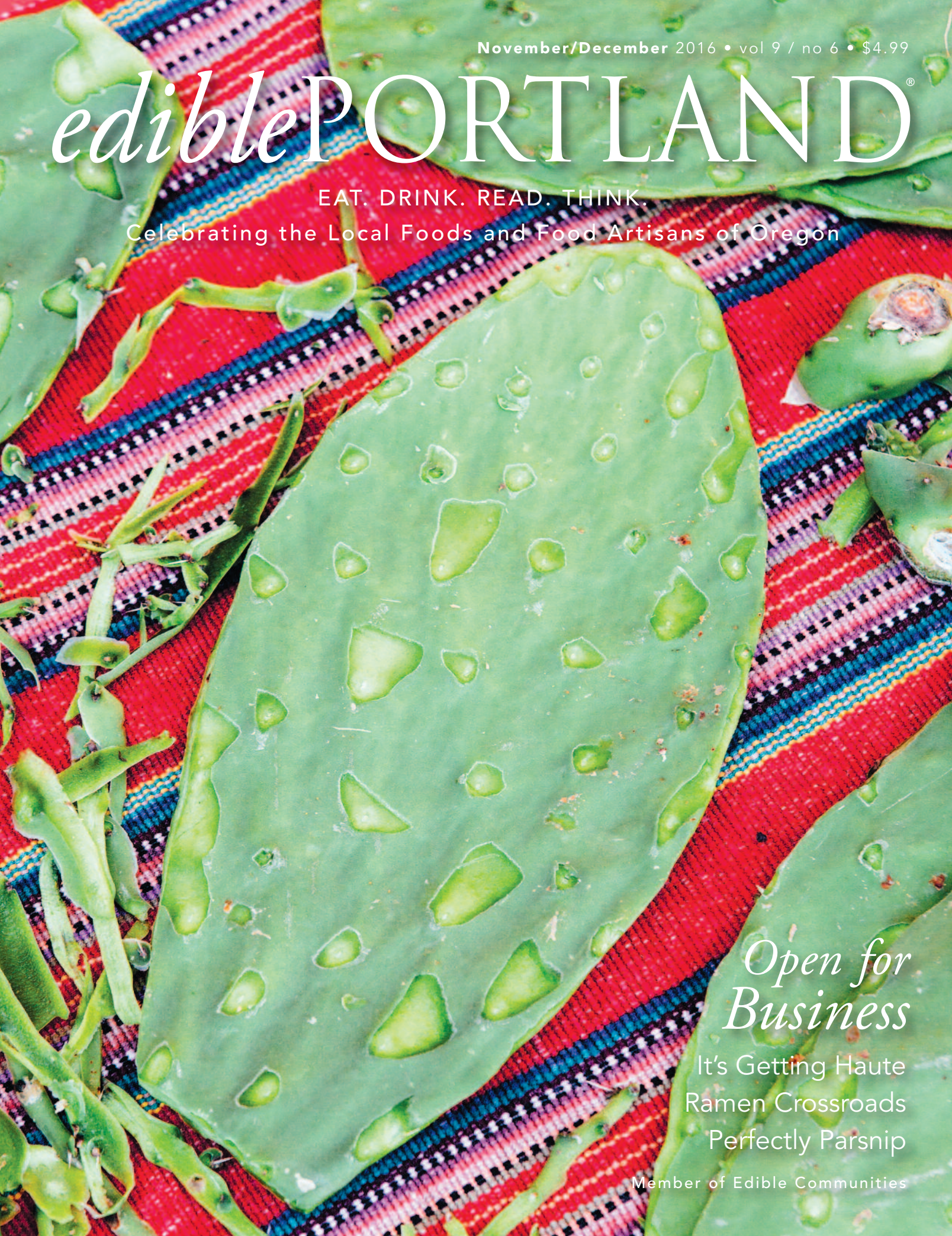
November/December 2016 • vol 9 / no 6 • $4.99

ediblePORTLAND®

EAT. DRINK. READ. THINK.

Celebrating the Local Foods and Food Artisans of Oregon



Open for Business

It's Getting Haute

Ramen Crossroads

Perfectly Parsnip

Member of Edible Communities

CELEBRATING AND SERVING THE FOODS OUR PORTLAND COMMUNITY LOVES:

TASTY *and* RESPONSIBLY PRODUCED.

Certified B Corporation

Great local foods from scratch since 1979

www.elephantsdeli.com

ELEPHANTS DELICATESSEN

edible PORTLAND

November/December 2016

Departments

Features

COVER AND THIS PAGE
photos by Nolan Calisch

RECIPE INDEX

CRAVING A KICKASS STEAK? DONE.

How about a luscious crème brûlée? No problem. Pickles? Yep. You can cook anything from veggies to venison and it'll come out perfectly every time. No guessing games. No overcooked meat. Ever. Again.

SOUS VIDE FOR THE HOME COOK

JOULE $199
Order yours today.
chefsteps.com/joule

Joule

COOKING SOUS VIDE

SOUS VIDE *(/soo veed/; French for "under vacuum") is a cooking technique in which food is cooked at a consistent temperature in water. Because we can control the heat precisely, we can predict the results exactly, every time.*

With traditional cooking methods, heat flows from a burner to a pan and into our food, cooking it. Because the air in the oven and the metal in the pan are much hotter than you want your food to be, you've got to take it away from the heat at just the right time. Take it off too early or too late and your food is either over- or undercooked. But when cooking with water, instead of an oven or a pan, we can cook at the exact temperatures we prefer. We can take it out as soon as it's done cooking, or let it rest in the water until we're ready to eat—no more obsessively checking inside the oven, no more chaining yourself to the stove. Instead you can pour yourself a drink and chill, chat with your guests, or focus on a more high maintenance part of the meal. Perfect food that's easy to prepare and ready at your convenience: that's what makes sous vide such a popular solution in restaurants, and an amazing tool for home cooks as well.

BAG AND COOK SOUS VIDE 40 MIN - 1 HOUR

ENJOY A GLASS OF WINE WHILE IT COOKS

SEAR OR GRILL 45 SECONDS

SERVE AND SAVOR!

PERFECT SOUS VIDE SALMON

Salmon is Seattle's spirit food—it's impossible to live here and not be obsessed with this pink fleshed, flavor packed fish. Hearty yet delicate, salmon works well in many different dishes, and even in the Pacific Northwest, where it is considered everyday eating, a lovingly prepared salmon filet always feels like something special.

SEASON & BAG: Add a generous amount of oil to a gallon-sized ziplock style bag. Place two filets in the bag. Add salt, pepper, and the spices and aromatics of your choice.

PREHEAT: Heat water to 122 °F / 50 °C. CHEF'S TIP: This is about the same temperature as the warmest setting on most sink faucets. If you start with the hottest water possible, you'll be able to bring the water up to temperature quickly. Salmon cooked to 122 °F / 50 °C will be tender and flaky.

COOK: Lower bag into water until fish is completely submerged, and then clip the bag to the side of the pot. Cook time will vary based on the size of your fish. Inch thick filets that weigh about four to six ounces will cook in about 40 minutes. A half inch filet should cook in 30. We leave 1.5 inch salmon filets in the water for an hour. No matter how thick your fish, you don't need to stress about taking it out of the water at exactly the right moment. Fish can stay in the water for an hour or so without overcooking. That's the beauty of sous vide! Leaves you plenty of time to have a cocktail.

SEAR: Add oil to a non-stick pan over medium-high heat. Gently flip filets into the pan so that the skin side is facing down. Let brown about 45 seconds without disturbing—once the skin is crispy, the fish will easily slide out of the pan without sticking.

SERVE: Carefully transfer each filet to a plate, and serve.

Find more recipes: chefsteps.com

letter from the editor

...that always leaves me wondering why people don't make gifting a year-round occasion.

In preparation for the holidays, Susan and I put up chutney, made with Italian plums and harvested at the home of friends on Vashon Island. If it's as good as I think it is, this chutney will find its way to the homes of friends and family as gifts throughout the holiday season. The only thing better than preserves made with fruit that you've harvested yourself is putting up preserves with fruit that you've grown yourself. But alas, we don't yet have an orchard at our condo.

This tradition of gift-giving during the holidays is one that always leaves me wondering why people don't make gifting a year-round occasion. Some of us do, but many forget that every day is a reason to celebrate, and every visit is an opportunity to show each other we care.

Self-serving though it may seem, a gift subscription to *Edible Portland* truly is the gift that "keeps on giving." Six times a year, this beautiful publication, filled with thought provoking culinary journeys will land in the mailbox of your recipient. Best of all, each mouthwatering issue of *Edible Portland* will arrive with a reminder that it came from you.

And if you prefer something that is truly 'edible' but haven't made something yourself, bring someone a local artisanal food. It's one of the best ways to give back to our community as well.

So enjoy the coming holidays, enjoy this issue, and enjoy this life in the garden.

Dig in!

edible PORTLAND

EAT. DRINK. READ. THINK.

PUBLISHER Free Range Media LLC

EXECUTIVE PUBLISHER
Bill Anderson • bill@edibleportland.com

EDITOR
Alex Corcoran • alex@edibleportland.com

ART DIRECTOR Nolan Calisch
MANAGING EDITOR Margarett Waterbury
LAYOUT Melissa Petersen

RECIPE DEVELOPMENT
Paola Thomas • Sylvia Fountaine
Ellen Jackson

COPY EDITOR Terre Gorham
WEB MISTRESS Jill Carter
SUBSCRIPTIONS Jordan Painter
ADVERTISING ads@edibleportland.com

CONTRIBUTORS
Paola Thomas • Bill Thorness
Margarett Waterbury • Anne Sampson
Matt Mornick • Sylvia Fountaine
Angela Sanders • Kerry Newberry
Kate Lewis • Mattie Bamman
Ellen Jackson • Nolan Calisch
Shawn Linehan • Aubrie LeGault
Matt Mornick • Sonya Montenegro
Steven Jackson • Aaron Lee
Lori Damiano • Molly Quan

SUBSCRIBE • GIVE A GIFT • BUY AN AD
info@edibleportland.com
edibleportland.com
1752 NW Market Street, #131
Seattle, WA 98107

Find us daily on facebook, twitter and pinterest.

Ecotrust is powered by the vision of a world where people and nature thrive together.

Since 1991, we have partnered with local communities from California to Alaska to build new ways of living and doing business.

From forestry to finance, food access to green building, we work to advance social equity, economic opportunity, and environmental well-being.

Together, we are making this place we live a home that we love.

Join us.

Love where you live.

ecotrust

visit ecotrust.org
follow @ecotrust
call +1.503.227.6225

721 NW 9th Avenue
Suite 200
Portland

Find us in the Willamette Week Give!Guide

Spiced Pear, Pomegranate, and Butterscotch Upside-Down Cake

PHOTO AND RECIPE BY PAOLA THOMAS

If you've ever wondered what autumn on a plate might taste like, then you just might want to try this riff on a classic upside-down cake. Thick slices of juicy pear, poached in pomegranate juice to add a tart undernote, meld with a rich butterscotch glaze to form a fudgy-sweet topping for a soft, moist cake, fragrant with autumnal spices. Served warm from the oven with a sprinkling of crunchy pomegranate seeds and a scoop of creamy mascarpone, this cake is as cozy and comforting as a hand-knitted sweater and is the perfect treat to follow an afternoon of leaf raking, pumpkin carving, or just watching the raindrops race down the windowpane.

Serves: 8 | Active time: 35 minutes (start to finish: 2 hours, including cooling and baking)

For the pear, pomegranate, and butterscotch topping

Butter and flour for the cake pan
2 cups unsweetened pomegranate juice (bottled is fine)
1/4 cup granulated sugar
Juice of one lemon
3–4 ripe but firm pears
6 tablespoons butter
3/4 cup soft brown sugar

For the spiced cake

1 cup all-purpose flour
1/2 cup almond flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/4 teaspoon kosher salt
8 tablespoons unsalted butter, softened
1 cup packed light brown sugar
2 large eggs, separated
1/2 cup pear pomegranate poaching liquid (left over from the topping recipe above)

The seeds of one pomegranate to decorate (optional)

Butter and flour a 9-inch round cake pan, line the bottom with a circle of parchment paper, then butter over the paper too. It's best not to use a springform pan, in case the butterscotch topping leaks, but if that's all you have, then line the pan with a circle of aluminum foil before lining with parchment paper.

For the topping (you can do this in advance if necessary)

Mix the pomegranate juice, sugar, and lemon juice together in a wide, high-sided skillet. Bring the juices to the boil and simmer for around 5 minutes until they thicken slightly. Set aside.

Using a paring knife, peel, halve, and core the pears. Place flat on a work surface and cut lengthwise into 1/2-inch slices.

Add the pear slices to the pomegranate juice in the pan and gently poach them over a medium heat for about 5 minutes until soft but still firm. Set aside to cool, still in the poaching liquid, for at least 30 minutes, but overnight in the fridge if you like.

When you're ready to make the cake, remove the poached pear slices from the poaching liquid and pat them dry with paper towels. Reserve half a cup of the poaching liquid to make the cake — you can add the remainder to cocktails or soda water, stir it into your morning yogurt, or just drizzle it over the cake when you serve it.

Melt the butter in a small saucepan and pour into the prepared cake pan, making sure the whole bottom is covered. Sprinkle the brown sugar evenly over the butter. Arrange the pear slices over the bottom of the cake pan, overlapping as necessary. Set aside in the fridge while you make the cake.

For the spiced cake Position a rack in the center of the oven and heat the oven to 350°F.

Sift the flour, almond flour, baking powder, baking soda, nutmeg, ginger, cinnamon, and salt into a bowl. Stir to combine.

Using a stand mixer, cream the butter and brown sugar together on medium-high speed until pale, light, and fluffy, about 3–4 minutes.

Reduce the speed to medium and add the egg yolks one at a time, beating well after each addition and scraping down the sides of the bowl as needed.

Reduce the speed to low and stir in one-third of the flour mixture, then half of the reserved pomegranate poaching liquid. Alternate between flour mixture, the remainder of the poaching liquid, and flour mixture until everything is incorporated, scraping down between each addition. Don't overmix, as that will lead to a tougher cake.

In a metal bowl, beat the reserved egg whites with a hand mixer until stiff but not dry. Using a rubber spatula, fold egg whites into the cake batter, being careful to retain as much air as possible. The finished batter should be like a light, airy mousse.

Dollop the batter onto the pears in the cake pan and spread it out evenly to the sides of the pan with a spatula.

Bake until the cake is well browned on top, firm to the touch, and a skewer inserted into the center comes out clean, about 45 minutes. Run a knife around the inside of the pan, place a cake plate upside down on top of the pan and immediately invert the cake onto a serving dish.

Serve warm or at room temperature, sprinkled with pomegranate seeds if desired.

Paola Thomas draws on her English and Italian heritage to tell food stories through images, words, and recipes. See more of her work on paolathomas.com.

Prepare Your Garden Beds Now For Winter

STORY BY BILL THORNESS

"The seed is in the ground. Now we may rest in hope while darkness does its work."

—Wendell Berry, "1991, V" from *A Timbered Choir*

In late autumn, my gardening thoughts turn not to the seed, but to the ground. The philosopher, poet, and — perhaps most importantly — farmer Wendell Berry often refers to the soil, from which all life springs and returns.

The quote at left meditates on the beginning of the cycle, when seed is sowed and we wait for the magic of germination to take place. But the idea could just as easily inspire us to focus on building a more fertile soil, so that we may reap benefits when again we sow. It's an especially good topic at this time of year, when darkness above ground is impending, and Pacific Northwest gardeners "rest in hope" for a couple of rainy months.

