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# GARDEN FRESH GOODNESS

Gourmet Club Menu  
September 2013

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ALSO, IF YOU ARE INTERESTED IN GARDENING CHECK OUT ONE OF OUR NEWEST SPECIAL INTEREST GROUPS –

MFC GARDENING! [HTTP://MFC.MAYOFAMS.ORG/CLIENTS/MFC-GARDENING](http://MFC.MAYOFAMS.ORG/CLIENTS/MFC-GARDENING)

## APPETIZERS

ZUCCHINI FRITTERS – <http://www.bonappetit.com/recipe/zucchini-fritters-2>

### SOY DIPPING SAUCE

3 tablespoons unseasoned rice vinegar  
1 tablespoon reduced-sodium soy sauce  
1 ½ teaspoons sugar  
Crushed red pepper flakes

### FRITTERS

1 ½ pounds zucchini (about 3 medium), grated  
½ teaspoon kosher salt plus more for seasoning  
1 large egg  
¼ cup all-purpose flour  
3 tablespoons finely chopped fresh chives  
1 tablespoon cornstarch  
Freshly ground black pepper  
1/3 cup vegetable oil

### SOY DIPPING SAUCE PREPARATION

Mix vinegar, soy sauce, sugar, and a pinch of red pepper flakes in a small bowl until sugar is dissolved. Set aside.

### FRITTER PREPARATION

Place zucchini in a colander set in the sink and toss with 1/2 teaspoons salt. Let stand 10 minutes, then wring zucchini dry in a clean kitchen towel. Place zucchini in a large bowl and gently mix in egg, flour, chives, and cornstarch; season with salt and pepper.

Heat oil in a large skillet over medium heat. Working in 2 batches, drop 1/4-cupfuls zucchini mixture into skillet, flattening slightly; cook until golden and crisp, about 3 minutes per side. Transfer fritters to a paper towel-lined plate; season with salt. Serve with soy dipping sauce.

DO AHEAD: Fritters can be made 30 minutes ahead. Keep warm in a 200° oven.

LEEK, CHARD & CORN FLATBREAD - <http://smittenkitchen.com/blog/2012/08/leek-chard-and-corn-flatbread/>

### FLATBREAD DOUGH

3 cups flour (can replace up to half of this with whole wheat flour)  
2 teaspoons salt  
1 ½ teaspoons active dry yeast  
2 cups lukewarm water (may need up to 1 or 2 tablespoons more)  
2 tablespoons olive oil

### TOPPING

1 tablespoon vegetable or olive oil

1 tablespoon unsalted butter  
3 large leeks (about 1 ½ pounds)  
1 12-ounce bundle chard or about 6 cups (6 ounces) of leaves, cut into ½ inch ribbons  
½ teaspoon table salt  
Freshly ground black pepper  
1 cup fresh corn kernels (cut from 1 to 2 medium ears corn)  
Cornmeal, for sprinkling baking surface  
4-ounce goat cheese log, cold

#### FLATBREAD DOUGH PREPARATION

Stir dry ingredients, including yeast, in a large bowl. Add water and olive oil, stirring mixture into as close to a ball as you can. Dump all clumps and floury bits onto a lightly floured surface and knead everything into a homogeneous ball.

If you are finding this step difficult, one of the best tricks I picked up from my bread-making class is to simply pause. Leave the dough in a lightly-floured spot, put the empty bowl upside-down on top of it and come back in 2 to 5 minutes, at which point you will find the dough a lot more lovable.

Knead it for just a minute or two. Lightly oil the bowl (a spritz of cooking spray perfectly does the trick) where you had mixed it — one-bowl recipe! — dump the dough in, turn it over so all sides are coated, cover it in plastic wrap and leave it undisturbed for an hour or two, until it has doubled in size.

Dump it back on the floured counter (yup, I leave mine messy), and gently press the air out of the dough with the palm of your hands. Fold the piece into an approximate ball shape, and let it sit under that plastic wrap for 20 more minutes.

