatoes, seeded and coarsely diced

1 red onion, thinly sliced

2 tablespoons rinsed caper

½ cup fresh basil leaves, torn into small pieces

2 tablespoons red wine vinegar

¼ cup extra virgin olive oil

¼ cup balsamic vinegar

Salt and pepper, to taste

Directions:

Cut the bread into slices 1 inch thick.

Place in a shallow bowl in a single layer and sprinkle evenly with ½ cup water.

Let stand for 1 minute.

Carefully squeeze the water from the bread.

Tear the bread into rough 1 inch chunks and place them on paper towels.

Let stand for 10 minutes to absorb excess moisture.

Peel the cucumber, halve length-wise, scoop out seeds and dice.

In a bowl combine the cucumber, tomatoes, onion, capers, and basil.

Add the bread and toss carefully to avoid breaking the bread too much.

In a small bowl, whisk together the red wine vinegar, balsamic vinegar, and oil. Season with salt and pepper.

Drizzle over the bread-tomato mixture and toss gently to mix.

Cover and refrigerate 1 hour.

Transfer to individual bowls and serve right away.



American Turkey Goulash with Fresh Tomatoes

Adapted from Healthy in Holyoke, A Community Cookbook, 2009.

Serves 4

Ingredients

8 oz. whole grain pasta (uncooked)	2 cups of chopped fresh tomatoes
1 onion, chopped	3 tbs of tomato paste
1 red or green bell pepper, sliced (or use a bag of frozen sliced mixed peppers)	2 tablespoons of fresh chopped basil
1 medium zucchini, sliced	3 teaspoons fresh or dried basil
1 pound lean ground turkey	Grated parmesan cheese (optional)

Directions

Cook egg noodles or pasta of choice as directed. Drain.

Lightly coat one large skillet with cooking spray.

Over medium heat, sauté chopped onion for 2 minutes, add ground turkey and cook for 4 more minutes, breaking up the turkey so it cooks.

Add bell peppers and zucchini and cook for a few more minutes, until vegetables are soft, and turkey is cooked throughout.

Add tomatoes, tomato paste, and basil then cook for 5 minutes stirring occasionally.

To serve: toss turkey mixture with the pasta or serve the sauce on top of the pasta. Garnish with parmesan cheese if desired.



No Cook Summer Tomato Sauce

Recipe provided by Bob Brancale, a volunteer from the Master Gardeners of Cape Cod program.

Ingredients

3 cups washed, chopped garden tomatoes (3 – 6 tomatoes depending on size)	½ cup fresh basil leaves, chopped
½ cup extra virgin olive oil	½ tsp of salt, or to taste
2 cloves garlic, minced	¼ tsp of black pepper, or to taste
Grated parmesan cheese or romano cheese, to taste	1 pound of your favorite pasta

Optional: add chopped kalamata olives and/or cubes of mozzarella cheese

Directions

Chop tomatoes and place in a large, non-reactive bowl.

Add extra virgin olive oil, minced garlic, chopped fresh basil, and salt and pepper to taste. Mix ingredients together. Let the mix stand at room temperature for at least 30 minutes.

Cook pasta according to directions and when noodles are al dente, drain pasta, then add the cooked noodles to the bowl of tomato mixture, toss. Serve immediately with either grated parmesan or romano cheese.



Tips

Adding salt to the tomatoes draws out moisture and provides more liquid to the sauce. Adjust salt and pepper, after waiting 30 minutes, if needed. Then toss in pasta.

Tomatoes may be skinned and seeded before chopping, if desired.

Reduce olive oil to 1/3 cup to lower calories and fat.

Roasted Asparagus with Rhubarb

Ingredients

2 cups rhubarb, sliced Bunch of asparagus
Olive Oil Salt, to taste

Directions

Preheat oven to 450°F.

Rinse asparagus with cold water. Hold asparagus with both hands. Bend to break woody, tough ends off of asparagus. Discard ends.

Place tops in a bowl and drizzle with a small amount of olive oil.

Mix asparagus gently and coat with oil.

Spread asparagus out on a cookie sheet lined with foil and sprinkle with salt.

Place in oven at 450°F for about 15 minutes.

Nutrition Highlights:

Asparagus is a good source of folate, vitamin C and A. These nutrients are all important to maintain a healthy lifestyle and help fight disease.



Easy Microwave Asparagus Soup

Ingredients

1 onion, chopped 1 cup vegetable or chicken broth
1 tablespoon butter or margarine Dash pepper, to taste
1 clove garlic, minced 1 cup low-fat milk
1 pound fresh asparagus,
 trimmed and coarsely chopped

Directions

Rinse asparagus and cut off tough ends as needed. Place chopped onion, butter, and minced garlic in a microwave safe dish and microwave on HIGH for 2 minutes.

Add asparagus, broth, and pepper. Microwave, covered, on HIGH for 6 to 8 minutes. Puree in blender.

Return mixture to microwave safe dish.

Stir in milk and microwave on MEDIUM until heated through.





EASTHAM TURNIP

Eastham Turnip Casserole

Prep 30 min. **Cook** 30 min. **Servings** 4 - 6

The Eastham Turnip is a local, heirloom variety of turnip that has been passed down for generations on Cape Cod. This recipe is super easy and it's really delicious! It was created by Jenn Mentzer / Mac's Parties & Provisions in 2016. It won the Grand Prize that year in the annual Turnip Cook-Off, which is a beloved part of the annual Eastham Turnip Festival. Visit the Eastham Turnip Festival website at easthamturnipfestival.com, including where to find Eastham Turnip farmers.

Ingredients

6 cups peeled Eastham Turnip cubes	1 tsp. baking powder
2 tbsp. butter	Salt and pepper to taste
2 eggs, beaten	Pinch fresh ground nutmeg
3 tbsp. flour	1/2 cup panko
1 tbsp. brown sugar	2 tbsp. butter

Directions

Heat oven to 375°F.

Cook turnips until soft. Drain well, mash, and add 2 tbsp. butter.

When turnips have cooled, add the beaten eggs, flour, sugar, baking powder and spices. Put mixture in buttered baking dish.

Melt remaining 2 tbsp. butter in pan, add panko and cook slowly until panko browns. Season with salt and pepper. Spread on top of turnip mixture.

Bake at 375° for 30 minutes until crumbs are browned.





LEAFY GREENS

Kale and Potato Gratin

Yield: 6 servings.

Nutritional analysis:

170 calories, 7 g protein, 30 g carbohydrate, 3 g fiber, 4 g fat, 5 mg cholesterol, 190 g sodium.

Ingredients

1 bunch (1 pound) kale, washed and trimmed	1/2 teaspoon fresh tarragon, minced
1 1/4 pounds all-purpose potatoes, peeled and sliced	1/4 teaspoon salt
2 small onions, chopped	1/8 teaspoon pepper
1 tablespoon margarine or butter, cut into pieces	1 1/2 cups low-fat milk

Directions

Preheat the oven to 350°F.

Steam kale about 10 minutes. Drain and cool.

Press out excess water and chop coarsely.

In a greased, 2-quart gratin dish, alternate layers of potatoes, onions, and kale, beginning and ending with potatoes.

Combine remaining ingredients and pour over potato mixture.

Bake at 350°F until potatoes are tender (about 30 to 45 minutes).



Swiss Chard and Spinach Balls

Ingredients

1/2 red onion, diced
4-5 cloves garlic, chopped
1 inch ginger, chopped
1 Tbsp. olive oil
Splash of red wine vinegar to deglaze
1 large bunch swiss chard, chopped

1/2 pound fresh or frozen spinach
1 cup parmesan cheese, grated
2 cups crushed bread crumbs (Plain or Italian)
1/8 tsp red pepper flakes or dash cayenne pepper
3 eggs

Directions

In a large skillet, heat the oil and sauté the onions.

