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edible LA

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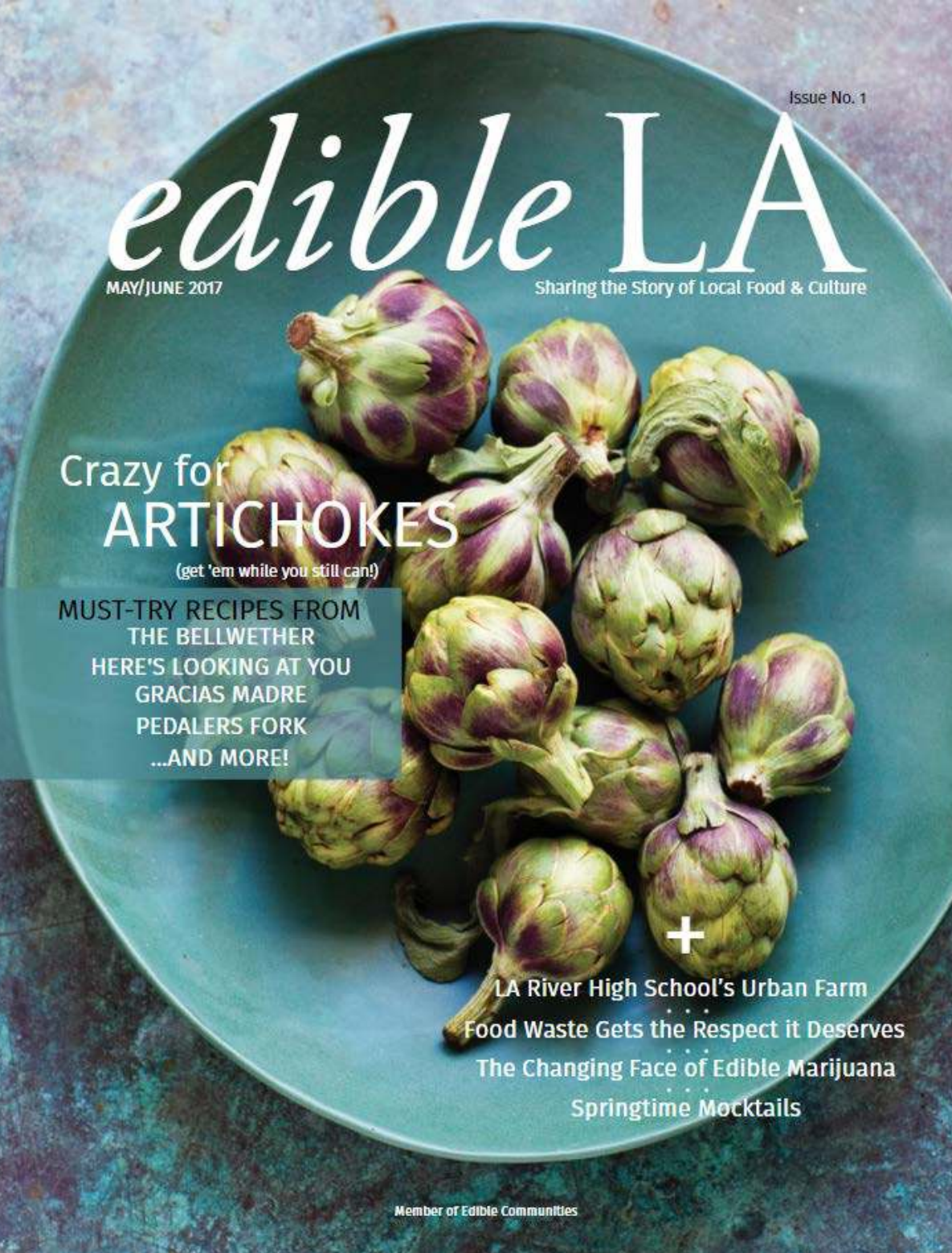
Sharing the Story of Local Food & Culture



Crazy for ARTICHOKES

(get 'em while you still can!)

MUST-TRY RECIPES FROM
THE BELLWETHER
HERE'S LOOKING AT YOU
GRACIAS MADRE
PEDALERS FORK
...AND MORE!