#### TOPPING PREPARATION

Trim the ends off your leeks and halve them lengthwise. Cut them crosswise into 1/2-inch half-rings. Fill a medium bowl with very cold water and drop in sliced leeks. Swish them around with your fingers, letting any sandy dirt fall to the bottom. Scoop out the leeks and drain them briefly on a towel, but no need to get them fully dry. Do the same with your chard ribbons, but you can leave the leaves on towels until they're nearly fully dry, while you cook the leeks.

Heat your oven to 450 degrees.

Heat a large, heavy skillet over medium heat. Once hot, add butter and oil and once they're fully melted and a bit sizzly, add the leek slices. Reduce heat to low, cover with a lid and cook leek for 10 to 13 minutes, stirring occasionally. Raise heat back to medium, add the chard ribbons and cook until they wilt, about 4 minutes. Season mixture with salt and freshly ground black pepper, adding more if needed. Finally, add your corn kernels, cooking them with the leeks and chard for just another minute.

Sprinkle two baking sheets with cornmeal. If you have pesky old baking trays like I do, and your breads really like to stick to them, I find things will release more reliably if you first lightly spray them with an oil before sprinkling on the cornmeal. Roll or stretch half your dough into a rectangular-ish shape (flatbreads are prettiest when they're irregularly shaped, in my humble opinion) and arrange it on the prepared sheet. Spread half the leek-corn-chard mixture on it. Sprinkle it with half the log of goat cheese, crumbled into small bits.

Bake flatbread in oven for 10 to 15 minutes, until the edges of the bread begin to brown slightly (Repeat with remaining dough, filling and goat cheese.

To serve, slide each flatbread onto a cutting board and cut into 8 rectangles. Serve immediately.

## PEPPERS STUFFED WITH FETA - <http://www.saveur.com/article/Recipes/Peppers-Stuffed-with-Feta-Piperies-Gemistes-Me-Feta>

### PEPPERS

- 10 3"-4" Fresno chiles or six 4"-5" Anaheim chilies
- 9 ounces feta, crumbled
- 2 tablespoons extra virgin olive oil
- 2 tablespoons plain Greek yogurt
- 1 tablespoon minced fresh parsley
- ½ teaspoon lemon zest
- ¼ teaspoon dried oregano
- 2 egg yolks
- Kosher salt and freshly ground black pepper, to taste
- ¼ cup grated parmesan cheese

### PEPPER PREPARATION

Arrange a rack 6" from the broiler element and set oven to broil. Put peppers on a baking sheet and broil, turning once, until just soft, about 5 minutes. Transfer to a rack; let cool.

In a large bowl, use a hand mixer to whip feta, oil, yogurt, parsley, zest, oregano, and egg yolks; season with salt and pepper. Make a lengthwise cut from the stem to the tip of each pepper; scoop out seeds and ribs. Stuff each pepper with some of the feta filling; transfer to an aluminum foil--lined baking sheet; chill for 30 minutes. Sprinkle peppers with grated cheese; broil peppers until cheese is golden brown and bubbly, about 6 minutes. Transfer peppers to a platter and serve hot.

## SALADS

### PANZANELLA - <http://smittenkitchen.com/blog/2008/09/summers-last-hurrah-panzanella/>

#### VINAIGRETTE

- 1 teaspoon finely minced garlic
- 1/2 teaspoon Dijon mustard
- 3 tablespoons champagne vinegar
- 1/3 cup good olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

#### PANZANELLA

3 tablespoons good olive oil  
1 small French bread or boule, cut into 1-inch cubes (6 cups)  
1 teaspoon kosher salt  
2 large ripe tomatoes, cut into 1-inch cubes  
1 hothouse cucumber, unpeeled, seeded, and sliced 1/2 inch thick  
2 bell peppers, seeded and cut into 1-inch cubes (I like to use a combination of purple or yellow or orange, to nicely colorize the dish)  
1/2 red onion, cut in half and thinly sliced  
20 large basil leaves, coarsely chopped  
3 tablespoons capers, drained

#### VINAIGRETTE

Whisk together the ingredients

#### PANZANELLA

Heat the oil in a large saute pan. Add the bread and salt; cook over low to medium heat, tossing frequently, for 10 minutes, or until nicely browned. Add more oil as needed.