When they begin to brown add the chopped garlic and ginger. Stir these until they become fragrant and just begin to brown.

Deglaze the pan with a splash of red wine vinegar.

Add swiss chard to the pan and the garlic, ginger, and onions mixture. Let this cook until it wilts.

Then add spinach, mix well, and stir until spinach is wilted.

Toss in the pepper flakes.

Transfer greens into a mixing bowl and refrigerate until cool.

Preheat your oven to 400°F.

Once the greens have cooled stir in the parmesan, bread crumbs, and eggs. Make sure all ingredients are mixed well.

Form ½ inch balls and place a couple of inches apart onto a greased cookie sheet at 400°F for 15-20 minutes. Make sure to check them throughout so they don't overcook, depending on your oven and preference they may need less time.



Crispy Kale Chips

Watch our cooking video here: <https://youtu.be/y0974lkgC-k>

Ingredients

1 head kale, washed and thoroughly dried
2 tablespoons olive oil
Sea salt, for sprinkling
Optional: sprinkle with unsweetened coconut flakes for a tropical, tasty twist

Directions:

Preheat the oven to 275 °F.

Remove the ribs from the kale and cut into 1½-inch pieces.

Lay on a baking sheet and toss with the olive oil and salt.

Bake until crisp, turning the leaves halfway through, about 20 minutes.

If you decide to add unsweetened coconut flakes, add flakes to the top of kale halfway through cooking to prevent the coconut flakes from burning.

Serve as finger food.





CAPE COD SEAFOOD

Baked Stuffed Quahogs

Prep 40 min. **Cook** 25 min. **Makes** 36+

Wellfleet SPAT shared this recipe developed by Janet Drohan, SPAT Board Member and Director of 246 Community Kitchen in Wellfleet. Clams can be made in advance for reheating later. Freeze ahead of time for your next dinner party or for an easy weeknight meal.

Ingredients

3 dozen Quahog clams, mixed sizes are alright	1 stick butter
1 cup chicken or vegetable broth	2 tbsp. olive oil
1 large bell pepper, diced (red peppers make a nice color contrast)	2 sleeves Ritz crackers
1 medium onion, diced	3 tbsp. dried parsley, chopped
1 cup celery, diced	1 tsp. red pepper flakes
6 cloves garlic, diced	1 tsp. thyme, chopped
1 jalapeno pepper, diced	1 tsp. poultry seasoning
1 bunch scallions, diced	1-1/2 cup Parmesan cheese, grated
1 bunch cilantro, chopped	Sprinkle paprika, salt & pepper, to taste

Directions

Preheat oven to 350°F.

Rinse live, unopened quahog shells with cold water.

Steam the quahogs until shells open. Make sure to reserve broth. Remove from heat and cool.

When the shells are cool enough and able to be handled, remove meats from shells and dice by hand or using a food processor. Make sure bellies are mashed but try to reserve some of the muscle in small pieces.

Separate and wash inside of clam shells in preparation for filling with stuffing.

To make stuffing, sauté all vegetables in oil and butter for 4 minutes or until soft.

Crush the Ritz crackers in a bowl or closed plastic bag.

Combine the crushed crackers, dried/fresh herbs, grated parmesan cheese, and chopped clams. Moisten with reserved broth. Add salt and pepper to taste.

Fill clam shells with stuffing and place on a baking sheet. Top with additional grated cheese and paprika.

If you plan to freeze your stuffed quahogs, wrap well with plastic wrap and freeze at least overnight. Consume within 3 months for optimum texture and flavor. Cooking time may vary when cooked from frozen.

Bake in a 350°F oven for approximately 25 minutes.

Serve with lemon wedges and enjoy!

Oysters with Herbed Butter

Watch this and other Cape Cod seafood recipes at <https://www.capecod.gov/departments/cooperative-extension/programs/nutrition-education-food-safety/recipes/>.

Ingredients

Oysters, dozen fresh, live oysters, scrubbed and cleaned

Butter

Garlic, minced

Chives, chopped greens

Parsley, chopped

Parmesan cheese, grated

Directions

Preheat your oven to 450°F.

Scrub and rinse off your intact, unopened, live oysters.

Place oysters on an oven safe cooking dish.

Cook the oysters for approximately 10 minutes until they pop open slightly. The oysters will now easily open using a butter knife (or an oyster knife if you have one).

In the meantime, melt butter in a saucepan on low heat. Once the butter is melted add minced garlic and stir until brown. Add chopped herbs and stir, let cook for another minute.

Take the saucepan off the heat and add to a heat safe bowl with a spoon for serving. Top butter with plenty of grated parmesan cheese, stir.

Separate the oysters halves and present the oysters on the half-shell along side the garlic, parmesan butter sauce.

Serve with fresh slices of baguettes. To eat scrap oyster onto bread, from the half shell, add butter mixture on top, and enjoy.

Optional variation: For a spicier option, top the oysters on the half-shell with sriracha hot sauce and serve on it's own or with the butter sauce.

How to Easily Open Oysters Using Your Oven

Directions

Preheat your oven to 450°F.

Scrub and rinse off your intact, unopened, live oysters.

Place oysters on an oven safe cooking dish.

Cook the oysters for approximately 10 minutes until they pop open slightly. The oysters will now easily open up the rest of the way using a butter knife (or an oyster knife if you have one). Separate the oysters shells and serve the oysters on the half-shell.

Serve with saltines, lemon wedges, and cocktail sauce for an easy snack or party appetizer.



Fish and Kale Stew **Portuguese translation below!*

Prep 20 min. **Cook** 30 min. **Servings** 6

This recipe is courtesy of the UMass Extension Nutrition Education Program. Skate and monkfish are delicious local species that have long been considered under-utilized species (nutritious and abundant but not consumed as much as better known species). They are gaining popularity for their availability, yummy taste, and versatility. These fish can be purchased at markets throughout Cape Cod, including Buy Fresh Buy Local Cape Cod member Chatham Harvesters Cooperative.

Ingredients

2 tablespoons vegetable or olive oil	1 quart chicken or vegetable broth, low-sodium
1 medium onion, chopped	3 – 4 large stalks of kale leaves, chopped (discard stems)
1 garlic clove, minced	Dash of black pepper and salt (optional)
2 sprigs fresh thyme or ½ teaspoon dried	1 pound skate or monkfish filets, skin and bones removed, cut into large chunks
3 medium potatoes, sliced or cubed	2 tablespoons fresh parsley, chopped. If using dried add ½ tablespoon
6 whole tomatoes, cut into ½ inch pieces	

Directions

Heat oil in a large pot and add onions and garlic. Cook for several minutes over medium heat.

Add thyme and potatoes.

Stir in tomatoes and broth and bring to a simmer. Add kale and season with salt and pepper.

Cover and simmer for 10 minutes until potatoes are tender but not soft.

Add fish and cook for another 5 minutes. Fish will flake apart when cooked. Garnish with parsley.

**If you don't have fresh tomatoes you can use a 14.5 ounces can of diced tomatoes instead.*

See Portuguese recipe below:

Cozido de Peixe e Couve



Tempo Preparação 20 min. **Tempo Cozedura** 30 min. **Porções** 10

Ingredientes

2 colheres (sopa) de azeite vegetal ou de oliva	1 quarto de caldo de galinha ou de legumes de baixo teor de sódio
1 cebola média picada	3 a 4 talos de couve, sem os caules e com as folhas picadas
1 dente de alho picado bem pequeno	Uma pitada de pimenta preta
2 raminhos de tomilho fresco, ou meia colher (chá) seco	Uma pitada de sal (opcional)
3 batatas médias, fatiadas ou em cubos	½ quilo de filé de peixes de skate ou tamboril, sem pele ou espinhos, cortado em pedaços grandes
1 (411 g = 14,5 oz) lata de tomates picados	2 colheres (sopa) de salsa fresca, picada, ou meia colher (sopa) da seca

Instruções

Lave e prepare os legumes e ervas frescos (se estiver usando peixes frescos).

