

COOKING FRESH



Between May and July, the spring crops on Long Island kick into high gear. Lettuces, spinach, and other greens proliferate. Rhubarb is at its sweetest, or, perhaps, its least bitter. There are so many peas that many gardeners and chefs begin to tire of pea soups, pea stir-fries and pea salads. Asparagus begins to taper by early July. Mesclun mixes get spicier as the weather warms, and arugula, amaranth and mustards push out cooler, crisper lettuces and spinach. Yardbirds move out of henhouses to dine on grubs, and weed seeds give eggs darker yolks and new zest. Cows kick the hibernal hay to dine on new grass for the first time since last fall and yield milk and cheese with less fat, more yellow, and richer flavor. Warmer waters mean that herring, flounder, sea robin, striped bass, bluefish, blowfish, eel and other fish are heavy with roe. And that raking clams no longer requires wearing boots.

NOW IN SEASON

PRODUCE

Asparagus
Beets
Blackberries
Bok Choi & Tat Soi
Broccoli
Cabbage
Cherries
Fava Beans
Garlic
Greens
(Arugula, Chard,
Collards, Kale & Mustard)
Leeks
Lettuce & Salad Mix
Escarole & Radicchio
Jerusalem Artichokes
Mushrooms (farmed and wild)
Onion
Peas
Radishes
Rhubarb
Strawberries
Turnips

MEAT AND SEAFOOD

American Eel
Blackfish
Black Sea Bass
Blowfish
Blue Crab
Bluefish
Butterfish
Chicken & Eggs
Clams, Conch
Dogfish
Duck
Flounder, Fluke
Herring & Herring Roe
(Shad & Shad Roe)
Lobster, Mackerel
Mako
Milk & Cheese
Monkfish, Mussels
Oysters, Perch
Porgies, Striped Bass
Sea Robin, Sea Scallop
Skate, Squid, Swordfish
Tilefish, Tuna
Turkey
Weakfish, Whitebait

POSSIBILITIES

IACONO CHICKEN BREAST WITH ASPARAGUS AND PEARL PASTA

by Colin Ambrose, The Little Kitchen, Sag Harbor

²/₃ lb whole chickens

(if you visit Iacono ask Tony or Sal to cut the breasts out leaving the skin on)

24 spears asparagus, peel bottom half

(check the EECO farm stand across from Iacono)

1 package Israeli cous cous	1 c. Wolffer rose wine
2 tsp. saffron	6 large shallots (dice fine)
6 stalks celery (dice fine)	12 baby carrots (peel)
4 tbsp. olive oil	4 tbsp. unsalted butter

- Combine the saffron and rosé wine in measuring cup and allow to steep for at least an hour. Reduce over a flame by half.
- Combine the 2 chickens (without breast meat) in a stew pot with half of the shallots and celery over medium heat. Stir occasionally until the chicken begins to brown. Add enough water to float the chicken and then simmer for 1 hour. Remove from heat, strain the stock. Save the remaining meat for another use.
- In a cast iron skillet, bring the olive oil to heat over a high flame, then place the chicken breasts in the pan skin-side down. Sear until light brown, flip and season with salt and pepper. Cook for another 5 minutes.
- Remove the chicken breast and combine remaining shallots, celery and peeled carrots with butter over medium heat. When the shallots begin to soften stir in cous cous and rosé/saffron wine, bringing to a simmer. (The cous cous comes out best if it's not overwhelmed by liquid.)
- Top the cous cous mixture with the asparagus spears, then add 3 c. of chicken stock and season. Top with 4 chicken breasts skin-up and place in 375° oven for 25 to 30 minutes. Serve with sliced lemons and parsley sprigs as garnish. (Serves 4.)

Locavore, *n* : a person who only eats foods grown or harvested within a 100-mile radius.



LOBSTER FRITTERS WITH SUNSHINE AIOLI
by Jonathan Studley, EON–Elements of Nature, Southold

Fritter

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| $\frac{2}{3}$ c. yellow cornmeal (fine) | $\frac{1}{4}$ c. ginger ale |
| 4 tbsp. all purpose flour | 1 egg white |
| 1 tsp. sugar | $\frac{1}{2}$ c. lobster meat |
| $\frac{1}{8}$ tsp. baking soda | $\frac{1}{4}$ c. fresh corn kernels |
| 1 pinch kosher salt | $\frac{1}{4}$ c. diced yellow onion |
| 1 pinch white pepper | $\frac{1}{4}$ c. diced red bell pepper |
| $\frac{1}{4}$ c. 2% milk | corn oil (for frying) |

- Mix first 6 ingredients in medium bowl. Whisk milk, ginger ale and egg white in small bowl to blend. Stir egg mixture into dry ingredients, then fold in corn kernels, onion, and bell pepper.
- Pour enough oil into large skillet to coat bottom and warm over medium heat. Working in batches, drop 1 scant tbsp. batter for each fritter into hot skillet; spread each to 2-inch round. Fry until golden, about 2 minutes per side. Transfer to baking sheet. (Can be made ahead. Let stand at room temperature up to 2 hours, or cover and chill overnight. Bake uncovered in 350° oven until heated through, 6 to 8 minutes.)

Sunshine Aioli

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| 12 roasted garlic cloves (garlic slow poached in olive oil) | 1 c. low-fat mayo |
| $\frac{1}{4}$ c. orange juice | 1 pinch kosher salt |
| | 1 pinch white pepper |

Mix first 2 ingredients in blender. Whisk mayo, salt and pepper in small bowl, fold in blended orange juice. (Can be made ahead, must be refrigerated.)

ROASTED ASPARAGUS

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| 1 bunch local asparagus | 1 pinch kosher salt |
| 2 c. panko crumbs | 1 pinch white pepper |
| 4 tbsp. olive oil | 1 tsp. paprika |
| zest from 1 lemon | 1 tsp. chopped fresh oregano |

Blanch asparagus in boiling salted water. Remove while still crisp, and run under cold water to stop cooking process. Combine remaining 7 ingredients, sprinkle panko mixture over asparagus and broil until golden brown.



ASPARAGUS WITH LEMON AND GARLIC
by Stefanie Bryn Sacks, Culinary Nutritionist, Montauk

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| 1 bunch asparagus | 3 cloves garlic, rough chopped |
| 2 tbsp. olive oil | dash salt |
| 1 lemon juiced | |

Preheat oven to 350°. Remove about $\frac{1}{2}$ -1 inch off bottom of asparagus and place spears in a baking dish. Add oil, juice from one lemon, chopped garlic and salt. Mix with hands so asparagus is fully coated with all ingredients. Bake in oven for 20 minutes or until tender and browned. (Serves 4.)