In a large bowl, mix the tomatoes, cucumber, red pepper, yellow pepper, red onion, basil, and capers. Add the bread cubes and toss with the vinaigrette. Season liberally with salt and pepper.

Serve immediately, or allow the salad to sit for about half an hour for the flavors to blend.

**INSALATA CAPRESE** - <http://www.epicurious.com/recipes/food/views/Insalata-Caprese-13232>

#### INSALATA

2 pounds vine-ripened tomatoes (about 4 large), sliced 1/4 inch thick  
1 pound fresh mozzarella, sliced 1/4 inch thick  
1/4 cup packed fresh basil or arugula leaves, washed well and spun dry  
1/4 teaspoon dried oregano, crumbled, if using arugula instead of basil  
3 to 4 tablespoons extra-virgin olive oil  
fine sea salt to taste  
freshly ground black pepper to taste

#### PREPARATION

On a large platter arrange tomato and mozzarella slices and basil leaves, alternating and overlapping them. Sprinkle salad with oregano and arugula and drizzle with oil. Season salad with salt and pepper.

## SIDES

**ROASTED CORN WITH MANCHEGO & LIME** - <http://www.bonappetit.com/recipe/roasted-corn-with-manchego-and-lime>

#### INGREDIENTS

6 ears of sweet yellow corn, unhusked  
2 tablespoons extra-virgin olive oil

2 tablespoons unsalted butter  
Kosher salt and freshly ground black pepper  
1 jalapeño, seeded, finely diced  
½ teaspoon crushed red pepper flakes  
1 lime, cut into 4 wedges  
1 cup finely grated Manchego cheese  
¼ cup thinly sliced chives  
2 teaspoons finely grated lime zest

#### PREPARATION

Preheat oven to 450°. Roast unhusked corn on a baking sheet, turning occasionally, until heated through and crisp-tender, about 15 minutes. Let cool. Shuck corn and cut kernels from cobs. Discard cobs.

Heat oil in a large skillet over high heat. Add corn kernels and sauté until heated through and light-golden in spots, 3-5 minutes. Add butter; stir until melted. Season to taste with salt and pepper.

Transfer corn to a large wide bowl or deep platter; sprinkle jalapeño and crushed red pepper flakes over. Squeeze lime wedges over; sprinkle with cheese, chives, and lime zest.

### CORN, BUTTERMILK & CHIVE POPOVERS - <http://smittenkitchen.com/blog/2011/07/corn-buttermilk-and-chive-popovers/>

#### POPOVERS

1 cup buttermilk  
1/2 cup corn kernels (from most of one cob)  
3 large eggs  
2 tablespoons melted butter, cooled, divided  
1 cup all-purpose flour  
1 tablespoon yellow cornmeal  
1 teaspoon granulated sugar  
1/2 teaspoon table salt  
Freshly ground black pepper  
1 tablespoon snipped fresh chives

#### POPOVER PREPARATION

Place buttermilk and corn in a blender together and blend for just 3 seconds — you're looking to break up the corn a bit, not puree it. Add the eggs, one tablespoon of the melted butter and blend for one second more. Add the flour, cornmeal, sugar, salt, a few grinds of black pepper (I used four, not that you asked or that I'd expect a normal person to count) and the chives and blend again until barely combined, some lumps are fine.

Set the batter aside to rest while you preheat your oven to 375 degrees, about 15 minutes. Brush your popover, muffin or ramekin cups with the remaining tablespoon of butter. Fill each cup slightly more than halfway with batter.