Aqueça o azeite em uma panela grande e acrescente cebolas e alho. Cozinhe por vários minutos em fogo médio. Adicione o tomilho e as batatas.

Adicione os tomates e o caldo e cozinhe em fogo brando. Adicione a couve e tempere com sal e pimenta.

Cubra a panela e cozinhe em fogo brando por 10 minutos até as batatas ficarem macias, mas não moles.

Adicione o peixe e cozinhe mais 5 minutos. O peixe se desmanchará ao ser cozido.

Enfeite com salsa e sirva.



Welcome to the Community Garden

Everyone Eats Cultural Community Garden

A collaborative project of Barnstable County's Cape Cod Cooperative Extension and Buy Fresh Buy Local Cape Cod. Made possible through generous funding provided by and Massachusetts Department of Agriculture.



Increasing Access of Cultural Foods and Inspiring a Multicultural Palate

Washashores come from all over! Cape Cod is home to thousands of people who come from outside of the United States, but finding fresh produce, like those found in their countries of origin can be difficult. In the difficult early days, adjusting to a new home and sometimes a new language, having food that you are familiar with can mean so much. Buy Fresh Buy Local Cape Cod not only works with the local community to increase food access to those facing barriers, but also access to fresh, cultural staples.

Since 2021 Buy Fresh Buy Local Cape Cod, along with Cape Cod Cooperative Extension and other community partners, through support from Massachusetts Department of Agricultural Resources (MDAR) project, developed the Everyone Eats Cultural Community Gardens, a program to aid in the production and access to culturally informed fresh produce. The organizations collaborated with farmers, schools, food pantries, and cultural community organizations to expand consumer and producer interaction in the local food system. This project was a multi-part program: several gardens at community locations that provided access no cost, fresh, cultural produce available to anyone; compensating farmers to experiment growing and bringing these new products to the market; publish cultural recipes so that everyone can try these delicious cultural dishes.

Buy Fresh Buy Local Cape Cod worked with cultural community members who inform the produce grown, distributed, and the recipes developed as part of this program. Instead Buy Fresh Buy Local Cape Cod supported these community gardens and farmers with resources and technical assistance. Cooking videos were also created and posted online in an effort to simplify

instructions for those who may not speak English as a first language and included members of the cultural group who contributed to the recipes shared.

In 2021 the cultural gardens highlighted on Haitian, Jamaican, and Brazilian produce, and recipes. The next year the Everyone Eats gardens added more locations and expanded to include Japanese, Chinese, and Eastern European crops and dishes. The gardens also serve as demonstration sites that provide consumer education. It introduces those new to these crops to wider products on the Cape, provides recipes to try, and encourages folks to grow their own cultural backyard gardens.

The following section of this cookbook is a compilation of some of the Caribbean, Brazilian, Asian, and Eastern European dishes that were shared in the original Everyone Eats projects.





HAITI & JAMAICA

Epis (Haitian Seasoning Base)

Epis is the foundation for most Haitian dishes, often added to recipes that do not call for it.

Basil brings a freshness to this version; you can also add thyme. In Haiti, a mortar and pestle is used, but a food processor is much faster. Use to season meats, soups, rice, and more.

Chop coarsely:

- 1 small onion
- 1/2 green bell pepper
- 1/2 red bell pepper
- 1/2 yellow bell pepper
- 6 scallions
- 6 garlic cloves
- 1 cup parsley leaves with tender stems
- 1/2 cup olive or canola oil
- 6 basil leaves

Haitian Okra Stew

Recipe provided by Marie Celin

Ingredients

- | | |
|----------------------------------------|----------------------------------------------------------|
| 6 lbs. beef neck bones or stewing beef | 2 pounds okra, fresh or frozen, snip ends and keep whole |
| 2 limes | 2 teaspoons butter |
| 1 cup vinegar | 1 red onion, sliced thin |
| 1/4 cup Epis (see recipe) | 1 Scotch Bonnet pepper |
| 1 green bell pepper, sliced thin | 2 Maggi cubes OR 2 tablespoons each: |
| 1 red bell pepper, sliced thin | Worcestershire and soy sauces |

Directions

Marinate meat with Epis seasoning and juice of 2 limes.

On medium-high heat, steam meat, covered, in the marinated juices for 30 minutes. When meat juices start evaporating add tomato paste with 1/2 cup of water and continue browning for 20 minutes, stirring occasionally on medium heat.

Add okra, and thyme with 1/4 cup water cover and cook for 20 minutes.

Add 4 cups water, scotch pepper, Maggi or substitute, butter and bring to a boil, cook for 20 minutes, stirring every 10 minutes. Add sliced onions at the end.

Okra

Portuguese Translation: Quiabo

Creole Translation: Gombo or Kalalou

Okra plays an important role in Haitian cuisine. The Brazilian culture also incorporates okra in their cooking. It is often a part of soups, stews, and side dishes. In Haiti, okra is added to beef stew and oxtail. It works as a thickener for soups and stews. A regional specialty in Haiti that includes okra is called "tonmtonm" a mashed breadfruit that is served with a spicy sauce of okra and meat, fish or crab. Haitian food has its roots in Creole cuisine, which okra is a large part of, especially noted in the American form of gumbo.



Haitian Chicken with Okra and Djon-Djon

Ingredients

4 each chicken thighs and legs
2 garlic cloves, minced
2 scallions, sliced thin
2 tablespoons chopped parsley
1 teaspoon thyme (leaves only)
2 whole cloves
1/2 cup of green bell peppers, sliced thin
1 medium onion, sliced
1–1/2 teaspoons sea or kosher salt
3 tablespoons lime juice or apple cider vinegar
1 pound fresh or frozen okra, tips removed (use whole or sliced)
1/4 teaspoon hot pepper chopped thinly (optional)
**1/2 cup Djon-Djon (dried mushrooms) OR 2 Maggi djon-djon cubes OR Maggi substitute
Vegetable oil for frying



Directions

Remove fat and skin from the chicken. Place in shallow bowl and set aside.

In a small bowl, mix herbs, spices, green peppers and onions with lime juice or vinegar.

Spoon this mixture to evenly coat chicken. Refrigerate and let marinate for one to two hours, or overnight for more flavor.

If using dried mushrooms (Djon-Djon), soak 1/2 cup in 2 cups of water for 45 minutes.

Bring to a boil and cook 10 minutes. Cool, strain liquid and put aside. Liquid is used to cook chicken.

Remove chicken from the marinade, and pat dry if possible. Set marinade aside.

In a large skillet, heat oil. Fry each chicken piece until golden brown and set aside.

Add remaining marinade and cook for 3 minutes. Add chicken. Scatter okra on chicken.

Dissolve Maggi djon-djon into 3/4 cup water. Add water to chicken and cook covered on medium heat for about 20 minutes.

Add salt and pepper to taste, and hot pepper if using, and cook for 10 minutes until chicken and okra are tender. Remove from heat and serve with rice or root vegetables.

**Djon-Djon is a mushroom cultivated in Haiti and sold dried. You can use dried mushrooms or replace with Maggi substitute.

