



COMMON THREADS

## Whole Wheat Linguine with Fresh Spring Vegetables

Yields 8 servings

### **Ingredients:**

3lbs of cooked whole wheat pasta, recipe to follow  
1 lb English peas, shucked  
½ bunch of thin asparagus, cut into 2 inch pieces  
2 tsp extra virgin olive oil  
2 cloves garlic, minced  
2 shallots, 1/8 inch dice  
½ cup dry white wine  
1 cup low sodium chicken broth  
2 vine ripened tomatoes, ¼ inch dice  
2 T fresh tarragon, chopped  
1 lemon, juiced  
¾ cup shredded Parmigiano-Reggiano cheese  
¾ cup cubed Parmigiano-Reggiano cheese  
2 T cracked pepper  
Salt to taste  
¾ cup pea shoots (optional)

### **Directions:**

1. In a large pot of boiling water, quickly blanch the English peas. After about 1-2 minutes on medium heat, remove the peas with a spider and place in an ice bath. This prohibits carry-over cooking.
2. Place asparagus in simmering water and cook till bright green, about 2-3 minutes. Remove asparagus and place in an ice bath.
3. Heat a medium sauté pan on medium heat. Add olive oil, garlic and shallots and cook until translucent, about 2 minutes.
4. Add the wine and cook till reduced in half.
5. Add the chicken broth, tarragon, lemon and tomatoes. Cook only until mixture comes to a simmer.
6. Add liquid mixture, cheeses, peas and asparagus, to the pasta in a large bowl. Mix well.
7. Add pepper and salt.
8. Serve with pea shoots on top.

# Whole Wheat Pasta

Yields 3 lbs

## Ingredients:

5 eggs, lightly beaten  
2 cups of whole wheat flour  
1  $\frac{3}{4}$  cup of all purpose flour, plus  $\frac{1}{2}$  cup reserved  
2 T sea salt, separated

## Directions:

1. In a food processor, add both flours and 1 T salt, pulse to combine.
2. Add in beaten eggs, all at once. Blend until mixture starts to form a ball.
3. Lightly dust a clean working surface with the reserved flour.
4. Roll the pasta dough onto the surface and knead until the dough is no longer sticky, but still soft. Do not over-knead, or you will have a tough pasta as a result.
5. If you have a pasta machine, feed  $\frac{1}{4}$  of the dough through the machine, starting on the first knob position, and working consecutively to the 7<sup>th</sup> knob position on the pasta machine. The result should be a long, thin, pasta sheet. If using a pasta cutting attachment for the pasta machine, chose the linguine (1/4 inch wide) cutter.
6. If rolling the pasta by hand, use a rolling pin and roll the pasta very thin. The pasta should translucent so that you can see your hand through the other side of the pasta. Use a knife and cut  $\frac{1}{4}$  inch wide noodles.
7. On a sheet tray, lay the pasta in one layer and sprinkle with semolina flour. This step ensures that the pasta does not stick together. Curl the pasta in small, circular bunches to dry (At this point, you can dry the pasta and use at a later time if desired).
8. In a large pot of boiling water, add the last T of salt. Add the pasta and lower heat to medium. Give the pasta one quick stir.
9. After 4-5 minutes, check the pasta is al dente, drain water without rinsing the pasta. Keep pasta warm by placing a lid on top of the pot.

# Tomato Basil Soup

Yields 8 servings  
By: Courtney Treutelaar

I like this recipe when I have a taste for summer ripened tomatoes, but it's not quite tomato season. The longer you cook the tomatoes on low heat, the sweeter they taste in the soup.