Bake popovers 30 to 35 minutes (you are likely to need less baking time if you are using a muffin tin). Try not to open the oven door! Crack it just 1-inch to take a peak if absolutely necessary towards the end. Popovers are done

when they're tall and bronzed. Flip popovers out onto cooling rack and let cool for a few minutes before tearing in. Even then, they will be filled with steam and very hot in the middle — be careful.

## ENTREES

HERBED SUMMER SQUASH & POTATO TORTE - <http://smittenkitchen.com/blog/2008/07/herbed-summer-squash-and-potato-torte/>

### TORTE

- 1 bunch green onions, thinly sliced
- 1 cup grated Parmesan cheese
- 2 tablespoons all-purpose flour
- 1 tablespoon chopped fresh thyme leaves
- 1 1/2 teaspoons salt
- 3/4 teaspoon ground black pepper
- 2 pounds Yukon Gold potatoes, peeled, cut into 1/8-inch-thick rounds
- 12 ounces yellow crookneck squash or regular yellow or green summer squash, cut into 1/8-inch-thick rounds
- 6 teaspoons olive oil

### TORTE

Preheat oven to 375°F. Butter two 8-inch-diameter cake pans. (Deb note: I had only a 9-inch pan around, so what you see in my pictures is slightly thinner.) Set aside 1/4 cup sliced green onions. Toss remaining green onions, cheese, flour, thyme, salt and pepper in medium bowl to blend.

Layer 1/6 of potatoes in concentric circles in bottom of 1 prepared pan, overlapping slightly. Layer 1/4 of squash in concentric circles atop potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Repeat with 1/6 of potatoes, then 1/4 of squash and 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture and press gently to flatten. Repeat procedure with second cake pan and remaining potatoes, squash, oil, and cheese mixture.

Cover pans with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rewarm, covered with foil, in 350°F oven until heated through, about 30 minutes.)

Cut each torte into wedges. Sprinkle wedges with 1/4 cup green onions; serve.

**Note:** You can also make this as a single torte in a 10-inch cast iron skillet, with 4 layers of potatoes and 3 of the squash and while it may be a bit tall going into the oven, almost overflowing, but it bakes down. It is also recommended that you lightly butter or oil your foil if you use this method, so that it doesn't stick to the top layer of potatoes before they shrink down. It may need about 10 minutes more baking time to get tender.

HERBED TOMATO TART - <http://www.saveur.com/article/Recipes/Herbed-Tomato-Tart>

### TART

- 2 9" x 11" sheets frozen puff pastry, thawed and chilled
- ½ cup grated Parmesan cheese

4 tbsp. extra-virgin olive oil  
12 anchovy filets in oil, drained and finely chopped  
3 lbs. cherry or grape tomatoes  
Kosher salt and freshly ground black pepper, to taste  
¼ cup finely chopped flat-leaf parsley  
2 tbsp. finely chopped fresh chives  
2 tbsp. finely chopped fresh oregano  
Freshly grated nutmeg

#### TART PREPARATION

Heat oven to 375°. Fit pastry sheets side by side into a parchment paper-lined 13" x 17 ¾" rimmed baking pan, pressing pastry against bottom and sides. Trim inner edges of pastry sheets so that they form a seam in center; trim pastry hanging over sides of pan. Prick bottom of pastry with a fork. Line bottom and sides of pastry with parchment paper and fill with dried beans. Bake until edges of tart are golden, 25 minutes. Remove beans and parchment paper, sprinkle Parmesan over tart shell, and bake until cheese is melted and tart shell is golden all over, 15–20 minutes. Transfer to a rack; let cool.

Heat oven to broil and arrange a rack 4" from heating element. In a large bowl, mix together oil and anchovies; add tomatoes and season with salt and pepper. Toss to coat. Transfer tomato mixture to a rimmed baking sheet and broil, shaking pan once or twice, until tomatoes blister, 12–14 minutes. Let cool slightly. Use a slotted spoon to transfer the tomato mixture to the prepared tart shell; distribute tomatoes evenly.

