

COOKING FOR WELLNESS

September 2022 Recipes



CANCER SUPPORT
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GREATER ANN ARBOR

Farro with Tomatoes, Raw Corn, Mint, Basil, and Scallions

I keep cooked farro in my refrigerator all summer long so I can use it as a foundation for quick meals. This recipe can be your blueprint and then you can improvise with other vegetables, fruits, leaves, nuts, and whatever other yummy things you have a hankering for. It's important to include tomatoes, however, because they provide a lot of moisture and brightness, and they are so nutritious.

» Serves 4

3 cups cooked and cooled farro (page 50)

2 cups torn croutons (page 29)

1 bunch scallions, trimmed (including $\frac{1}{2}$ inch off the green tops), sliced on a sharp angle, soaked in ice water for 20 minutes, and drained well (see page 53)

1 pint cherry tomatoes, halved

4 ears sweet corn, husked

1 handful fresh mint leaves

1 handful fresh basil leaves

$\frac{1}{4}$ cup red wine vinegar

1 teaspoon dried chile flakes

Kosher salt and freshly ground black pepper

Extra-virgin olive oil

Put the farro in a big bowl. Add the croutons, scallions, and tomatoes. Using a paring knife, cut the corn kernels off the cobs into the bowl. Once the kernels are removed, scrape the cobs with the back of the knife blade so that you also capture all the milky pulp.

Add the mint and basil and toss everything together. Add the vinegar, chile flakes, 1 teaspoon salt, and a lot of twists of black pepper and toss again. Taste and adjust any of the seasonings to get the flavors nice and vibrant.

Finish with $\frac{1}{2}$ cup olive oil and toss. Taste and adjust again. Serve lightly chilled or a little cooler than room temperature.

Farro

You don't have to toast farro before you cook it, but I know that once you've tasted farro made with this toasting method, you'll never look back. This basic method calls for 3 to 5 minutes of toasting, but if you're patient and have some time, you can toast the farro even more deeply. Stir constantly and keep an eye on it; this will only intensify the flavor.

» *Makes about 2 cups*

Extra-virgin olive oil	1 cup farro
2 garlic cloves, smashed and peeled	4 cups water
$\frac{1}{2}$ teaspoon dried chile flakes	1 bay leaf
	2 teaspoons kosher salt

Put a nice glug of olive oil into a large skillet that has a lid and heat over medium heat. Add the

smashed garlic and chile flakes and cook slowly to toast the garlic so it's beginning to get soft, fragrant, and nicely golden brown, about 3 minutes.

Add the farro and cook over medium heat, stirring more or less constantly so the grains toast evenly, for 3 to 5 minutes. They will darken slightly and become quite fragrant.

Add the water, bay leaf, and salt and bring to a boil. Cover, adjust the heat to a nice simmer, and cook until the farro is tender but not so much that it has "exploded" and popped fully open—it will be mushy if cooked that long. Depending on your farro, this could take 15 to 30 minutes or even a bit longer.

Drain the farro well. If you're using the farro warm, you're all set. If you want to use it cold, such as in a salad, dump it onto a baking sheet, toss with a tablespoon of olive oil, and spread it out to cool.

Torn Croutons

There is no need to cut croutons into perfect little squares! Just tear the bread—it's easier and more fun, and most important, the croutons taste better because they have lots of raggedy edges that get crisp, and even slightly burnt. And stop cutting the crust off the loaf; the crust gives you more flavor, more texture.

What you don't want are hard croutons. You always want a little bit of chew in the center, not on every single one, but every third one at least; the lack of uniformity helps this. You also want the croutons to absorb the juices from vegetables, the extra-virgin olive oil, the vinaigrettes . . . All that flavor is carried into the crouton better through the torn edges.

» *Makes about 2 cups*

2 large, thick slices
country loaf (about
4 ounces)

2 tablespoons extra-
virgin olive oil
Kosher salt and freshly
ground black pepper

Heat the oven to 400°F.

Tear the bread, crust and all, into bite-size pieces. Toss the torn bread with the olive oil and a light sprinkling of salt and pepper.