+

LA River High School's Urban Farm

Food Waste Gets the Respect it Deserves

The Changing Face of Edible Marijuana

Springtime Mocktails

Member of Edible Communities

"NO SUMMER BARBECUE IS COMPLETE WITHOUT A GREAT BURGER, SO WE DEVISED THIS SUPER HEALTHY, LEAN RECIPE AND EVEN SWAPPED OUT THE BUNS FOR LETTUCE CUPS." - ALICE BAMFORD AND ANN LYSENRING, AUTHORS OF ONE GUN RANCH, MALIBU BIODYNAMIC RECIPES FOR VIBRANT LIVING

TURKEY & SAGE BURGERS

makes 8; serves 4

1/2 lb organic ground turkey
1 tbsp olive oil
Leaves from 1 sprig fresh sage, finely chopped
1 jalapeño chile, finely chopped
8 medium or 16 small cup-shaped lettuce leaves
2 large pickles, sliced or chopped
Chopped onion for topping
Chopped mozzarella cheese for topping (optional)
Carrot-Beet Ketchup for serving (recipe follows)

1 Build a hot fire in a charcoal grill or preheat a gas grill to 400°F.
2 Put the ground turkey in a bowl and drizzle in the olive oil. Add the sage and jalapeño and mix with your hands just until well blended; do not overmix.
3 Divide the mixture into eight 2-inch patties. Arrange the patties on the grill rack and grill until nicely browned, about 5 minutes per side.
4 Tuck each pattie into a lettuce cup, either 1 leaf or 2 nested together, and top with the pickles and onions. Sprinkle with the mozzarella, if using. Serve immediately, with the Carrot-Beet Ketchup (below) on the side.

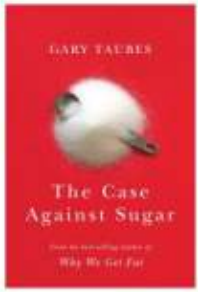
CARROT-BEET KETCHUP

makes about 1 cup

1 beet (4 oz), trimmed and scrubbed (not peeled)
1 lb carrots, peeled and cut into ½-inch dice
1/3 cup water
2½ tbsp apple cider vinegar
2 tbsp grade B maple syrup
pinch of ground cloves
pinch of sea salt
1/8 tsp chili powder (optional)

1 Preheat the oven to 400°F
2 On a small baking sheet or baking dish, roast the beet until tender, about 1 hour. Set aside to cool slightly, then peel and roughly chop.
3 Meanwhile, bring about 1/2 inch of water to a boil in a saucepan and fit a steamer basket into the pan.
4 Add the carrots to the basket and steam until they are soft but not mushy, 8 to 10 minutes.
5 In a blender, combine the carrots and beets with the water, vinegar, maple syrup, cloves, and salt and blend until you have a thick, smooth purée. Pulse in the chili powder, if using. Taste for seasoning. ✦

-eLA



the case against sugar...

Most of us have some idea that refined sugar probably isn't great for our health, but Gary Taubes' ***The Case Against Sugar*** (Knopf, 2016) is an eye-opening, sobering read about the hold sugar has over our society. Delving deeply into the subject at hand, his words form a powerful and informative argument against this addictive substance. -eLA

on vegetables...

Chef Jeremy Fox, who first came to Michelin-star fame at Ubuntu in Napa - a vegetable paradise - is now here in LA at the helm of Rustic Canyon (rusticcanyonwinebar.com) in Santa Monica, among others. In his new cookbook, ***On Vegetables: Modern Recipes for the Home Kitchen*** (Phaidon, 2017), which was released in April, Fox treats these plants with the utmost respect and care. His thoughtful recipes are surely modern - some more approachable than others - and the book almost reads like vegetable poetry. A favorite is Fox's Carrot Juice Cavatelli with Tops Salsa and Spiced Pulp Crumble (see next page for recipe), which utilizes the entire vegetable, from the tops to the juice and pulp. Even the pages of condiments, like Fig, Pepper Skin, & Riesling Jam (great with cheese!) or the Miso Bagna Cauda (this is really versatile, but I love it on hot crusty bread!) are as beautifully inventive as they are craveworthy. -eLA

Photograph © Rick Poon

CARROT JUICE CAVATELLI, TOPS SALSA, & SPICED PULP CRUMBLE

Adapted from *On Vegetables: Modern Recipes for the Home Kitchen* by Jeremy Fox (Phaidon, 2017)

serves 4

4 1/2 cups 00 flour, plus more for dusting
1 tsp kosher salt
1 cup carrot juice from orange carrots, pulp reserved

Note: Start cooking the day before you intend to serve this. The carrot pulp and cavatelli dough will need overnight to dehydrate and rest, respectively.

