

in season

Winter

Winter keepers

Onions • Winter Squash • Beets • Turnips
Pumpkins • Potatoes • Parsnips • Rutabagas
Garlic • Apples • Celeriac

Still growing

Thyme and Sage • Cabbages • Kale • Mushrooms

In some local greenhouses

Cabbages • Lettuce • Spinach • Bok Choy
Mesclun salad mix • Radishes

Look for Front Range

Popcorn • Dried Chiles
Pinto beans and other dried beans

Photo by Ben Tremper

Winter Flavors

While gardens rest under frozen earth and patches of white snow, people are out and about enjoying the winter playground of Colorado—perhaps hitting the ski slopes near Carbondale or walking a dog in the foothills of Boulder. It's easy to work up a good appetite while snowshoeing, skiing, sledding, or simply trudging through the snowy cold. As temperatures plummet and snowflakes delicately pile up, the inclination is to cuddle up around a crackling fire. Cozy inside with a long night ahead, it is time for hearty dishes that can be slow roasted or braised and will stick to your ribs. Savor meats flavored by dried fruits, spices, and sweet peppers, along with potatoes, grits, and pudding to get ready for another day of chilly fun under a crisp, Colorado blue sky. During the holiday season, desserts are as precious as gifts under the tree with sweet puddings and decadent chocolate to spare.

This introduction and first two recipes are excerpted from the new book *Colorado Organic—Cooking Seasonally, Eating Locally* By Jennifer Olson with Cecily Cullen and Mindy Sink. To order go to seasonalandlocal.com

FRICO CALDO WITH CILANTRO VINAIGRETTE

Chef Lachlan Mackinnon-Patterson, Frasca Restaurant

Frico

- 1 large Abbondanza Farm Yukon Gold potato
- ½ Abbondanza Farm yellow onion
- 1 tablespoon butter
- 4 ounces grated Montasio cheese
- Pinch of salt
- Grated nutmeg
- 2 tablespoons olive oil

Cilantro Vinaigrette

- ½ cup cilantro, chopped
- 1 tablespoon chopped shallots
- 2 tablespoons sherry vinegar
- ¾ cup vegetable oil

Frico: Boil the potato in a pot with generously salted water until fork tender, about 45 minutes to 1 hour. Remove the potato, peel it, and then crush it into small pieces.

Mince the onion. In a sauté pan over medium heat, melt butter and place the minced onions into the pan. Cover the pan and slightly sweat the onions until translucent and sweet, about 3-5 minutes.

Blend the potato, onion, cheese, a pinch of nutmeg and salt together in a food processor and be sure not to over-mix. Divide mixture into 2 parts and form two 4-inch squares, each about 1-inch thick.

Heat olive oil in a pan on high heat. Lightly grease the pan and add 1 potato square. Let the potato cook on one side for 5 minutes, until golden brown. Then, using a spatula, flip the frico (that is, potato patty) to complete cooking for 5 minutes. Repeat the process with the other half of mixture.

Cilantro Vinaigrette: Whisk together all ingredients in a mixing bowl and set aside.

Cut each frico into quarters and serve them on a large plate with the cilantro vinaigrette drizzled on top. Makes 4 servings.





GRILLED ROMAINE AND BEEF SALAD

Chef Lachlan Mackinnon-Patterson, Frasca Restaurant

Rib Eye

- 1 pound local natural boneless rib eye steak
- 3 tablespoons extra virgin olive oil
- Salt and pepper

Anchovy Vinaigrette

- 2 ½ tablespoons lemon juice
- ½ tablespoon Dijon mustard
- 1 teaspoon salt
- 4 tablespoons Red Wagon Organic Farm shallots, diced
- 3 tablespoons anchovies, diced
- 4 tablespoons Parmesan cheese, grated
- 1 ½ tablespoons olive oil
- 1 tablespoon sherry vinegar
- 1 ¼ cups grapeseed oil
- 1 teaspoon black pepper

Romaine

- 1 head local organic Farm romaine lettuce
- 1 tablespoon extra virgin olive oil

Rib Eye: Preheat oven to 400° F. Heat the olive oil in an oven proof pan on the stovetop over high heat until the oil starts to pop. Add the rib eye and brown evenly on both sides. Remove the pan from the stovetop and place it in oven for about 8-10 minutes or until the steak is cooked to your desired temperature. Remove the steak and set it aside to cool for 15 minutes. Once cooled, slice the steak into thin strips. Reserve any pan drippings and strain through a fine mesh sieve. Add salt and pepper to the drippings for seasoning and use it as a sauce for the beef.

Anchovy Vinaigrette: Combine the lemon juice and mustard together in a mixing bowl and dissolve salt in the mixture. Add in all remaining ingredients and whisk together.

Romaine: Rinse the lettuce under cold water for 2-3 minutes to remove any dirt. Cut top inch off of the head and cut 1 1/2 inches off of the root side. Then, cut the lettuce lengthwise and cut in half again. Heat the oil in a hot pan (or on a grill), sear the lettuce about 20-30 seconds until nicely colored. Remove lettuce from the pan and toss with 3-4 tablespoons of anchovy vinaigrette.