What we do about soil fertility now relates directly to the success of next year's garden.

You might think that by November it's too late to do anything productive in the edible garden, but that's not quite true. Whether growing winter vegetables or simply pulling up the last of the fall crops and "putting the garden to bed," gardeners can still take measures to protect and enhance the soil. Focus on three actions — get a soil test, plant a cover crop, and lay down a mulch — to ensure soil health.

GET TESTED

What's an indication of healthy soil? Most obviously, see how plants are growing. But just because one crop did well this year doesn't ensure a bounteous harvest next season. Like your doctor does when you visit the clinic, you need to conduct some lab work on your soil. In other words, get a soil test.

In the Pacific Northwest, fall is a great time to test the soil. After our main cropping season, it's good to know how much fertility remains. We don't add fertilizer now, but by protecting the soil over the winter, most nutrients will still be there for next year, and further nutrients can be added before planting.

King County residents are lucky: We can get free soil testing through the King Conservation District (kingcd.org). To help enhance water quality, KCD offers residents five free soil tests per residence per lifetime, with the intent that if we know the fertility of our soil, we won't dump extra (costly, polluting) fertilizer into it. That extra just gets washed out into groundwater and adversely affects water quality in our rivers and lakes. People living outside the county can get inexpensive soil tests; check with the Garden Hotline (gardenhotline.org) for lab resources.

Most soil tests list the levels of N–P–K (nitrogen-phosphorus-potassium), your soil's macronutrients. The tests also tell the pH, which indicates whether to add lime before planting, if the soil is too acidic. The test results might also list micronutrient or mineral levels. If you tell the lab what you're growing in the bed, the results might also give specific fertilization instructions.

In the fall, nitrogen should be fairly low. This macronutrient is the leaf-growth food. It moves through the soil fairly quickly, and your summer crops should have gobbled up most of it. Don't worry. It is the easiest macronutrient to add in the spring, and we can grow our own nitrogen by tackling the next step.

PLANT A COVER CROP

Cover crops are fertilizers in disguise. Instead of powder that comes in bags, they're leafy plant food that literally turns into fertilizer. How? Let a crop grow until it's flowering, then cut it down and dig it into the soil. As it decays, it releases the elements of fertilizer into the soil and feeds the soil with microorganisms that help bring existing fertilizer to your plants.

Legumes are a great example. Those members of the bean and pea family take in atmospheric nitrogen and attach it to their roots for later use. Small, white, nitrogen nodules are visible on the roots of mature legume plants as they're getting ready to flower. This "fixing" of nitrogen is a perfect job for a cover crop. When the cover crop is incorporated into the soil, those nodules break down and, very soon, provide nitrogen for other plants.

More great news: It's not too late to plant it this year! Although November is too late to start most crops, one legume will sprout in very cool soil: fava beans. (Unless you're in a cold micro-climate, fava beans should still germinate.) Sprinkle the seed on the bed and cover it lightly with soil. Keep it well-watered until it sprouts. If you're in a cool area, cover it with floating row cover or mulch to aid in germination.

Along with adding nutrients as they grow and delivering more nutrients when cut down and dug in, cover crops protect the soil from winter rains. Steady or heavy rain causes nutrients to leach out of the soil, just like excess fertilizer. Just like a tree keeps you dry when you stand under it in a rainstorm, cover crops keep the soil from getting pounded by the rain, thus slowing down the leaching process. Rain can also cause soil compaction, which can suffocate soil biota, and the cover-crop canopy shields the soil from that problem as well.

GO MAD FOR MULCH

If sowing a cover crop requires more effort than you can muster, at the very least protect the soil and its web of life by blanketing the garden with a winter mulch. Great gardeners rave about its benefits.

While not as frugal as growing your own fertilizer, mulching will pay dividends. Mulch shields the soil from compaction and excess leaching and protects it from desiccating winter wind. This also creates a more hospitable environment for the soil biota, which are necessary for a healthy soil that makes nutrients available to plant roots.

And mulching is pretty easy. Get a bale of straw (many garden centers now sell them, or visit the farm supply store out beyond the suburbs), break it up, and layer it on top of the soil to a depth of 2–3 inches. Compostable materials also work, such as fallen leaves or disease-free plant material that you've pulled out of the garden during fall cleanup. Don't mulch your tomato plants that have been wilted by late blight, but do mulch the spent flower stalks of echinacea, for instance. If you live in a high-wind area, cover the mulch with a wire mesh to keep it from blowing away.

Mulch is also useful to stave off frost or desiccation of winter vegetables. Tuck a thinner layer of mulch around your brassicas and root crops, and cover the planted garlic bed with it, pulling it aside once you see the young shoots pop through in January.

If you spend a little time now to test the soil, plant a fava cover crop, or mulch the beds, the edible garden will be ready to bounce back to life and feed you hope anew when you put those first seeds in the ground next season. Inevitably, as winter follows the harvest, the calendar soon enough turns toward spring.

Bill Thorness is the Seattle author of *Cool Season Gardener.* He can be found this month bedding rows of garlic cloves under a golden straw quilt.

TRUST YOUR SOURCE

Chefs take great pride in their sources. They are as carefully selected as the carrots, cucumbers and peppers they feature on their menus. Chefs know great meals begin at the source.

In the vast Panna Estate, rich in natural beauty and situated in the heart of Tuscany, lies the source of the pleasingly balanced and refreshing Acqua Panna spring water. Acqua Panna boasts a unique smooth and velvety taste, giving it the rare ability to please all discerning palates. A Taste of Tuscany.

Naturally filtered over 30 years by the Italian Alps and bottled at the source in Bergamo, Italy, S.Pellegrino has been a key ingredient in exceptional meals since 1899. Chefs trust their sources. Chefs trust S.Pellegrino.

ACQUA PANNA

THE FINE DINING WATERS

S.PELLEGRINO

For more visit: finediningLovers.com

The *Better* Noodle

Umi Organic releases the first-ever U.S.-made fresh organic ramen noodle for the grocery

BY MATTIE JOHN BAMMAN
PHOTOS BY SHAWN LINEHAN

The co-founder of the Umi Organic noodle company, Lola Milholland, has lived in her Northeast Portland craftsman-style home since she was five. Exuding that Old Portland vibe, the home is surrounded by garden plots and fruit trees that grow into front-yard snap peas and backyard Italian plums in the summer. The kitchen is stocked with cooking tools just perfect for methodically testing noodle recipes.

And does Lola have noodle recipes.

She started experimenting with noodles at age 23, after living in Japan during college. Wanting to improve, she took a class from Dr. Gary Hou at Portland's Wheat Marketing Center. "The class cost $1,000, which I couldn't afford, so I snuck in as a journalist," she says. "We explored different wheat noodles and flours for days." At the time, Lola was employed by Ecotrust (then publisher of Edible Portland). She became a proponent of the local grain movement, and that's when, she says, the light bulb went on.

"I thought, 'Portland's a wheat hub, with wheat from the Northwest and Midwest constantly coming through the city. Why do we export wheat and import noodles? We're boomeranging it, and our farmers are losing out!'"

Seeing a gap in the market, Lola set out to produce the first-ever U.S.-made, fresh organic ramen noodle for the grocery store — a difficult feat. In fact, ramen noodles are so hard to master, many Portland restaurants do not even make their own.

Lola settled on alkaline noodles, better known as ramen-style noodles. These noodles feature

alkaline water, or kansui, the key ingredient that makes ramen noodles different from noodles like spaghetti or linguini. Kansui adds springiness and a slipperier texture.

Before you get excited to relive the days of one-dollar instant ramen, Umi Organic doesn't make that kind of ramen noodle. It doesn't make anything involving MSG, and its noodles do not contain preservatives, artificial flavors, colors, or GMOs, either. Lola settled on a noodle made mostly of organic, high-protein wheat from Utah's employee-owned Central Milling, with a touch of whole grain, freshly milled barley flour from Greenwillow Grains in the Willamette.

In 2015, Lola founded Umi Organic with her mom, Theresa Marquez, and her friend, Ayla Ercin. Having achieved Oregon Tilth organic certification, Umi Organic noodles can be found on refrigerated shelves in the fresh foods sections of many fine grocers, and Lola is working on adding sauces and broth bases to sell with the noodles, for a near-instant meal.

Umi Organic noodles aren't just for ramen, and they're delicious in a pretty endless number of dishes, both warm and cold (think of all the ways you can use spaghetti). You can put ramen in broth with any number of ingredients, from sautéed cabbage to boiled eggs, and you can add your choice of vegetables for a pasta salad.

Lola says there are a few time-tested tricks for cooking perfect ramen-style noodles: 1) always boil a lot of water—enough so that the water doesn't stop boiling when you add the noodles; 2) stir regularly; 3) boil for two minutes for warm dishes; and 4) boil for three minutes for cold dishes, followed by a cold rinse.

Umi Organic Noodles can be found at People's Food Co-op, New Seasons, Green Zebra Grocery, Uwajimaya, and the King and Hollywood Farmers Markets. Complete list at Umiorganic.com

KATHERINE'S NOODLES WITH LOTS OF HERBS AND TOASTED PEANUTS

Provided by Umi Organic

Serves 2 (or makes 4 hearty sides) | Cooking time 30 minutes

1 package (10-ounce) Umi Organic fresh ramen noodles

1 cup carrots, cut into matchsticks or grated on the large holes of a box grater

1 green onion, thinly sliced

3/4 cup cilantro leaves and stems, chopped

3/4 cup parsley leaves, chopped

3 tablespoons mint leaves, chopped

3/4 cup toasted peanuts

1 teaspoon peanut oil

Dressing:

2 small stalks green garlic, trimmed and finely minced, or 2 small cloves garlic, minced

1/2 teaspoon red pepper flakes

2 tablespoons peanut oil

1 tablespoon sunflower oil or other neutral oil

Juice of 2–3 limes

1 tablespoon rice vinegar

Salt to taste

Fill a large pot with water and bring to a boil. Add noodles and cook for 3 minutes. Drain and rinse well with cold water. Shake water out thoroughly. Put noodles in a large serving dish. Add the carrots, green onion, and herbs on top.

In a small skillet, toast the peanuts (yes, even though they're already roasted!) over medium heat in peanut oil with a generous sprinkling of salt (to taste) until dark, golden brown, and toasty smelling. Keep the peanuts moving so as not to burn them. Remove from pan and let cool.

In a medium bowl, mix the dressing ingredients. Taste it. It should be bright and strongly flavored, with a kick from the red pepper flakes.

Pour the dressing over the noodles, vegetables, and herbs, and toss in the peanuts. Mix well. Taste and adjust seasoning with more lime juice, salt, or red pepper flakes.

Cook's Note: "I was inspired by the herbs in my garden and my love of crunchy things. The earthy noodles play very nicely with the bright herbs and the rich, toasted nuts. It's also delicious with an egg on top! I made this dish with regular spaghetti and it did not hold a candle to the flavor and texture provided by the Umi Organics noodles."

— Katherine Deumling, Owner, Cook What You Have

Firebreather

Marshall's Haute Sauce turns up the heat with its seasonal gourmet hot sauces.

STORY BY MATTIE JOHN BAMMAN
PHOTO BY MOLLY QUAN

"When I was pregnant, I wanted the spiciest foods ever," says Sarah Marshall, who co-founded Marshall's Haute Sauce, a line of hot sauces made with seasonal ingredients and signature recipes, with her husband, Dirk, in 2011. She's not kidding; when pressed, Sarah admits that, nothing, and she means *nothing,* was hot enough.

Today, Marshall's Haute Sauce makes four hot sauces year-round, and each season brings two recurring hot sauces, like the highly sought-after Ghost Chili Apple. The company also makes one collaboration hot sauce monthly, often teaming up with the Pacific Northwest's most famous chefs, from Ryan Roadhouse of Nodoguro to Han Ly Hwang of Kim Jong Grillin'.

When developing recipes, Sarah does everything the hard way, using only seasonal produce and only adding sugar when absolutely necessary. For the Ghost Chili Apple, the sweetness comes from fresh Honeycrisp apples, and for her hottest hot sauce, the Caramelized Scorpion Ghost Sauce, it comes from carefully caramelizing onions in her industrial kitchen at 1640 SE 3rd Ave. Stop in Wednesday through Saturday if you're passing by. You'll get to taste through everything.

Long before the Marshalls developed their flagship sauces, they wanted to feel a greater connection with the Portland community. Both Sarah and Dirk were doing social work, and one day, Sarah enrolled in a Mercy Corps business course. "They told me to go out and talk to people about my ideas," says Sarah.

At the Portland Farmers Market, that advice paid off. Sarah met Rick Steffen of Rick Steffen Farms, and after a one-hour conversation, Sarah had found her source for high-quality peppers, including varieties grown just for her.

Today, Marshall's Haute Sauce sources produce from local farms, like Groundworks Organics and DeNoble Farms, and sources artisan ingredients, like the Southwest's famous hatch chiles, from the local company Los Roast.

Marshall's Haute Sauces are more nuanced than most on the market, combining fresh flavors with a sincere, respectful love of heat, and they are designed for use with a huge variety of cuisines and dishes. The flagship hot sauces are Serrano Ginger Lemongrass, Habanero Carrot Curry, Red Chili Lime, and Smoked Habanero Barbeque. The company's gluten-free barbecue sauce is the only one ever entered into a competition, and it won first prize in the barbecue sauce division at the esteemed Scovie Awards, which recognizes the best fiery foods and barbecue sauces in the world.

Today, Marshall's Haute Sauces are sold in many local stores, from New Seasons to Providore Fine Foods, and you can also find them served in Clyde Common and Smokehouse Tavern. Sarah and Dirk are regulars at the PSU Farmers Market — where you'll often be the first to taste a new, limited-edition seasonal creation.

And if you can't get enough, here's a little secret: Marshall's Haute Sauce usually comes in 4-ounce bottles, but give the company a week's notice, and it'll have a 16-ounce bottle ready for you to pick up at the farmers market. Moreover, the Marshalls are collaborating with Union Wine Co. for the second year in row to create a mulled wine that actually tastes good — spiced with, among other things, red jalapeno, of course.

Marshall's Haute Sauce can be found throughout the NW including Elephants Deli, New Seasons, Whole Foods, Pastaworks, Zupan's and more.

Mattie John Bamman is a culinary travel writer focused on the Pacific Northwest, Italy, and the Balkans. Wine, wilderness, and words brought him to Portland, where he regularly contributes to *Edible Portland* and other publications, including *Northwest Travel & Life Magazine*. Mattie is also the editor of Eater Portland.

CRANBERRY HAZELNUT CRUSTED SALMON

Provided by Marshall's Haute Sauce

Serves 2 | Cooking Time 25 minutes

2 tablespoons salted butter
1/4 cup finely chopped hazelnuts
1/4 cup panko breadcrumbs
1 tablespoon finely chopped parsley
1/4 teaspoon kosher salt
1/4 teaspoon fresh ground pepper
2 six-ounce salmon fillets
1/4 cup of Marshall's Haute Cranberry Red Jalapeno Sauce

Preheat oven to 400°F.

Melt the butter in a small saucepan.

Combine the hazelnuts, breadcrumbs, parsley, and salt and pepper in a bowl.

Pat the salmon dry and place skin side down on a parchment-lined baking sheet.

Put half of the cranberry red jalapeno sauce on each filet.

Pour the melted butter over the hazelnut mixture.

Top each filet with the mixture.

Bake for 10–15 minutes.

My Favorite Mistake

Chef owner Scott Dolich reveals a Park Kitchen classic and the creative process that brought it to light.