Spread the croutons on a baking sheet in a single layer and bake until golden brown, checking every 4 to 5 minutes and moving the outside croutons to the center of the pan so they cook evenly. Don't let them get rock hard; leave a little bit of chew in the center. The total baking time will depend on the type and density of bread you're using, but mostly likely will be 10 to 20 minutes.

Slide onto paper towels to absorb any extra oil and season again lightly with salt and pepper.

Store the croutons in an airtight container. (Be sure to make more than you need for your recipe because you'll find yourself eating these as a snack.)

Red Pepper, Potato, and Prosciutto Frittata Topped with Ricotta

At its heart, this is a Denver omelet in frittata form . . . but I daresay a lot better. Loaded with sweet roasted peppers, potatoes, and fluffy ricotta, the frittata is slightly fragile because of all the moist ingredients, so I never do the classic flip when getting it out of the pan. Instead, I just loosen it from the pan and slide it onto a plate. I love this served with a simple spicy green salad.

» Serves 3 or 4

½ pound potatoes, peeled if the skins are mature

Kosher salt and freshly ground black pepper

2 tablespoons unsalted butter

2 red bell peppers or other large sweet peppers, seeded and cut into julienne strips

1 bunch scallions, trimmed (including ½ inch off the green tops), sliced on a sharp angle

4 ounces prosciutto, cut into thin strips

6 eggs

½ cup finely grated Parmigiano-Reggiano cheese

Extra-virgin olive oil

½ cup whole-milk ricotta cheese, seasoned lightly with salt and pepper and stirred so it's creamy

Put the potatoes in a large pan of water and add salt until it tastes like the sea. Bring to a boil and cook until they are tender but not mushy, 15 to 20 minutes, depending on their size. Drain.

When cool enough to handle, cut into small chunks.

Heat the oven to 400°F.

Heat the butter in a 10-inch skillet (nonstick if you have one, with an ovenproof handle) over medium-high heat. Add the bell peppers, scallions, and prosciutto, season lightly with salt and black pepper, and cook until fragrant and the bell peppers are softening but not browning, 5 to 7 minutes. Add the potatoes.

Crack the eggs into a large bowl, add 1 teaspoon salt, many twists of black pepper, and the Parmigiano. Whisk until the eggs are nicely blended. Pour the eggs over the ingredients in the skillet, scraping everything out of the bowl with a rubber spatula.

Reduce the heat to medium and let the eggs sit peacefully for about 2 minutes. Then carefully slip the spatula around the edges of the eggs, releasing them from the pan, allowing more liquid egg to flow underneath. Let that new layer of egg set up a bit and then repeat the process. You are building layers of cooked egg, which will help the frittata have a lighter texture than if you simply let the whole thing set as one.

After most of the liquid egg has cooked, but the top is still runny, dollop the ricotta over the top

For a neat julienne, cut away the top and bottom of the pepper. Slice open, cut out the seedy core, and lay flat. Cut away interior ribs, then cut into strips.





Celery Salad with Dates, Almonds, and Parmigiano

This is one of my favorite dishes. It's so simple, but the combination of ingredients creates a wonderful, intriguing aroma. Try to use really good olive oil for this salad.

Put the celery in a bowl of ice water and soak for about 20 minutes to heighten the crispness. Drain and pat dry, then pile into a medium bowl.

Add the celery leaves, dates, almonds, lemon juice, and chile flakes and toss together. Season generously with salt and black pepper. Taste and adjust the seasoning. Add the Parmigiano and $\frac{1}{4}$ cup olive oil and toss gently. Taste again and adjust the seasoning so you have a lovely salty, tart, sweet balance. Serve cool.

» Serves 4

8 celery stalks
(leaves separated and reserved), tough fibers peeled off, sliced on an angle into $\frac{1}{4}$ -inch-thick pieces

4 Medjool dates, pitted and roughly chopped

$\frac{1}{2}$ cup roughly chopped toasted almonds
(see page 31)

3 tablespoons fresh lemon juice

$\frac{1}{4}$ teaspoon dried chile flakes

Kosher salt and freshly ground black pepper

2 ounces Parmigiano-Reggiano cheese, shaved into shards with a vegetable peeler

Extra-virgin olive oil