



# WHAT'S IN SEASON

MARCH THROUGH MAY



Arugula

Asparagus

Beets

Blackberries

Blueberries

Broccoli

Brussels Sprouts

Cabbage

Carrots

Cauliflower

Celery

Chard

Cilantro

Collards

Cucumbers

Dewberries

Dill

Grapefruit

Green Garlic

Kale

Leeks

Lettuce—Head and Leaf

Mint

Mushrooms

Mustard Greens

Parsley

Peaches

Peas

Potatoes

Radishes

Spinach

Spring Onions

Strawberries

Squash

Turnips

## INDIVIDUAL BLACKBERRY, BLUEBERRY OR DEWBERRY TRIFLES

Makes 8, 6-ounce individual servings

- 1 loaf store-bought pound cake  
(approx. 6 1/2" in length needed for this recipe)
- 1/4 - 1/2 c. of sweet sherry
- 2 c. berries, macerated\*  
(blueberries, blackberries, dewberries or mixture)
- 1/2 c. freshly squeezed orange juice

\* **To macerate berries:** Wash and pat berries dry and place in a non-metallic bowl. Pour orange juice over berries and allow to sit for about 10 minutes.

### To make the custard:

1. Pour cream into medium-size, heavy bottomed saucepan and stir in vanilla-bean seeds. Reserve vanilla pod for another use. Leave mixture over medium heat until it just comes to a boil and then remove from heat.
2. Place egg yolks, sugar and cornstarch in another bowl and mix thoroughly. Gradually add warm cream mixture, whisking to combine. Return this mixture to saucepan and stir over low heat for 8–10 minutes or until mixture has thickened. Set aside to cool.

### To assemble and finish:

1. Slice pound cake into layers approximately 1/2" thick, and, using a cookie cutter, cut 6 rounds to fit individual serving bowls. Brush each round with sherry.
2. Drain berries and place in the bottom of each 6-ounce serving bowl and top each one with custard and a cake round.
3. Just before serving, make the meringue by placing egg whites in bowl of an electric mixer and beating them until soft peaks form. Gradually add sugar and beat until glossy. Spoon over trifles and place under a pre-heated broiler until meringue turns a light, golden-brown.

### For the custard:

- 1 1/2 c. heavy cream
- 1 vanilla bean, split and scraped
- 4 egg yolks (from large eggs)
- 1/4 c. granulated sugar
- 1 T. cornstarch

### For the meringue:

- 2 egg whites (from large eggs)
- 1/2 c. granulated sugar

## RUSSIAN SALAD

Serves 6

- |                                    |  |
|------------------------------------|--|
| 1 c. fresh green beans             | Dill Mayonnaise Dressing:                      |
| 1 c. fresh lima beans              | 1/2 c. mayonnaise    1/4 c. chopped fresh dill |
| 1 c. fresh English peas            | 1/2 c. sour cream    Sea salt and pepper       |
| 1 c. diced carrots                 | 1 T. Dijon mustard    to taste                 |
| 1 c. peeled and diced potatoes     | Large red cabbage leaves                       |
| Sea salt and freshly ground pepper | Fresh dill springs                             |

### To make the Dill Mayonnaise Dressing:

Mix all ingredients thoroughly and refrigerate until ready to use.

1. Bring 2 quarts of water to a boil, add 1 teaspoon of sea salt and allow it to dissolve. Add green beans and cook until crisp-tender. Drain vegetables and toss with sea salt and freshly ground pepper. Repeat this process, using fresh water each time, for the lima beans, English peas and carrots.
2. Add potatoes to a heavy bottomed pan and cover with cold water. Bring water to a boil, add 1 teaspoon of sea salt and reduce heat to a slow boil. Cook until potatoes are tender. Drain and toss with salt and freshly ground black pepper to taste.
3. In a large bowl, combine warm vegetables and dill mayonnaise dressing. Adjust seasonings and chill until ready to serve.
4. To serve, line a plate with red cabbage leaves and top with salad. Garnish with sprigs of dill.