STORY AND PHOTOGRAPHS BY MATT MORNICK

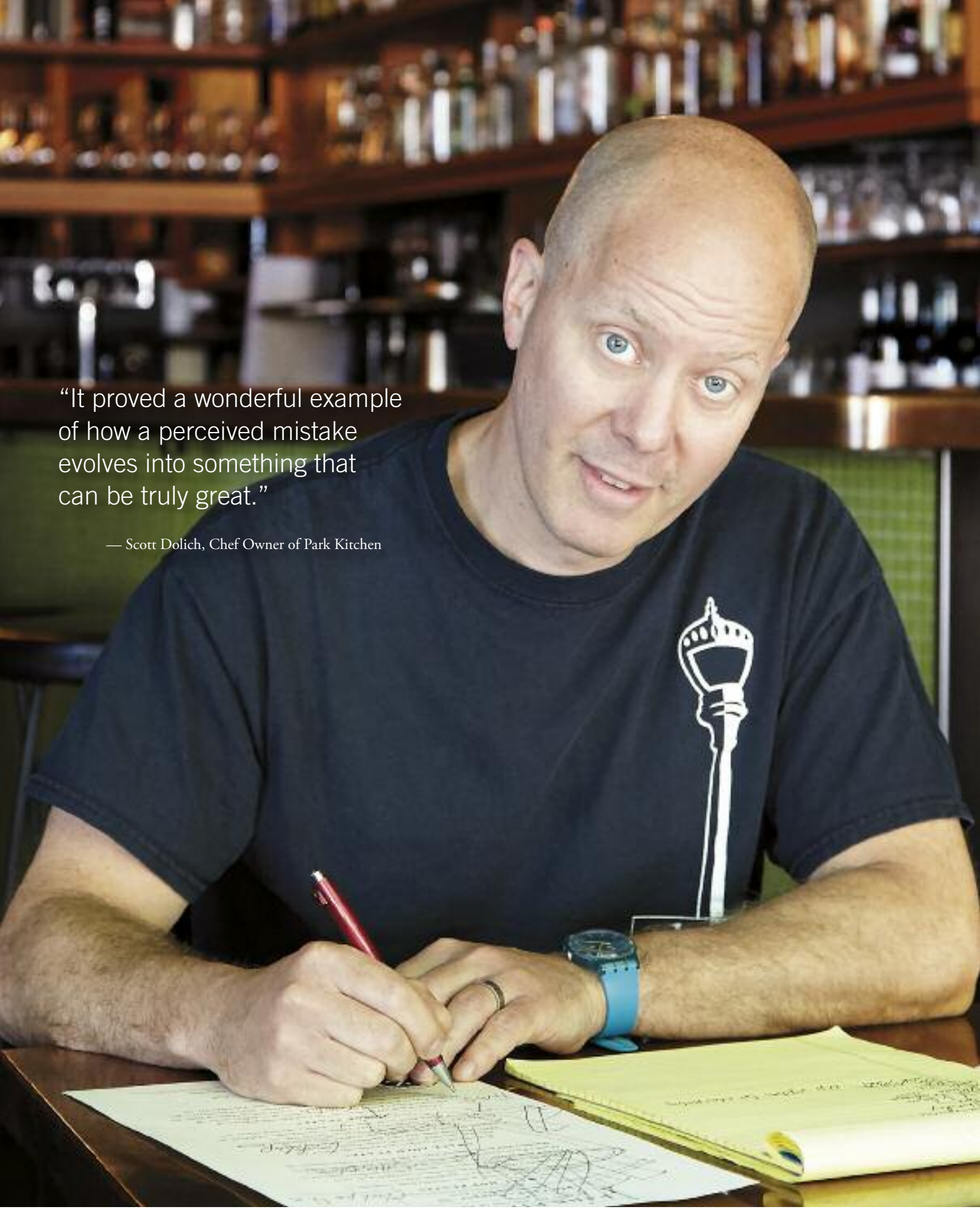
Park Kitchen, along the Pearl District's historic tree-lined green belt, is a landmark destination for its seasonal American cuisine. For chef owner Scott Dolich and his team, it is a finely-tuned culinary workshop. Scott walked me through Park Kitchen's rigorous R&D process and how it yielded a local favorite menu item 13 years and counting: chickpea fries and seasonal ketchup.

"In late 2003, right after Park Kitchen opened, I was working in the kitchen full time, serving breakfast, lunch, and dinner," explains Scott. "It was hectic. There was no real organization to the restaurant. Me and a handful of people were working really hard, nonstop. After about a year, my wife and I took our first vacation through Europe. In Spain, we came across a dish called socca — a loose batter poured into a wood-fired hot pan. Basically a chickpea flour crepe. It blisters and puffs out and goes well with a variety of foods. It was delicious."

Upon his return, Scott tried his hand with the chickpea crepe. Immediately, things went wrong. "We stayed late one night and made the batter. Once we put it in the dish, it was evident we screwed it up. It was too thick and lumpy. We put it in the pan and it immediately scorched. I was tired and set it aside in the refrigerator to clean up later. The next night when I removed the batter from the sheet tray, it held its shape, which was unexpected. I removed the scorched portion, cut little strips, and put them in the deep fryer out of curiosity. They puffed up into french fries. The taste was intriguing. So I prepared the remaining batter and served it for the staff meal with some pickles and leftover cuts of meat. Our team was into them.

"We explored and refined the texture and flavors with different seasonings. Over the course of a week, the dish was complete. It proved a wonderful example of how a perceived mistake evolves into something that can be truly great. Once we put the chickpea fries on the menu, we couldn't take them off. People love them."

This first experiment became the backbone of Park Kitchen's ethos. "Exploration is the heartbeat of what we do," says Scott. "A lot of the work is difficult and monotonous. Ninety percent of the work involves countless repet-


"It proved a wonderful example of how a perceived mistake evolves into something that can be truly great."
— Scott Dolich, Chef Owner of Park Kitchen

itive tasks. Yet that 10 percent to experiment and explore makes the 90 percent worth it.

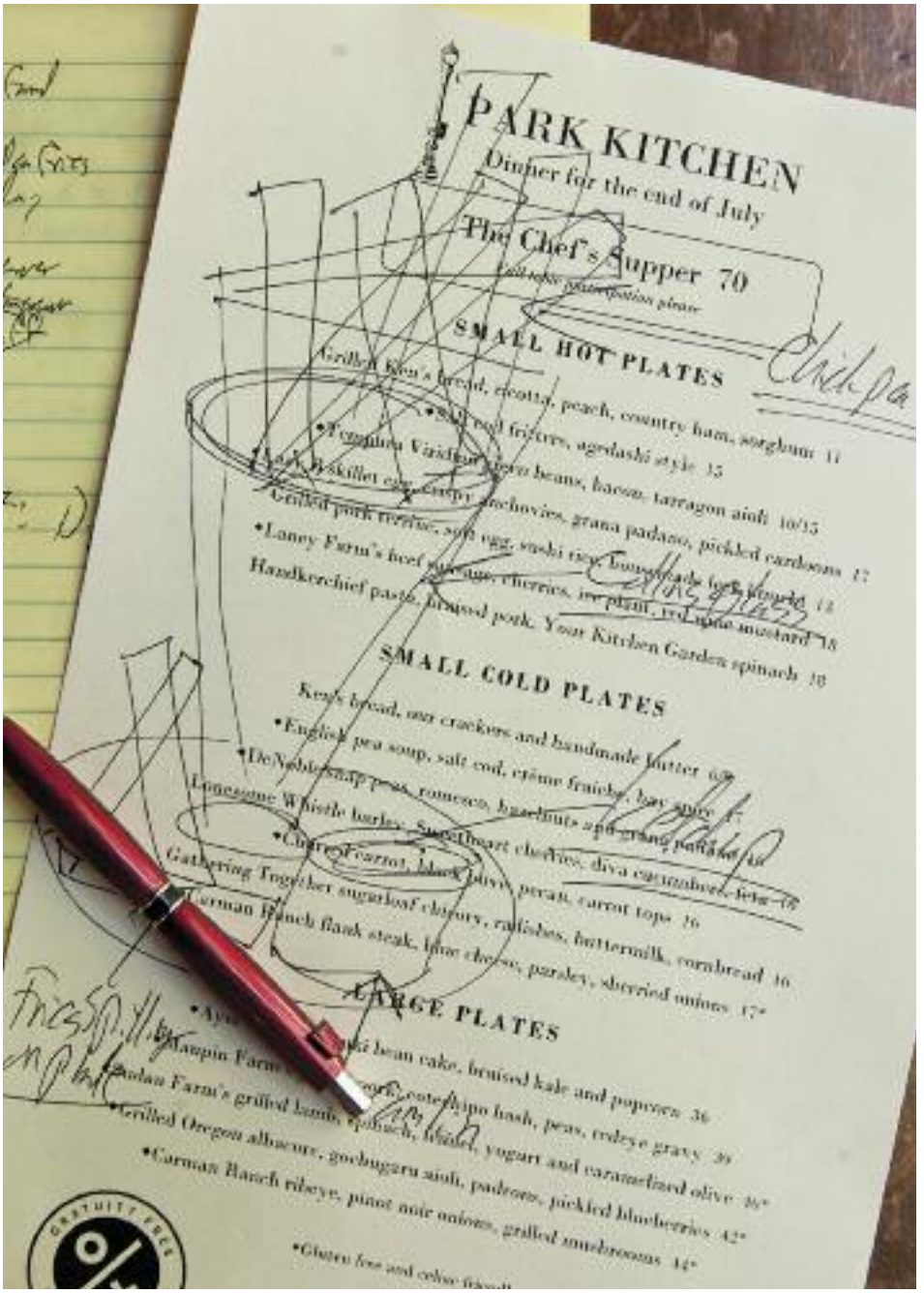
"Every time we conceptualize a new dish, a dozen challenges arise," he continues. "Our chefs have learned to not focus on the challenges, but to think about the final dish, its flavors, textures, and presentation. Once conceptualized, they work relentlessly. When a mishap happens, we set the dish aside. With time, you see it in a new light — and that in fact, it wasn't a mistake at all. And almost always we end up with a dish we never intended to make, but one people love."

Much of Park Kitchen's menu is guided by Sheldon and Carol Marcovitz's farm, Your Kitchen Garden, in Canby, Oregon. "Sheldon's vegetables dictate what we can do year round," reflects Scott. "We have a little liberty to adjust the supply, but most of the time we have to take what produce is on hand. This forces a degree of creativity, but it also guarantees the farm's survival. Which is fine because our suppliers have become an integral part of what we do."

Park Kitchen's chickpea fries are made from cooked, mashed chickpeas, dehydrated and ground up. The batter has an earthy, elemental taste of chickpea — an unmistakable light sweetness with a crunchy outside, smooth inside, and creamy finish. It has the mouth feel of the ideal french fry.

Scott recommends pairing the fries with a local craft beer, like those from Breakside Brewery. "Ben Edmunds is one of the most talented and intelligent brewers I've met. He is creative and well versed on beer. His Breakside Stout is malty yet light, and is delectable with the fries."

Park Kitchen
422 NW 8th Ave., Portland, OR, 97209
503-223-7275 • parkkitchen.com



West Coast photographer Matt Mornick specializes in photographing food and people. His portfolio is available at mornick.com.

CHICKPEA FRIES

Adapted from the recipes of Park Kitchen

Serves 8-10 | 30 minutes active time

At first glance, this recipe may seem challenging. Don't sweat it. As Scott would say, use excellent ingredients and charge forth — you won't regret it. Final amount is approximately 3 quarts or 75 fries, each cut 1/2 inch by 1/2 inch by 4 inches.

2 tablespoons olive oil
1 large yellow onion, diced
5 cloves garlic, finely chopped
1 sprig rosemary, minced
1 tablespoon sambal
2 1/2 quarts hot water
5 1/2 cups chickpea flour
Canola oil
Salt

In a thick-bottomed pot, sweat onions and garlic in olive oil. Add rosemary and sambal. Add 1 1/2 quarts hot water to the pot and bring up to a simmer. In a large bowl, make a slurry with chickpea flour and the remaining 1 quart hot water. Make sure the slurry is smooth. Add slurry to the simmering pot and vigorously whisk until you can no longer use the whisk. Switch to a long wooden spoon, and lower the heat to medium. Continue stirring, making sure to scrape the sides as well as the bottom of the pot. Cook until the chickpea flour is smooth and the flour taste is cooked out. Add salt to taste.

Pour onto a greased sheet tray, making sure the sheet tray is flat. Spread thin with plastic spatula, getting the batter as square as possible. Place a second sheet tray with a greased bottom on top of the evenly spread batter. This will help the batter evenly set. Let it cool in the refrigerator overnight.

Cut into 1/2-inch by 1/2-inch french fry shapes. Shallow-fry the chickpea fries in a tall, straight-sided pot containing at least 2 inches of 375° canola oil for approximately 3 1/2 minutes. Serve with seasonal ketchup.

WINTER SQUASH KETCHUP

Adapted from the recipes of Park Kitchen

Makes 6 cups | 35 minutes

Ketchup is one condiment on the table that is nearly untouchable. Not at Park Kitchen. Scott and his team prove to Heinz adherents that ketchup can be made better — with anything. This seasonal recipe provides sweet and tart with the salty, earthy flavor of the chickpea fries.

1 medium-size butternut squash, peeled, seeded, diced into large pieces (yields 5 1/2 cups)
1 diced head garlic
1 cup cider vinegar
1/2 cup water
1/2 cup brown sugar
1 teaspoon ground coriander seed
1 teaspoon mustard seed
1 teaspoon fresh ground black pepper
1 pinch ground clove
2 teaspoons salt
1 teaspoon sambal
1/2 cup olive oil
3 tablespoons sherry vinegar

Place all ingredients except olive oil and sherry vinegar into a small stainless steel pot. Simmer over medium-high heat for 30 minutes until the squash is completely soft. The liquid should reduce slightly but not completely evaporate. If more liquid is needed to completely cook the squash, add water a little at a time to complete cooking. In a blender, puree squash mixture and slowly emulsify in olive oil. Add sherry vinegar. Let cool and re-season if necessary.

