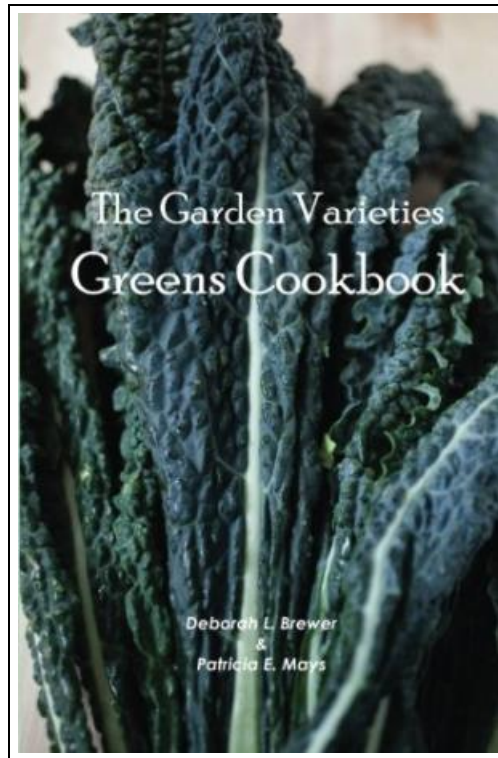


The Garden Varieties Greens Cookbook (Paperback)



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Reviews

The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).

(Dr. Marcos Grimes III)

THE GARDEN VARIETIES GREENS COOKBOOK (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Enjoy kale, chard, mustard and other greens in 27 recipes for soup, smoothies, eggs, kugel, desserts and more. Whether you are seeking to add greens to your diet or are simply looking for new ways to enjoy them, this cookbook provides easy recipes, nutritional information and guidelines for the preparation and storage of greens, along with warm advice. Forget for a moment that greens are healthy and serve a dish that is tasty, adventurous and fun. Recipes include: Basic Braised Greens, Asian Greens Soup, Arugula Frittata, Russian Kale and Bacon Gratin, Colcannon, Chard Apple Galette and Sorrel Panna Cotta. The following tart recipe gives you a great starting point for your own experimentation. Savory Chard Galette Tasty warm or at room temperature, any time of day. 1 tablespoon olive oil 2 cups thinly sliced red onion, or leek 1 clove garlic, crushed (1 teaspoon) 7 ounces chard or other greens, large stems removed, chopped small 1/4 cup water, plus 1 teaspoon 1 tablespoon flour 1/4 cup whole milk 1 tablespoon Dijon mustard 1 large egg, yolk and white divided 1 pie crust, uncooked Grated Swiss cheese for topping Preheat oven 350 degrees. Sauté garlic and onion or leeks in olive oil until soft and fragrant. Add chard and water. Cook 5 minutes or until wilted and soft. Remove to bowl, set aside. In same pan, with the heat off, whisk flour and milk. Add mustard and egg yolk. Whisk until blended. Add greens mixture, stirring to coat. Set aside. Lay out pie crust on flat baking sheet. Pour chard mixture into center, folding outer two inches inward. Combine egg white with 1 teaspoon water. Baste edges of crust. Sprinkle entire galette with cheese. Bake 40 minutes or until egg filling has set. Published by Jmars Ink.

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