Jamaican Steamed Fish and Okra

Ingredients

3 - 4 medium red or yellow tail snapper	1 tablespoon oil
OR kingfish, OR 2 lbs. mild white fish	1 - 2 tablespoons butter
1 teaspoon salt	1 medium potato, julienned (optional)
1 teaspoon black pepper	2 cups calabaza, diced (optional)
1/2 teaspoon dried thyme	1 medium carrot, julienned

Steam Fish Seasoning Mix:

1 teaspoon salt	1/2 - 1 cup coconut milk
1/4 teaspoon allspice	1/2 - 1 cup water
1/4 teaspoon curry	8 -12 okras, chopped, set aside in a separate bowl
1/2 teaspoon scotch bonnet pepper	**6 - 8 Jamaican Excelsior Water Crackers
5 garlic cloves, crushed	1 teaspoon garlic powder
1 small onion, chopped	1 teaspoon onion powder
2 scallions	1/2 teaspoon oregano, dried
1/2 large bell pepper, chopped	1/2 teaspoon coriander leaves
1 sprig fresh thyme	1/2 teaspoon basil, dried
6 - 8 pimento seeds	

Directions

If fish is whole scale and gut them or use thick filets.

Mix 1 teaspoon each of salt and pepper with 1/2 teaspoon thyme, season inside/outside of the fish, and set aside.

Make the Steam Fish seasoning mix and set aside.

In a large skillet, heat oil for 1 minute.

Add calabaza, onions, garlic, thyme, pimento, scotch bonnet, bell pepper, carrots and potato. Cover and cook on medium-high for 2-3 minutes.

Spread the sautéed vegetables evenly to form a 'bed' for the fish. Add the butter to the center and let it melt.

Lay the fish filets side by side on the vegetables, add 1/2 cup coconut milk. Cover pot and steam fish on medium heat for 1 - 2 minutes.

Sprinkle the seasoning mix over the fish and add a 1/4 – 1/2 cup of water, cover, and steam for 5 minutes.

Spoon the hot liquid over the top of the fish, to help them cook evenly. Check pot every 5 minutes to ensure the liquid hasn't dried out, add a little water if needed.

After 20 minutes, add the okra and cover the pot.

After 10 minutes, add the water crackers, and spoon some of the sauce over the fish and the crackers. Cover the pot and let it steam for 5 minutes more.

Total cooking time is approximately 35 - 40 minutes depending on the size of the fish.

Serve with your choice of ground provisions, bammy or festivals.

Haitian Legume with Chayote

Recipe provided by Marie Celin

Ingredients

1-1 ½ lb. stew beef	1-2 Scotch bonnet peppers
1/2 cup Haitian seasoning/Epis	2 bell peppers, diced
2 limes	2 sprigs thyme
2-3 tablespoons tomato paste	1 teaspoon garlic powder
3-4 cups cabbage, chopped	1/8 teaspoon clove powder
2-4 carrots, thinly sliced	1 teaspoon onion powder
4 chayote squash, peeled, sliced	1 teaspoon salt
4 cups spinach	4 cloves
1 cup French cut green beans	2 - 3 chicken bouillon cubes or stock
4 garlic cloves, minced	



Directions

Marinate meat with 1/4 cup of Epis seasoning and lime juice.

Brown meat over medium-low heat in a heavy-bottom pot. Add tomato paste, garlic, seasonings, Maggi cubes (or substitute) and water/broth to cover and cook meat until tender.

Cook your veggies separately.

Mash the vegetables with a pestle or wooden spoon until the mixture is well blended, but not too mushy. Add them to your meat, layering them accordingly.

Add carrots and string beans, cover and continue cooking until tender. If the pan dries out, add 1/4 cup of water to steam carrots and string beans.

Add bell peppers. Cover and simmer for 10 minutes or until all liquid is absorbed. Stir until well mixed and serve.

Jamaican Calabaza Soup with Chayote

Calabaza is an important vegetable in many Brazilian recipes and is used in salads, soups, and meat dishes. It has deep orange flesh and is a relative of Butternut and other hard squashes grown in New England.

Ingredients

- 2 quarts water
- 2 quarts chicken stock (use vegetable stock and omit chicken for meatless option)
- 1-1/2 lbs. Calabaza squash
- 2 white onions, julienned
- 1 Scotch Bonnet pepper, optional
- 2 sprigs fresh thyme or 1/2 teaspoon dried
- 20-30 pimentos
- 1 cup frozen mixed vegetables/corn
- 2 chayote, peel and chop
- 2 carrots, diced
- 1 lb. yam, peeled and cubed
- 2 chicken breasts remove skin and bones, cut into cubes
- 2 scallions, diced
- 1 sweet potato, peeled and cubed

Directions

In a large pot bring water and stock to a boil.

Add calabaza, thyme, dried pimentos, white onions and Scotch Bonnet (optional).

Bring back to boil and add chayote, carrots, yam and frozen mixed vegetables/corn.

Cut chicken breasts in cubes and add to pot.

Let the soup slow boil for 1-1/2 hours on medium heat, stir occasionally.

Peel and cube the sweet potato, add to pot, partially covered and cook for 20-30 minutes on low heat until the sweet potato breaks up in the soup.

Garnish with scallions and add salt and pepper to taste.

CHAYOTE

Portuguese Translation: Chuchu

Creole Translation: Militon or choko

Chayote is a type of squash that is technically a fruit, but is treated as a vegetable in the kitchen. Popular in dishes throughout Central and South American cuisines, they are green and pear shaped, with a bumpy flesh. They grow on climbing vines, much like a cucumber or squash. Chayote can be eaten raw in a variety of manners, or cooked. Flavor wise, chayote is mild and crisp, with an apple-like crunch. It is considered sweet, juicy and fresh.



OLDWAYS Callaloo Soup

Callaloo is a traditional Caribbean soup, created by enslaved Africans using African heritage, wisdom and indigenous plants. The main ingredient is the green leafy tops of either the amaranth plant (called callaloo or bhaaji) or taro root (sometimes called dasheen). Outside of the Caribbean, spinach and other delicate greens are used. This blended soup combines buttery soft spinach greens with a peppery habanero heat perfect for autumn.

YIELD: 4 bowls

Ingredients

2 tablespoons butter or coconut oil	4 cups low sodium vegetable broth
4 shallots, finely diced	1 bunch callaloo OR 16-ounce box of spinach
2 large carrots, quartered and finely diced	½ cup coconut milk
**2 habanero or scotch bonnet peppers, sliced in half and deseeded	1 tablespoon ground allspice
	1 teaspoon sea salt

Directions

Heat the butter on medium-low heat in a soup pot or Dutch oven. Add the shallots, carrots, and peppers, and slowly cook, stirring occasionally for a good 5 minutes, covered, until the carrots are soft and the aromas are full-blast.

Pour 2 cups of the vegetable broth into your blender. Add two handfuls of greens and blend, until totally pureed. Keep adding greens, and as much broth as needed each time, until you've blended your bunch.

Add the puréed greens and the rest of your vegetable broth to the pot. Add the coconut milk and sea salt. Cover and simmer on medium heat for 10 minutes, stirring occasionally.

Serve in a cup or bowl as a starter, side or main dish. The soup's delicious with a slice of bread for dipping.

** Habanero and Scotch Bonnet peppers pack a ton of heat. Leave your peppers whole, sliced just in half, to lend their heat to the pot. Remove the peppers once the soup is ready to be served.



Jamaican Callaloo with Saltfish

Ingredients

1/2 lb. Saltfish (dried, salted codfish)	1/2 hot chili pepper (ideally Scotch Bonnet)
1/2 lb. callaloo, shredded	1 sprig fresh thyme or 1 teaspoon dried
1/2 teaspoon black pepper	
3 tablespoons butter	Optional:
1 medium onion, chopped	2 cloves of garlic
1 sweet pepper, chopped	4 scallions
1 tomato, chopped	6 slices of bacon

Directions

Soak the saltfish in cold water in the refrigerator, (minimum 8 hours) but overnight is best. Change the water several times to remove most of the salt.

Bring a pan of water to boil and gently simmer the fish for 20 minutes until tender.

Chop the onion, sweet pepper, chilli pepper and tomato while waiting for the fish to cook.

Wash the shredded callaloo and drain thoroughly.