RHUBARB KETCHUP

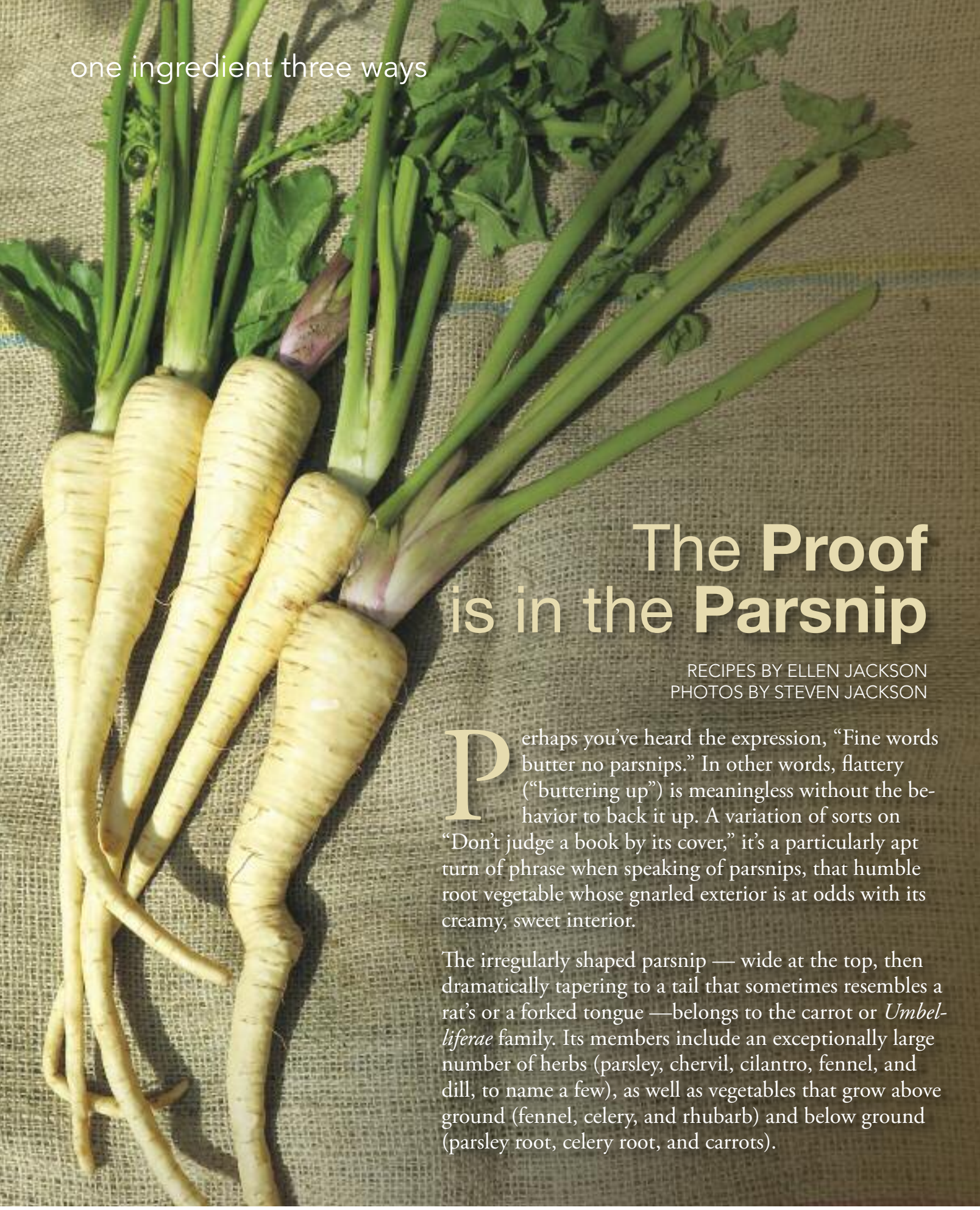
Adapted from the recipes of Park Kitchen

Makes 6 cups | 35 minutes

2 pounds rhubarb, sliced
2 cups red wine
1/2 cup red wine vinegar
3/4 cup sugar
2 teaspoons salt
1 teaspoons chile flakes
1 teaspoons black peppercorns

Place all of the ingredients in a nonreactive pot and simmer until all of the Rhubarb is completely broken down, approximately 30 minutes.

Blend in a mixer for one minute until all is homogenous. Cool and store.



The **Proof** is in the **Parsnip**

RECIPES BY ELLEN JACKSON
PHOTOS BY STEVEN JACKSON

Perhaps you've heard the expression, "Fine words butter no parsnips." In other words, flattery ("buttering up") is meaningless without the behavior to back it up. A variation of sorts on "Don't judge a book by its cover," it's a particularly apt turn of phrase when speaking of parsnips, that humble root vegetable whose gnarled exterior is at odds with its creamy, sweet interior.

The irregularly shaped parsnip — wide at the top, then dramatically tapering to a tail that sometimes resembles a rat's or a forked tongue —belongs to the carrot or *Umbelliferae* family. Its members include an exceptionally large number of herbs (parsley, chervil, cilantro, fennel, and dill, to name a few), as well as vegetables that grow above ground (fennel, celery, and rhubarb) and below ground (parsley root, celery root, and carrots).

What they all have in common is the seed head, or umbel, that forms when they flower. Shaped like an umbrella, the cluster of blossoms is delicate and lacy, recalling Queen Anne's lace, another *Umbelliferae*. The family members also make lovely companions for one another on the plate. As they say, "What grows together goes together."

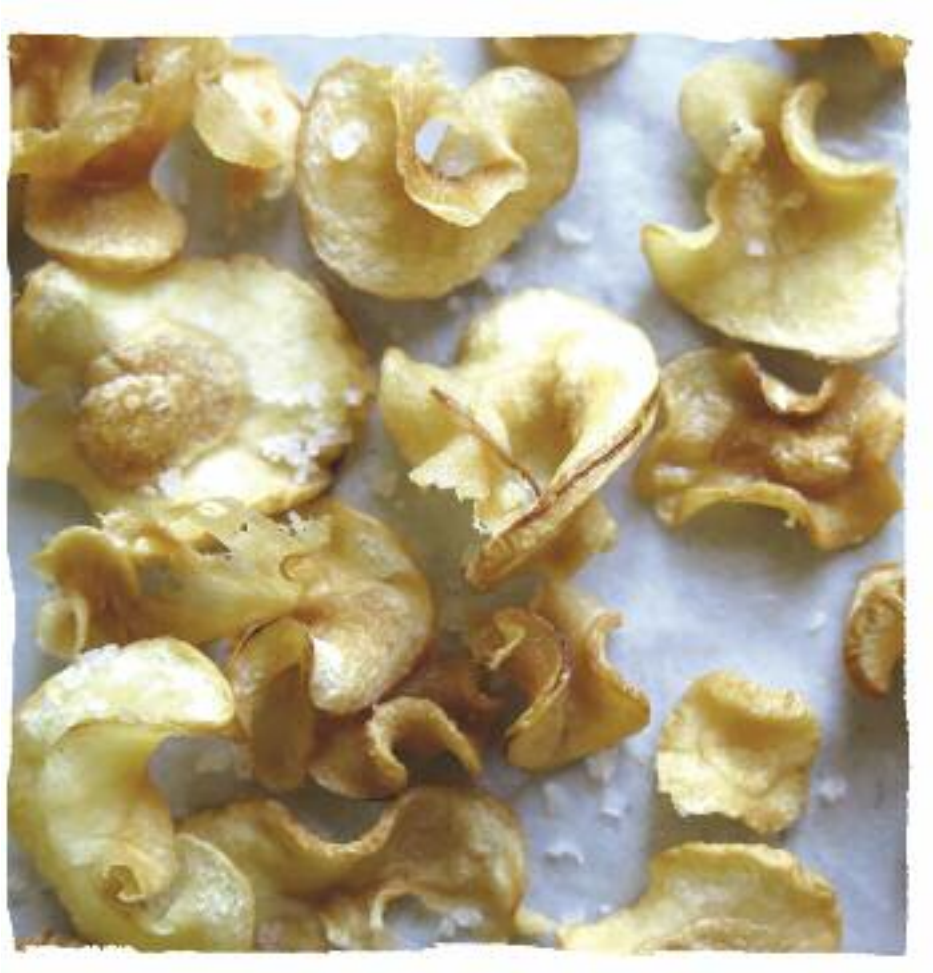
Parsnips spend a long time in the ground — far longer than carrots, and sometimes as much as nine months—as they're sown in the spring and are best overwintered or left to harvest until after the first hard frost when their flavor and sweetness peak. For that reason, don't be surprised if your parsnips cost more than their orange-hued cousins; the investment in time alone makes them more precious and rare.

With the wait comes a reward: creamy fleshed, earthy, and sweet, parsnips are a simple, unfussy food capable of being transformed. Medieval cooks, for whom sugar and honey were precious, appreciated the parsnip's inherent sweetness, which can be coaxed out by caramelizing its natural sugars.

Roast them in a hot oven, sauté them in brown butter, or bake or fry them as you would a potato, destined for dipping in ketchup. Feature them in a soothing and velvety soup made exotic with a bit of curry powder, or in a shy yet sumptuous mash befitting a Sunday roast. Or use them in a dessert.

Their pungent sweet aroma suggests that parsnips would pair nicely with the warm spices associated not only with curry, but also with baking: cinnamon, cardamom, cloves, and nutmeg. And they do. You could make a parsnip cake with cream cheese icing, parsnip custard kissed with cardamom, or a rich and creamy filling the texture of cheesecake to bake into a graham cracker crust.

But don't take my word for it. Talk is cheap. The proof is in the parsnip.



PARSNIP "POPCORN"

You know how parsnips taper dramatically from top to tail, becoming slender halfway down? This snack is a perfect use for the lower skinny ends. When thinly sliced and baked in a low oven, the parsnip rounds curl up into pieces the size of popped corn. Sprinkle generously with your favorite flavored salt or spice — I like garam masala — and find a movie!

Buy your parsnips from a farmers market or another source of organic produce so that you can leave the skins on. After a gentle scrub, they clean up nicely and you'll get the added bonus of extra flavor and nutrients.

Makes about 2 cups, to serve 2 hungry moviegoers | Start to finish: about 1 hour

4 small parsnips (or the "tails" of 3 large)
4 teaspoons olive oil
2 teaspoons sea salt, divided
1 teaspoon garam masala, optional

Preheat the oven to 275°F and line 2 rimmed baking sheets with parchment paper or foil. Using a mandoline, thinly slice the parsnips into rounds ranging between 1/2 and 1 inch in diameter. You should get about 2 cups.

Put the parsnips in a bowl with the olive oil, 1 teaspoon of salt, and the garam masala if using, then toss to combine, making certain the slices are evenly coated. Arrange the rounds on the prepared baking sheets in a single layer without any overlap.

Place the trays in the oven and bake 20 to 40 minutes, depending on the thickness of your slices. When they are ready, the chips will have browned lightly, curled up, and become crunchy. Start checking them at 20 minutes to prevent burning.

When they are ready, remove the pans from the oven, sprinkle the chips with the remaining salt, and let them cool completely on the pans.

CREAMY PARSNIP TART

Parsnips may be unexpected in the pastry kitchen, but their natural sweetness and creamy quality when cooked recommend them for the job. The inspiration for this elegant dessert came from a similar treatment of carrots, which got me thinking … if parsnips can stand in for carrots in a classic favorite like carrot cake, why not a tart?

Makes one 10-inch tart, to serve 8 to 10 | Start to finish: about 5 hours, including baking and chilling

1/2 cup (1 stick) unsalted butter, softened
2 tablespoons granulated sugar
2 tablespoons light brown sugar
2 tablespoons honey
1 cup all-purpose flour
1/4 cup whole-wheat flour
1/4 teaspoon salt
1/4 teaspoon baking soda
1/4 teaspoon cinnamon
10 ounces parsnips, peeled and sliced in 1/4-inch thick coins (about 1 1/2 cups)
2/3 cup heavy cream
3 cloves
1 cinnamon stick, broken in 2 pieces
2 eggs
1 egg yolk
1/3 cup granulated sugar
1/2 teaspoon freshly grated nutmeg
pinch salt
1 cup buttermilk

To make the crust, cream the butter, granulated and brown sugar, and honey in the bowl of an electric stand mixer, fitted with the paddle attachment, until smooth and lighter in color, about 3 minutes.

Combine the all-purpose and whole-wheat flour, salt, baking soda, and cinnamon and add to the creamed butter and sugar in 2 batches, scraping down the sides of the bowl between additions. Mix until well combined. Form the dough into a disk, wrap with plastic wrap, and chill at least 1 hour or until firm.

On a lightly floured work surface, roll the dough into a 12- to 13-inch circle with a 1/4-inch thickness. Fold the dough in half and carefully lay it in a 10-inch tart pan with a false bottom and fluted edges. Lightly press the dough into the corners and fold the outer edge of the pastry into the sides, pressing to create an even wall that extends just beyond the top of the pan. Pinch off excess pastry. Dock the bottom of the shell by pricking it with a fork and freeze 30 minutes. Preheat the oven to 325°F.

Make the filling while the shell is in the freezer. Combine the parsnips, heavy cream, cloves, and cinnamon stick in a small, nonreactive saucepan. Simmer the mixture, covered, over low heat until the parsnips are soft, about 20 minutes. Cool completely, remove the spices, and puree until very smooth.

In a medium bowl, whisk the eggs, egg yolk, sugar, nutmeg, and salt until well combined. Add the cool parsnip puree and the buttermilk, whisking until smooth. This mixture can be made and refrigerated 2 days ahead. Bake the chilled shell until deep golden brown and dry in appearance, about 30 minutes.

Pour the filling into the shell and bake 30 to 40 minutes or until the edges of the filling puff slightly. The tart will jiggle in the center and appear to be underbaked—this is OK. Cool at room temperature for 30 minutes, then chill until set, about 2 hours.

Serve the tart at room temperature the day it is baked, or chilled the following day.

PARSNIP PANCAKES

You could call these latkes, rosti, or fritters too. Appropriate served alongside sliced brisket or with a poached egg and a side of sausage, these crispy-edged pancakes are pleasingly creamy in the middle, thanks in part to Gruyere cheese, an egg, and a glug of cream, which hold them together.

Makes about 12 pancakes, to serve 4 to 6
Start to finish: about 45 minutes

4 cups loosely packed, grated parsnips (about 3 large)
1 small onion, thinly sliced or grated
2 ounces Gruyere cheese, grated (about 1/2 cup)
1 clove garlic, finely minced
1 1/2 teaspoons salt
1/2 teaspoon freshly ground black pepper
2/3 cup heavy cream
1 egg
2 tablespoons coarsely chopped fresh thyme
4 teaspoons all-purpose flour
1 tablespoon olive oil plus more as needed

Use your hands to toss together the parsnips, onion, cheese, garlic, salt, and pepper in a large bowl, making certain to distribute the ingredients evenly.

In a separate small bowl, whisk the cream with the egg, thyme, and flour, being careful to remove any little lumps of flour. Combine with parsnip mixture in the large bowl.

Lightly film the bottom of a larger cast-iron skillet with the olive oil and set it over medium-high heat. When the oil is hot, place 2 or 3 large spoonfuls of the mixture in the pan and flatten lightly with the back of the spoon. Cook the pancakes 3 to 4 minutes or until they're crispy and dark-golden brown, then flip them over and cook an additional 4 minutes on the other side. Repeat until the mixture is gone.

Hold the finished pancakes in a warm place, or in a low oven, in a single layer.

Ellen Jackson is a Portland-based cookbook author, food writer and stylist, and recipe developer. In addition to having a deep knowledge of regional food products, growers and suppliers dedicated to the celebration of food, Ellen is passionate about the importance of cooking and protecting local and global biodiversity. Learn more at www.foodprintstyle.com

Old is New Again at Antiquum Farm

STORY BY ANGELA SANDERS
PHOTOS COURTESY OF ANTIQUUM FARM

Stephen Hagen stands among rows of Pinot Noir vines at his vineyard, Antiquum Farm, a few miles outside Junction City. Hens peck at the soil. Gray sheep graze in the shade of the vines, with the Coburg Hills sleeping purple on the horizon.

"Every vineyard owner will tell you that their grapes are different," says Stephen, 44. "Ours really are."

Some of Willamette Valley's best winemakers agree. Antiquum's Pinot Noir and Pinot Gris grapes are in demand from some of the area's top wineries, including Antica Terra, Rex Hill, and Harper Voit.

In addition, Stephen works with consulting winemaker Drew Voit on his own label, Antiquum Farm. This year, Antiquum Farm will produce about 2,000 cases of wine, up from 1,500 in 2015 and 400 cases in 2014. Despite Antiquum Farm's relatively low production, its wine has become a cult favorite. At the winery's first wine dinner last spring at the prestigious Bel-Air Country Club in Los Angeles, Antiquum nearly sold out of its library.

