

## Braised Winter Vegetables with Coconut and Red Curry

*Coconut milk lends richness and exotic flavor to these creamy braised vegetables. Its slight sweetness echoes that of both the root vegetables and squash, while offsetting the spicy red curry paste, pungent Asian fish sauce, and bright lime and cilantro that season the broth.*

In a saucepan over medium heat, warm the oil. When the oil is hot, add the garlic and ginger and sauté until fragrant but not browned, about 1 minute. Add the curry paste and cook, stirring, for 1 minute. Add the fish sauce, sweet potato and celery root and stir to combine. Reduce the heat to medium-low, pour in the coconut milk and cook, stirring occasionally, for 10 minutes. Add the squash and cook until the vegetables are just tender when pierced with a sharp knife but not falling apart, 12 to 15 minutes.

Meanwhile, finely grate the zest from the lime and cut the fruit into wedges. Stir the lime zest into the vegetables.

Divide the vegetables and braising liquid among warmed bowls, top each with 2 cilantro sprigs and a lime wedge, and serve immediately. Serves 4.

Adapted from Williams-Sonoma *New Flavors for Vegetables*, by Jodi Liano (Oxmoor House, 2008).

## Curried Cauliflower Soup

*This soup is deceptive: It's smooth and creamy, but contains no dairy products. Instead, a potato added to the base gives the soup silkiness. Its hearty flavor will also deceive, since it takes only 5 minutes instead of the usual 25 minutes to cook, thanks to the use of a pressure cooker.*

Peel the potato and cut it into 1-inch pieces. Remove any leaves from the cauliflower and cut out the core; chop the remaining cauliflower into 1-inch pieces.

In the pressure cooker pot, sauté the onion in the butter until softened, about 2 minutes. Add the broth, potato, cauliflower and the ½ tsp. salt. If using an electric pressure cooker, switch off the sauté function.

Lock the lid into place and cook on high pressure for 5 minutes. Quick-release the steam. When the pressure valve drops, remove the lid, tilting it away from your face to allow residual steam to escape.

Stir the curry powder into the soup. Let the soup stand until no longer steaming hot, then puree it in batches in a blender (or with an immersion blender directly in the pot) until very smooth. Return the pureed soup to the pot and season with salt; reheat if necessary. Ladle the soup into bowls and serve immediately. Serves 6.

Adapted from *The Pressure Cooker Cookbook*, by Tori Ritchie (Weldon Owen, 2010).

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### Ingredients for Braised Winter Vegetables with Coconut and Red Curry

2 tsp. canola oil

1 garlic clove, minced

¼-inch slice fresh ginger, peeled and grated

2 tsp. red curry paste

1 tsp. Thai fish sauce

1 sweet potato, about ½ lb., peeled and cut into ½-inch chunks

1 celery root, about ½ lb., peeled and cut into ½-inch chunks

3 cups unsweetened coconut milk

1 delicata squash, about ½ lb., peeled and cut into ½-inch chunks

1 lime

8 fresh cilantro sprigs

### Ingredients for Curried Cauliflower Soup

1 white potato, about 6 oz.

1 head cauliflower

1 small yellow onion, chopped

1 Tbs. unsalted butter

5 cups low-sodium vegetable or chicken broth

½ tsp. salt, plus more, to taste

1½ tsp. Madras curry powder

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### In Season: Winter Vegetables

All vegetables have a peak season when they flourish and taste best. During the winter months, look for:

- Artichokes
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Cabbage (green and red)
- Carrots
- Cauliflower
- Celery
- Celery root
- Chard
- Chicories
- Fennel
- Green onions
- Kale
- Leeks
- Parsnips
- Rutabagas
- Sturdy lettuces
- Sweet potatoes
- Turnips
- Winter greens
- Winter squashes

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# Technique Class: What's in Season: Winter Vegetables

Today, more and more people are realizing the joys of shopping, cooking and eating what's in season, yet winter vegetables are often underappreciated. In this class you'll learn how to select and enjoy the bounty of the winter harvest, along with easy ways to prepare healthy, flavorful meals using fresh vegetables at their seasonal peak.

## *Roasting Winter Vegetables*

An ideal cooking technique for a host of winter vegetables, roasting concentrates their flavors, caramelizes their natural sugars and tenderizes their interiors, producing exceptionally delicious results. Sturdy root vegetables and tubers, such as potatoes, carrots, parsnips and celery root, cook up beautifully in the dry heat of the oven. Cruciferous vegetables like broccoli and cauliflower roast particularly well; in the oven, their cabbagelike aromas are tamed and their strong flavors turn sweet and mellow. Winter squashes are also ideal candidates for roasting, as their hard textures become creamy and yielding.

Roasted vegetables make wonderful side dishes for winter meals. Our website offers many recipes for roasted winter vegetables. Or follow the tips below and create your own tasty combinations. Add spices and other seasonings or simply salt and pepper, toss with some extra-virgin olive oil and roast!

### Tips for Roasting Winter Vegetables

To achieve optimal flavor and texture when roasting vegetables, keep these tips in mind:

- Select produce that is ripe and at the peak of flavor (roasting cannot bring out flavors that are not already present).
- Cut vegetables into uniform pieces, as varying shapes and sizes will yield unevenly cooked food. Smaller pieces reduce the roasting time and allow for more caramelization on their surfaces and hence, fuller flavor.
- Use a pan that is just large enough to hold the vegetables in a single layer without crowding. If the pieces are too snugly packed, they will steam rather than brown. A heavy-gauge rimmed baking sheet is an excellent choice.
- Vegetables are usually coated with oil or melted butter before roasting to protect their surfaces from drying out and to promote browning.

