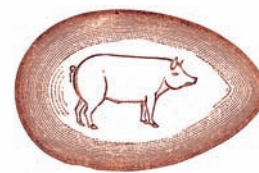


COOKING FRESH



Between July and September, the East End's harvest snowballs. Gone are the assorted shades of springtime green (peas, spinach, lettuces). The warmer weather brings a whole rainbow of colors and flavors. The avalanche of fruit begins with cherries around the 4th of July, and apricots, blueberries, nectarines, and the first sweet corn arrive a few weeks later. As more East End farmers put up greenhouses, tomatoes have started to grace farmstands towards the end of June, just as tomatoes in the field start to compete with their trellisses. But the East End's long, cool growing season doesn't yield field tomatoes until August or later. Summer squash and eggplants arrive sooner. In the water, shellfish begin to spawn, which some people argue makes the meat less palatable, but it's perfectly safe to eat. Bluefish appear in droves—starting with snappers and cocktail blues, and growing into four- and five-pound monsters by the time full-sized spuds are dug in August. Stripers aren't far behind, but remain more coy until fall. Sea robin, blackfish, triggerfish, and other underestimated marine characters start surprising fishers and the people they feed.

NOW IN SEASON

PRODUCE

Beans
Beets
Blackberries
Blueberries
Carrots
Cherries
Corn
Cucumbers
Eggplant
Fennel
Garlic
Greens (Chard, Collards,
Kale & Mustard)
Leeks
Jerusalem Artichokes
Melons
Mushrooms (farmed & wild)
Onion
Peaches/Nectarines
Peppers
Plums
Potatoes (new)
Radishes
Summer Squash/Zucchini
Tomatoes
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

FISH & CHIPS

by Ken Myers, Piping Plover Cafe, Southold

2 lbs. fresh cod fillets	1 tsp. garlic powder
3 pilsner beers	1 tbsp. pepper
3 c. all purpose sifted flour	1 tbsp. salt
1 c. cornmeal	6 c. canola oil
3 eggs	

1. Combine flour with cornmeal and season with salt and pepper. Place one cup of mixture to side (for dredging) and add garlic powder.
2. Mix beer into batter mix with eggs until it forms small lumps. The batter should have a consistency of thick pancake mix.
3. Rinse cod fillets in cold water, and cut into approximately 4-oz. pieces. Dredge cod pieces into batter mix with garlic powder then dip into batter.
4. Place 1½" of oil in pan, and heat oil to 350 degrees. (If you don't have a thermometer, place a drop of water in the pan with the oil. When the oil pops it is just about ready. Place a small amount of batter in oil when the batter begins to fry the oil is hot enough.) Place battered cod fillets in pan and fry until sides are a light brown, then flip fillets and fry until golden brown. Place two pieces over a stack of French fries. Serve with tartar sauce and malt vinegar. Serves 4.

Hints: For a crispier batter increase the ratio of cornmeal to flour. For a flakier crust increase the ratio of flour to cornmeal. A dash of soy sauce will give the crust a nice dark color and give it a mild Asian flavor. This batter works great for tempura. Dark beers in place of a pilsner will richen the flavor and darken the color as well. This recipe, in all its variations, is great for any fish, shrimp, or veggies.

SIMPLE TARTAR SAUCE

1 c. mayonaise	2 tbsp. cider vinegar
1 tbsp. worcestshire sauce	salt, pepper and garlic
½ sour pickle finely chopped	to taste

Freegan, n : a person who salvages society's
wasted food and other resources.



FRIED GREEN TOMATOES WITH FETA AND SAGE

by John Weston, Harvest on Fort Pond, Montauk

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|----------------------------------|---|
| 6 hard green tomatoes | 1 c. pitted calamata olives cut in half |
| 1 c. feta cheese | 1 seeded cucumber, medium dice |
| 1 bunch fresh sage | 1 medium red onion |
| 1-2 c. pure olive oil for frying | 1 red and 1 yellow pepper, fine dice |
| salt and pepper | 2 tbsp. extra virgin olive oil |
| 2 c. flour for dredging | ½ bunch chopped parsley |

1. Take cut parchment and place a sheet on baking tray.
2. Wash and core the tomatoes. Make ¼-inch slices and lay out on parchment paper. If serving within the day you may season with salt and pepper. Otherwise dredge in flour and place on tray. Make layers with tomatoes and parchment. Set aside.
3. Wash and core peppers, make fine dice and set aside.
4. Rinse olives and cut in half, wash and dice cucumber, peel and finely dice red onion. Blend in medium bowl with extra virgin olive oil. Set aside.
5. By now your tomatoes should be giving up some water, making the flour gluey. This keeps the flour from falling off the tomatoes and burning in the pan. It is also the secret to making things a little crispy. Set out serving plates in warm area next to range. Heat the oil to a shimmer while you set plates out, spooning a bit of olive and cucumber mixture into the center of each plate. Put the diced peppers on each corner of each plate to set the additional garnish. Season tomatoes with salt and pepper.
6. Fry tomatoes until just past golden on one side. Turn with fish spatula and then sprinkle liberally with feta cheese and then sage. When tomatoes have browned up on the bottom, serve out six or seven slices on each plate. Place them like fallen dominoes around the plate in a circle surrounding the olive/cucumber salad.
7. Sprinkle with chopped parsley and serve.

FAVA BEAN PURÉE

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| 2 c. large size fava beans, shelled and peeled | 5 tbsp. lemon juice |
| 3 cloves garlic, crushed | 2 tsp. cumin |
| salt to taste | 1 tsp. paprika |
| ½ c. olive oil | ⅛ tsp. chili powder |
| 8 c. water | ½ c. chopped parsley |

1. Place fava beans, garlic, salt, 4 tablespoons olive oil and the 8 cups water in a saucepan.
2. Cook over medium heat until beans are tender. Drain, reserving 1½ c. of the water.
3. Place beans with reserved water in a food processor and blend until smooth.
4. Return to saucepan; stir in lemon juice and cumin. Cook for 5 minutes over low heat, stirring a few times, then place on a serving platter.
5. Sprinkle with remaining olive oil evenly over the top; then sprinkle with paprika and chili powder.
6. Garnish with parsley and serve. (As an alternative, consider serving as an hors d'oeuvre on toasted bread, topped with cheese or tomatoes. Or serve as an entrée by warming the purée and topping with stir-fried greens.)

FROZEN CANTALOUPE

by Colin Ambrose, Estia's Little Kitchen, Sag Harbor

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| 1 large ripe cantaloupe | ¼ c. orange jello |
| 3 (6 oz.) packages of plain yogurt | 1 c. water |
| ½ c. Demerara sugar (light brown sugar will work too) | ice cubes |

1. Start by rinsing the whole cantaloupe in a large bowl of cold water with a tablespoon of bleach, remove and dry.
2. Combine the sugar, jello and water on the stove top and bring to a boil stirring regularly. Once all of the solids have melted remove from heat and add the ice to cool.
3. Slice the melon into 2 pieces. Remove the seeds and then the flesh by cutting a circle just inside the green line, then pull out the cylinder with a kitchen spoon.
4. Place each side of the melon rind into your freezer and cube the remaining flesh.
5. In a blender combine the cantaloupe and the yogurt, run on high until smooth then add the cool sugar/jello syrup.
6. Pour the cantaloupe purée into the cold melon rinds and reserve the remaining for another use.

