Market

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Summer Crunch Salad

Yields 4 to 6 servings

- Lemon Parmesan vinaigrette:
- 1 clove garlic
- 3 tablespoons fresh lemon juice
- 1/2 teaspoon finely grated lemon zest
- 1/4 teaspoon freshly ground pepper 1/3 cup extra-virgin olive oil
- 2 tablespoons creme fraiche or heavy (whipping) cream,
- optional 1/3 cup shredded Parmesan cheese
- Salad:
- 4 small kohlrabi bulbs, about 11/2 pounds total, trimmed
- 2 medium orange or yellow carrots, trimmed, peeled 6 radishes of various colors, trimmed, very thinly sliced
- 4 green onions, trimmed, thinly sliced **Chopped chives**
- 1. For the vinaigrette, turn on the blender and drop in the garlic. Add the lemon juice and zest and the pepper and blend. With machine running, stream in the oil and creme fraiche through the lid of the blender until smooth. Add the cheese; process until smooth. Refrigerate, covered, up to several days;
- use at room temperature. 2. Peel the kohlrabi bulbs. Cut the bulbs in half. Cut each half into thin slices. Put into a large microwave-safe bowl. Add 3 tablespoons water. Cover with plastic wrap vented at one corner. Microwave on high (100 percent power), stirring once, until crisp-tender, about 4 minutes. Drain and let cool com-
- 3. Use a peeler to make shavings of the carrots. Add to the kohlrabi, along with the radishes and green onions. Toss to mix. Add dressing to taste; toss to coat everything nicely. Garnish with chives. Serve at room temperature.

Note: Use multicolored carrots and radishes for an attractive salad. Small turnips can stand in for the kohlrabi.

Nutrition information per serving: 152 calories, 13 grams fat, 2 grams saturated fat, 3 milligrams cholesterol, 7 grams carbohydrates, 3 grams sugar, 3 grams protein, 103 milligrams sodium, 3 grams fiber

Seared Broccoli with Tangy Dressing and Toasted Nuts

Serves 4

Dressing:

- 1 clove garlic, peeled
- 3 anchovy fillets or 1 tablespoon finely chopped anchovy fil-
- 1 small serrano pepper, stemmed, seeded
- 2 tablespoons balsamic vinegar
- 1/4 cup olive oil
- 1/4 cup thinly sliced fresh basil leaves
- 1 tablespoon drained capers, rinsed
- 1 tablespoon dark raisins Broccoli:
- 1 pound fresh broccoli (about 1 bunch)
- 1/2 cup blanched hazelnuts or pecans, roughly chopped 2 tablespoons vegetable oil for high heat cooking, such as expeller pressed canola or safflower oil
- 1 small red onion, halved, cut into wedges
- 1. For dressing, turn on the blender, and drop in the garlic to chop. Add anchovies, serrano and vinegar. Process until smooth. With machine running, stream the oil in through the lid of the blender until smooth. Turn off the blender; add the basil, capers and raisins. Process with on/off pulses until you have a coarse puree.
- 2. Peel the broccoli stalks. Slice the stalks into $\frac{1}{2}$ -inch thick rounds. Cut the florets into bite-size pieces. You'll have about 6
- 3. Heat a 10-inch cast-iron skillet over medium-high heat until hot enough to make a drop of water evaporate on contact. Add the nuts; toast until golden, about 1 minute. Do not walk away or they will burn. Transfer to a small plate to cool.
- 4. Add 1 tablespoon oil to the hot pan along with the onion. Cook over medium-high, stirring often, until onion is nicely tender and charred, about 3 minutes. Transfer to a bowl.
- 5. Add another half-tablespoon oil and half the broccoli in a single uncrowded layer. Cook until crisp-tender and slightly charred on the edges, 3 to 4 minutes. Transfer to the bowl with the onions. Cook remaining broccoli in remaining oil until charred. Return all the broccoli and onion to the skillet. Turn off the heat.
- 6. Stir the dressing into the pan; toss to coat. Serve sprinkled with toasted nuts.

Note: You can substitute green or wax beans (or a combination) for the broccoli; cook them in boiling salted water until crisp-tender, then drain and pat dry. Then continue with searing the beans as directed in step 5.

