



Slow Food
DENVER
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Plant Now:

Garlic, hardneck varieties

Winter wheat (before October 15)

Early lettuces (black seeded Simpson) or spinach

Recommended book for growing grains: *Homegrown Whole Grains: Grow, Harvest, and Cook Wheat, Barley, Oats, Rice, Corn and More* by Sara Pitzer

Menietti in Vegetable Soup

3 cups all purpose flour

1/2 cup whole milk

1/4 cup extra virgin olive oil

semolina flour for dusting

Place the flour in a large bowl. Add the milk and olive oil and, using a fork, stir the liquid into the flour until it is absorbed and small lumps form.

Line two baking sheets with parchment paper and dust with semolina flour.

Fill a small bowl with water and lightly dampen your hands with the water. Take about 1 tablespoon of the lumpy flour moisture and roll it between your moistened hands to form a ball. Then roll the ball between your palms to make a cigarette-shaped dumpling about 1/8 inch thick and 2 inches long. All the menietti will look a little different, and a little shaggy in the dough is okay; the menietti do not need to be perfectly consistent in size. Put them on the prepared baking sheets and shape the remaining dough. Make sure that they don't touch or they will stick together.

Vegetable Soup

1/2 cup extra virgin olive oil

2 large leeks, white parts only, thinly sliced

1 carrot, chopped into small dice

1/2 small cabbage, shredded

1 small zucchini, diced

1 sprig fresh rosemary

2 bay leaves
8 cups chicken stock, unsalted
2 tablespoons plus 1 teaspoon kosher salt

In a large pot, warm the olive oil over medium-high heat. Add the leeks, carrots, zucchini, cabbage, rosemary, and bay leaves and cook, stirring occasionally, until the vegetables are tender, 8 to 10 minutes.

If the vegetables begin to brown, lower the heat. Add the chicken stock and salt, raise the heat to medium-high, and simmer until the flavors meld, 10 to 15 minutes.

Add the menietti and cook, adjusting the heat as needed to maintain a simmer. Cook until the menietti are tender, 6 to 8 minutes. Ladle into six individual bowls and top with grated Parmigiano-Reggiano cheese. Serve right away.
Adapted from *Pasta by Hand* by Jenn Louis

Trofie with Basil Pesto

1 1/2 cups semolina flour
1 3/4 cups all purpose flour
2 teaspoons kosher salt
1 cup warm water, plus more as needed
pesto

In a large bowl combine the semolina flour, all purpose flour and salt. Add the water and stir with a wooden spoon until a cohesive but not sticky dough forms. Add more water, 1 tablespoon at a time, and knead with your hands until the dough is smooth and soft without being sticky or dry, about 8 minutes more. Cover the dough and let rest at room temperature for up to an hour.

Dust two baking sheets with parchment paper. Cut off a chunk of dough about the width of two fingers and cover the rest. On an unfloured surface, use your hands to roll the chunk into a log 1/4" in diameter. Cut the log into chickpea-size pieces. Working with one piece at a time, using your hands, roll the dough back and forth into a rope about 1/8" thick. Then roll the rope toward yourself, applying pressure with a metal bench scraper held at an angle to the rope; this will give the trofie a spiral shape. Make all of them the same way and place them on a baking sheet, making sure they do not touch.

Bring a large pot filled with generously salted water to a simmer over medium-high heat. Add the trofie and simmer until al dente, 1 to 2 minutes. Remove immediately with a slotted spoon and finish with the pesto. Serve right away.

From *Pasta by Hand* by Jenn Louis

Pesto

3 bunches fresh Basil

1 bunch fresh Italian parsley (if you can't find enough basil)

Olive oil

2-3 cloves garlic

Salt to taste

1/4 cup pine nuts

Parmesan cheese

Use about 1/2 basil and 1/2 parsley. If it is summer and you have plenty of basil, use all basil. In the bottom of the blender, put the garlic and olive oil. Gradually add the herb leaves, blending until you have a bright green smooth paste. Once you have a small amount blended, it is easier to add more leaves. If you want to keep the basil brighter, you can add 1 teaspoon of lemon juice. You need about 1/2 cup of pesto for four people.

*Do not put cheese or pine nuts in the pesto as it will be too heavy.

Gnocchi

2 1/4 lbs. russet potatoes
1 tsp salt
1 3/4 cups all purpose flour
1 egg
pinch nutmeg

Place the whole potatoes in a pot of cold water. Bring the pot to a boil, add the salt, and let them simmer for 40 minutes, or until they are cooked. Do not over cook.

Peel the potatoes while they are still warm and press them through a ricer. Let them cool on a baking sheet, then add the flour. Beat the egg lightly, then add to the potato mixture. Stir in the pinch of nutmeg.

Gently knead the dough into a ball, for just 1 or 2 minutes. Cut the dough into 4 pieces. Roll each piece into a long snake 1/2" in diameter. Cut the dough into 1/2" pieces. Lightly flour your hands, then pick up a piece and roll it into a ball. With your thumb, roll the gnocchi against the tines of a fork to create a curled dumpling.

Either freeze the gnocchi immediately or cook them right after shaping them. Bring a large pot of water to a boil, add 1 tablespoon salt, then the gnocchi. When they come to the top of the water, they are cooked. Drain them and add to the sauce.

Brown Butter Sauce

1/2 stick butter
1/8 cup chopped fresh herbs (Sage is wonderful, but you can also use Italian parsley, oregano, or basil)
1/2 cup toasted walnuts (optional)
salt and pepper to taste

1. Heat the butter in a large heavy skillet over medium heat.
2. If using walnuts, add and brown now. Add in the herbs along with a dash of salt and pepper.
3. Turn off the heat until ready for use. When gnocchi is ready, heat pan to medium again and then sauté dumplings in the butter sauce for one minute.

By Denise Santoro Lincoln