

Share it:

Pea Pures,
courtesy of Jennifer Carden

Bright green peas add color
and interest to pasta.

1 lb fresh peas, shelled
1/4 cup reserved pea water
Ice water

Boil a large saucepan of salted water.
Add shelled peas cook until tender
but still bright green. Drain and drop in
ice water to stop cooking.

Add peas to a blender or food processor
puree until smooth, adding water 1 tablespoon
at a time until puree is smooth. It should be
the consistency of hummus.
Use mix to spread on cooked pasta and roll up.



A photograph of children at a farm holding shovels, with a semi-transparent overlay containing a table of contents. The children are standing in a field with trees in the background. One child in the foreground is wearing a light blue shirt and dark shorts, holding a shovel. Another child to the right is wearing a white t-shirt with a logo and a dark cap, also holding a shovel. The overlay is a large, semi-transparent shape that covers the left and center of the image.

Chapters and recepies

- | | | |
|----|---------------------------------------|-----|
| a. | Dairy | (8) |
| b. | Poultry: Eggs/Stock/Meat | (6) |
| c. | Red meat/Fish | (4) |
| d. | Vegetables | (8) |
| e. | Fruit, Seeds, Nuts, Honey | (8) |
| f. | Grains | (6) |
| g. | Legumes | (5) |
| h. | Wild Stuff | (3) |
| i. | Critical Ingredients | (4) |
| | (salt, sugar, spices, oils, vinegars) | |

Sidebars

Cook it:

Beet Purée

2 tablespoons extra virgin olive oil
2 1/2 pound trimmed medium red beets
(about 4 1/2 pounds with greens)
4 teaspoons fresh orange juice
Salt and freshly ground pepper

Preheat oven to 375F.

Scrub the beets and trim off any long roots or stems but do not peel.

Create a package to hold the beets using one or two lengths of aluminum foil.

Place the washed beets in the package, adding 1 teaspoon salt, 2 tablespoons water, and the tablespoons olive oil.

Seal the foil package (this helps the beets steam as well as roast) and place it on a second baking sheet or in a shallow roasting pan to catch leaks.

Put beets in the oven and roast until beets are tender -- about 45 to 50 minutes. When cool enough to handle but still warm. Peel the beets by squeezing them in a towel or paper towel; the skin should slide right off.

Separately purée the beets in a food processor until completely smooth. Stir in orange juice, adding a teaspoon at a time and taste before adding more. Adjust flavor for salt and pepper. The purée can be made in advance and re-heated just before serving.

Use this purée as a wonderful filling for a homemade Lasagna rollups.



Cook it:

*Pea Purée,
courtesy of Jennifer Corden*

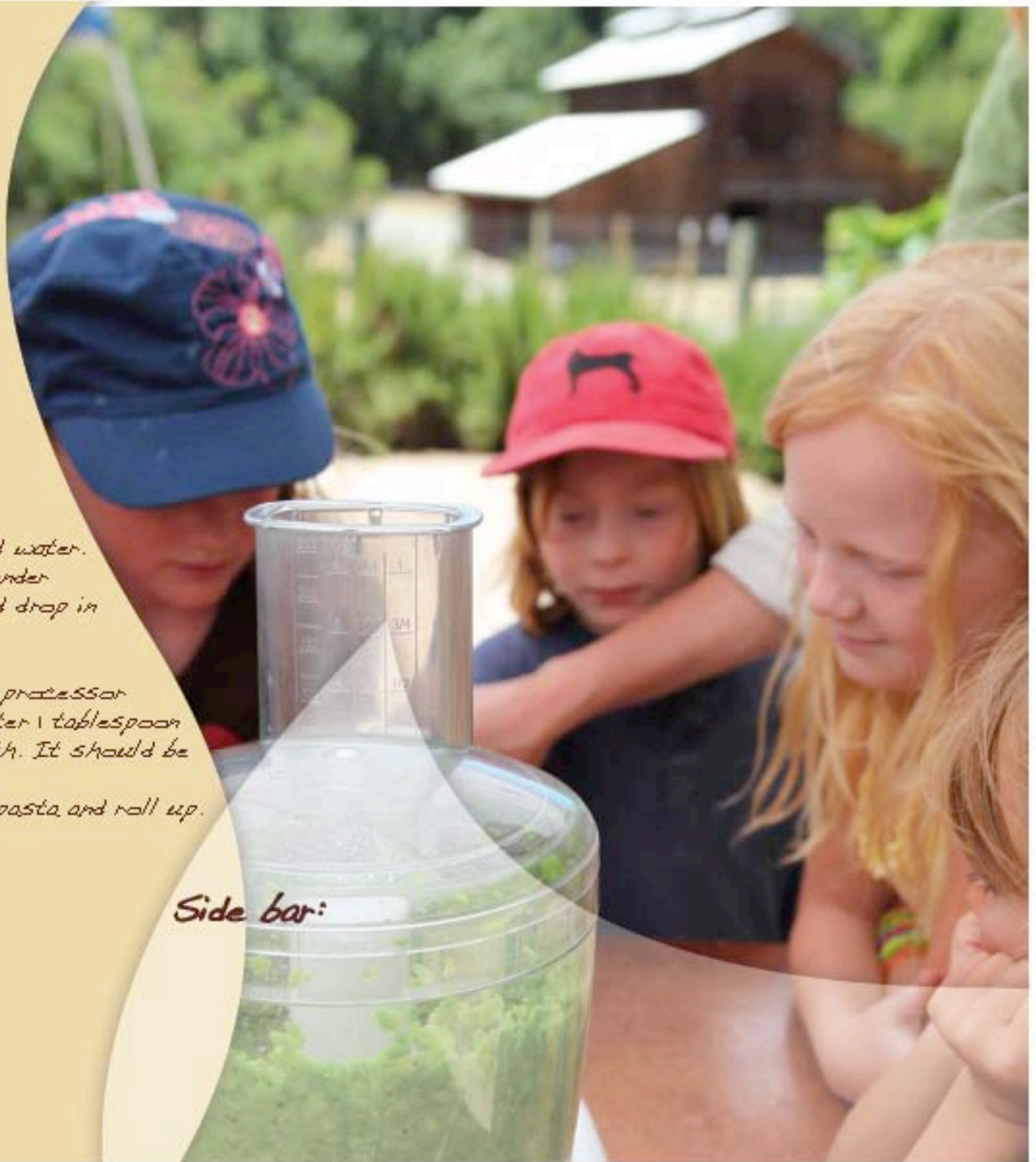
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Side bar:





*Cooked lasagna noodles
Pao pao
Beet Purée
Fried ricotta cheese*



Place a dry cooked noodle on a plate. Spread the purple mix and cheese in whatever order you want using the back of a spoon. Roll and eat. As an option, you can spoon some sauce or sprinkle chopped herbs on top.

Lasagna Rollups

You can use any fillings you want to make these delicious and fun pasta bundles. This is a great one for using up leftovers.

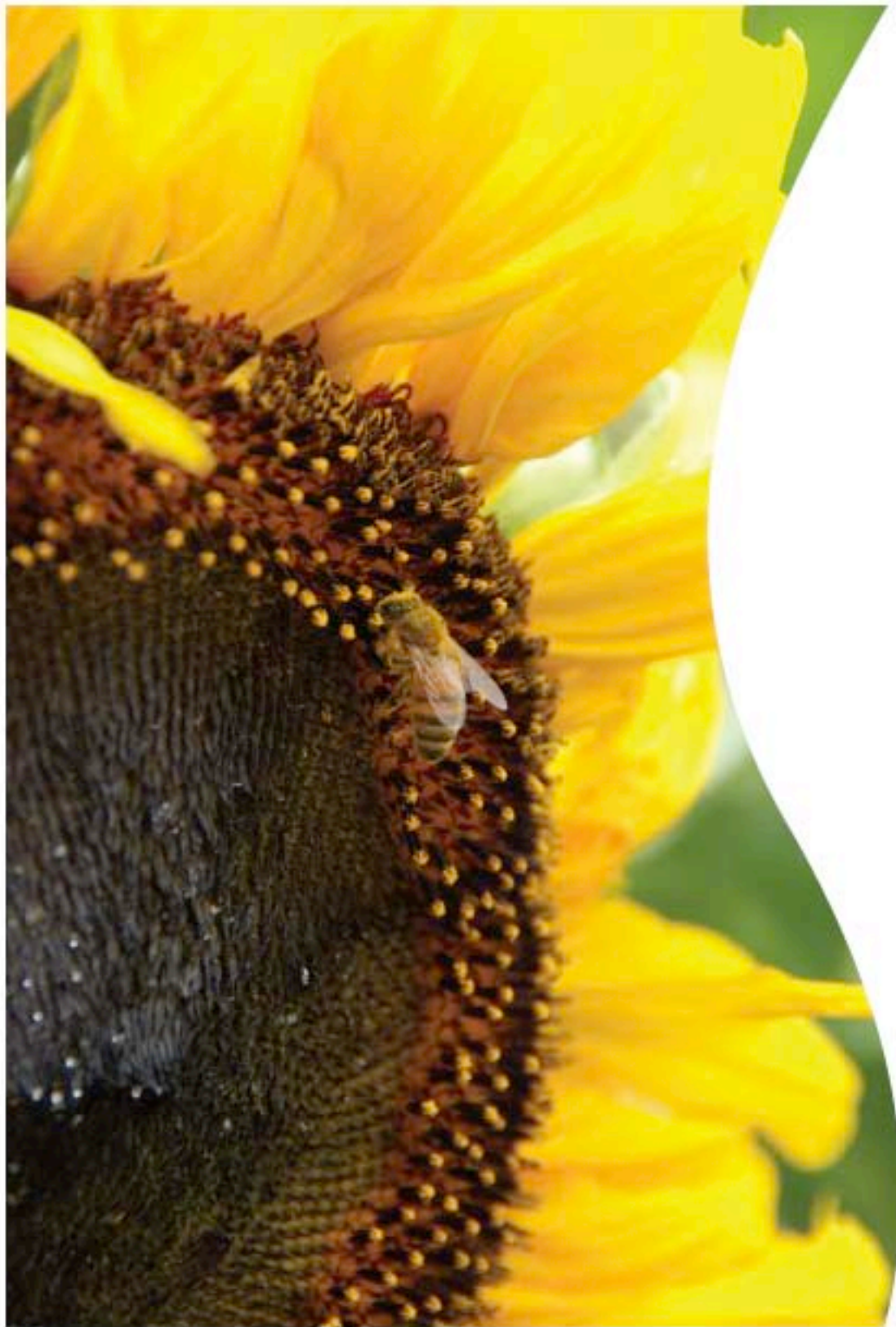
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PLAY WITH YOUR FOOD!

A family cookbook containing recipes and food adventures that allows kids to discover the links between what we eat, how to cook it, and where it all comes from.

140 pages. Includes online resources, such as webisodes filmed on location at Connolly Ranch, Napa, California.