Nutrition information per serving: 323 calories, 30 grams fat, 3 grams saturated fat, 2 milligrams cholesterol, 13 grams carbohydrates, 5 grams sugar, 5 grams protein, 174 milligrams sodium, 4 grams fiber

Red Curry Zucchini and Peppers

Serves 4

- 1 can (14 ounces) unsweetened coconut milk or coconut cream
- 1/4 cup Thai-style red curry paste
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil for high heat cooking, such as expeller pressed canola or safflower oil
- 1 large sweet onion, quartered, thinly sliced
- 4 medium zucchini or yellow summer squash, about 11/2 pounds total, ends trimmed, halved lengthwise, sliced 1/4
- ½ each, yellow and red bell pepper, seeded, diced
- 2 cloves garlic, crushed Several pinches crushed red pepper flakes, optional
- 1 cup cooked shelled peas, edamame or lima beans, option-1/4 cup chopped fresh cilantro 1. Mix coconut milk, curry paste and salt in a blender; pro-

cess until smooth. (The mixture can be refrigerated, covered,

- up to a week or so. Use at room temperature.) 2. Heat a 12-inch nonstick skillet over medium-high heat. Add oil and heat. Add onion; cook until golden, about 3 minutes. Add zucchini and bell peppers. Cook, stirring, until golden and tender, about 6 minutes. Stir in garlic and pepper flakes; cook, 1 minute.
- 3. Stir in $\frac{1}{2}$ to $\frac{2}{3}$ cup of the coconut milk mixture to taste. Add peas if using. Simmer gently to reduce the sauce somewhat and blend the flavors, 2 to 3 minutes. Taste for salt. Remove from heat. Sprinkle with cilantro.

Note: This dish is great served over cooked brown rice. The extra coconut milk-curry mixture will keep several days in the refrigerator. If you wish, add peas, edamame or diced green beans to the mix. Green curry paste is equally delicious here.

Nutrition information per serving: 204 calories, 12 grams fat, 2 grams saturated fat, 0 milligrams cholesterol, 17 grams carbohydrates, 5 grams sugar, 10 grams protein, 762 milligrams sodium, 4 grams fiber

A vinaigrette for your summer salad

BY LEAH ESKIN CHICAGO TRIBUNE (TNS)

Getting dressed can be a chore, especially in the sweltering season. Shorts and sandals always seem to

Salad, on the other hand, loves dressing. Slick vinaigrettes slipped over butter lettuce. Chunky Roquefort paired with iceberg. Rich emulsions to soothe potatoes or perk up romaine. Salad's closet is packed with options: Russian, ranch, green goddess. And the accessories! Bacon shards, poppy seeds, chive blos-

The wide wardrobe isn't mere vanity. Consider salad's social calendar. Three-bean calls for sharp, coleslaw for creamy, mixed fruit for sweet. What of tuna, pasta and quinoa? A uniform would never do.

Just one rule holds fast, at least according to "The Joy of Cooking:" Dressings, it admonishes "should never repeat in their composition the materials they

Inspiring insurrection. Swirling together a dill and cucumber vinaigrette, I lavished it over lettuce, tomato ... and cucumber. It was as refreshing as a sleeveless shift on a breezy evening. Proving that stylish dressing is all about attitude.

Dill Vinaigrette

Prep: 10 minutes Makes: About 2 1/2 cups

- 1 cucumber
- 1/2 cup chopped shallots
- 1/2 cup (lightly packed) fresh dill 1/4 cup honey mustard
- 2 tablespoons white-wine vinegar 2 tablespoons sugar
- 1 clove garlic, finely chopped
- 1/4 teaspoon kosher salt
- 1/2 cup olive oil
- 1/2 cup canola (or other mild) oil 1. Chop: Peel cucumber. Halve it the long way. Use a small spoon
- to scrape out seeds; discard seeds. Chop cucumber into chunks. 2. Swirl: Pile all ingredients except oils into the blender or food processor. Pulse a few times. Swirl smooth. With machine running, slowly pour in oil until vinaigrette is thickened and glossy.
- 3. Serve: Nice over a simple salad of sliced Boston lettuce, chopped tomato, cucumber and avocado. OK, maybe some crumbled bacon too.