Increase oven heat to 425°. In a medium bowl, combine the parsley, chives, oregano, and nutmeg; sprinkle herb mixture evenly over the tomatoes. Return tart to oven and bake until hot, about 15 minutes. Let tart cool slightly before serving.

#### SPINACH LASAGNA - <http://www.chow.com/recipes/30277-easy-spinach-lasagna>

#### LASAGNA

1 (15- to 16-ounce) container whole-milk ricotta cheese  
2 (10-ounce) boxes frozen spinach, thawed and excess liquid squeezed out  
1 cup finely grated Parmesan cheese (about 3 ounces)  
2 medium garlic cloves, finely chopped  
1 large egg, lightly beaten  
Kosher salt  
Freshly ground black pepper  
2 (14.5-ounce) cans tomato sauce or jarred marinara sauce  
1 (8- to 9-ounce) box no-boil lasagna noodles (12 noodles)  
1 pound whole-milk mozzarella cheese, sliced 1/4 inch thick  
Vegetable or olive oil

#### LASAGNA PREPARATION

Heat the oven to 350°F and arrange a rack in the middle.

Place the ricotta, spinach, half of the Parmesan, the garlic, and the egg in a large bowl and season with salt and pepper. Mix until combined.

Spread 3/4 cup of the tomato sauce in a thin layer over the bottom of a 13-by-9-inch baking dish.

Construct the lasagna by layering 3 of the noodles over the sauce. Top with another 3/4 cup of the tomato sauce and spread it evenly to the edges of the dish. Using a small spoon, dollop a third of the ricotta mixture (about 1 cup) evenly over the sauce and flatten the dollops with the back of the spoon (the ricotta mixture will spread out more when it heats up). Evenly lay a quarter of the mozzarella slices over the ricotta.

Make 2 more layers of noodles, sauce, ricotta mixture, and mozzarella. Top with the remaining noodles, sauce, and mozzarella. Evenly sprinkle with the remaining Parmesan. Coat 1 side of a large piece of aluminum foil with vegetable or olive oil and cover the dish tightly with the foil, oil-side down.

Bake until the sauce is starting to bubble around the edges, about 40 minutes. Remove the foil and continue baking until the top is browned, about 20 minutes more. Remove the pan to a wire rack and let cool for 15 minutes before slicing.

## DESSERT

PLUM CAKE TATIN - <http://www.foodnetwork.com/recipes/ina-garten/plum-cake-tatin-recipe/index.html>

### TATIN

6 tablespoons (3/4 stick) unsalted butter, at room temperature, plus extra for greasing the dish  
10 to 12 purple "prune" plums, cut in half and pitted  
1 3/4 cups granulated sugar, divided  
2 extra-large eggs, at room temperature  
1/3 cup sour cream  
1/2 teaspoon grated lemon zest  
1/2 teaspoon pure vanilla extract  
1 cup plus 2 tablespoons all-purpose flour  
1/2 teaspoon baking powder  
1/4 teaspoon kosher salt  
Confectioners' sugar

### TATIN PREPARATION

Preheat the oven to 350 degrees F. Generously butter a 9-inch glass pie dish and arrange the plums in the dish, cut side down.

Combine 1 cup of the granulated sugar and 1/3 cup water in a small saucepan and cook over high heat until it turns a warm amber color, about 360 degrees F on a candy thermometer. Swirl the pan but don't stir. Pour evenly over the plums.

Meanwhile, cream the 6 tablespoons of butter and the remaining 3/4 cup of granulated sugar in the bowl of an electric mixer fitted with the paddle attachment, until light and fluffy. Lower the speed and beat in the eggs one at a time. Add the sour cream, zest, and vanilla and mix until combined. Sift together the flour, baking powder, and salt and, with the mixer on low speed, add it to the butter mixture. Mix only until combined.