Stephen points out two major factors that set the grapes at Antiquum Farm apart. The farm sits about 800 feet above sea level, giving the vineyard a felicitous combination of warm days and cool nights. This allows the fruit to stay on the vine longer, to develop complexity without becoming mouth-searing alcoholic. Plus, the combination of fruit, acid, and longer hang time gives the juice a pillow-like texture and casts notes of citrus, apricot, nectarine, and passionfruit—unusual in Pinot Noir.

The other thing that sets Antiquum Farm apart is its reliance on farming techniques that would have been more familiar to our great-grandparents than to today's farmers. Stephen uses Belgian draft horses to sow the cover crops between rows of grapes, and sheep, chickens, and geese weed and fertilize the fields.

The son of a high school physics teacher and a homemaker, Stephen grew up in Junction City. After high school, he studied acting in Chicago, then moved to Los Angeles to seek work as an actor. To pay the bills, he took a job as a garden designer and discovered that he enjoyed having his hands in the soil. He loved a garden's beauty and its ability to draw the garden's owner away from Southern California's rat race and back to the earth.

Stephen's wife, Niki, was a garden design client at the time. He cherished his childhood running "free range" through the countryside outside of Junction City, so he and Niki bought an old hay farm only four miles from where he grew up, with the plan of turning it into a vineyard. In 1999, they planted their first Pinot Noir and Pinot Gris vines on what is now 21 acres of vineyard.

But Stephen was uncomfortable with the grass they mowed between the rows of vines. Shouldn't it be used to feed animals instead of discarded? And wasn't there a better way to manage the vines than with chemicals and machines?

In 2007, he began in earnest to examine alternative ways to farm. He considered letting pigs and goats forage in the vineyards, but settled on sheep. He now has a herd of 20 to 60 Katahdin and Dorper sheep, the number fluctuating with lambing and the time of year. The sheep are wide-bellied and homely. "They look like goats," Stephen says, "but they're hardy," unlike the Babydoll sheep he tried at first.

Although the sheep are invaluable in the field, they had to be trained not to devour the fresh shoots of grape leaves — and the grapes themselves. Stephen discovered Fred Provenza's work in sheep aversion training. By administering a medication that induces mild nausea at the same time he feeds the sheep grape leaves or grapes, Stephen teaches the sheep to instead graze on the hay and clover growing between the rows.

Sheep aren't the only livestock pulling duty at Antiquum Farm. Hens peck at weeds. Stephen's son, Juel, 10, periodically rolls the portable chicken coop through the vineyard to spread the chickens' work across the fields. Juel sprinkles chicken feed on the weeds to encourage the hens to feast. Stephen's daughter, Daisy, 13, rides her horse through the vineyard from time to time to inspect for pests or disease.

Two shaggy Turkish Akbash guardian dogs, Mike and Eva, keep the mountain lions away from the sheep. Mike and Eva live with the

flock 24 hours a day, and Eva is especially fiercely protective of her flock. "Mike and Eva have provided an elegant and utterly enjoyable solution to a bad situation," says Stephan.

When it's time to plant cover crops between rows of vines, Olivia and Ike, the farm's two Belgian draft horses, are led to the fields. "Anything that slows you down and makes the pace and scale more humane is bound to make you pay attention," Stephen notes. "You're right there in the vines, noticing how wet or cool the soil is, how far along the fruit is."

Stephen's bent for experimentation has led him to play with varying how long he lets the grapes grow before harvesting them. He has discovered that due to the area's cooler nights, he can let the fruit hang longer than many farmers would dare. Conventional wisdom holds that a farmer should minimize the bunches of fruit per vine to boost that fruit's quality. Stephen isn't convinced that this is universally true, and he's experimenting with letting some vines produce more fruit than others — and comparing the results.

After the grapes are harvested, Stephen and his winemaker consultant Drew Voit create wine that makes the most of his crop's full-bodied, complex-yet-plush fruit. Antiquum Farm produces three Pinot Noirs: Juel, Passiflora, and Luxuria; a Pinot Gris, Daisy; and an unusual rose-hued Pinot Gris, Aurosa, that rests five days on skin.

Stephen surveys the slope of orderly vines soaking in the afternoon sun. "Good farming is about observation, memory, and flexibility." Working the field with animals connects him intimately with the vineyards. With a horse-drawn plow, he is in the soil, feeling its give and texture. Tending the sheep, he sees what is green — and where — in the vineyards. Kicking at chicken droppings, he glances up the tidy row of vines to inspect for weeds.

"Memory" is his ongoing experimentation and application of the prior year's lessons to the next. Should he harvest earlier? Prune with more vigor? "Flexibility" is about the willingness to shift tactics as needed.

"These vineyards are an expression of the way we live." Stephen shades his eyes from the afternoon sun. Eva growls at Mike in their shed as Mike tosses his food dish with a clank. Hens cluck near their coop. Before us lie acres of grapes that will, in years to come, find their way to tables across the nation. A fine expression indeed.

Angela Sanders writes about food, culture, and history from Portland.
www.angelamsanders.com

Holidays **on the Lamb!**

RECIPES AND PHOTOS BY SYLVIA FOUNTAINE

The last two months of the year are a time of celebration and giving thanks. Family and friends gather around the holiday table to reconnect and reminisce while enjoying a hearty meal together.

When I was growing up, lamb often found its way onto our holiday table. An untraditional meal to many, lamb became our tradition, and to this day, the smell of lamb wafting through the house brings back all those memories of home and comfort.

Here are a few simple, yet elegant, recipes that use the gifts of late autumn and early winter: apples, sunchokes, pomegranates, and blood oranges. All recipes include tips on how to prepare ahead, so you can enjoy your time, stress-free, on the day of your gathering.

ENDIVE AND APPLE SALAD WITH BUTTERMILK DRESSING AND MAPLE-GLAZED PECANS

Serves 6 | active time 20 minutes

A perfect balance between bitter and sweet, endives and apples are a classic combination. Paired with a creamy, tangy buttermilk dressing and maple-glazed pecans, this simple, texture-filled salad is a delicious beginning to the holiday meal.

Salad

5 endives, ends trimmed, leaves separated
2 apples (Honeycrisp, Gala, or Braeburn), thinly sliced
1/8 cup finely sliced red onion
1/2 cup maple-glazed pecans (see below) or toasted pecans
1/4 cup crumbled, cooked bacon (optional)

Maple-Glazed Pecans

Toss raw pecans with pure maple syrup, lightly coating with salt and pepper. Spread out on a lightly greased cookie sheet and place in a 400°F oven for 20–25 minutes, mixing once halfway through. Pecans will begin to smell toasty and darken just slightly. Remove, let cool 10 minutes, loosen the pecans from tray with metal spatula, then let cool all the way. Store in a sealable bag.

Dressing

1/2 cup buttermilk
1 tablespoon olive oil
1 tablespoon apple cider vinegar
2 tablespoons mayo
1 tablespoon whole-grain mustard
1/4 teaspoon salt and pepper each

Tip: Make the dressing up to three days ahead and refrigerate.

To Make the Salad In a large bowl add endive, sliced apples and red onion.

In a small bowl, whisk together dressing ingredients and toss with salad, coating all leaves well.

Divide salad among plates and top with maple-glazed pecans and optional bacon crumbles.

SUNCHOKE SOUP WITH TRUFFLE OIL

Serves 6 | active time 35 minutes

A silky smooth soup that hints of earth and fall. Surprisingly vegan, the soup is light yet richly satisfying with deep umami flavors.

1/4 cup olive oil
1 large onion, diced
3 cloves garlic, roughly chopped
1 tablespoon fresh thyme
(or sage or rosemary)
3 cups chicken or vegetable stock
3 cups water
1/2 pound sunchokes, scrubbed, sliced
1/2 pound potatoes
(Yukon or white), sliced
1/2 cup dried mushrooms
(like shiitake or morels)
1 teaspoon salt
1/8 teaspoon white pepper
1/2 teaspoon soy sauce
(or Bragg Liquid Aminos)
1/2 teaspoon white vinegar
Drizzle of truffle oil

In a large, heavy-bottom pot, heat olive oil over medium-high heat. Add onion. Saute 4–5 minutes until golden, stirring often. Add garlic and fresh herbs, saute 1–2 minutes.

Add stock, water, sunchokes, potatoes, dried mushrooms, salt, and pepper.

Bring to a boil, then turn heat down to low and simmer for 20 minutes, covered.

Check that potatoes are tender.

Using a blender and working in batches, blend soup until very smooth. Return to a pot on the stove. Add soy and vinegar. Taste, adding more salt or vinegar if needed.

Divide among bowls and drizzle with truffle oil. Garnish with a sprig of fresh herb.

Tip: This soup can be made up to 3 days ahead and refrigerated. Gently warm up before serving. For added richness, add a dollop of sour cream.

BRAISED LAMB SHANKS WITH POMEGRANATE AND FENNEL

Serves 6 | cooking time 2 hours, active time 30 minutes

Sumptuous slow-braised lamb shanks are infused with fennel in two forms, seed and bulb, and cooked in stock and port. To finish, scarlet pomegranate juice is reduced to make a bright sauce, giving the lamb life and vibrancy. Serve this over a creamy polenta.

6 lamb shanks, 1 pound each
salt and ground pepper
2 tablespoons oil
2 large onions, cut into wedges, or 2 pounds pearl onions (in the freezer section of your grocery store)
6 whole garlic cloves, peeled
2 large fennel bulbs
5 rosemary sprigs or 3 bay leaves
1 teaspoon whole fennel seeds
1 teaspoon whole peppercorns
1 teaspoon salt
One 750-milliliter bottle ruby port
3 cups chicken or beef stock
2 cups pomegranate juice
1/2 cup pomegranate seeds

Preheat oven to 350°F.

Slice the top inch of the meat down, releasing it from the bone. Generously salt and pepper the lamb shanks on all sides.

Heat oil in an extra-large, heavy-bottom Dutch oven.

Working in batches, brown the shanks on all sides over medium-high heat. Take your time and do this well.

Set the shanks aside.

Add onions, garlic, fennel bulbs, and herbs to the same pan. Add port and stock, scraping up the browned bits and bring to a simmer.

Place the shanks back in the liquid, meaty side down, bring to a boil, cover well and place in the oven for 90 minutes.

In a small pot on medium heat, reduce the pomegranate juice to 1 cup, about 20 minutes.

When shanks are tender, add 1 cup of the strained shanks cooking liquid to the remaining pomegranate juice. Plate the shanks and drizzle a little pomegranate sauce over the top, garnishing with fresh pomegranate seeds.

Tip: This dish pairs really well with a soft, creamy, Parmesan polenta. The shanks can be cooked ahead, refrigerated in the cooking liquid, then reheated, as well as the sauce.

DARK-CHOCOLATE PANNA COTTA WITH CANDIED BLOOD-ORANGE SLICES

Serves 6 | 30 minutes active time, 6 hours to refrigerate

A decadent finish to your holiday dinner, this creamy luscious dark-chocolate dessert is rich and satisfying, yet not overly sweet. Simple to prepare, this make-ahead dessert can be brought out right after dinner, already dished up, with no hassle (but with lots of applause).

Panna Cotta

2 cups heavy whipping cream
1 cup half-and-half
1/8–1/4 cup sugar
2 teaspoons vanilla or Kahlua liqueur
generous pinch salt
1 cup quality bittersweet chocolate chips
1/4 cup fresh blood-orange juice (or regular orange works too)
1 package gelatin

Candied Blood-Orange Slices

1/2 cup sugar
1/2 cup water
1 blood orange, thinly sliced (or use a regular orange)

In a medium pot, gently heat whipping cream and half-and-half over medium heat. Add sugar, vanilla, and salt. Stir often and bring just to a simmer, taking care not to boil. Turn heat to low and whisk in chocolate chips, stirring until chocolate is melted and smooth. Taste. Add more sugar if you prefer, and gently stir over low heat to dissolve.

Turn heat off.

In a small saucepan, warm orange juice just slightly. Sprinkle gelatin over the top, let it sit one minute, then stir with a fork until smooth. Add to the hot chocolate mixture and whisk well.

Divide the mixture into 6 ramekins, cups, or glasses (stemless wineglasses or vintage cocktail glasses work well here) and refrigerate for at least 6 hours or up to 3 days (covering with plastic wrap if refrigerating longer than overnight).

To make candied blood-orange slices, bring sugar and water to a simmer in a small saucepan. Add the thinly sliced oranges, coating all sides. Simmer over medium heat 20 minutes, turning the sliced oranges occasionally until they become tender and syrup thickens. Turn heat to low, simmer 10–15 more minutes. Place orange slices on a cooling rack, reserving syrup.

When panna cotta is firm and oranges have cooled, place a candied blood-orange slice over the top of each panna cotta dish and drizzle with a little of the syrup. Serve with a small spoon, or refrigerate until ready to serve (wrap with plastic wrap).

Tip: Make this up to 3 days ahead and refrigerate until ready to serve. Instead of making the candied blood oranges, you could simply add a tablespoon of finely grated orange zest to the panna cotta.

To intensify the beautiful color of the candied oranges, add 1–2 slices of raw beet to the syrup while cooking, especially if you are using regular oranges.

Drink Wine

SALMON SAFE
SalmonSafe.org

These are just a few of the many Northwest Wines that are certified Salmon Safe,
which means the vineyard's growing practices protect water quality, streams, and native habitat.
By selecting these wines you are helping to keep our rivers clean enough for salmon to spawn and thrive.

StewardshipPartners.org

Save Salmon

Troon Vineyard
Claar Cellars
Reininger Winery
Willamette Valley Vineyards
Firesteed Cellars

King Estate Winery
L'Ecole N° 41
Woodward Canyon
Elk Cove Vineyards
Chehalem Wines

Lange Estate Winery
A to Z Wineworks
Sokol Blosser Winery
The Four Graces
Cameron Wines

Adelsheim Vineyard

STEWARDSHIP PARTNERS

Helping Landowners Preserve the Environment

Bittersweet

Vincent Family Cranberries is on the cusp of becoming the West Coast's largest organic cranberry farm.

STORY BY MARGARETT WATERBURY
PHOTOS BY AUBRIE LEGAULT

Southern Oregon, from near Bandon down to Gold Beach, is cranberry country. Growers in Coos and Curry counties produce about 95 percent of our state's 40-million pound cranberry harvest, which accounts for approximately 7 percent of the nation's total cranberry production. That's around 12,000 pounds of Oregon-grown cranberries — enough to fill an extra-large dump truck all the way to the brim — for every resident of Bandon: man, woman, and child.

Many Southern Oregon cranberry growers, like most cranberry growers in the nation, are members of the Ocean Spray Cooperative, a national agricultural cooperative that supplies the Ocean Spray brand. But not Vincent Family Cranberries. In 2010, this 60-year-old Bandon cranberry farm struck out on its own to launch its own brand of juices, dried cranberries, and fresh cranberries, all showcasing estate-grown fruit.

Commodity markets can be grueling for small farmers, and cranberries are no exception. In the 1980s, cranberries were selling, at times, for over 60 cents per pound. By the early 2000s, that price had dropped to 30 cents per pound or less, sometimes dipping as low as 15 cents.

Why such a huge price drop? In some ways, the cranberry industry was a victim of its own success. As demand for cranberry products grew (Remember the Craisins craze?), big farms were enticed into what was previously a small specialty industry. Those large-scale producers drove down prices with better economies of scale and their ability to afford more mechanized equipment. Small farmers just couldn't compete—including Vincent Family Cranberries.

"Our products were launched to save the farm," says Tim Vincent, Vincent Family Cranberries' sales and marketing manager. His brother, Ty Vincent, runs the farm in Bandon. Together they're the third generation of cranberry growers to work their family's land.

