

This week, our recipe focus is on more of the bountiful fresh produce available in your gardens, area vegetable stands or Farmers Markets. Let us know if there is something you would like us to put in our column, or if you have a recipe to share, please submit to ads@thedrummer.com.

Carrot Noodles with Spicy Peanut Dressing

Level: Easy
Total: 30 min
Active: 30 min
Yield: 4 servings

3 to 4 lg. carrots, peeled
1 English cucumber, halved lengthwise, seeded & cut into 1/2" pieces
1 shallot, thinly sliced lengthwise
Kosher salt
1-1/2 T. creamy peanut butter
1 T. soy sauce
1 T. mirin
1-1/2 tsp. rice vinegar
1 tsp. toasted sesame oil
1 tsp. Sriracha
1/2 tsp. packed light brown sugar
1/2 tsp. fresh lemon juice
1/2 clove garlic, finely grated
10 to 12 fresh mint leaves, thinly sliced
8 basil leaves, thinly sliced
1 tsp. toasted sesame seeds

Use a vegetable peeler to shave the carrots into thin wide ribbons; discard the last thick strip. Transfer the carrot ribbons to a large bowl, fill with ice water and let stand 10 minutes.

Meanwhile, combine the cucumber and shallot in a colander, sprinkle with salt and let drain, 10 minutes. Whisk the peanut butter, soy sauce, mirin, rice vinegar, sesame oil, Sriracha, brown sugar, lemon juice and garlic in a small bowl.

Drain the carrots, blot dry with paper towels and transfer to a serving bowl. Press the cucumber and shallot in the colander with your hands to remove any excess liquid; pat dry with paper towels and add to the carrots. Add the mint and basil and toss to combine. Drizzle the peanut dressing over the salad and sprinkle with the sesame seeds.

Fresh Corn Fettuccine

Prep/Total Time: 30 min.
Yield: 6 servings

12 oz. uncooked fettuccine
4 thick-sliced bacon strips, chopped
4 c. fresh or frozen corn, thawed
3 garlic cloves, minced
1/4 tsp. salt
1/8 tsp. pepper
1/2 c. grated Parmesan cheese
1/3 c. blanched almonds
1/3 c. olive oil
1 c. thinly sliced fresh basil, divided
Opt.: Halved grape tomatoes & additional grated Parmesan cheese

Cook fettuccine according to package directions.

Meanwhile, in a large skillet, cook bacon over medium heat until crisp. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 2 teaspoons.

Add corn, garlic, salt and pepper to drippings; cook and stir over medium-high heat until corn is tender. Remove 3/4 cup corn from pan. Transfer remaining corn to a food processor; add cheese, almonds, and oil. Process until blended. Return to skillet; add reserved corn and heat through.

Drain fettuccine, reserving 1/2 cup pasta water. Add pasta, three-fourths of the bacon and 3/4 cup basil to corn mixture. Add enough reserved pasta water to reach desired consistency, tossing to coat. Sprinkle with remaining bacon and basil. If desired, top with tomatoes and additional cheese.

Fresh Green Beans

Yield: 6 servings
Prep Time: 15 mins
Cook Time: 30 mins
Total Time: 45 mins

1 lb. green beans
2 T. bacon grease
2 cloves garlic
1 c. chopped onion
1 c. chicken broth

1/2 c. chopped red bell pepper
1/2 to 1 tsp. kosher salt
Ground black pepper to taste

Snap the stem ends of the green beans or cut them off in a big bunch with a knife if you'd like. Just don't tell Granny.

Melt bacon grease in a skillet over medium low heat. Add garlic and onions and cook for a minute. Then add green beans and cook for a minute until beans turn bright green.

Add the chicken broth, chopped red pepper, salt and black pepper. Turn heat to low and cover with a lid, leaving lid cracked to allow steam to escape. Cook for 20 to 30 minutes or until liquid evaporates and beans are fairly soft, yet still a bit crisp.

You can add more chicken broth during the cooking process, but don't be afraid to let it all cook away so the onions and peppers can caramelize.