## **Ingredients:**

2 lbs best available tomatoes (vine-ripened or roma), cut in half and deseeded  
2 lemons, cut in half  
1 bulb of garlic, shoot end chopped off  
1/8 cup extra virgin olive oil, plus 1 T  
2 carrots, peeled and ½ inch dice  
2 celery stalks, ½ inch dice  
1 sweet yellow onion, ½ inch dice  
2 Quarts low-sodium Chicken broth  
1 bunch basil  
1/8 Cup cream  
2 t Cayenne pepper  
Salt and Pepper

## **Directions:**

1. Heat oven to 300°F
2. On a sheet tray, place tomato and lemon halves, cut part facing down.
3. Pour about 1 t olive oil into the cut end of the garlic bulb. Wrap in foil.
4. Drizzle the rest of the olive oil on top of the tomatoes. Salt and pepper the tomatoes.
5. Place the garlic and the tomatoes in the oven. Take the garlic out after 30-35 minutes, or until soft and golden brown in color. Take the tomatoes out after 1 ½ hours, or until the tomatoes are nice and caramelized.
6. While the tomatoes are cooking in the oven, heat a medium pot over medium heat.
7. Pour the olive oil into the pot. When hot, add the onion, celery, and carrots and cook for about 7-10 minutes or until softened.
8. Add chicken broth and bring to a simmer.
9. When the tomatoes are finished, add them directly into the pot.
10. Squeeze the lemon juice directly into the pot.
11. Squeeze the garlic out of its paper, pressing on the root end of the garlic bulb, pushing the cooked garlic out.
12. Cook just to incorporate and then add the basil.
13. Turn off heat and with a blender, food-processor or a hand-held blender, mix until smooth.
14. Add salt, pepper and cayenne pepper to taste.
15. Finish by stirring in the cream.

# Rhubarb Compote Served with Cream Scones

## Rhubarb Compote

Yields 8 servings

### **Ingredients:**

1 pound rhubarb  
1 tablespoon orange zest (from 1 medium orange)  
3 tablespoons freshly squeezed orange juice  
1/2 cup granulated sugar

### **Directions:**

1. Heat the oven to 350°F and arrange a rack in the middle.
2. Rinse rhubarb under cold water, trim ends, and remove any leaves. Slice each stalk in half lengthwise, then cut each half crosswise into 1-inch pieces.
3. Combine rhubarb, orange zest, orange juice, and sugar in an 8-by-8-inch glass baking dish; toss together until rhubarb is well coated with sugar.
4. Cover the dish with aluminum foil and bake until the rhubarb has released a lot of juice and the mixture is bubbling, about 35 minutes.
5. Remove the foil and continue baking until the juices are slightly thickened, about 20 minutes. Remove from the oven and let cool.

## Cream Scones

Yields 8 Servings

### **Ingredients:**

1 3/4 cups all-purpose flour, plus more for dusting  
2 1/2 teaspoons baking powder  
1 tablespoon granulated sugar  
1/2 teaspoon baking soda  
1/2 teaspoon kosher salt  
4 tablespoons unsalted butter (1/2 stick), frozen  
3/4 cup plus 1 tablespoon heavy cream  
1 large egg

### **Directions:**

1. Heat oven to 450°F and arrange rack in middle.
2. Combine flour, baking powder, sugar, baking soda, and salt in a large bowl and whisk ingredients to aerate and break up any lumps; set aside.
3. Grate frozen butter through large holes on a box grater; add to flour mixture and toss until well combined. Whisk together 3/4 cup of the heavy cream and the egg in a small bowl until egg is broken up. Pour into flour mixture, and mix briefly with your hands or a wooden spoon, until dough just comes together, about 2 minutes.
4. Turn dough out onto a lightly floured surface and, with lightly floured hands, shape into a circle. Use a rolling pin to roll dough to about 1/2-inch thickness. Dip a 2-1/2-inch biscuit cutter in some extra flour, tap off excess, and stamp out as many scones as possible. Reroll and stamp until you have a total of 12.
5. Place scones at least 1/2-inch apart on a baking sheet lined with parchment paper. Brush tops of scones with remaining 1 tablespoon cream. Bake until they are puffed and tops are golden and flecked with brown, 10 to 12 minutes. (If scones on one side of the pan begin to get too dark, rotate the pan to ensure even cooking.) Remove scones to a wire rack to cool. Serve warm or at room temperature.
6. Serve with Rhubarb compote and a dollop of non-fat Greek yogurt