Remove fish from water and allow to cool. Remove skin, bones and flake the fish.

Melt butter in a frying pan and add the onion, black pepper, sweet pepper, chili and thyme. Sauté for 5 minutes. Add optional ingredients now, if desired.

Add the callaloo and half a cup of water, cover and steam for 15 minutes.

Add the tomatoes and flaked fish and steam for another 10 minutes.

Serve with yam, green banana, fried dumplings or potato

Callaloo

Creole Translation: Same as English. Also known as bhajgee (bah-gee)

Well known in Caribbean cooking, each island/ country determines which vegetable is used as "callaloo". A stewed side dish of leafy greens boiled down with coconut milk, it has many variations, depending on the region it is made in. in Trinidad, taro is used (dasheen). Other islands use water spinach. Since it is often hard to find, spinach or other leafy greens can be substituted.



BRAZIL



Brazilian Purslane Broth Base & Potato Cod Soup

Ingredients

1 cup Purslane (washed and cut)	1 tablespoon Olive oil
2 cups vegetable stock	1 Bay leaf
2 onions, diced	1/8 teaspoon Black pepper
4 cloves garlic, minced	



Optional ingredients to make soup:

1 cup potatoes, peeled and cubed	**Alentejo cheese, diced cubes
2 eggs, beaten	Cod fish, (fresh or prepped salted)

Directions for broth

Add olive oil to pot, add bay leaf and pepper, sauté on medium-low heat to release flavors. Then Sauté onion and garlic until translucent.

Add stock and the purslane, bring to a boil and cook for 2 minutes.

Options for soup

Place potatoes in pot and boil for 12-15 minutes. Turn heat to low, add cod, beaten egg and cheese. Serve soup.

*** Alentejo refers to a region where the cheeses are semi-hard and made with raw sheeps milk.*

Brazilian Purslane Salad with Calabaza

Ingredients

1 cup purslane leaves (washed and cut)	pinch of cumin seeds
1/2 baked Calabaza	chopped parsley
1 red pepper, diced	2 tablespoons olive oil
1/2 cup buckwheat or other whole grain, cooked	1 teaspoon of tamari, soy sauce or salt
1 teaspoon turmeric	

Directions

Bake the calabaza: simply cut it lengthwise into 4 quarters and place in the oven for 30 minutes at 450°F. Once cool, peel and cube.

Put all ingredients in a bowl. Season with olive oil, turmeric, cumin seeds and tamari. Mix well and it's ready to serve!

Purslane

Creole/ Haitian Translation: Purslan, Koupye

Also known as duckweed. Common Purslane (*Portulaca oleraceae*) is a succulent weed easily found wild in the Northeast as a ground cover. There are several horticultural varieties which grow upright and are easier for commercial harvest Purslane has a mild flavor and can be used fresh in a salad, or cooked in a variety of scrambled dishes, soups and broths. It is an especially unique vegan source of Omega 3 fatty acids.

Brazilian Purslane Omelette

Ingredients

2 cups purslane, chopped 2 tablespoons of olive oil
2 cups of water 1 onion, diced
6 eggs, whisked Salt and Black pepper, to taste

Directions

Bring two cups of water to boil, add purslane and cook for four minutes. Remove the purslane, let cool, squeeze to drain and set aside. Reserve liquid for other uses, if desired.

In the same pan, add oil and sauté the onion; add purslane and cook for another two minutes. Add the whisked eggs, mix well and season with salt and pepper.

Brazilian Jilo Stuffing

Ingredients

5 jilo unpeeled 1 medium onion, chopped
10 oz. sausage (pork, pepperoni or paio) 1 tablespoon oil
1 egg 2 cups corn flour
1 large carrot, grated Salt and pepper to taste

Directions

Chop the jilós into small pieces and boil for approximately 7 minutes over high heat.

Set them aside and reserve them for later in a heat-safe container.

Chop the sausages into very small pieces and fry with the carrot and onion.

Once everything is cooked, add the jiló, then continue frying.

Break a raw egg in the middle of the pan. Stir the egg well, mixing with other ingredients, so that it fries with the other items.

Add corn flour, salt (if necessary) and pepper.

Jilo (Scarlet Eggplant)

Portuguese Translation:

comprido verde claro, andmorro redondo
A relative of eggplant and tomato, jilo is a popular staple in Brazil. This green fruit is used in main dishes, soups, and fried. In some parts of Brazil, jilo is a common "bar snack", sauteed with onions to accompany cachaça, the national drink of Brazil. It is considered a healthier alternative to fried appetizers. In rural areas of Brazil, where it is also known as jinjilo, jiló is used medicinally as a home remedy for influenza, colds, and fevers.



Brazilian Chayote with Shrimp

Ingredients

2 lbs. medium shrimp, raw, without shell	2 cloves garlic, chopped
2-1/2 teaspoons homemade sazón seasoning, divided OR 2 packets SAZÓN®	3 medium chayote, chopped
1 lemon	3 tomatoes, peeled, seeded, chopped
2 tablespoons olive oil	1/2 cup boiling water
1 medium onion, chopped	1 teaspoon salt

Directions

Sprinkle shrimp with 1-1/4 teaspoons of sazón and lemon juice, marinate for 10 minutes.

In a large saucepan, sauté onion and garlic in oil until transparent over medium high heat.

Add the chayote and tomatoes. Cook for 5 minutes or until the tomatoes start to dissolve.

Add 1-1/4 teaspoons of sazón and boiling water. Let it cook, partially covered for 15 minutes or until chayote is soft.

Add shrimp and salt, cook uncovered for 10 minutes.

Remove from heat and serve.



Brazilian Chayote with Chicken

Recipe shared by Marly Pereda

Chuchu com Frango

Ingredients

4 chayote, sliced in half lengthways, peel, remove pit and dice in 1/2" cubes	1/2 cup water
1 onion, diced	2 cups, pre-cooked shredded chicken
1 tablespoon Epis	2-3 scallions, sliced
1 Maggi cube OR 1 tablespoon each: Worcestershire and soy sauces	

Spice mix:

1/2 teaspoon Black pepper	1/4 teaspoon Azafran (Saffron)
1 teaspoon sea salt	1/2 teaspoon nutmeg

Directions

Heat oil in fry pan, add onion and sauté until transparent.

Add Epis and mix well.

Add chayote and sauté for 2-3 minutes.

Add spice mix and Maggi substitute or cube, mix well. Add 4 oz. water and stir to blend.

Cover pan and let simmer for 5 minutes.

Add shredded chicken, mix well. Top with scallions and let simmer until chayote is soft and some of the liquid is absorbed.



EASTERN EUROPE



Kohlrabi

Kohlrabi might look like a turnip, but it is actually in the cruciferous family with cabbage, broccoli, and cauliflower. This vegetable is popular in northern and eastern European countries like Germany and Hungary, as well as northern Vietnam and eastern India. Kohlrabi has a waxy lobed skin and comes in green, white, or purple varieties. The thick part of the plant is the bulb, with stems and leaves that can be chopped up for salads, soups, or cooked down and seasoned similarly to collard greens. Some

people compare the taste and texture to that of broccoli stems and say it has a mild spice flavor like a radish or turnip. Kohlrabi is very cold tolerant and can be grown anywhere it has access to full sun. It is also highly suitable for growing in a pot that is at least 16" wide and 16" deep.

