

Thomas Keller's Ratatouille AKA "Confit Byaldi"

For Piperade

1/2 red pepper, seeds and ribs removed
1/2 yellow pepper, seeds and ribs removed
1/2 orange pepper, seeds and ribs removed
2 tablespoons extra virgin olive oil
1 teaspoon minced garlic
1/2 cup finely diced yellow onion
3 tomatoes (about 12 ounces total weight), peeled, seeded, and finely diced, juices reserved
1 sprig thyme
1 sprig flat-leaf parsley
1/2 a bay leaf
Kosher salt

For Vegetables

1 zucchini (4 to 5 ounces) sliced in 1/16-inch rounds
1 Japanese eggplant, (4 to 5 ounces) sliced into 1/16-inch rounds
1 yellow squash (4 to 5 ounces) sliced into 1/16-inch rounds
4 Roma tomatoes, sliced into 1/16-inch rounds
1/2 teaspoon minced garlic
2 teaspoons olive oil
1/8teaspoon thyme leaves
Kosher salt and freshly ground black pepper

For Vinaigrette

1 tablespoon extra virgin olive oil
1 teaspoon balsamic vinegar
Assorted fresh herbs (thyme flowers, chervil, thyme)
Kosher salt and freshly ground black pepper.

1. For piperade, heat oven to 450 degrees. Place pepper halves on a foil-lined sheet, cut-side down. Roast until skin loosens, about 15 minutes. Remove from heat and let rest until cool enough to handle. Peel and chop finely.

2. Combine oil, garlic, and onion in medium skillet over low heat until very soft but not browned, about 8 minutes. Add tomatoes, their juices, thyme, parsley, and bay leaf. Simmer over low heat until very soft and very little liquid remains, about 10 minutes, do not brown; add peppers and simmer to soften them. Season to taste with salt, and discard herbs. Reserve tablespoon of mixture and spread remainder in bottom of an 8-inch skillet.

3. For vegetables, heat oven to 275 degrees. Down center of pan, arrange a strip of 8 alternating slices of vegetables over piperade, overlapping so that 1/4 inch of each slice is exposed. Around the center strip, overlap vegetables in a close spiral that lets slices mound slightly toward center. Repeat until pan is filled; all vegetables may not be needed.

4. Mix garlic, oil, and thyme leaves in bowl and season with salt and pepper to taste. Sprinkle over vegetables. Cover pan with foil and crimp edges to seal well. Bake until vegetables are tender when tested with a paring knife, about 2 hours. Uncover and bake for 30 minutes more. (Lightly cover with foil if it starts to brown.) If there is excess liquid in pan, place over medium heat on stove until reduced. (At this point it may be cooled, covered and refrigerated for up to 2 days. Serve cold or reheat in 350-degree oven until warm.)

5. For vinaigrette, combine reserved piperade, oil, vinegar, herbs, and salt and pepper to taste in a bowl.

6. To serve, heat broiler and place byaldi underneath until lightly browned. Slice in quarters and very carefully lift onto plate with offset spatula. Turn spatula 90 degrees, guiding byaldi into fan shape. Drizzle vinaigrette around plate. Serve hot.

Contributed by Bruce Watson

Bruce notes: This is Thomas Keller's recipe, which is the one that the rat makes in the movie *Ratatouille*. It's a little time-consuming, but it looks beautiful and tastes delicious, particularly when served with couscous and freshly grated pecorino cheese (available from the cheese store on Arthur Avenue between 186th and 185th for \$6 a pound).

From Just Food

This year, Just Food is working with a network of 11 independently run, urban agriculture based farmers markets in the Bronx, Manhattan and Brooklyn. Stop by the markets near you to buy some fruits and veggies that are grown right here in NYC. Visit one of our CSA farmers. Bronx City Farms schedules are listed below. For more information about our Farm Market program and a schedule of market days and times go to Just Food's website, www.justfood.org. Or please contact: Jane Hodge from the City Farms program at (212) 645-9880 ext. 228, or jane@justfood.org.

City Farms Markets in the Bronx:

La Familia Verde Farmers Market

East Tremont & LaFontaine Avenue,
East Tremont/Crotona
Tuesdays, 8am – 2pm

Learning Tree Farmers Market

Barnes Avenue just south of East Gun Hill Road,
Williamsbridge
Wednesdays, 10am to 2pm

The Market at Bissel Gardens

Baychester Avenue just south of 241st Street,
Wakefield
Saturdays, 9am – 4pm
Wednesdays, 8am – 4pm
Sundays, 8am – 4pm

South Bronx Community Garden Market

139th Street at St. Ann's Avenue,
Mott Haven
Wednesdays, 9am – 6pm

Taqwa Community Farm-stand

Ogden Avenue and 164th Street,
Highbridge
Saturdays, 8am – 4pm

West Farmers Market

Just east of the intersection of East Tremont & Boston Rd,
West Farms
Wednesdays, 9am – 4pm

