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WHAT'S IN SEASON

DECEMBER THROUGH FEBRUARY



Arugula

Beets

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celeriac

Chervil

Cilantro

Dandelion greens

Dill

Endive frisee

Escarole

Fennel

French sorrel

Kohlrabi

Parsley

Garlic, green

Green onions

Greens, chard

Greens, collards

Greens, kale

Greens, mustard

Leeks

Lettuce, head / leaf

Potatoes

Radicchio

Radishes

Spinach

Spring onions

Squash, hard

Turnips

ROASTED BEET AND ARUGULA SALAD

Serves 2

1/3 lb. beets without leaves (2 medium)	2 T. freshly squeezed orange juice
1–2 T. olive oil	1/2 c. walnut oil
1 small bunch arugula	1 t. walnut mustard
1–2 oz. Stilton cheese	Sea salt
1/4 c. walnut pieces, toasted	Freshly ground black pepper

1. Wash beets under cool, running water, dry and place on a baking sheet. Drizzle with olive oil and roast in a preheated 350° convection oven or 400° conventional oven until a thin knife can be inserted into the beet with ease (about 45 minutes to an hour.)
2. Wash and dry arugula, discarding any coarse stems.
3. In a bowl, whisk together freshly squeezed orange juice, walnut mustard and salt and pepper to taste. Whisk in walnut oil until emulsified.
4. As soon as beets are cooked, remove pan from oven and allow to cool for a few minutes. Remove skin from beets by rubbing gently with a paper towel. While beets are warm, slice them and toss with some of the vinaigrette.
5. Toss arugula with a small amount of vinaigrette and place on serving plates. Arrange sliced beets, scatter toasted walnut pieces and small pieces of Stilton over the salad. Sprinkle with sea salt and a twist of freshly ground black pepper and serve.

ROASTED CAULIFLOWER SOUP WITH SAFFRON

Serves 4

1 head cauliflower	1 qt. organic chicken broth
1 T. olive oil	3–4 threads of saffron
Salt and pepper	1/4–1/2 c. milk or cream
1 shallot	1 cardamom pod
1 medium baking potato	

1. Preheat a convection oven to 350° or conventional oven to 400°.
2. Break head of cauliflower into small florets, place on a baking sheet, and drizzle lightly with olive oil. Season with salt and pepper. Place baking sheet in oven for about 30 to 40 minutes, until florets are soft and roasted (golden spots will appear unevenly over the short stems and tops).
3. While cauliflower is roasting, chop shallot. Peel and chop potato into relatively even large dice.
4. Pour enough olive oil into a stock pot to just barely cover the bottom of the pan, and bring to medium-high heat. Add potatoes and shallots, season with salt and pepper, and stir for one to two minutes. As potatoes begin to pick up a little color, add chicken stock. Bring to a boil and add saffron threads. Immediately reduce heat to a simmer. Continue to cook over low heat until cauliflower is ready.
5. Remove cauliflower from roasting pan and add to chicken stock. Cook on low heat for another 20 to 30 minutes. Remove from heat and allow to cool slightly.
6. Using an immersion blender or a standard blender, purée the mixture. At this point, if the soup is too thick you may need to add 1/4 to 1/2 cup of either warm milk or cream.
7. Reheat, adjust seasonings, garnish with toasted cardamom seeds and serve.