



### SHRIMP AND OKRA GUMBO

- 2 pounds medium shrimp, peeled and deveined
- 1 tomato, chopped
- salt and pepper to taste
- ½ cup chopped green onions
- cayenne pepper to taste
- 1 cup chopped onion
- ½ cup olive oil
- 4 cloves garlic, minced
- 2 pounds chopped okra
- ½ cup chopped celery
- 1 tablespoon tomato paste
- ½ cup chopped green bell pepper
- 12 cups water
- (or chicken or fish stock)

Season the shrimp with salt, pepper and cayenne to taste and set aside. Heat the oil in a large pot over medium heat. Add the okra and saute for 30 minutes, stirring occasionally (until "slime" goes away). Add the tomato paste, tomato, onion, garlic, celery and bell pepper and saute for 15 more minutes.

Add the water (or stock) and season to taste. Bring to a boil, reduce heat to low and simmer for 45 minutes. Add the shrimp and simmer for 10 more minutes, or until no longer pink. Finally, add the green onion to the soup and stir thoroughly.

Serve over rice.

— *Allrecipes.com*



### WARM SWISS CHARD SALAD

SERVES 4

- About 2 lbs of Swiss chard
- 3 tablespoons olive oil
- 1 tablespoons fresh lemon juice
- 2 cloves of garlic, minced
- Salt and freshly ground pepper, to taste
- Dark Asian sesame oil or hot sesame oil, for serving

Wash the chard well in a sink of cook water. Lift the leaves out of the water to leave the grit at the bottom of the sink. Drain and remove the thick ribs, reserving them for another use (see our website [www.csachestercounty.com](http://www.csachestercounty.com) for a recipe for pickled chard stems!)

Bring large pot of lightly salted water to a boil over high heat. Add the leaves and cook until tender, about 8 minutes. Drain and cool slightly. If desired, coarsely chop the leaves.

Transfer the warm chard to a large bowl. Mix the oil, lemon juice, and garlic in a small bowl. Pour over the chard and mix. Season with the salt and pepper. Serve warm, drizzling each serving with the sesame oil.

— *From the Cook's Garden, Ellen Ecker Ogden*



### PAN-COOKED CELERY WITH TOMATOES AND PARSLEY

You can serve this as a side dish or as a topping for grains or pasta.

- 1 bunch celery, trimmed and cut into 1-inch pieces
- 1 tablespoon extra virgin olive oil
- 4 garlic cloves, minced
- 1 anchovy, rinsed and chopped (optional)
- 1 14-ounce can chopped tomatoes in juice (or use fresh)
- 3 tablespoons chopped flat-leaf parsley
- Pinch of sugar
- Salt and freshly ground pepper to taste

Place the celery in a steamer above 1 inch of boiling water. Cover and steam 5 minutes, until just tender when pierced with a knife. Remove from the heat and drain.

Heat the oil over medium heat in a large, heavy skillet and add the garlic. Stir until it smells fragrant, about 30 seconds, and add the anchovy if using, tomatoes, 2 tablespoons of the parsley, a pinch of sugar and salt and pepper. Stir together, then stir in the celery. Cook, stirring often, until the tomatoes have cooked down and the mixture is fragrant, about 10 minutes. Taste and adjust the seasonings. Stir in the remaining parsley just before serving.

— *from a recipe in "Cooking From an Italian Garden," by Paola Scaravelli and Jon Cohen.*



### ASIAN CABBAGE SLAW

- 2 ½ cups finely shredded cabbage
- 1 cup grated carrots
- ½ cup diced or julienned red or green bell pepper
- 2 tablespoons vegetable oil
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce
- 2 teaspoons brown sugar
- ½ teaspoon grated fresh ginger root
- dash of chili oil, Sriracha, or other hot pepper sauce (optional)
- ½ cup chopped peanuts, or 1 tablespoon toasted sesame seeds (optional)

Combine the cabbage, carrots, and bell peppers in a serving bowl and set aside. In a separate bowl, whisk together the oil, vinegar, soy sauce, brown sugar, ginger, and optional chili oil. Pour the dressing over the vegetables and toss well. Set aside to marinate for 10 to 15 minutes.

Just before serving, mix the slaw well and add the chopped nuts or sesames seeds.

— *Moosewood Restaurant Cooks at Home*