



MEAL SERVICE MENU SPRING 2023

SOUPS:

CURRIED CARROT SOUP- GF, DF, VEGETARIAN

SWEET, PETITE, PERFECT FIRST SPRING CARROTS TAKE CENTER STAGE IN THIS DELICATE AND SIMPLE SOUP. SUPPORTED WITH COMPLEMENTARY A CAST OF CHARACTERS: GARLIC, GINGER, FENNEL, COCONUT MILK AND A TOUCH OF THAI COCONUT CURRY PASTE.

POTATO LEEK- GF, VEGETARIAN

A CLASSIC, LIGHTENED UP A BIT AND USING THE ABSOLUTE CREAM OF CROP IN INGREDIENTS. NICOLA VARIETY YELLOW POTATOES AND TENDER BABY LEEKS FROM GATHERING TOGETHER FARMS' SPRING HARVEST.

SALADS:

SPRING SALAD- GF, VEGETARIAN, DF-OPTION

STILL WAITING ON THE MORE DELICATE SPRING VEGGIES TO POP UP AT MARKET BUT TRUST THAT I WILL SCOUR THE MARKET EACH WEEK TO FIND THE BEST AVAILABLE TENDER GREEN LEAVES TO PUT INTO THIS SALAD- BABY SPINACH, MIZUNA, ARUGULA, ETC. ACCOMPANIED WITH ALL VARIETIES OF RADISH, TOASTED AND CHOPPED HAZELNUTS, CRUMBLLED FETA CHEESE AND A BRIGHT MUSTARD SHERRY VINAIGRETTE.

ADD:

GARLIC, THYME AND LEMON MARINATED CHICKEN BREASTS- GF, DF

A FLAVORFUL, HEALTHY, LEAN-PROTEIN ADDITION TO EITHER OF THE ABOVE SALAD OPTIONS OR A STAND-ALONE OPTION GREAT TO HAVE ON HAND IN FRIDGE FOR A LITERAL RAINY DAY.

ENTREES:

SPRING CHICKEN

THINK CHICKEN POT PIE-ISH BUT LIGHTER, BRIGHTER AND GREENER. MARY'S ORGANIC CHICKEN, SEASONED, SEARED AND STEWED IN A LUSCIOUS WHITE WINE ACCENTED VELOUTÉ SAUCE LOADED WITH SPRINGTIME'S FIRST TENDER ALLIUMS- GREEN GARLIC, SHALLOTS, LEEKS, CHIVES. ADDITIONS OF CARROTS, NEW POTATOES AND FRESH PEAS BECAUSE I'M NOT COMPLETELY REINVENTING THIS, SOME THINGS JUST WORK. A TOUCH OF HEAVY CREAM AND HANDFULS OF FRESH HERBS COMPLETE. FINISH WITH YOU-BAKE HOMEMADE BUTTERMILK BISCUITS.



BAKED RIGATONI ALLA PESTO- VEGETARIAN, **CONATINS NUTS

A NON-TRADITIONAL PESTO SAUCE USING EACH AND EVERY INGREDIENT TO ITS BEST POTENTIAL, SPINACH, ARUGULA, WALNUTS, LEMON, GREEN GARLIC AND PECORINO ROMANO. GENEROUSLY TOSSED OVER FRESH SEMOLINA RIGATONI WITH LOVELY ADDITIONS OF WILTED GREENS AND DOLLOPS OF BLACK PEPPER WHIPPED RICOTTA. BAKED GOLDEN BROWN WITH ROASTED GARLIC PECORINO BREADCRUMBS.

GREENMARKET FRIED RICE- GF, DF, VEGETARIAN

MAKING FRIED RICE IS ABOUT TECHNIQUE. LAYERING FLAVORS, KNOWING WHEN TO ADD WHAT TO THE PAN SO EVERYTHING IS CRISP BUT STILL COOKED THROUGH, HITTING THE RIGHT COMBO OF SOY SAUCE SALINITY BUT OFFSETTING IT WITH CITRUS AND RICE WINE VINEGAR- ITS DIFFERENT EVERY TIME. THIS TIME OF YEAR IS PERFECT FOR THIS DISH TO SHINE ITS BRIGHTEST. HUMBLE, SURE, BUT WHOLLY SATISFYING AND ENDLESSLY INTRIGUING. SPRING MARKET FAIRE ON FULL DISPLAY; FARM DIRECT FREE-RANGE EGGS, TENDER GREENS, SLIGHTLY BITTER RAABS, YOUNG TURNIPS AND CARROTS AND SOON ENOUGH PEAS AND ASPARAGUS.

