

Hinsdale



Farmers Market

Recipes From Chef Paul Virant (Vie, Vistro)

ASPARAGUS

GRILLED AND PICKLED ASPARAGUS WITH PROSCIUTTO AND FRIED EGGS

Serves 4

Ingredients

6 spears pickled asparagus, thinly sliced (such as Jar Sessions by Paul Virant; available at Vistro and Vie, jarsessions.com)
2 tablespoons asparagus pickling liquid
1/4 cup thinly sliced spring onions
1 tablespoon Dijon mustard
1/4 cup plus 2 tablespoons extra virgin olive oil
kosher salt and freshly ground black pepper
1 pound fresh asparagus
4 generous slices prosciutto
2 or 3 tablespoons unsalted butter
4 large eggs
1 cup loosely packed and picked fresh parsley, chives and tarragon leaves

Directions

Prepare a fire in the grill, spreading the coals for direct-heat cooking. Alternatively, preheat your oven to 450 degrees F.

To make the vinaigrette, in a small bowl, mix together the pickled asparagus, pickling liquid, spring onions and mustard. Whisk in 1/4 cup of extra virgin olive oil and add a pinch of salt and pepper to taste.

To prepare the asparagus, trim off the tough ends of the fresh asparagus. Spread the asparagus across a baking sheet in a single layer and season with the remaining 2 tablespoons extra virgin olive oil and a couple pinches of salt and pepper.

Place the asparagus on the grill, ensuring the spears sit perpendicular to the grill's grates. Grill over high heat, rotating the spears evenly to ensure even cooking, until evenly charred, 3 to 4 minutes. Alternatively, roast in the oven until the tips are caramelized.

For serving, drape a piece of prosciutto across each plate. Divide the grilled asparagus among the plates. Meanwhile, heat a dollop of butter in a large skillet. Fry the eggs to your liking. (If necessary, do this in batches, wiping out the pan between each use.) Gently place the eggs on top of the asparagus. Mix the herbs into the vinaigrette and spoon over the eggs.

Recipe from The Preservation Kitchen cookbook

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FOURTH OF JULY

BREAD & BUTTER PICKLES

Ingredients

3 pounds cucumber pickles (summer squash or sunchokes also work well)
1 medium yellow onion
3 tablespoons kosher salt
3 cups apple cider vinegar
1 cup brown sugar
1 1/2 cups white sugar
1 1/2 teaspoons celery seed
1 1/2 tablespoons yellow mustard seeds
1 tablespoon turmeric
6 cloves

Directions

Slice the pickles and onions, discarding ends. Season with salt and allow to drain 1 hour. Rinse, then drain again. Place the pickles in a non-reactive container large enough to hold them and the brine. Meanwhile, combine vinegar, sugars and spices, and bring to a boil. Pour over the pickles. Allow to cool, then refrigerate for at least 2 days before serving.

Recipe from The Preservation Kitchen cookbook

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TOMATOES

GAZPACHO

Ingredients

- 2 pounds cucumbers, peeled and chopped
- 1 pound red onion, peeled and chopped
- 2 sweet red peppers, chopped
- 1 jalapeño, chopped
- 5 1/2 pounds tomatoes, cored and chopped
- 2 cups extra virgin olive oil
- 1/2 cup red wine vinegar
- 1 tablespoon sweet smoked paprika
- 1/2 tablespoon black pepper
- 5 cloves garlic
- salt

Directions

Combine all ingredients and allow to marinate in your refrigerator overnight. The next day, working in batches, puree in a blender until smooth. Whisk well and adjust seasoning as necessary before serving. Finish this refreshing chilled soup with a squeeze of lemon or lime, and serve with some crusty bread and olive oil drizzle.