After hearing from his parents about the struggles of Southern Oregon growers, Tim started looking for ways to help. A regular Beaverton

The Vincent family is about to achieve another milestone, one that's taken many years to reach: in just one more crop cycle, they'll finally earn their full organic certification, six years after beginning the journey in 2011.

Farmers Market shopper, he became inspired by the grower-direct apple juices he saw every fall. "I thought, gosh, nobody is making a real cranberry juice out there, especially not direct from the grower. At the local natural foods store, you'd see a bottle of cranberry-blueberry juice, but cranberries and blueberries would be the fourth and fifth ingredients on the label. It became very apparent to me that there was an opportunity to develop a product that would allow us to communicate how special our fruit is."

And Southern Oregon cranberries really are special. Here, the coast range is just the right distance from the ocean to accumulate rich deposits of sandy loam, a combination of organic matter from the forest and sandy ocean debris from millennia of periodic tsunamis. It's exactly the kind of soil that cranberries love. Pair that with warm summers and mild winters, and you get a longer growing season that produces riper, more deeply colored fruit.

Southern Oregon growers routinely grow cranberries that are up to three times sweeter than cranberries grown anywhere else in the United States. Tim likes to tell a story to illustrate what he calls "the epiphany of the Oregon cranberry." A chef at New Seasons Market called him one day to ask if he added sugar to his cranberries, because the batch of cranberry sauce he'd just made was way too sweet. But it turned out that the recipe, not the cranberries, was at fault. Oregon cranberries simply don't need to be sweetened with as much sugar as berries from other parts of the country.

Striking out on their own was a risk, but Vincent Family Cranberries isn't alone; Oregon's cranberry growers are among the most independent in the nation. A 2014 report from Ocean Spray reported that 64 percent of Oregon cranberry farmers were not part of the Ocean Spray cooperative, the highest percentage of any state—and a vivid illustration of Ocean Spray's dominance in the U.S. cranberry market. Chalk it up to Oregonians' independent spirit, as well as a local market willing to support small growers. "We wouldn't be able to do this in a marketplace that didn't value their food the way Portland does," explains Tim.

Although Oregon cranberries contain more sugar than other cranberries, they're still bracing, especially to palates accustomed to conventional, heavily sweetened cranberry juice cocktail. To make their own version of cranberry cocktail, the Vincents lightly sweetened their cranberry juice with agave, not white sugar or grape juice concentrate. The result is a deep, ruby-hued juice with wine-like complexity and a satisfying sweet-tart flavor. And instead of popular cran-apple and cran-grape blends, the Vincents paired cranberries with Oregon fruits like blueberries and Marionberries.

Their products were first launched at farmers markets. "It's the ultimate test environment," says Tim. "You are physically there, handing people samples of something that tastes way more tart than what they traditionally have programmed in their brain as cranberry juice. There are some palates that simply reject it, because they've been conditioned for sweet juice, but there are plenty of people who taste it and it really sings to them." Now, Vincent Family Cranberries is distributed in several states through New Seasons, Whole Foods, and Amazon, as well as many local markets.

But they're not done yet. The Vincent family is about to achieve another milestone, one that's taken many years to reach: in just one more crop cycle, they'll finally earn their full organic certification, six years after beginning the journey in 2011.

Earning organic certification for cranberries is extremely challenging. Damp growing conditions make fungal diseases commonplace, and cranberries are naturally a low-yielding crop without heavy fertilizer application. Cranberry plants also live a very long time. One corner of Vincent Family Cranberries' farm holds the 80-year-old Leep-Eaton cranberry bog, one of the first bogs planted in the area. Today, those plants are still producing. That longevity makes history tangible in a very satisfying way, but it also significantly reduces farmers' options when it comes to managing pests.

"Functionally, it's so much easier to go organic with an annual crop," says Tim. "If you start to see an invasive pest, a weed, or an insect, the act of re-tilling the ground is a great defense against those types of threats. Whereas, if we see an invasive pest introduce itself, we have to battle it without damaging the vine. If we damage the vine, it's damaged forever."

Achieving organic certification is even more significant in light of the fact that Tim was recently diagnosed with a terminal brain disease. He's still involved with the farm, but he's not sure what the future holds for Vincent Family Cranberries. "We're not a big corporation, where if one key person leaves there are a host of other key people still making the wheels turn. Our wheel has just a handful of spokes. It's hard to replace the vision and passion of somebody who was born on the farm."

But no matter what happens, Vincent Family Cranberries has created a legacy for West Coast cranberry growers to follow. "Even though we're not a big farm, once we're certified, we'll be the largest organic cranberry farm in the western United States," says Tim. "It will really be a great emblem and example of what other cranberry farmers out here can do. I hope in my heart that I am alive to see that milestone, because our family has been looking forward to it for so long."

Margarett Waterbury is a food, drinks, and travel writer who lives in Portland, Oregon. She is the managing editor of *Edible Portland*.

Southern Oregon growers routinely grow cranberries that are up to three times sweeter than cranberries grown anywhere else in the United States.

"I thought, gosh, nobody is making a real cranberry juice out there, especially not direct from the grower."

— Tim Vincent, third generation cranberry grower

Carrying the Torch

Flambé isn't passé at Wilfs Restaurant, one of Portland's last bastions of tableside service

STORY BY ANGELA SANDERS
PHOTOS BY AARON LEE

It's 1963. You're celebrating your anniversary at a nice restaurant. Your wife's silk dress glimmers against the velvet banquette, and candlelight throws warm light on the coiffure that only a few hours ago absorbed half a spray can of Aqua Net. The remnants of your clams casino and dry martinis, served club-style, of course, have been whisked away.

Here comes the maitre d', pushing a wheeled table, upon which he'll prepare your main course: steak Diane. He sautés shallots, adds cream, and now tips the copper pan into the flame. Whoosh! Dinner is on fire.

Flambéed food is part show, part deliciousness, and increasingly hard to find. It used to be that a good hostess kept a recipe for crêpes Suzette on hand for special dinner parties, and cherries jubilee was mandatory at tony restaurants where the waiter wielded a fork and spoon in one hand à la "French service." Not anymore. El Gaucho offers a flambéed brochette. The Benson Hotel's London Grill, closed in 2011, used to flambé a few items. But otherwise, flambé has largely died out in Portland.

Wilfs Restaurant & Bar in Portland's Union Station is one of the few dining establishments that still carries the torch, so to speak. Wilfred Nofield opened Wilfs in 1975. Although he died seven years later, his daughters Adele, Candace, and Jo-Ann continue to run the restaurant. Chef Deb Serkoian reigns in the kitchen. With its high-backed, red velvet chairs, a piano bar, and the muffled ding-ding-ding of a train easing by the back windows, Wilfs is an institution. "People have their first date here, get engaged here, hold their wedding parties here, then come back for anniversaries," says Jo-Ann Nofield, maitre d'. "We've had a few break-ups, too," she adds with a shrug.

"Tableside service is an old art that ought to be preserved," she continues. She points out that tableside service, which includes non-flambé rituals such as mixing Caesar salad, "makes people feel taken care of." It's a show.

Jo-Ann says that to pull off tableside service, a restaurant has to have the room to wheel around the sturdy tableside cart with its cooking ring. For many restaurants, that means giving up a few money-making tables. Plus, tableside service takes time. Instead of a few quick check-ins from a waiter, a maitre d' or captain spends a minimum of five minutes preparing a dish. More time per customer means more staff, and staff must be paid.

Jo-Ann also notes that not all staff are suited to tableside service. Whoever does tableside has to like cooking. Not all servers do. The server must be confident and have a flair for entertainment. Cooking tableside means a give and take with customers, answering, for instance, the inevitable question about flambé gone awry (nothing dangerous has happened, Jo-Ann says). Above all, timing is vital.

She should know. Jo-Ann has worked at Wilfs since the restaurant opened 41 years ago. She was 15 at the time. Her father started her off as a janitor, then moved her to parking valet, then cashier, and, when she was 21, bartender. With her curly hair and no-nonsense manner, Jo-Ann appears capable of running anything from a truck stop diner to the Tour d'Argent, no problem.

At last, Wilf deemed Jo-Ann ready to learn the art of the flambé. She shadowed her

father for a few weeks. She says he was a natural maitre d' with "flair and flamboyance," and she hung on to his instructions of "a spoon of cream" and "two spoons of mushrooms" as she memorized the details of tableside service.

Her first dish to prepare solo was a salmon flambé. She flawlessly swirled in the correct portions of cream and shallots, and she mimed the graceful way her father handled the pan, with a smile as she dipped it in the flame.

But she'd forgotten how he stepped back at the crucial moment. Instead, Jo-Ann hovered over the pan, and the flame roared into her face. The diners gasped at the show.

At that time, in 1981, a popular series of Bud Light TV commercials featured men saying, "Gimme a Light" to bartenders and getting everything from grow lights to fireworks in return. Wilf, watching Jo-Ann's explosive performance from a discreet distance, quipped, "I said I wanted a Bud Light." Now, Jo-Ann has mastered flambé. "I have them eating out of my hand," she says. "Pun intended."

Jo-Ann says that flambéing at home is easy. "All you do is light your food on fire." Newbies are wise not to be as cavalier. The basic steps of flambé are to cook a warm sauce in a flameproof dish. Pour brandy or another high-proof liqueur around the pan's edge. If cooking over a gas flame, dip the pan's edge in the flame. If not, use a handheld lighter with a long stem. And remember to step back.

For flambé, Wilfs Restaurant serves bananas Foster, cherries jubilee, steak Diane, tropical prawns, and, in season, peach flambé. One of their most popular dishes is bananas Foster.

Angela Sanders writes about food, culture, and history from Portland.
www.angelamsanders.com

BANANAS FOSTER

Serves 4 | active time 15 minutes

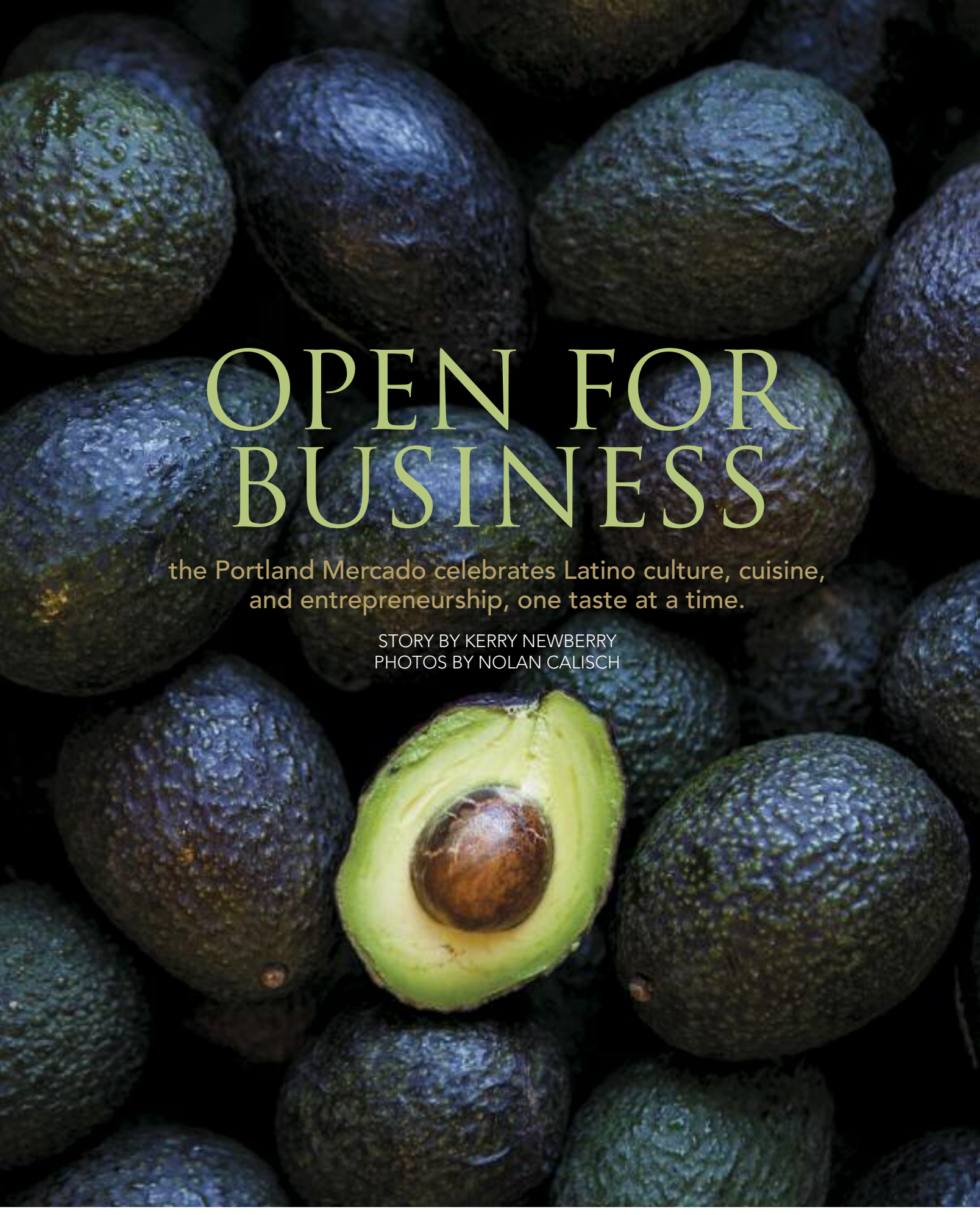
8 tablespoons salted butter
3/4 cup lightly packed light-brown sugar
1/4 cup crème de banana liquor
4 medium-size ripe bananas, sliced in half lengthwise
1.5 ounces of brandy to flame
4 to 8 scoops vanilla bean ice cream (frozen yogurt and non-dairy ice cream substitutes work, too. Try a berry sorbet for a twist on the traditional.)
Four chilled serving bowls

In a sauté pan over medium heat, melt butter. Stir until golden brown, add banana liqueur and sugar, and mix well. Lay bananas, flat side down, in pan. Heat for three minutes or until banana is tender. Add brandy around the edge of the pan. If cooking over gas, tip the pan into the flame to ignite the brandy. Otherwise, ignite with a long-handled lighter. The dish will flame for about 15 seconds.

Place scoops of ice cream in the serving bowls. Remove bananas from pan, turn off heat, and place 2 banana halves in each serving bowl (you might need to cut the banana to fit). Pour the cooked syrup over each serving portion. Eat before the ice cream has melted.

Once you're comfortable with this preparation, experiment by adding nutmeg or cinnamon, changing the liquor to Kahlua, dark crème de menthe, or Tuaca.

This recipe is for gas heat; add a few more minutes of cooking time for electric heat.



OPEN FOR BUSINESS

the Portland Mercado celebrates Latino culture, cuisine, and entrepreneurship, one taste at a time.

STORY BY KERRY NEWBERRY
PHOTOS BY NOLAN CALISCH

Jose Perez leans out the window from his bright turquoise food cart and hands over a towering El Cubano sandwich stacked with layers of ham, roasted pork, Swiss cheese, pickles, and mustard on grilled Cuban bread. "This is what people eat all the time in Cuba," he says. The ingredients are simple, he says, and traditional. The secret to the layers of flavor is the blend of spices Perez uses to marinate the pork. "A delicious combination that's widely used in the Caribbean," he says.