Link to cooking video:

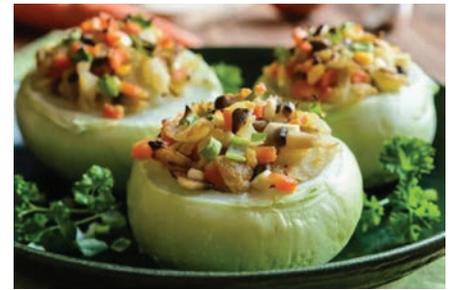
<https://youtu.be/ErpS94XZxT8>

Töltött Karalábé: Hungarian Stuffed Kohlrabi

Serves: 4-6 **Time:** 95 minutes

Ingredients

6 medium kohlrabi	1 clove garlic, chopped
1 large onion, finely chopped	1 ½ cups broth (chicken or vegetable)
1 ½ tablespoons butter	1 cup sour cream
1 pound ground beef, uncooked**	2 tablespoons flour
2 large eggs	Salt and pepper to taste**



Instructions

Preheat the oven to 350°.

Place the kohlrabi (stems removed) in a pot filled with water and bring it to a boil. Once boiling, let it sit for 20 minutes.

Remove them from the water using tongs and allow them to cool. Then, peel away any tough skin and chop a bit off of the bottom so that they can rest flat on a surface. Cut off the top as well (save the tops on the side) and scoop out the center of the bulb, leaving about a ¼ inch thick wall on the sides and at the base (kind of like creating a bowl).

In a separate bowl, combine the ground meat, chopped garlic, eggs, and salt and pepper. Mix these all together. Meanwhile, bring a medium-sized skillet to medium-low heat and sauté the butter, onions, and the parts that you've just scooped out of the kohlrabi bulb. Heat these until the onions look translucent.

Now, scoop the meat mixture you made into the kohlrabi, and cap it with the tops you set aside earlier. Place each one into a casserole dish that is drizzled with cooking spray, olive oil, or vegetable oil.

Bake them in the oven for 40-50 minutes.

Serve with sour cream or plain yogurt.

**Notes

Alternatives to beef could be ground turkey, pork, or even quinoa, lentils, or finely chopped mushrooms. For every 1 pound of ground meat, use 8 ounces of mushrooms (5).

Flavor alternatives to salt or additions could include garlic or onion powder, balsamic vinegar, lemon juice, or any fresh herb such as rosemary, paprika, or thyme.

Source: <https://www.thespruceeats.com/hungarian-stuffed-kohlrabi-recipe-1136281>

Kohlrabi Slaw

Serves: 4 **Time:** 15-20 minutes

Ingredients

3 cups kohlrabi (1 pound), peeled & cut into matchsticks	2 tbsp olive oil
1 cup carrots (2 large carrots), shredded	1 tbsp white wine vinegar
1 apple, cut into matchsticks	1 tbsp maple syrup, honey, or sugar
2 green onions, thinly sliced	½ tbsp Dijon mustard
2 tbsp chopped parsley	½ tsp kosher salt



Instructions

Chop the kohlrabi, carrots, apple, green onion, and parsley according to the instructions listed next to each ingredient above.

Mix all ingredients into a bowl with olive oil, white wine vinegar, maple syrup, Dijon mustard, and kosher salt. Enjoy!

Source: <https://www.acouplecooks.com/kohlrabi-recipes/>

Kohlrabi Stir Fry

Serves: 4 **Time:** 40 minutes

Sauce Ingredients

2 garlic cloves, peeled	2 tbsp lime juice
1 small red chili, or 1-2 tsp chili sauce	¼ cup rice vinegar, or any vinegar
2 tbsp sugar	¼ cup Vietnamese or Thai fish sauce**

Stir Fry Ingredients

2-3 tbsp oil	1 pound protein of choice:
2 cloves garlic, peeled and minced	shrimp, tofu, chicken, beef, etc.
4 medium kohlrabi, peeled and cut into rounds or half rounds	The remainder of the kohlrabi leaves and stems, washed and finely chopped
2 large carrots, peeled and diced	

Instructions for the Sauce

Grind up, puree, or blend the garlic, chili, and sugar until you have a thick paste. Add the lime juice, vinegar, and fish sauce, stirring to combine. Set this aside.

Instructions for the Stir Fry

Heat oil in a wok or large skillet over high heat. Put the garlic in and cook briefly for 15-30 seconds. Then, add the kohlrabi and carrot, stirring frequently until the vegetables begin to brown.

Add the protein of your choice to the pan. If it is raw meat, you can cook it separately before adding it to the vegetables.

Put about ¼ cup of the sauce you made into the pan and coat the veggies in that until they begin to form a glaze. Then, turn off the heat, add the stems and leaves you set aside earlier, or any sort of leafy green (swiss chard, spinach, arugula) to the pan, and stir constantly until they begin to wilt.

Add the remainder of the sauce and serve over rice or a grain of choice.

**Notes

You can use a mortar and pestle, blender, or food processor to create the paste. Fish sauce alternatives: soy sauce, coconut aminos, or Worcestershire sauce.

Source: <https://nwedible.com/stir-fried-kohlrabi-and-prawns-vietnamese/>

Bagna Cauda

Serves: 8 **Time:** 1 hour

Ingredients

3 lb. cardoons

Juice of 3 lemons

1/2 cup butter

10 cloves garlic, peeled and thinly sliced

24 oil-packed anchovies, chopped

2 cups extra-virgin olive oil

Salt and freshly ground black pepper

Assorted raw vegetables such as

fennel, baby artichokes, endive, and radicchio

Instructions

Separate cardoons into stalks, then thoroughly rinse and trim of all thorns and leaves.

Cut off the indigestible stringy fibers with a vegetable peeler and cut into 1 1/2" -2" pieces. Rub with lemon and set aside in acidulated water to prevent discoloration.

Place in a pot of salted water with the lemon juice. Bring to a simmer over medium-high heat and cook until cardoons are tender, about 30 minutes. Drain, cool, and dry with paper towels.

For the "hot bath", melt butter in a small saucepan over low heat. Add garlic and cook until garlic softens, about 3 minutes. Add anchovies and drizzle in olive oil. Cook over low heat, stirring until flavors are blended, 10-15 minutes. Season with salt and pepper and keep warm.

Serve with raw vegetables —and of course with the cardoons if you wish.

Source: <https://www.saveur.com/article/Recipes/Bagna-Cauda/>



Cardoons

Cardoons are a fast-growing vegetable characterized by their thick, fibrous stalk. They look like celery but have a taste and texture that is more similar to artichokes —both of which are in the same family as lettuce, endives, chamomile, echinacea, and dandelion. While cardoons are native to Northwest Africa, they were introduced into Mediterranean regions in ancient times and became a popular ingredient across Europe up until the 18th century. While not as commonly utilized in modern day, they are still a traditional vegetable in certain regions of Italy, Spain, and France. In Portugal, cheesemakers use natural enzymes derived from cardoons to coagulate milk into cheese.

Beef and Cardoon Tajine

Serves: 8 **Time:** 1 hour

Ingredients

1.5 pounds of beef short ribs (you can also use lamb instead)	1/4 teaspoon of turmeric powder
1 large onion, grated	1/2 teaspoon of ginger
3 garlic cloves, crushed	A large pinch of saffron
2 1/2 tablespoons of olive oil	1 large bunch of cardoons
1 tsp of salt	Lemons
1/4 tsp of pepper	Water
	<i>Optional:</i> preserved lemon



Instructions

Cleaning the Cardoon

Remove the leaves at the top of the cardoon.

Cut the base of the cardoon to separate the stalks.

Peel the top of the stalk to remove the strings.

The inside of the cardoon stalk also has a thin skin that needs to be removed. First, cut the stalk into pieces about three or four inches, then remove the inter thin skin with the tip of the knife.

Place the cleaned pieces in a bowl containing cold water and immediately squeeze lemon juice over them otherwise they will turn brown. Throw in the piece of lemon in the water as well.

Cooking the Meat

On medium heat, drizzle the olive oil in your pot. Add the onion, garlic, meat and spices.

Cover the pot and let the meat cook for the next 10 min. Stir from time to time.

After 10 min, add the cleaned cardoon (drained from the lemon-water) to the meat.

