

What's Simmering ... With Chef Jack!

Greetings to all!

It's hard to believe the summer is almost over. This has certainly been a unique one. It barley rained all summer and the one Saturday morning we were going to do a farmers market demonstration it poured! The farmers were really happy for the rain. We are looking at rescheduling to possibly the 2nd Saturday in October. With our luck it will probably snow. The market in Oconomowoc is really looking great. If you haven't been there yet, please give it a try. I think you will be pleasantly surprised.

Back by popular demand we will be having a food and wine dinner October 21st. We will be featuring local food and several of our farmers will be on hand. It's funny how we used to go half way around the world looking for food items and ended up finding some of the best things are just over the hill. I'm not sure which is more enjoyable, cooking with these wonderful foods or talking and getting to know the people who grow it. Farmers certainly are a rich source and resource! Don't forget to make reservations early.

Enjoy and happy eating.



Chef Jack

vegetables. Usually I just peel it, slice it and boil it in salted water; drain and toss with butter, salt and pepper. Here is another option. This recipe comes from Deb Deacon who used to work at the Club several years ago!

Kohlrabi and Carrot Salad

Amt.	Unit	Ingredients
1 1/4	lb.	Kohlrabi, peeled and shredded
2	ea.	Large carrots, peeled and shredded
1/2	ea.	Red bell pepper, seeded and diced
1/2	cup	Scallions, chopped

Dressing

2	tbsp.	Olive oil
2	tbsp.	Cider vinegar
2	tea.	Fresh dill, or more to taste, chopped
2	tea.	Sugar
1/4	tea.	Cumin
1/2	tea.	Mustard powder
	To taste	Salt and pepper
1/3	cup	Plain yoghurt, drained or Fage Classic Greek yogurt (already strained)

Method:

1. In a large bowl, combine salad components.
2. In a small bowl, combine oil, vinegar, sugar, cumin, mustard, salt and pepper. Stir in the yoghurt, and whisk the ingredients to blend them well.
3. Pour the dressing on the salad, toss the ingredients well, cover the bowl, and refrigerate the salad for about 2 hours before serving it.

Servings: approximately 6

NOTES:

Toss raw shredded kohlrabi with 1 tablespoon kosher salt in sieve set over a bowl. Let stand 30 minutes or more, tossing occasionally. Drain kohlrabi, rinse lightly, and then spin dry. This way your strips stay firm after the dressing is added (they can even be prepared a day in advance).

Drain the yoghurt by placing it in a fine mesh strainer over a bowl. Let stand in refrigerator for about an hour.