4. Store: Pour into a glass jar. Seal and chill. Provenance: Inspired by Cafe Hon in Baltimore.

Fort Kent events to feature fish, ployes

BY DON ENO

ST. JOHN VALLEY TIMES

FORT KENT — The streets of downtown Fort Kent will once again fill up next weekend with those seeking enormous fish and a

gigantic ploye. The 23rd annual Ploye Festival and the 2016 Fort Kent International Muskie Derby are scheduled to take place Aug. 11-14.

'There's a lot going on around town that weekend, said Dona Saucier, executive director of the Greater Fort Kent Chamber of Commerce. "We always look forward to the festival ... It brings people together. There are always family gatherings and reunions."

A Youth Ministry garage sale in the St. Louis Catholic Church parking lot kicks off the activities on Thursday and continues through Saturday. Also on Thursday, the Fort Kent Lions and the local Boy Scout troop are having their annual chicken barbecue fundraiser from 4:30 to 6 p.m. at Riverside Park. Riverside will also be the site of a large arts and crafts fair during the day.

Beginning Friday and through the weekend, various businesses and vendors will be offering ployes — a cross between a crepe and a pancake made with buckwheat flour — for which the festival is named and cele-

"If you have a hankering for ployes, this is the place to be," Saucier said.

Among the activities will be a ploye-eating contest for kids from 5 to 6 p.m. Friday at Riverside Park.

Then at 6 p.m. at the same location, the Bouchard Family Farm will once again fire up its custom cooking system for making what organizers describe as the world's largest ploye.

The day will conclude with a combined Fort Kent/ Clair, New Brunswick, fireworks display over the St. John River. Clair is celebrating its 50th anniversary and Saucier expects the fireworks display to be particu-

larly exciting this year. Musical entertainment and numerous activities are scheduled Friday through Sunday to also coincide with the annual Fort Kent International Muskie Derby.

With more than 200 miles of prime muskie habitat along the St. John River, many anglers agree that the St. John Valley is an ideal spot for hooking the large, freshwater predator.

The \$35,000 total purse attracts hundreds of anglers from the area and beyond. Jesse Jalbert, one of the derby organizers, said he has seen increasing numbers of out-of-town anglers entering the contest.

The derby opens 9 a.m. Friday, Aug. 12, and closes at 5 p.m. Sunday, Aug. 14.

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The Bouchard family prepares the world's largest ploye in Fort Kent during the 2015 Ploye Festival.

Those wanting to enter can the derby sponsors. Both register online or at derby headquarters until 11 a.m.

Saturday. Registration fees are \$40 for adults and \$20 for children under 16. Derby headquarters and the official weigh station will be located at S.W. Collins Outdoors, formerly Quigley's Outdoors. This year, however, anglers at

the eastern end of the St.

John Valley can weigh their

fish at the Grand Isle Gen-

eral store, which is one of

weigh stations will be open from 9 a.m. to 7 p.m. on Friday and Saturday, and from 9 a.m. to 5 p.m. on Sunday. Jalbert said it is hard to

predict how the fishing will be this year. "I have heard there have been quite a few nice fish caught this year already," he said. "We will have to see how it goes."

Along with the derby purse for largest muskie and bass, participants have opportunities for extra cash

and prizes through various

Eligible waters include portions of the St. John River west, or upstream from Grand Falls, and all its tributaries. The minimum length muskie anglers can submit is 38 inches.

Jalbert cautioned all derby participants to be aware of Maine Inland Fisheries and Wildlife fishing regulations, some of which may have changed in 2016.

The Derby began in 2003 to showcase a new fishery. It has brought attention to the region, and has been featured on television shows such as ESPN 2's "Beat Charlie Moore. Derby weigh stations also

draw the attention of nonanglers, who want to see a river monster up close and personal. The ringing bell signifies to all around that another fish is ready to be measured and weighed.

For more information about the fishing derby, visit fortkent-muskie.com.

For a full Ploye Festival schedule, visit fortkentchamber.com/ploye-festi-



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