Cover the meat and cardoon with water (5 cups), cover your pot, and let the meat/cardoon cook on high heat until the water starts boiling.

Once the sauce starts boiling, reduce the heat to medium-high and let the cardoon and meat cook until done (approximately 1 hour and 45 minutes).

Check on the meat/cardoon from time to time and add water as necessary – the meat should be cooking in a sauce at all times, you don't want it to be dry or too watery.

Final Steps

After 1 hour and 45 minutes of cooking the meat / cardoon, you can add the preserved lemon pre-washed in water (to remove the saltiness) and cut it into quarters.

Taste the sauce and adjust the spices accordingly.

Uncover the pot, and let the tajine simmer on low heat for another 15 minutes for the sauce to thicken.

Serving the Tajine

To serve this dish, first place the meat on the plate, cover it with the cardoons, then pour the sauce on top.

Serve with Moroccan bread or French baguette.

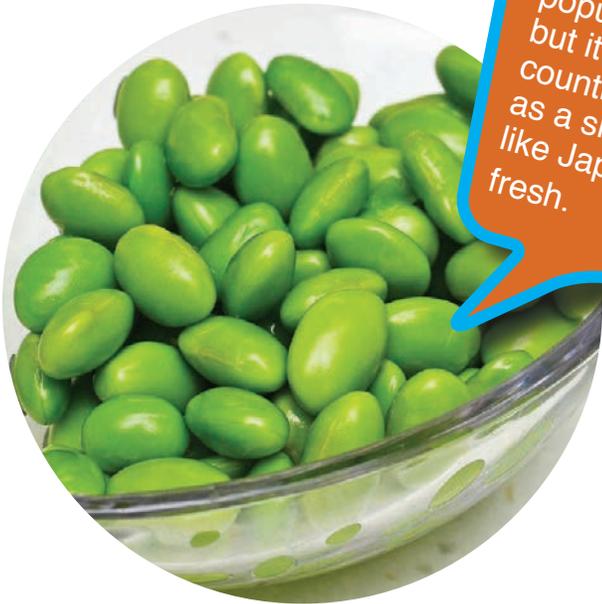
Source: https://www.cookingwithalia.com/tajine-of-beef-and-cardoon-kharchouf/?fbclid=IwAR052m5RD2FV5ZL84btrO1KNTTo1xBmg9-zPVp9irQOv51Y_WERlh9wmgxI8



JAPAN & CHINA

Cardoons

Edamame is a type of soybean that is harvested before it reaches full maturity, and because of this, it retains a very sweet taste. Originally this little bean became popular in East Asia, particularly in Japan but it is becoming more common in Western countries. Here in the US it is either roasted as a snack or sold frozen, whereas in places like Japan you may more often find it sold fresh.



Spicy Edamame

Serves: 4 **Time:** 15 minutes

Ingredients

1 pound frozen edamame (in shells)	½ teaspoon chili pepper
1 teaspoon sesame oil**	1 ½ teaspoons salt
1 small garlic clove, finely chopped	½ teaspoon red chili flakes,
½ teaspoon Japanese rayu (Chili oil)	for garnish

Instructions

Fill a bowl with ice and cold water.

Measure out all of the ingredients and set aside.

Boil the edamame in the shells for 5 minutes.

Rinse the beans in the bowl of cold water and set them aside to dry, or pat them with a towel.

Now, in a large heated pan, add the sesame oil and garlic, stirring for less than a minute, or until fragrant.

Add the chili oil and cooked edamame (still in the shells) and mix them around for 1-2 minutes.**

Add the spices you mixed earlier and toss to combine.

**Notes

You can use vegetable oil, canola oil, or olive oil as a substitute.

Sesame oil does not like high heat so be sure to avoid over-heating the pan.

Reference: <https://www.thespruceeats.com/spicy-edamame-soy-beans-2031549>

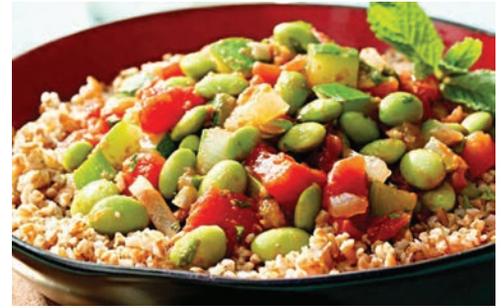


Edamame Stew

Serves: 4 **Time:** 30 minutes

Ingredients

1 ½ 10-ounce frozen edamame	1 teaspoon ground coriander
1 tablespoon extra-virgin olive oil	⅛ teaspoon cayenne pepper
1 large onion, chopped	1 28-ounce can of diced tomatoes
1 large zucchini, diced	¼ cup cilantro, or mint, chopped
2 tablespoons minced garlic	3 tablespoons lemon juice
2 teaspoons cumin	



Instructions

Bring a large saucepan of water to a boil and add the edamame. Cook for 3-5 minutes or until tender. Heat oil in a separate saucepan over medium heat and cook down the chopped onions until they look translucent, about 3 minutes. Add the zucchini and cook for another 3-5 minutes, or until the onions start to brown. Add the garlic, cumin, coriander, and cayenne and stir until fragrant, about 30 seconds. Stir in the tomatoes and bring to a boil. Then, reduce the heat to a simmer and cook for about 5 minutes. Now, stir in the edamame and cook until heated through, about 2 minutes. Remove from heat and stir in the cilantro (or mint) and lemon juice.

Reference: <https://www.eatingwell.com/recipe/249376/egyptian-edamame-stew/>

Pickled Ginger (Gari)

Servings: 1 cup

Prep Time: 15 minutes

Pickling time: 4 hours

Ingredients

8 oz young ginger

$\frac{3}{4}$ cup sugar

2 tsp kosher or sea salt

1 tsp kosher or sea salt

1 cup rice vinegar (unseasoned)



Instructions

Gather all the ingredients.

Using a knife (you can also use the back of the knife or spoon), scrape off brown spots and thin skin of the ginger.

Using a peeler, thinly slice the ginger. You can also use a mandolin. I prefer to use a peeler as I can slice it very thinly.

When you can't slice the ginger anymore with the peeler/mandolin, use the knife to slice it thinly.

Sprinkle 2 tsp salt and set aside for 5 minutes.

Meanwhile, bring a medium pot of water to a boil. Once boiling, blanch the thinly sliced ginger for 1-2 minutes. If you want to keep it spicy, take it out after 1.5 minutes.

Drain the ginger slices into a sieve. Let cool slightly so you can handle it with your hands.

With your clean hands, spread them out in a single layer over a large sieve or paper towel/wire rack and let cool. This helps remove moisture.

Squeeze the water out from the ginger and put it in a sterilized airtight jar.

In a small saucepan, add rice vinegar, sugar, and salt.

Mix and bring it to a boil on medium heat. Cook the vinegar mixture until the strong vinegar smell has evaporated and sugar has completely dissolved.

Remove from the heat and let cool slightly (so it doesn't break the glass jar). Pour the hot vinegar mixture into the jar with ginger slices. Using a clean chopsticks (or any utensil), mix well together. Close the lid, let cool completely, and refrigerate.

After 4 hours or so, the ginger will turn slightly pink. I recommend waiting until the following day or a few more days to enjoy.

Keep pickled ginger in an airtight container and store in the refrigerator for up to 1 year. Always use clean utensils to pick up pickled ginger if you want to keep the pickled ginger for a long time.

Source: <https://www.justonecookbook.com/pickled-ginger/>

Baby Ginger

Ginger belongs to the Zingiberaceae family with cardamom and turmeric and is native to tropical Asia, though used widely on all continents. Baby ginger is harvested before maturity. It shares the same knobby multiple, -branched shape as the mature root, but it has very thin skin and faint pink tone around the tips. The flavor is fragrant but much more mild than mature ginger. Most of the world's ginger is produced in tropical Asian countries. Hawaii is the only US state that can grow ginger commercially. Baby ginger, however, can be grown elsewhere in the US and harvested while it's young in the fall before the winter cold sets in.

