

## AMWA Recipes from Linda Shiue, MD, Chef, author of *Spicebox Kitchen*

1) **3/27 20 minute cook-along** : Appetizer for AMWA cheese board (or other board or platter)

**\*To cook along in real time: wash, prep, and measure all ingredients in advance.\***

### **Endive Leaves with Harissa Carrot Yogurt**

Dip adapted from *Vegetable Butcher* by Cara Mangini

Makes: about 36 leaves

#### Ingredients

6 heads of endive, carefully separated into leaves; choose the largest/crispest

#### For the dip:

12 ounces (3-5) carrots, peeled and grated coarsely

1/4 cup extra virgin olive oil

1/3 cup shelled unsalted pistachios, chopped

1 tsp fine Kosher salt

4 medium cloves garlic, peeled and minced

2 cups plain Greek-style yogurt

1 tsp harissa (if unavailable, use paprika and Aleppo or cayenne pepper, to taste)

#### Garnishes:

kosher salt

carrot greens, parsley or mint, chopped

pomegranate arils (seeds)

more chopped pistachios

extra-virgin olive oil

#### Technique

1. Heat the olive oil in a medium skillet over medium heat until shimmering. Add carrots and cook, stirring frequently, for about 3 to 5 minutes or until they start to soften.

2. Add the pistachios and salt, then cook for an additional 3 to 4 minutes, stirring constantly, until the carrots start to brown. Add the garlic and cook for another minute, or until fragrant. Remove from heat and allow to cool for 5 minutes.

3. Put the yogurt in a medium bowl and then add the cooled carrot mixture and harissa. Stir together and adjust the seasoning by adding more salt, as needed, to taste.

4. To fill the endive leaves: hold each leaf in one hand, facing up like a boat. Add a teaspoon-sized dollop to the bottom end (only) of each endive leaf. Arrange prettily on a platter, then garnish each filled leaf with a few pomegranate arils, chopped herbs, a few chopped pistachios and a pinch of fine Kosher salt or fleur de sel.

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## 2) To cook on your own for dinner on 3/25 or 3/28

### Miso-Glazed Maitake Mushroom Burgers

I'm not a fan of most veggie burgers—too bready—but I am a fan of “meaty” vegetables in buns. This is my version of a veggie burger—using the meatiness of seared clusters of maitake (hen of the woods) mushrooms given an additional layer of umami with a miso glaze. The mushrooms pair well with Swiss cheese, complemented by the bite of sliced red onions and arugula. You can substitute oyster mushrooms.

Makes 4 burgers

#### Ingredients

2 T unsalted butter  
1 lb maitake or oyster mushrooms, cleaned and divided into 4 clusters  
6 scallions, cut into 2 inch lengths  
salt and pepper to taste  
1 T miso thinned with 2 T water  
4 soft burger buns, ideally potato or brioche  
1 cup grated Swiss cheese  
1/2 cup thinly sliced red onion  
2 cups arugula

#### Technique

1. Separate mushrooms into 4 clusters about the diameter of the buns, 1 cluster per serving.
2. Melt butter in a frying pan over medium high heat, then add mushrooms and cook for about 3 minutes on each side, until golden and slightly crisped. Press down with a spatula to maximize browning.
3. Add scallions to the pan for a minute, until wilted and slightly charred.
4. Pour the miso over the mushrooms, and turn over until evenly coated and absorbed.
5. Toast buns, then assemble burger:
  - Place bottom half of bun on a plate.
  - Sprinkle each with ¼ cup of grated Swiss cheese.
  - Place hot mushrooms and scallions on top of the cheese layer.
  - Top with sliced red onion and arugula

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### **3) To cook on your own for dinner on 3/26**

#### **Saffron Scented Mediterranean Fish and Fennel Stew**

This is a classic Mediterranean fish stew that tastes complex, but comes together very quickly. It has fresh flavors from anise, orange, and saffron. You'll definitely want to have some crusty bread to sop up the fragrant broth.

Serves: 2

#### Ingredients

½ tsp saffron threads with 2 T hot water  
2 T extra virgin olive oil  
5 garlic cloves, thinly sliced  
2/3 cup dry white wine  
1 cup water  
2 T tomato paste  
1 14.5 oz can diced tomatoes, no salt added  
1 fennel bulb, trimmed, cored, halved and thinly sliced lengthwise, fronds reserved for later use  
1 small navel orange, sliced thinly into 5 slices, rind on  
1 lb skinless white fish fillet, such as cod, snapper or halibut  
salt and pepper to taste  
Serve with: grilled crusty bread

#### Technique

1. Combine saffron with hot water for 20 minutes. This will bring out its flavor.
2. Meanwhile, prepare the braising liquid. Warm olive oil in a Dutch oven or large skillet over medium low heat and gently cook garlic until fragrant, less than a minute.
3. Add the wine, water, tomato paste, diced tomatoes, and saffron in its liquid to the skillet and stir well. Add fennel and orange slices and simmer over low heat, covered, for about 15 minutes, until fennel is soft. Add additional water, if needed, to have about an inch of broth. Adjust salt to taste.
4. Season both sides of fish with salt and pepper and cut into 3 inch chunks (about 4 pieces per average sized fillet). Add fish pieces to the braising liquid, partially submerging them.
5. Simmer, covered, over low heat, about 7-10 minutes, checking for doneness after 5 minutes. When the fish is opaque, it's done. Do not overcook.
6. To serve, first spoon some of the braising liquid onto rimmed plate or shallow bowl, then top with a piece of fish. Garnish with reserved fennel fronds or other fresh herbs. Serve with olive-oil brushed grilled or toasted bread.

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