Make the Carrot Juice Cavatelli:

1 In a food processor, blend together the flour and salt. With the machine running, slowly add the carrot juice (you may not need all of it), until the dough comes together. You are looking for a texture similar to Play-Doh: elastic, pliable, and not sticking to your fingers when you touch it. If the dough is too dry, add more juice; too wet, add more flour.
2 Transfer the dough to a lightly floured surface and knead it with the heels of your hands for about 1 minute, until smooth.
3 Wrap the dough tightly with plastic wrap and let it rest overnight in the refrigerator.
4 Place the carrot pulp on a dehydrator tray and dehydrate at 135ºF overnight.
5 About 1 hour before you plan to make the cavatelli, let the dough come to room temperature -- this will make it much easier to work with. Divide the dough into 6 pieces. Lightly flour a work surface. Working with one piece at a time - and keeping the rest of the dough covered -- roll the dough into a long, thin rope, about 1/8" thick. Cut the rope crosswise into 1/4" pieces.
6 Using a cavatelli board, or the tines of a fork, gently but confidently roll the dough pieces against it. The cavatelli may not come out perfect right away, but soon the motion will find its way into your muscle memory.
7 Once the cavatelli are shaped, lay them in a single layer (not touching) on a baking sheet lined with a tea towel. Repeat this process until all dough has been shaped. These are best cooked when fresh, so if you are going to be cooking them the same day, you can just leave them out. Otherwise, cover and refrigerate for up to 2 days.
8 Bring a large pot of water to a boil. Season your water with salt so it tastes like the sea. Add the cavatelli and cook until they float to the surface, about 3 minutes.

CARROT PURÉE

makes 1 cup

2 lbs carrots, peeled and cut into 1" cubes
6 tbsp grapeseed oil
1 tbsp kosher salt, plus more as needed

1 In a bowl, toss the carrots with 2 tbsp of the grapeseed oil and the salt and set aside for about 10 minutes.
2 Transfer the carrots to a food processor and blend until broken up. Transfer the mixture to a saucepot, set over medium-low heat, cover, and cook, undisturbed, for 40-45 min. You'll know it's ready when you can smear it with a spoon.
4 Transfer to a blender and blend on low, gradually increasing to high speed as you drizzle in the remaining oil. Blend until it reaches the consistency of mayonnaise. Season to taste with salt. Store in an airtight container in the refrigerator for up to 3 days.

CARROT TOPS SALSA VERDE

makes 3/4 cup

1/2 cup carrot tops, chopped
1/2 cup extra-virgin olive oil
2 cloves garlic, finely chopped
2 tbsp lemon juice
finely grated zest of 2 lemons

1 In a bowl, combine carrot tops, olive oil, garlic, lemon juice (withhold this if not using salsa right away), and lemon zest and whisk thoroughly until combined. Use immediately or cover and refrigerate for up to 3 days. If storing for later use, don't add lemon juice until just before serving.

CARROT PULP CRUMBLE

makes about 3/4 cup

2 cups carrot pulp (from 3 lbs orange carrots that have been juiced)
2 tsp granulated sugar
1 1/2 tsp Fox Spice (below)
1 tsp kosher salt
1 tbsp extra-virgin olive oil

1 Spread the pulp evenly on a dehydrator tray and dehydrate at 125º to 135ºF for at least 8 hours, or until completely dry. You should get about 3/4 cup.
2 Transfer the pulp to a mortar and pestle and grind until you have the rustic texture of a fine breadcrumb. Transfer to a bowl and add the sugar, spice, and salt, and stir. Store in an airtight container indefinitely at room temperature. Stir in the olive oil until combined.

FOX SPICE

makes 1/3 cup

2 1/2 tbsp black peppercorns
2 tbsp ground mace
1 tbsp + 1 tsp ground cinnamon
1 tbsp coriander seeds
1 tsp whole cloves

1 Add all spices to a wide sauté pan and toast over medium heat, stirring, until fragrant - 3 to 4 minutes. Transfer spices to a spice grinder and process until finely ground. Store at room temperature in an airtight containerfor up to 2 months.

TO SERVE

3/4 cup Carrot Purée (below)
4 tbsp Carrot Tops Salsa Verde (below)
4 tbsp Carrot Crumble (below)
aged Gouda cheese

1 While the pasta water heats up, gently warm the carrot purée in a small pan over low heat. Keep covered and warm until serving.
2 Using a sieve, scoop the cavatelli out of the pasta water and into a wide bowl. Immediately dress them with the carrot top salsa verde and toss to combine. Ladle in some of the starchy, seasoned pasta water, a little at a time, to open up the flavors and create a very light sauce that will coat the cavatelli. Don't add too much water or it will make for a thin, diluted sauce.
3 Place dollops of the carrot purée on 4 warmed plates. Spoon the cavatelli on top and sprinkle the carrot crumble over the pasta and the plate. Shave ribbons of Gouda over the top and serve immediately.

• *cLA*