Mexican Street Corn

Level: Easy
Total: 17 min
Prep: 5 min
Cook: 12 min
Yield: 4 servings

4 ears sweet corn, husks removed
2 T. corn oil
1/2 c. mayonnaise
1 tsp. chili powder
1 tsp. garlic salt
Freshly ground black pepper
1 lime, quartered

Special equipment: grill pan

Preheat a grill pan. Rub corn with oil and place on the grill pan, turning corn so all sides are charred, about 6 to 10 minutes. Meanwhile, mix together mayonnaise, chili powder, garlic salt, and black pepper. Remove corn from grill and brush with the mayonnaise mixture. Serve with lime quarters to squeeze over corn.

Potato Salad with Sweet Corn, Bacon, and Red Onion

Yield: 6 servings
Prep Time: 35 mins
Total Time: 45 mins

2 lb. small new potatoes
Kosher salt
pepper
6 slice bacon
3 T. olive oil
2 T. red wine vinegar
1 T. Dijon mustard
1 ear sweet corn
1/2 sm. red onion
2 c. baby arugula
1/2 c. chopped fresh flat-leaf parsley

Place the potatoes in a large, wide pot, cover with cold water, and bring to a boil. Add 2 teaspoons salt, reduce heat, and simmer until the potatoes are just tender, 10 to 15 minutes. Drain and run under cold water to cool.

Meanwhile, cook the bacon in a skillet over medium heat until crisp, 6 to 8 minutes. Transfer to a paper towel-lined plate; break into pieces when cool.

In a large bowl, whisk together the oil, vinegar, mustard, and 1/4 teaspoon each salt and pepper.

Cut the potatoes in half (or quarter if large). Add the potatoes to the dressing and gently toss to coat. Fold in the bacon, corn, onion, arugula, and parsley.

Green Beans Almondine

Prep Time: 10 min.
Cook Time: 15 min.
Total Time: 25 min.
Yield: 4 servings

3 T. butter, divided use
1/2 c. sliced almonds
1/3 c. shallots minced
1 lb. green beans (use the smaller French haricot vert green beans if you can find them)
Salt & pepper to taste
2 tsp. lemon juice
2 T. chopped parsley

Melt 1 tablespoon of butter in a skillet over medium heat. Add the almonds to the pan and cook for 3-4 minutes or until golden brown, stirring occasionally. Remove the almonds from the pan; wipe the pan clean with a paper towel.

Melt the remaining 2 tablespoons of butter in the pan. Add the shallots and cook for 3-4 minutes or until tender. Add the green beans and 1 tablespoon of water to the pan. Cook, stirring occasionally, until green beans are tender, about 4-5 minutes. Stir in the lemon juice, salt and pepper.

Sprinkle the reserved almonds over the green beans, along with the parsley. Serve immediately.

Healthy Carrot Muffins

Level: Easy

Total: 45 min.

Prep: 15 min.

Cook: 30 min.

Yield: 12 servings

3/4 c. all-purpose flour

1/2 c. whole wheat flour

2/3 c. dark brown sugar

2 T. wheat germ

2 tsp. ground cinnamon

1 tsp. baking powder

1/2 tsp. baking soda

Pinch fine salt

2 lg. eggs

1/3 c. vegetable oil

1 T. pure vanilla extract

4 med. carrots, grated (about 2 c.)

1/2 c. canned crushed pineapple, drained

Special equipment: 12 cup muffin tin and paper liners

Preheat the oven to 350 degrees F. Line twelve 1/2-cup muffin cups with paper muffin liners.

Whisk the flours with the brown sugar, wheat germ, cinnamon, baking powder, baking soda, and salt in a medium bowl. In another medium bowl lightly whisk the egg, then whisk in the vegetable oil, and vanilla extract.

Quickly and lightly fold the wet ingredients into the dry ingredients with a rubber spatula. Stir in the carrots and pineapple just until evenly moist; the batter will be very thick. Divide the batter evenly among the muffin cups. Bake until golden and a toothpick inserted in the centers comes out clean, about 30 minutes. Turn muffins out of the tins and cool on a rack. Serve warm.

Quote of the Week:

“A party without a cake is really just a meeting.”

- Julia Child