Pour the cake batter evenly over the plums and bake for 30 to 40 minutes, until a cake tester comes out clean. Cool for 15 minutes, then invert the cake onto a flat plate. If a plum sticks, ease it out and replace it in the design on top of the cake. Serve warm or at room temperature, dusted with confectioners' sugar.

## NECTARINE GALETTE - <http://smittenkitchen.com/blog/2009/08/nectarine-galette/>

### CRUST

1 cup unbleached all-purpose flour  
1/2 teaspoons sugar  
1/8 teaspoon salt  
6 tablespoons (3/4 stick or 3 ounces) unsalted butter, chilled, cut into 1/2-inch pieces

### FILLING

1 tablespoon ground almonds  
1 tablespoon flour  
1/4 cup plus 3 tablespoons sugar  
1 tablespoon [amaretti](#), pulverized — or — 1 extra tablespoon ground almonds plus an extra teaspoon sugar  
10 ounces galette dough, rolled into a 14-inch circle and chilled  
1 and 1/2 pounds ripe nectarines (about 4 large)  
1 tablespoon unsalted butter, melted  
1/4 sliced almonds (optional)  
Peach or nectarine jam (optional)

### CRUST PREPARATION

Combine the flour, sugar, and salt in a large, wide mixing bowl. Cut in six tablespoons of the butter with a pastry blender or two knives, mixing until the dough resembles coarse cornmeal. Dribble four tablespoons ice water over the mixture, using a rubber spatula to pull the mixture together. Gather the dough into a mound (either in the bowl or on a counter) and gently knead it together, for just a few seconds. If it's not coming together, add ice water, a tablespoon at a time, until it does. Wrap dough in a flat disc in plastic and refrigerate for at least 30 minutes before rolling out.

When you are ready to roll out the dough, take one disk and let it soften slightly so that it is malleable but still cold. On a lightly floured surface, roll out the disk into a 14-inch circle about 1/8 inch thick. Transfer the dough to a parchment-lined baking sheet and refrigerate at least 1/2 hour before using.

### GALETTE PREPARATION

Preheat the oven to 400 degrees. Place a pizza stone, if you have one, on a lower rack. Toss the ground almonds, flour, one tablespoon of the sugar, and pulverized amaretti (or mix of extra ground almonds and sugar) together.

Remove the prerolled dough from the refrigerator or freezer and sprinkle the almond mixture evenly over the pastry, leaving a 1 1/2 to 2-inch border uncoated. Cut nectarines in half, removing pits, then each half into thirds (you'll get six wedges per nectarine). Arrange the fruit, skin-side-down, in concentric circles on the dough, making a single layer of snugly touching pieces, leaving the border bare. Sprinkle 1/4 cup of the sugar evenly over the fruit.

While rotating the tart, fold the border of exposed dough up and over itself at regular intervals, crimping and pushing it up against the fruit. Pinch or trim off any excess dough. (Make sure there are no breaks that will let juices leak.) Brush the border with melted butter, and sprinkle it with two tablespoons sugar.

Bake in the lower third of the oven (preferably on a pizza stone) for about 45 to 50 minutes, until the crust is well browned and its edges are slightly caramelized. If you wish, sprinkle sliced almonds over the galette 15 minutes before the baking time ends, so they get toasty and extra-crisp. As soon as the galette is out of the oven, use a large metal spatula to slide it onto a cooling rack, to keep it from getting soggy. Let cool for 20 minutes. If you want to glaze the tart, brush the fruit lightly with a little warmed peach (or nectarine, if you have it) jam. Serve warm, with vanilla ice cream or with plain yogurt.

#### DO AHEAD TIP

This galette keeps at room temperature for at least two days, and even longer in the fridge. The unbaked dough, wrapped in plastic, will keep in the freezer for a few weeks, the fridge for a day or more. Rolled-out dough may be frozen and used the next day.