Vegetable Broth

Keep a 1-gallon zipper bag in the freezer and fill it with food scraps that are suitable for vegetable broth: onion ends, carrot peelings and ends, garlic scraps, green pepper pits, celery ends, unused dried or stale herbs, etc. Once the bag is full put it into a very large pot (ideally one that has a strainer that you can lift out) and fill it with water. Bring the water to a boil, allowing the veggie scraps to give their last offerings of delicious flavor, nutrients, and juices. Let the pot simmer for 30 minutes to an hour. Add salt if desired. Then lift the strainer from the pot, removing all the vegetable scraps; alternately, you can also strain the broth through a large sieve or colander to remove the scraps. Let the broth cool, and strain again (this time through a very fine sieve to remove any debris) into a storage container. The broth can keep several weeks refrigerated, or many months in the freezer. Use it to cook rice, potatoes, to make soups--anything than can benefit from more flavor and nutrients!

Taken from the *Enchanted Broccoli Forest* cookbook by Molly Katzen. She also suggests that, in the absence of homemade broth, you re-use water used to cook beans or boil vegetables, as this "broth" also contains many vitamins and minerals that can be used to make rice or soups.

Contributed by Angie Spitzer

KITCHEN AID

Edible Spotlight

Pepper



Description:

Capsicum annuum are cultivars of the plant produce peppercorns which develop into fruits in different color. Bell peppers are sometimes grouped with less pungent pepper varieties as "sweet peppers". Bell peppers are not 'hot'. They contain a recessive gene that eliminates capsaicin, the compound responsible for the 'hotness' found in other peppers. Peppers are members of the nightshade family, which also includes potatoes, tomatoes and eggplant.

History:

Like their relatives, the chili peppers, bell peppers originated in South America with seeds of a wild variety dating back to 5000 BC. Like many other foods native to this region, sweet peppers were carried throughout the world by the Spanish and Portuguese explorers who traveled through this continent. Peppers are native to Mexico, Central America and northern South America. Pepper seeds were carried to Spain in 1493 and from there spread to other European and Asian countries. Today, Mexico remains one of the major pepper producers in the world.

Nutrition information:

Bell peppers appear to have a protective effect against cataracts, possibly due to their vitamin C and beta-carotene content. Peppers contain vitamin B6 and folic acid. These two B vitamins are very important for reducing high levels of homocysteine, a substance produced during the methylation cycle (an essential biochemical process in virtually every cell in the body). High homocysteine levels have been shown to cause damage to blood vessels and are associated with a greatly increased risk of heart attack and stroke. In addition to providing the vitamins that convert homocysteine into other beneficial molecules, bell peppers also provide fiber that can help lower high cholesterol levels, another risk factor for heart attack and stroke.

From: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=50>
And Wikipedia.com

Homemade Veggie Pizza

The Dough: Easier than you think

Mix together in a large bowl 3 cups flour, 2 heaping Tbsp. ground flax seeds,
1 tsp. salt and 2 tsp. or 1 pkg. dry yeast.

In a measuring cup, combine 1 cup warm (not hot) water and 2 Tbsp good olive oil. Add to flour mixture; when too stiff to stir, turn out onto a floured table and knead for about 5 minutes, adding an additional ½ cup flour, if needed. Place in an oiled bowl and cover with plastic wrap. Let rise till doubled in size, about one hour. Punch down and let it rest ten minutes. (If you don't give it time to rest, it will be difficult to shape the dough.)

Preheat the oven to 450 degrees. Turn the rested dough out onto a lightly floured counter or table, and shape it by patting and stretching it to fit your pizza pan. Spray the pan with cooking spray and transfer the dough onto the pan or preheated. I like a black perforated pizza pan. The dough browns nicely and does not get soggy.

The Sauce: The best is made with fresh tomatoes, basil and oregano, but if you're not so inclined, Trader Joe's sells a good organic marinara that works well here. You need about 1 ½ to 2 cups.

The Cheese: Part Skim Mozzarella is OK. Fresh Mozzarella is out of this world! Either shred or slice it. About 12 ounces is right for a 14" pie. For something different, try different cheeses.

The Toppings: Your favorite veggies. I like grilled eggplant and roasted red peppers; sliced cooked mushrooms, broccoli and roasted garlic; fresh tomatoes, fresh mozzarella and fresh basil (hold the tomato sauce for this margherita pizza). Grilled zucchini is great with lots of garlic and parmigiano reggiano. Or caramelized onions, portobello mushrooms and Asiago cheese.

Bake in hot oven for 15 - 20 minutes, until cheese melts and crust is golden brown. Let it rest for 5 minutes before you cut and devour it.

contributed by Ellin Duggan

WOODSTOCK FARM FESTIVAL

Wednesdays through September 24, 4-8pm, rain or shine
6 Maple Lane, Woodstock, NY 12498

The Woodstock Farm Festival features live music, educational events, tastings of featured products, and, of course, fresh local produce, cheese, baked goods and even locally made tamales. Each week has a different theme. Look for upcoming festivals highlighting Hudson Valley wine and cheese, canning and preserving techniques and celebrating the corn and tomato harvest.

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