Chicken with Young Ginger

Serves: 4 **Time:** 1 hour

Ingredients

2 ² / ₃ oz plump fresh ginger	¼ tsp potato starch mixed with ½ tsp cold water (can sub cornstarch or arrowroot powder)
1 spring onion, white part only	A few 2" lengths of spring onion, green parts only
4 boned chicken thighs	1 tsp sesame oil
2 tbsp cooking oil	Ground white pepper
1 tbsp Shaoxing wine (sub dry sherry or mirin)	

Marinade

½ tsp sal	2 tsp potato starch (or cornstarch)
½ tbsp Shaoxing wine (sub dry sherry or mirin)	2 tsp cold water

Sauce

1 tsp light soy sauce	½ tsp granulated sugar
½ tsp dark soy sauce	2 tbsp stock or water

Instructions

Peel the ginger and cut it into thin slices (~1/16 of an inch). Smack the spring onion white gently with the flat side of a Chinese cleaver or a rolling pin to loosen its fibers.

Cut the chicken into bite-sized pieces, put it in a bowl with the marinade ingredients and stir well.

Combine the sauce ingredients in a small bowl.

Heat the oil in a seasoned wok over a high flame. Add the ginger and spring onion white and stir-fry until they smell wonderfully fragrant.

Add the chicken and continue to stir-fry over a high heat, separating the pieces as you go.

When the chicken is cooked through and beginning to color, splash in the Shaoxing wine, then give the sauce a stir and add to the wok.

Bring it to a fast boil and season with a pinch or two of pepper to taste. Give the starch mixture a stir and add it to the wok, stirring as the liquid thickens to a glossy sauce.

Add the spring onion greens and give them a brief lick of heat. Finally, off the heat, stir in the sesame oil, then serve.



Source: <https://www.souschef.co.uk/blogs/the-bureau-of-taste/fuchsia-dunlops-chicken-with-young-ginger>

Chinese Stir-Fried Choy Sum

Serves: 4 **Time:** 10 minutes

Ingredients

2/3 pound choy sum or other Chinese leafy green 1 tsp sugar
3 cloves garlic, minced 1 tsp sesame oil (optional)
2 tsp light soy sauce 2 tsp peanut oil or other neutral, high smoke-point oil
3 ½ tsp ginger finely chopped or cut into slivers

Instructions

Wash and thoroughly dry the greens. If you're using choy sum, you can leave the stems whole or cut them into more manageable bites. If you're using a larger/tougher green like gai lan, slice the stems into relatively thin pieces to ensure that they cook evenly.

Combine the soy sauce, sugar and sesame oil and set aside.

Heat a wok over very high heat (as hot as you can manage) for about 30 seconds. Add the peanut oil and swirl to cover the bottom of the pan. Heat until the wisps of smoke begin to appear at the edges of the oil.

Add the ginger and garlic to the wok and stir-fry for about 30 seconds, or until the garlic is golden but not brown. Add the choy sum and stir-fry until the leaves are wilted and the stems softened; about 2 minutes. Try to make sure that the vegetables don't mound in the center of the wok, as this will prevent them from cooking evenly. Instead, you want to keep them as spread out as possible.

Add the soy sauce/sugar/sesame oil and stir/toss to ensure that the ingredients are thoroughly covered. Stir-fry for an additional 30-45 seconds or so to reduce the sauce and caramelize the sugars a little bit. Remove from heat and serve immediately.



Source: <https://www.diversivore.com/universal-chinese-greens-part-1-stir-frying/>

Chinese Rice Soup

Ingredients

Broth

32 oz chicken stock/broth, low sodium
1 cup water
2 garlic cloves, smashed
1/2" ginger piece, cut into 3 slices
1 1/2 tbsp light soy sauce,
or normal all purpose soy sauce

1 1/2 tbsp Chinese cooking wine or rice wine
(can substitute with dry sherry, sake,
or chicken/vegetable stock)
1/4 - 1/2 tsp sesame oil, toasted (optional)
1/4 tsp white pepper (sub black, can omit)

Add-ins

3/4 cup uncooked white rice,
long grain, medium grain, short grain, jasmine
3 stems choy sum, cut into 2cm / 1" lengths,
stems separated from leaves

8 oz white fish filets, cut into 1" cubes
1 green onion, finely sliced

Toppings (choose one or more)

Crispy fried shallots
Crunchy fried noodles
Chili oil or paste

Instructions

Combine broth ingredients: Place chicken stock, soy sauce, Chinese cooking wine, garlic and ginger in a small pot over high heat.

Simmer to infuse: Place lid on, bring to simmer then reduce to medium and simmer for 5 minutes to allow the flavors to infuse.

Add rice and cook uncovered for 10 minutes - the broth surface should be bubbling very gently.

Add fish and stems of choy sum, cook for 2 minutes.

Pick garlic and ginger out of soup.

Stir in choy sum leaves (they will wilt almost instantly), sesame oil and pepper. Serve immediately.



Source: <https://www.recipetineats.com/chinese-rice-soup/>

Creamy Roasted Choy Sum Pesto Pasta

**While not a traditional preparation of choy sum, this recipe was created by a Chinese chef who wanted to explore new culinary possibilities for Chinese greens.*

Serves: 3 **Time:** 35 minutes

Ingredients

½ pound choy sum, washed thoroughly	½ cup onion (finely chopped)
extra virgin olive oil	½ cup heavy cream
salt and pepper	1 tablespoon lemon zest
½ pound fettuccine (any long pasta will work)	a big pinch of crushed red pepper flakes (or to taste)
½ lemon (juiced)	½ cup toasted sunflower seeds
3 cloves garlic (divided)	(substitute toasted pine nuts, walnuts, pecans, etc.)

Instructions

Preheat oven to 400 degrees. Bring a large pot of salted water to boil for your pasta. Keep the choy sum whole and drizzle with olive oil, salt and pepper. Roast until just starting to char, 15 minutes, turning the veggies once, halfway through baking. While that's happening, cook your pasta until 1 minute less than fully cooked. Set aside a cup of pasta water and drain the rest.

Transfer your roasted choy sum to a food processor with the juice of half a lemon, a clove of garlic, and a drizzle of extra-virgin olive oil. Pulse until well blended.

In a large skillet, heat a tablespoon of olive oil and add the onion and 2 cloves of chopped garlic. Cook down until golden and tender, 7 minutes.

Add the cream, pasta, choy sum mixture, lemon zest, and crushed red pepper flakes. Stir all together. Loosen it up with some of the reserved pasta water, if necessary, and adjust seasoning if needed. Serve sprinkled with Parmesan and toasted sunflower seeds.



Source: <https://thewoksoflife.com/creamy-roasted-choy-sum-pesto-pasta/>

Choy Sum

Native to China and used in a variety of cuisines across Asia, choy sum is a leafy green vegetable in the same species as bok choy, Napa cabbage, and turnips. In Cantonese, its name translates to “the heart of the vegetable” – referring to its tender, edible stem. It’s also known as Chinese flowering cabbage, or cai xin. Vietnamese speakers may refer to it as cai ngot, Thai speakers as

pakaueo, and Japanese as saishin. Choy sum is characterized by its yellow flowerheads and bright oval-shaped leaves. It thrives in tropical and monsoonal climates and grows best in the cooler months, though it’s available year-round.

Link to cooking video:
<https://youtu.be/eX2nqx9POLk>

RECIPES FROM CAPE COD'S FARMERS,
FISHERMEN, CHEFS AND ARTISANS
&
THE LOCAL FOOD THAT
INSPIRES THEM