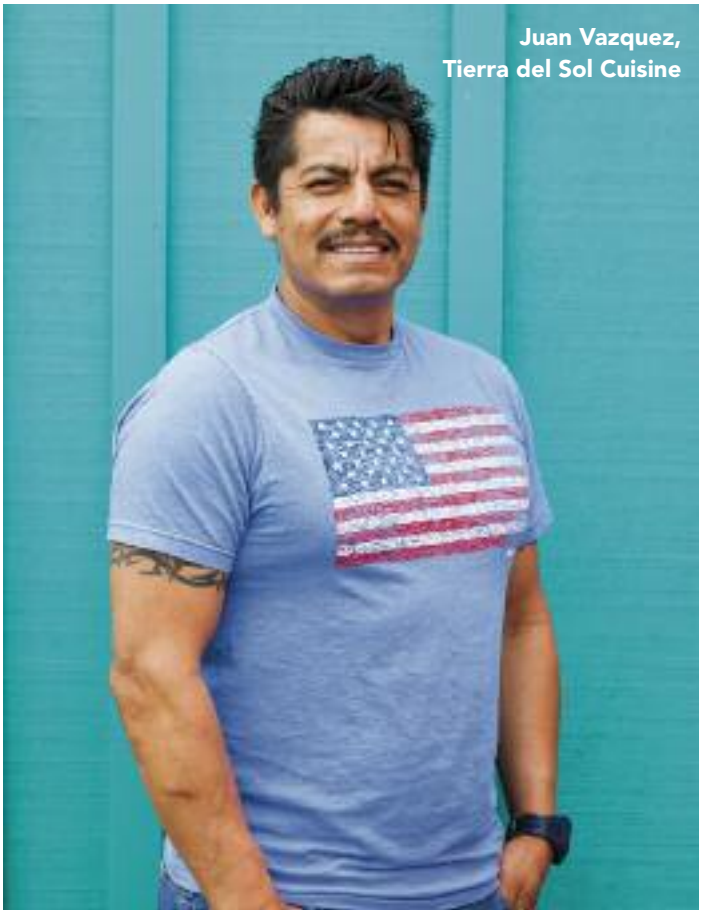
His all-Cuban menu spotlights classic dishes like ropa vieja (seasoned and braised beef) and papas rellenas (deep-fried stuffed mashed-potato balls). "We are making authentic Cuban food, things my mother used to cook," says Perez from his compact kitchen. He smiles when he explains the namesake for the cart, Qué Bolá?, a Cuban greeting that translates to, "What's up?"

The owners of Don Felipe Products: Salud Gonzalez, Angelica Pizano, Mikhail Zepeda

Originally from Havana, Perez moved to Oregon in 2003. He had attended culinary school in Cuba, but after facing economic barriers, left to cook in restaurant kitchens in Mexico, Florida, and Virginia. Perez worked as a sous chef for seven years at New Seasons Market before opening Qué Bolá?, one of nine beachy-hued food carts that beckon from southeast 72nd Avenue and Foster Road.

On a brisk, autumn night at the Mercado, the city's first and only Latino-themed market, the mood is undeniably festive. Globe lights flicker around the perimeter of the patio, and at a neighboring food cart, Qué Bacano, a speaker serenades the crowd with the music from Mañana, hip-swaying Latin pop. Qué Bacano's menu features traditional Colombian plates, such as arroz con pollo (seasoned chicken and rice) empanadas, yuca frita, and almojabanas (rolls made with cornmeal and cheese).

In between a row of carts, a golden Labrador lounges under a bright-red sign that reads: Keep Calm and Eat Tortas. A few feet away, a pack of urban cyclists stand in line at Mixteca. They specifically pedaled across the city to eat Doña Paula's Tamal Oaxaqueño, a tamale wrapped in banana leaves and slathered with her legendary 15-ingredient sauce. Each of the surrounding carts specializes in a different, regional Latin American cuisine. And really, the most difficult decision here is where to eat.



Juan Vazquez, Tierra del Sol Cuisine

At Los Alambres, the Hernandez family serves up iconic street food from Mexico City, while at Tierra Del Sol, the husband-and-wife team creates traditional bites from Oaxaca, Mexico. Las Adelas dishes up Mexican comfort food, and Fernando's Alegria is the go-to for creative burritos and wraps. For a taste of El Salvador, there's the pupusas and

pastelitos at 5 Volcanes, followed by dessert at Don Churro, the newest cart to open at the Mercado.

The community that's grown around the Mercado is what Perez finds most rewarding this first year. Not just the other food entrepreneurs he works with each day, but the regulars who come back week after week to eat and talk about food and life. The chef is soft-spoken yet animated when he shares some of the traditions of Cuba. "When family comes together, they usually roast a whole pig," he says. "Then everybody eats together, drinks beer, and plays dominoes."

Jose Perez, Qué Bolá

The vision of food and dominos brings to mind a quote from writer Deborah Cater: "You have to taste a culture to understand it." That's part of the mission of the Mercado, getting transported to another place, experiencing another culture, one plate at a time.

A LONG TIME COMING

"We recognize that food brings people together," says Jamie Melton, marketing manager for the Mercado, "and we believe that small businesses and culture are the cornerstones for an integrated and equitable city." Since launching in spring 2015, the Portland Mercado has grown into a culinary destination, but the heart of the market runs deeper than a collection of food carts and indoor shops celebrating the cuisine and culture of Latin America.

While the overarching mission is to bring diverse cultures together to experience Latin American culture through food, art, and entertainment, the Mercado also acts as a business incubator for Latino micro-entrepreneurs. The initial idea took root over 10 years ago when Hacienda CDC, the Latino-focused nonprofit that supports families with affordable housing, educational opportunities, and economic advancement, was exploring ways to help residents in their housing complex find access to business opportunities and jobs.


Carmen Caravantes, mother of Erick Caravantes, the owner of Kaah Neighborhood Market

In 2006, Hacienda CDC launched Micro Mercantes, a program for women in the community to earn extra income by cooking and selling tamales at local farmers markets. "It was successful and gave us the foundation to build on," says Melton. After several years, many residents expressed the need for a year-round business to support their families, especially after the economic downturn hit in 2008.

The Mercado grew from that model to fill the demand for full-time affordable retail space for food entrepreneurs throughout the Portland Metro region. The initial design inspiration drew on the traditional

mercados around Latin America and learning tours of markets across the nation, like Mercado Centrale in Minneapolis.

"It was a committed group of entrepreneurs that wanted to see a Latin American public market come to fruition," says Melton. Hacienda CDC spent about five years planning and fundraising the $3.2 million needed for the project, with nearly $1.1 million in loans and support grants from the Portland Development Commission, as well as additional local, foundation, and private-sector dollars. The grant that gave Hacienda CDC the momentum to pursue the project came from the U.S. Department of Health and Human Services in 2012 for just under $800,000.

"It's now regarded as a national model of how different sectors can work together," says Melton. In the first year of operating, the Mercado recorded over $2.5 million in sales for 19 small businesses and created 114 new jobs. In total, the Mercado supports over 50 businesses, either selling full time or using the commissary kitchen to bring products to market.

The approach is multi-faceted. In addition to providing affordable retail space to Mercado tenants, Hacienda CDC offers business training and consultation in Spanish and English, financial coaching, and guidance for accessing capital and Kiva person-to-person microloans. These services extend to the anchor businesses inside the market hall of the Mercado, and to the micro-entrepreneurs that are part of the Micro Mercantes Incubator and Kitchen.

MICRO MERCANTES OPENS DOORS

While the Mercado has a focus on retail and prepared-food businesses that fit into the Latin American Public Market concept, the Micro Mercantes Kitchen is a sister initiative from Hacienda CDC that works to provide affordable space and training for diverse and low-income start-up entrepreneurs who have a wholesale, catering, or farmers market business model.

"The Kitchen represents immigrants and entrepreneurs from all continents and cultures, whereas 90 percent of business owners at the Mercado identify as Latino," explains Melton. Businesses apply for kitchen space and time—and, if they choose, business-development classes and workshops. As a new immigrant from Cali, Colombia, Andres Felipe of Qué Bacano joined the Micro Mercantes Kitchen program in 2013. For two years he took classes, received guidance on menu development, marketing, and licensing and insurance.

"When Portland Mercado was ready to open in 2015, Qué Bacano was selected as one of the food carts due to the preparedness that Micro Mercantes offered," says Melton. In 2016, Qué Bacano was able to expand into an open air production kitchen focused on wholesale distribution for their locally produced arepas and almojabanas.

Erick Caravantes also advanced his vision from the business incubator model for Kaah Neighborhood Market — the grocery store he runs with his family in the market hall. Originally from Guatemala, Caravantes moved to Oregon in 1993 due to civil unrest.

Food was always a core part of his culture and family traditions; in Guatemala, his grandparents owned a grocery store, and his parents ran a small business selling foods in a school. Caravantes worked for more than 15 years at Fred Meyer, with the long-term goal of following in his family's footsteps and opening his own small market.

The affordable retail space provided by the Portland Mercado, paired with business advising and development classes through the Micro Mercantes program set Caravantes on a path to becoming a small business owner. "I like working face-to-face with customers," says Caravantes, as he pulls out his one-year anniversary sign for the store so he can share a photo of his entire family.

The shelves throughout the store, stocked with hard-to-find imported goods from Latin America, were hand-built by Caravantes and his friends. At the entrance to the grocery, he has a tasting bar for his in-house salsas that he makes in the Micro Mercantes commissary kitchen. The most popular salsa is made with the chile cobán — "It's a little bit smoky and definitely spicy," says Caravantes. "The pepper is from my home country."

Caravantes is currently working on a proposal to have New Seasons Market carry his salsa—the brand name would be "Kaah," a Mayan word for "neighborhood."

COLLABORATION AND CONNECTION POWERS ENTREPRENEURSHIP

"Ultimately, our goal is to help businesses become viable and grow," says Melton. "Whatever it takes to facilitate the dreams of the entrepreneurs here, that's what we want to do." Don Felipe Products, producers of artisan chorizo and one of the inaugural businesses at the Mercado, exemplifies the power of dreaming big.

The co-founders, Salud Gonzalez and his partner, Angelica Pizano, moved to the Portland area from Mexico City in 1999. They launched their business in 2012 with support from Alejente Muerdas, a nonprofit in Forest Grove that runs a small business development program providing training and marketing opportunities to low-income Latino entrepreneurs in Washington County.

"My dad had the vision of bringing the exotic taste of Mexico to the community," says his son Mikhail Zepeda. "He started off making chorizo at home for friends and family and always knew he wanted to have his own business." The green chorizo—pork and beef, spinach, serrano chile, and pumpkin seeds—was their first product and is still the most popular.

Don Felipe is named after Zepeda's grandfather. And in four short years, the family-run endeavor has expanded from selling at one farmers market to more than six, with year-round outlets at the Mercado and, most recently, Green Zebra Grocery in the Lloyd District. In October, they decided to broaden their outreach even more by focusing solely on wholesale. "The Portland Mercado was a stepping stone and provided us with all the tools we needed to grow to the next level," says Angelica Pizano.

In the 18 months the Portland Mercado has been running, Melton has seen multiple benefits and success stories emerge from the culturally specific business incubator. "I think having a space where you feel comfortable in your native language makes it easier when you are working 70 hours a week to be able to achieve certain milestones in your business development," she says. "This is also a space where you can connect with other entrepreneurs. We've created a learning community here—people bounce recipe ideas off one another; there's a lot of collaboration going on."

FOOD BRINGS US TOGETHER

In partnership with the Regional Arts and Culture Council, the Portland Mercado market hall has a permanent artistic display detailing the history of Latinos in Oregon. Signs with statistics illustrate the growth of the Latino population: Oregon experienced the seventh highest growth rate of Latino-owned businesses in the country, jumping 78 percent from 2002 to 2007.

The current featured exhibit, "El Espiritu del Emprendedor," highlights Latino culture through entrepreneurship in Oregon. It tells the stories of business pioneers like Lucy De Leon & family, owners of Tortilleria y Tienda DeLeon's; and Jesus Guillen, the owner and founder of Guillen Family Wines. Like the Mercado businesses, these entrepreneurs are shifting the conversation around Latino workers from employee to ownership, and from immigrant to Oregonian.

"The Mercado is about food and beverage and bringing people together, but it's also about education and openness," says Melton. The sense of community thrives on any night of the week at Barrio, a lively cantina and bottle shop located inside the market hall, where the wine list caters to white and red blends from South America—and serves only Latin American beer.

In the small, artsy space, bright oil paintings adorn the walls, and at dusk, a chandelier glow warms the room. Owners Chris Shimamoto and Tim Martens had a vision for a social enterprise beer and wine bar. "Our goal is to bring people together in the community. Where the primary activity is not so much drinking as it is conversation," says Chris Shimamoto. "That's our north star, a social gathering place."

To create this hub, Barrio alternates between nights filled with live music, author readings, live comedy, and even crafting. They also donate a percentage of the beverage profits back to Portland Mercado's Arts and Cultural Programming. Before opening Barrio, Shimamoto worked at Nike for over a decade. Seeking a change, and an independent business idea that would fulfill his pursuit for meaningful connections, he found his way to the Mercado.

As a silvery moon rises, the city's dinner crowd moves in, buying plates to bring over to the Barrio patio, where Shimamoto coasts between tables, offering wine pairing ideas. The bar is filled with a crowd of diverse backgrounds and ages, listening to an acoustic singer who lives just around the corner. "I've traveled all over and I think this place is like going to a hostel, where people from completely different parts of the world meet up for a night and share in the art of conversation over food and drink," says Shimamoto. "I love that piece. It's a real community."

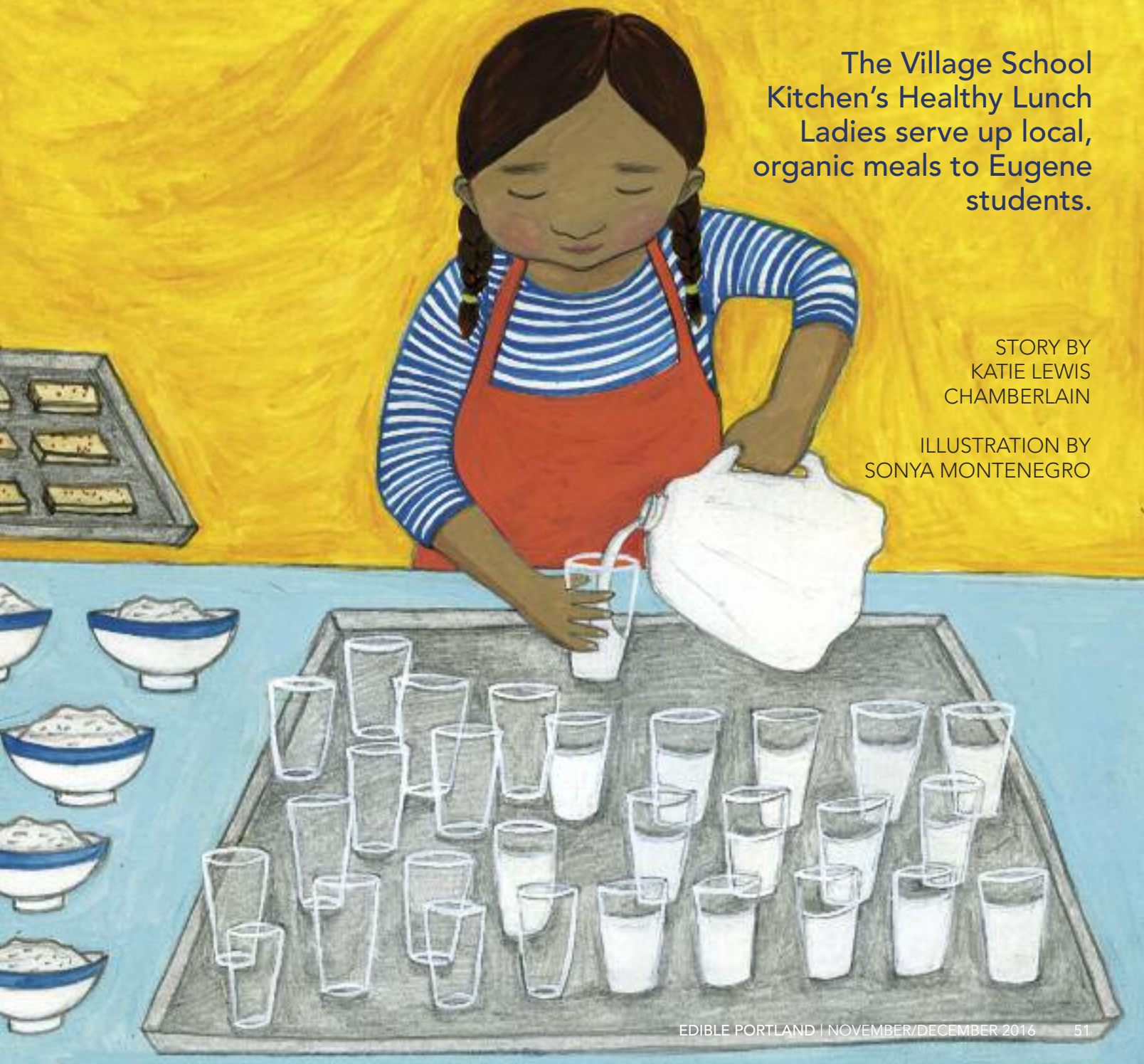
Kerry Newberry is a freelance writer based in Portland, where she chases stories about people through the lens of food and wine. She contributes regularly to local and national magazines. Read more of her work at www.kerrynewberry.com.