Place rib eye on each plate next to the lettuce and drizzle with beef sauce. Spoon more anchovy vinaigrette over the entire dish and serve.

Makes 4 servings.

Joan Brett, Director of the Culinary School of the Rockies, offers the following advice and recipes:

One surefire way to survive winter and farmers' market withdrawal is to support local farmers by purchasing a winter share CSA. The boxes of squash, beets, onions, garlic, kale, and potatoes in my cold closet contribute to satisfying winter fare, and help connect me year round to our local bounty. This produce on the shelves, along with what I've canned, remind me of my grandmother's cellar larder.

WINTER SALSA WITH BEETS, SQUASH AND PEARS

Missing the freshness of summer salsas? This savory alternative marries beautifully with chicken, pork, turkey, or even fish tacos.

2 large or 5 small local beets

½ cup extra virgin olive oil, divided

1 whole local delicata squash (or other favorite winter variety)

1 jalapeno pepper, minced

1/3 cup local onion (I use red), finely minced

1 teaspoon garlic, finely minced

1 teaspoon fresh ginger, minced

¼ cup fresh cilantro, minced

1 tablespoon freshly squeezed lime juice

Salt and freshly ground black pepper to taste

1 large ripe (but not soft) Colorado pear (Red Bartlett is great), cored and diced

Red pepper flakes to taste (optional)

Preheat the oven to 375°.

Cut the greenery off the beets, leaving ½ inch of the stem still attached. If the beets are different sizes, slice the larger ones in half. Clean the beets well, and toss them with 2 tablespoons olive oil and 1 teaspoon salt.

Place the beets in a small roasting pan with the whole squash and minced pepper. The vegetables should be done around the same time, but if some roast quicker, pull them out. The squash and beets should be fork-tender but not be mushy. Cool the vegetables then peel and dice, discarding squash seeds and stringy pulp. Transfer to a large serving bowl.

Place the onion, garlic, ginger, cilantro, lime juice and remaining olive oil in a small bowl and stir to combine.

Dice the pear and add to diced vegetables. Add the onion mixture and stir gently. Season to taste with salt, pepper and red pepper flakes, if desired.

Makes 8 to 10 servings.



PISSALADIÈRE

Pissaladiere is a classic southern French caramelized onion tart (sort of a thick pizza without tomatoes or cheese) dating from the Roman Papacy in Avignon. Delectable and versatile, pissaladiere may be served as an appetizer, brunch item, or with a salad for a light lunch or supper.

Crust

- 1 cup warm water (105°F to 115°F)
- 1 tablespoon dry yeast (from 2 envelopes)
- 1 teaspoon sugar
- 2 ¾ cups (or more) all purpose flour
- 1 teaspoon salt
- 3 tablespoons extra-virgin olive oil, divided

Filling

- ¼ cup olive oil
- 2 ½ pounds local yellow onions, peeled and thinly sliced
- 2 tablespoons minced garlic
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1½ teaspoons minced fresh thyme
- 10 anchovy fillets packed in oil
- ¼ cup pitted and halved Niçoise olives
- Extra-virgin olive oil

Preheat the oven to 450°. Lightly grease 1 large baking sheet.

Crust: Pour the warm water into small bowl; sprinkle with yeast and sugar. Stir to blend. Let stand until foamy, about 10 minutes.

Blend flour and salt in processor. Add yeast mixture and 2 tablespoons of the oil; process until dough clumps together, adding more flour by tablespoonfuls if dough is sticky.

Process until shiny ball forms, about 1 minute. Turn dough out onto floured work surface and knead until smooth and elastic, about 5 minutes.

Coat large bowl with remaining 1 tablespoon oil. Add dough to bowl; turn to coat with oil. Cover with plastic wrap, then kitchen towel. Let rise in warm draft-free area until doubled in volume, about 1 ½ hours. Punch down dough; cover and let rise until puffed and almost doubled, about 1 hour.

Filling: In a large heavy skillet or sauté pan, heat the oil over medium-high heat. Add the onions and lower the heat. Cook slowly over low heat, stirring occasionally, until cooked down to a thick puree and very lightly caramelized, 40 to 45 minutes.

Add the garlic, salt, pepper, and thyme, and cook, stirring, for 1 minute.

Press the dough out into the greased baking pan. Spread the onion filling evenly over the middle, being careful to leave a 1½-inch border uncovered around the outside edge. Arrange the anchovy fillets in a criss-cross pattern over the onions and decoratively arrange the olives around the anchovy 'squares'.

Bake until the bottom and edges are golden brown, about 15 to 20 minutes. Remove from the oven and serve warm, drizzled with extra-virgin olive oil. Makes 6 to 8 servings.



In 2009, BCMT students will provide community service massage to employees of the San Ka'an Ecological Reserve in Tulum, Mexico. BCMT will also sponsor a trip to Dharamsala, India to support a massage therapy training center for Tibetan refugees.

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