

Recipes for 7/30 CVGM Food Sampling

Garam Masala and Honey Roasted Carrots

Ingredients

1 pound small carrots, cleaned, cut to serving size

2 tablespoons honey

1 tablespoon olive oil

¼ teaspoon roasted garlic

2 teaspoons garam masala

salt and black pepper to taste

Fresh mint leaves and sliced radishes to garnish

Instructions

Preheat oven to 425° F. and line a baking sheet with parchment paper.

In a bowl whisk together the honey, oil, garlic, garam masala, salt and pepper. Toss the carrots in the mixture until they're coated then place them in a single layer on the prepared baking sheet.

Roast the carrots until tender (about 20 mins). Rotate the baking sheet halfway through the cooking time.

Place the carrots on a serving plate and top them with chopped pistachios and mint.

Thai Cucumber Salad With Roasted Peanuts and Chile

Ingredients

3 cucumbers (about 1 pound)-cut in ½ lengthwise and deseed (run spoon tip down middle of cucumbers)

Kosher salt as needed

¼ cup salted, roasted peanuts

¼ cup cilantro leaves chopped

1 teaspoon red-pepper flakes

3 tablespoons natural unsalted peanut butter

2 tablespoons soy sauce

2 tablespoons unseasoned rice vinegar

1 teaspoon granulated sugar

Preparation

Toss cucumbers with 1/2 teaspoon kosher salt in a colander. Set aside to drain.

Chop peanuts, cilantro and red-pepper flakes together until very fine. Set aside.

In a large bowl, whisk together peanut butter, soy sauce, rice vinegar, sugar, garlic and 1/2 teaspoon kosher salt. Add up to 1 tablespoon water, if needed to thin mixture. Rinse cucumbers, drain and put into bowl and toss with dressing to coat.

To serve, place cucumber salad on the plate, sprinkle with peanut mixture. Drizzle with chile oil, if using, and serve

Roasted Garlic

Ingredients

4 large (10 oz) garlic heads

2 teaspoons extra-virgin olive oil

Directions

Adjust oven rack to middle position and heat oven to 425°F . Cut 1/2 inch off the top of each garlic head to expose most of the tops of the garlic cloves. Place garlic heads, cut side up, in the center of a large piece of aluminum foil. Drizzle each with 1/2 teaspoon oil, season with salt, and gather foil tightly around the garlic to form a packet.

Place packet directly on oven rack and roast for 45 minutes. Carefully open just the top of the foil to expose garlic and continue to roast until garlic is soft and golden brown, 5 to 10 minutes.

Remove garlic from oven and let cool for 20 minutes. When cool, squeeze garlic from skins into a bowl.

Two recipes for Dips using Roasted Garlic below

Serve with crackers or fresh vegetables

Roasted Red Pepper dip

Ingredients

4 red peppers

1 red onion thickly sliced

2 Tbls Roasted garlic puree (more as needed)

2 Tbls olive oil

1½ Tsp kosher salt

¼ tsp red pepper flakes

8 oz Cream cheese (room temperature)

Instructions

Preheat oven to 450. Line a baking tray with parchment paper and set aside.

Cut the peppers into quarters and remove the seeds. Place on tray with the onion. Roast for 25-30 minutes (more as needed), turn halfway through, until the tops of the peppers are browned.

Remove from oven and set to cool.

Add Roasted peppers, Roasted onions, oil from pan, Roasted garlic puree, red pepper flakes, cream cheese, salt and olive oil into food processor. Blend until smooth. Taste & adjust flavors as needed.

I added Sumac seasoning to add a bit of citrus flavors

Roasted Garlic Dip with Romano & Parmesan Cheese

Ingredients

2 tbs Roasted Garlic Puree (more as needed)
4 ounces cream cheese-room temperature
4 oz sour cream (Greek yogurt also works well)
4 oz grated Romano cheese
4 oz grated Parmesan cheese
2 tbs chopped parsley
S&P to taste

Instructions

Combine roasted garlic puree, cream cheese, sour cream (or greek yogurt), grated Romano cheese, grated Parmesan cheese, salt and pepper. Mix well and adjust seasonings as needed. Let sit 2 hours (or overnight) before service for the flavors to blend. Garnish with chopped parsley or red pepper flakes