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## Glossary of Winter Greens

- Beet greens
- Broccoli rabe
- Collard greens
- Dandelion greens
- Endive
- Escarole
- Kale
- Mustard greens
- Sorrel
- Spinach
- Swiss chard
- Turnip greens
- Watercress

- To test roasted vegetables for doneness, assess them visually: they should have an even golden to light brown color. Insert a knife or fork into a piece; it should yield easily but not be too soft. Follow the doneness cues in your recipe indicating whether the vegetable should be just tender or soft.

- Taste the vegetables before serving to check for seasoning and sweetness. A sprinkle of salt or sugar or a few grinds of pepper may be needed to heighten the roasted flavors.

Adapted from Williams-Sonoma *Essentials of Roasting*, by Melanie Barnard, Bob & Coleen Simmons, Tori Ritchie & Amanda Haas (Oxmoor House, 2009).

## All About Winter Greens

Robust in flavor and high in nutrients, greens are a welcome addition to the winter kitchen. You can toss raw, tender greens into salads or tuck them into sandwiches in place of lettuce. Sturdier greens can be steamed or sautéed and served as a healthful side dish. The leaves also make delicious additions to soups, omelettes and risotto. Represented by several different vegetable families, winter greens range in flavor from lemony sorrel to peppery turnip greens.

**Selecting:** Look for fresh, crisp leaves free of blemishes, yellowed spots or tiny insect holes. Do not buy greens if they are wilted or dried out. Small, young leaves will have a milder flavor, and more and more greens are now available as tender “baby” leaves. Look for greens tied in bunches or washed, chopped and sealed in plastic bags. (Even though the latter are prewashed, they should be rinsed well again before using.) Baby greens are sold in bulk or in plastic bags.

**Storing:** Since greens will continue to draw nutrients and moisture from their roots after harvesting, trim off the greens and store them separately if you plan to eat the roots as well. Wrap unwashed greens in a clean, damp kitchen towel or damp paper towels, then cover them loosely with a plastic bag. They will keep in the refrigerator for 3 to 5 days. Generally, the sturdier greens will keep for a longer period of time than the delicate ones, although their flavor may become stronger—and perhaps unpleasant—with age.

**Preparing:** The textured leaves of greens often trap large amounts of dirt and sand, especially the leaves of darker varieties, so wash them well just before using. Fill the sink or a large bowl with cool water, immerse the greens and then lift them out, letting the grit settle at the bottom. Repeat a few times until no grit is left behind.

**Removing Stems:** When stems are fibrous and leaves are tender, you’ll want to remove the stems before cooking. Use a paring knife to cut away the wide, thick stems of tougher greens, such as chard or mustard. For thin stems of tender greens:

- Gently fold a leaf in half lengthwise along the stem with the vein side out.
- Holding the folded leaf in one hand, quickly tear the stem away along with the tough center vein.

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Most tender greens, such as spinach and broccoli rabe, can be simply sautéed. Tougher greens, such as kale and chard, may need a quick blanch to tenderize them and remove some of their bitterness.

Adapted from Williams-Sonoma *Kitchen Companion* (Time-Life Books, 2000).

## Spaghetti with Garlicky Greens

*This tangle of noodles and garlic-laden ribbons of kale and chard is a delicious way to eat your greens. Dinosaur kale, also known as lacinato or Tuscan kale, has dark bluish-green leaves and a more delicate flavor than curly kale.*

Bring a large pot of lightly salted water to a boil over high heat. Add the pasta and cook until just tender, about 9 minutes, or according to the package instructions.

Meanwhile, prepare the chard and kale: Tear the leaves from their tough ribs and stems, discarding the ribs and stems. Stack the leaves and fold or roll up and slice them thinly. Transfer the greens to a colander and rinse under cold running water, then drain well.

In a large fry pan over medium-high heat, warm 2 Tbs. of the olive oil. Add the garlic and red pepper flakes and cook, stirring constantly, until the garlic is fragrant but not browned, about 1 minute. Add the greens and stir to coat evenly with the oil. (If they don’t all fit at once, add in handfuls after allowing the first batch to wilt.) Cook, stirring occasionally, until the greens are tender, about 5 minutes, adding a few tablespoons of the pasta cooking water if needed to prevent sticking.

Drain the pasta and return it to the warm pot. Add the cooked greens, cheese, the ¼ tsp. salt and the remaining 2 Tbs. olive oil and stir to mix well. Divide evenly among pasta plates or bowls and serve immediately. Pass lemon wedges at the table. Serves 4.

Adapted from Williams-Sonoma *Healthy in a Hurry*, by Karen Ansel, MS, RD and Charity Ferreira (Weldon Owen, 2011).

## Carrot and Kale Juice

*Fresh ginger helps bring out the natural flavors of the fruits and vegetables in this juice and is a natural anti-inflammatory.*

Wash the ingredients well, then cut them up as needed to fit through the chute of your juicer. Juice the ingredients in the order listed according to the manufacturer’s instructions. Serve immediately. Serves 1.

Recipe contributed by Reboot Your Life ([www.jointhereboot.com](http://www.jointhereboot.com)).

### Ingredients for Spaghetti with Garlicky Greens

Sea salt, to taste, plus ¼ tsp.

12 oz. whole-wheat spaghetti or linguini

1 bunch (about ½ lb.) red or green chard

1 bunch (about ½ lb.) dinosaur (lacinato) kale

4 Tbs. olive oil

4 garlic cloves, pressed or minced

¼ tsp. red pepper flakes

¼ cup grated Parmigiano-Reggiano cheese

Lemon wedges for serving

### Ingredients for Carrot and Kale Juice

1 green apple

3 handfuls spinach leaves

6 to 8 kale leaves, stemmed

4 large carrots

1-inch piece fresh ginger