GREENMARKET BOWLS- VEGETARIAN, GF/DF OPTIONS UPON REQUEST

INDIVIDUALLY PORTIONED AND READY TO ENJOY THESE BOWLS ARE THE BEST OF WHAT I FIND AT THE PSU FARMERS' MARKET COMBINED WITH LOCAL, ORGANIC GRAINS AND/OR LEGUMES. ALWAYS CHANGING, ALWAYS SATISFYING. A PERFECT DINNER ON THE RUN, LUNCH OR HEALTHY SNACK.

LARDER:

EVERYTHING HOMEMADE, FROM SCRATCH. GREAT ITEMS TO HAVE ON HAND IN YOUR PANTRY OR FREEZER.

FENNEL SAUSAGE RAGU- DF, GF

HOMEMADE SAUSAGE; MADE WITH CARLTON FARMS' LOCAL PORK, HAND-HARVESTED FENNEL SEEDS FROM MY GARDEN- TOASTED AND GROUND, BLACK PEPPER AND WHITE WINE, SIMMERED WITH SAN MARZANO TOMATOES, HERBS AND GARLIC.

SAN MARZANO MARINARA- DF, GF, VEGETARIAN

SIMPLE AND CLASSIC BUT A LABOR OF LOVE. SLOW SIMMERED ORGANIC SAN MARZANO, TOMATOES, GARLIC, OREGANO AND EXTRA VIRGIN OLIVE OIL- NO MESSING WITH IT JUST TIME AND ATTENTION. FINISHED WITH FRESH BASIL.



BOLOGNESE SAUCE- GF

A LABOR OF LOVE. CLASSIC TECHNIQUE AND INGREDIENTS. SLOW SIMMERED PORK & BEEF WITH WINE, SOFRITO, GARLIC, HERBS AND SAN MARZANO TOMATOES FINISHED WITH A TOUCH OF HEAVY CREAM. PERFECT TO HAVE ON HAND FOR A LAST-MINUTE DINNER OR A QUICK CHEAT FOR YOUR LASAGNA MAKING.

WALNUT & MUSHROOM VEGAN "BOLOGNESE"- GF, VEGAN, **CONATINS NUTS

A FUN SPIN ON THE CLASSIC. THE RICHNESS OF FLAVOR AND TEXTURE CONTRIBUTED BY GARLIC AND HERB ROASTED MUSHROOMS AND TOASTED, CHOPPED ORGANIC WALNUTS. SIMMERED WITH FENNEL, LEEKS, ONIONS AND GARLIC, LOTS OF HERBS AND SAN MARZANO TOMATOES. A BIT OF SOY, BALSAMIC AND WHITE WINE ROUND OUT THE FLAVOR PROFILE OF THIS VEGAN WONDER.

KALE & HAZELNUT PESTO SAUCE- GF, VEGETARIAN, **CONATINS NUTS

WINTERTIME CAN STILL HAVE A POP OF FRESH BRIGHTNESS ON YOUR PLATE. A HARMONIOUS BLEND OF LOCALLY PRODUCED LACINATO KALE AND HAZELNUTS COMBINED WITH HOMEMADE GARLIC CONFIT, ARBEQUINA OLIVE OIL AND LEMON.

FRESH PASTA:

CHEESE RAVIOLI- VEGETARIAN, CONTAINS EGG

1#:

LINGUINI- DF, VEGETARIAN, CONTAINS EGG

1#

RIGATONI- DF, VEGETARIAN, CONTAINS EGG

1#

HOME-COOKED ORGANIC BEANS- GF, DF, VEGETARIAN

BETTER THAN ANY CANNED OPTION, EASY TO FREEZE AND THAW, A FANTASTIC ITEM TO HAVE ON HAND.

1 QUART GARBANZO BEANS

1 QUART PINTO BEANS

PICKLES:

JALAPENOS, RED ONIONS, GOLDEN OR SCARLET BEETS

16 OZ JAR

STOCKS/BROTHS:

CHICKEN- 1 QUART

VEGETABLE- 1 QUART

SALAD DRESSINGS:

AVOCADO GREEN GODDESS- GF, VEG (DF-OPTION AVAILABLE)

SHERRY SHALLOT- GF, DF, VEG

BUTTERMILK DILL- GF, VEG

TAHINI YOGURT- GF, VEG (DF-OPTION AVAILABLE)

16 OZ JAR