Recipe from The Preservation Kitchen cookbook

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HARRY & EDDIE'S
QUALITY FOOD & COCKTAILS
EST. 1925

Beet and Farro Salad

4oz. Diced Beets

2oz. Spinach

2oz. Farro

1 tablespoon Gorgonzola Crumbles

Pinch of Salt and Pepper

1 tablespoon Pistachios

1.5 oz. Apple Cider Vinaigrette

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HARRY & EDDIE'S
QUALITY FOOD & COCKTAILS
EST. 1925

Strawberry Balsamic Chicken Salad

5oz. Mixed Greens(Red and Green Leaf, Radicchio, Arugula)

2oz. Red Grapes

1oz. Spiced Pecans

1oz. Gorgonzola Crumbles

½ Avocado Diced

1.5oz. Strawberries

2oz. Balsamic Vinaigrette

.5oz. Balsamic Glaze

6oz. Chicken Breast

			<u>BAKING INSTRUCTIONS:</u> 1. Bake in 350° oven (convection, 375° for conventional) for 25 -35 minutes, or until filling is bubbling and streusel is golden 2. Serve with vanilla ice cream or whipped cream

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MEYER LEMON VINAIGRETTE

Yield: 2 Cups

INGREDIENTS	AMOUNT	UNIT	PROCEDURE
Meyer Lemons, zest and juice	½ cup juice	4 lemons	<ol style="list-style-type: none">1. Combine all the ingredients together except the oil2. slowly whisk in the oil until emulsified <p>Easy one step procedure:</p> <ol style="list-style-type: none">1. Place all ingredients into a major jar.2. Screw the lid on tightly then shake until emulsified
Champagne Vinegar	2	Tblsp	
Water	1	Tblsp	
Shallot, minced fine	2	Tblsp	
Honey	2	tsp	
Kosher Salt	pinch		
Ground Black Pepper	pinch		
Canola Oil(Grapeseed oil if you have it)	1	Cup	

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CORRIANDER VINAIGRETTE

Yield: 2 Cups

INGREDIENTS	AMOUNT	UNIT	PROCEDURE
Whole Grain Mustard	1	Tsp	<ol style="list-style-type: none">1. Combine all the ingredients together except the oil and cilantro.2. slowly whisk in the oil until emulsified3. add cilantro <p>Easy one step procedure:</p> <ol style="list-style-type: none">1. Place all ingredients into a major jar.2. Screw the lid on tightly then shake until emulsified
Dijon Mustard	1	tsp	
Granulated sugar	1	Tblsp	
Honey	1	Tblsp	
Water	2	Tblsp	
Sherry Vinegar	½	Cup	
Lime Juice, fresh	1	lime	
Kosher salt	pinch		
Black Pepper	pinch		
Ground Corriander	1	Tsp	
Corriander seed, toasted and ground	1	tsp	
Red chili flakes	1/2	tsp	
EV Olive Oil	2	Tblsp	
Canola Oil	1	Cup	
Cilantro, minced	1	Tblsp	

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ROASTED SWEET CORN & WATERMELON SALAD

Yield: SERVES 4-6

INGREDIENTS	AMOUNT	UNIT	PROCEDURE
Sweet Corn, roasted and shucked	4-6	ears	<ol style="list-style-type: none"> 1. Peel corn and roast on hot grill until lightly charred, turning to cook evenly on all sides. 2. Cool to room temperature and cut kernels off the cob 3. Arrange watermelon on a serving platter. If Yellow watermelon is available use half of each color! 4. Slice feta ¼” thick then crumble in large shards over the watermelon 5. Sprinkle corn evenly over the top 6. Zest lime evenly over the top and squeeze the lime juice evenly over the top 7. Sprinkle Tajin evenly over watermelon and corn 8. Place Watercress leaves, cilantro leaves, red onion, s & p and lemon vinaigrette in mixing bowl 9. Mix well then spread evenly over top of corn and watermelon mixture – do not cover completely as you want to see the colors of the watermelon, corn and feta
Watermelon, cut in ¾-1” cubes	3	Cups	
Good quality Feta, Spanish, goat, etc	6	oz	
Lime zest and juice	1	lime	
Tajin Seasoning	sprinkle		
Watercress	1	Cup	
Cilantro	½	Cup	
Red Onion, shaved thin	1/4	cup	
Kosher Salt	pinch		
Ground Black Pepper	pinch		
Meyer Lemon Vinaigrette, recipe attached (or store bought champagne vinaigrette – I like Girards! Even the light version is very good	2 oz		