Feeding the Village

The Village School Kitchen's Healthy Lunch Ladies serve up local, organic meals to Eugene students.

STORY BY
KATIE LEWIS CHAMBERLAIN

ILLUSTRATION BY
SONYA MONTENEGRO



Toña Aguilar carefully places a thick slice of tamari-orange-glazed tofu atop a bed of brown rice, garnishing the dish with crinkly pieces of seaweed. She cheerfully hands the bright-blue bowl across the counter to a second-grader clutching a plastic tray, which is already brimming from a trip to the salad bar. Today, slices of avocado, garbanzo beans, roasted zucchini, and two clementines occupy the tray's rectangular compartments.

After passing through the line, children cluster around a side table, chattering as they season their lunches with homemade hot sauce, citrus vinaigrette, and sliced green onions. They collect cloth napkins, silverware, and glasses of water or organic milk before filtering back to their classroom to eat together.

Behind the counter, Toña and Stacey Black, known affectionately as the Healthy Lunch Ladies, along with four parent volunteers, begin plating "sushi bowls" for the next class. This meal is a favorite of students at The Village School, a K-8 public charter school in Eugene, Oregon.

Since launching a scratch-based kitchen in 2011, the Healthy Lunch Ladies have attracted local and national attention by serving breakfast and lunch made with whole foods and primarily organic and local ingredients. The school's award-winning program has become a model for other schools seeking to improve their food program within the context of the USDA National School Lunch Program (NSLP).

The Village School was founded in 2000 as one of Oregon's first charter schools and now enrolls approximately 215 students. It's a Title I school, meaning it has a higher than average population of low-income students. Between 51 and 57 percent of the school's students qualify for free or reduced lunches based on their parents' income, compared to 42.9 percent in Eugene's 4J School District.

For The Village School's first 11 years, Sodexo, a multinational food services management company, managed the school's food service program through a contract with 4J. "Sodexo offered mostly highly processed, pre-packaged, heat-and-serve, conventional food from cans and boxes, with long lists of ingredients that included artificial colors, additives, preservations, hydrogenated oils, and sugar," Stacey recounts.

First- and second-grade teacher Emily Swenson adds to the dismal options: syrupy canned peaches and gray-tinted green beans. At this time, an average of 60-70 students (28-32 percent) ate the school-provided lunch each day, very few students ate the sack breakfast, and staff rarely ate the meals.

In 2011, 4J determined that The Village School's food service program was operating at a loss and allowed the school and other charter schools in the district to serve their own meals. For many parents and staff members, this decision was a godsend answer to efforts that had been in the works for some time.

Several years earlier, parents had formed a committee to start a kitchen and be responsible for the school's food, explains Colleen Forbes, a licensed midwife and certified nutritional therapy practitioner. Her two children both attended The Village School through the eighth grade. However, the committee's plan did not gain enough traction to overcome financial and logistical barriers to providing lunch service.

After hearing about the call for food service proposals, Toña felt a magnetic pull. "I immediately thought: I can do this. I'm going to do this." A former Spanish teacher at the Eugene Waldorf School, she also ran a catering business while raising her two young children, now both students at The Village School. "I love to cook, and I was accustomed to ordering and preparing food in large quantities," she says.

"We were overjoyed that Sodexo was out of the picture. We had an opportunity to create an ideal school food program, and perhaps a pilot for other schools," Stacey adds. "Our vision was to support local, organic farmers and businesses, and raise a school full of children with nutritious and delicious food."

Within two weeks, Toña and Stacey had developed a business plan. "We were optimistic about our success but met our goals within the first year," says Toña. They wanted to create an affordable program that was supported — monetarily and in spirit — by the entire school community, while demonstrating that a USDA NSLP school could incorporate more vegetables, eliminate chocolate milk, and double the number of meals served.

In the summer of 2011, preparations for the scratch-based kitchen hit full stride. Converting the existing kitchen, previously used for primarily warming food, required a major overhaul and considerable equipment upgrades to outfit it for scratch cooking. "[Stacey and Toña] recruited so many volunteers and received many donations that first year," Colleen says. Through volunteer work parties, parents and community members donated time, equipment, and funds to get the kitchen operational and lay in stocks of frozen soup and pesto made from donated produce.

Toña and Stacey are supported by three part-time assistants and a pool of parent volunteers. Meg Orion, a health coach and parent, has volunteered to prepare and serve food once a week throughout her daughter Jun's kindergarten through third grade years. Now five years in, the Healthy Lunch Ladies have settled into a predictable and comfortable rhythm. "It appears so simple and flawless," Meg says. "It's not expensive food. In the kitchen you'll see big buckets of rice, beans, and vegetables. That's what kids need to learn and grow."

The kitchen connects with local food producers and distributors when possible. The avocados and clementines, along with most of the produce used by the kitchen, are sourced from Organically Grown Company, a Northwest organic produce distributor. Horton Road Organics, located nearby in Blachly, Oregon, often supplies the salad greens. The farm also donates extra produce to the kitchen at the end of Eugene's Tuesday farmers market, and typically makes a sizable basil donation each summer. Umpqua Dairy provides local, organic milk. Hummingbird Wholesale, a local distributor, provides dried goods such as beans and lentils.

The menu runs on a four-week seasonal rotation, with one new meal or dish typically in-

troduced each month. Each meal includes unlimited salad bar and organic milk. Among the most popular meals are stacked enchiladas, rice and beans with Yumm! sauce, sandwich bar, stromboli, and the tofu ramen bowl. According to parents and teachers, the kids look forward to weekly favorites and seem to thrive on the consistency of the menu.

Now, fruits and vegetables sourced from local farms at the peak of ripeness fill the salad bar. Crisp, fresh greens, ruby-colored roasted beets, and sliced pears represent a significant contrast to the canned peaches and green beans that Emily recalls. "It was great to feel like I could finally let my kids eat lunch at school," Colleen says.

For parents who lack the time or resources to prepare lunches at home for their children, The Kitchen churns out far healthier fare than most public schools. The full price for a student lunch is $3.50 and $5.00 for a non-student. Breakfast is $1.50 and $2.50. In fact, The Kitchen now attracts families to the school, which consistently has a long waiting list.

Bob Kaminski, who recently retired from a long career as a school administrator, was principal of The Village School 2010–2014 and oversaw The Kitchen's transition. "It was my personal dream to serve healthy food to kids in public schools. I was moved by what I saw on a daily basis." Bob spent many lunch periods observing the flow and climate of the lunchroom. "Visually, there was much less waste than before the kitchen transition. The kids were so excited and were actually eating the food, compared to before. It's really incredible to watch a second- or third-grader mix oil and vinegar for their salad."

Today, more than 70 percent of students eat breakfast or lunch at the school daily. In 2014, the school started offering teachers and staff free lunches as an employee incentive and most take advantage of this perk. "There's a real sense of ownership in the kitchen that radiates outward," Bob says. "The kitchen staff interact with the kids in a really positive way." Bob observed more "pleases and thank-yous" from students after the kitchen transition. He also noted that the children love comparing their plates and pay more attention to clean-up activities, such as scraping their plates into the compost bins and sorting their dishes correctly.

Shared meals have also become an "equalizer," says Emily. Teachers eat alongside the children, either in the classroom or outdoors, offering an opportunity to model good eating habits and etiquette. "We practice table manners during lunch," Emily explains. They offer a simple thanks for the meal and eat with their napkins in their laps.

"It's also a time for sharing," Emily continues. A common conversation topic is what the kids are enjoying on their plates. Among her first- and second-graders, Emily has noticed that children who begin the year as picky eaters will find a few new fruits and vegetables they like by the end of the year, which she attributes to exposure to a wide variety of quality, fresh produce throughout the year. Teachers also report improved classroom functioning, since the shift to a scratch-based kitchen. "We've noticed a huge difference," Emily says. "The students are not just filling their bellies; they're getting what they need to grow and learn."

Schools participating in the USDA National School Lunch Program receive cash subsidies for each meal served. In exchange, they must meet federal nutrition requirements and offer free and reduced prices to children who qualify. Operating within the context of the USDA guidelines requires practicality, compromises, and creativity. Among the detailed requirements, students are required to select a fruit or vegetable as part of the reimbursable meal, which requires adult supervision. Fruits and vegetables must be offered as two separate meal components along with whole grains and a meat or meat alternative, and fat-free or low-fat milk. Many nutrition professionals, including parents Meg and Colleen, contend that growing brains need fat and would benefit from whole milk. So The Kitchen adds healthy fats through other sources, like avocados and full-fat cheese.

Controlling costs remains a constant challenge, despite The Kitchen's ingenuity and community outreach. In 2015, The Village School transitioned to serving only vegetarian meals. "We were committed to purchasing organic meat from Deck Family Farm," Toña explains. Many parents appreciated this option, especially those with growing middle-school students. However, the high cost of the organic meat had to be accounted for elsewhere in The Kitchen's food budget. Transitioning away from meat enabled the kitchen to purchase fully organic cheese, a long-time goal of the Healthy Lunch Ladies.

The Kitchen's dedication to serving wholesome, healthy foods has attracted national attention. It won a Golden Carrot Award in 2015 for being one of the first public schools to offer vegetarian-only lunches. Additionally, The Village School was listed as one of five schools changing the future of healthy school lunches in a recent *U.S. News and World Report* article.

This past July, the Healthy Lunch Ladies said good-bye to The Kitchen, where nearly 200,000 meals were prepared over five years. The school purchased its own building and reopened The Kitchen at the new location after extensive renovations in September 2016. Funding for the $150,000 kitchen construction and equipment came from grants, community donors, and awards.

Inside their sunny new kitchen, the Healthy Lunch Ladies have started detailing plans for a community benefit dinner in the fall, as a way to build awareness and give back to the village that has sustained it.

Katie Lewis Chamberlain is a Eugene-based freelance writer focused on food and agriculture in the Pacific Northwest.

NOVEMBER 3-6

10th annual Ashland Culinary Festival

Celebrate Southern Oregon's food, drink, talent and creativity. Four days of cooking and mixology competitions, culinary workshops, food demos, sampling, and live music. ashlandchamber.com

NOVEMBER 5

Boone's Ferry Autumn Ale Festival

Come taste the creativity of McMenamins brewers — past and present — coming together for this third annual brewfest! Sixteen fall seasonals will be pouring; nine beers from McMenamins' breweries and seven beers from McMenamins' alumni brewers, which they've cooked up at the breweries they now call home. mcmenamins.com

NOVEMBER 11-13

Holiday Food and Gift Festival, Portland

The 27th Annual Holiday Food & Gift Festival returns to Portland November 11-13th at the Oregon Convention Center in downtown Portland. Shop for gourmet food, arts, crafts, jewelry, clothing, wood, music, photography, toys, Christmas décor, and much more. hfgf.com/portland.html

NOVEMBER 14-15

Lincoln City Wild Mushroom Cook-Off

Visit the Oregon Coast in the fall, the perfect time to enjoy a celebrated locally sourced featured ingredient, the wild mushroom. Learn from experts, purchase wild mushrooms and eat great mushroom dishes. oregoncoast.org/wild-mushroom-cook-off

NOVEMBER 25-27

Wine Country Thanksgiving

Willamette Valley wineries throw open their doors for special events each year during Thanksgiving Weekend to celebrate friends, family and the completion of another harvest. Join us to kick off the holiday season as 150+ wineries offer special tastings, food pairings, live music, holiday discounts and more. willamettewines.com

DECEMBER 2-6

21st Annual Holiday Ale Fest

Enjoy more than 50 specialty ales at one of the finest gatherings of winter beers in the nation. The festival also features meet the brewer events with rare beers, a root beer garden, food vendors, self-guided beer pairings with cheese, event merchandise and a coat/bag check and raffle. holidayale.com

DECEMBER 3-4

ScanFair

Experience the sights, sounds, tastes, and traditions of a Nordic Christmas during the holiday season. Enjoy Danish aebleskiver, Norwegian lefse & krum kake, Swedish meatballs with lingonberries, pickled herring and flat bread, rice pudding and fruit soup, vorm korv (hot dogs) and lots of coffee. scanheritage.org

DECEMBER 4

Winter Meat Cookery

Join Old Salt Market's head chef, Ben Meyer, as he teaches basic skills for Winter meat cookery. Get detailed tips and techniques for how to prepare several Winter meat dishes, such as Milk-Braised Pork Shoulder, and Beef Daube. You will help, hands-on, to prepare all of these dishes together, and then finish class by sitting down to enjoy them. Open to all skill levels. oldsaltpdx.com

DECEMBER 10

Gifted ADX

Gifted is ADX and Portland Made's annual holiday gift fair, featuring a vast array of local goods for you to give to someone you love. A one-stop shop for all the best local gifts, including locally made food and drink. adxportland.com

DECEMBER 13

Nossa Familia Coffee Cupping & Roastery Tour

Every Tuesday at noon, Nossa Familia invites you to join them at their Pearl District roastery for a free and informal public tour and cupping. Spend an hour learning how coffee is roasted and evaluated, then participate in a led coffee cupping to identify flavor differences and profiles. Led by Chris Ryan. nossacoffee.com

DECEMBER 24

Christmas Eve at Timberline Lodge

Sometimes you just want somebody else to plan that holiday meal, and Christmas Eve at Timberline Lodge is not to be outdone. A generous prix fixe menu in a setting with tree, carols and fireplace make it a holiday to remember. timberlinelodge.com

Local Marketplace

support these local businesses

A Great Place to Put Jerusalem Artichokes

STORY BY MARGARETT WATERBURY
ILLUSTRATION BY LORI DAMIANO

I am riding shotgun in a rusty farm truck bumping along an uneven dirt road late one fall day. John Eveland is driving, and I'm interviewing him about his farm when the phone rings. It's an order for 200 pounds of Jerusalem artichokes, that strange relative of the common garden sunflower that produces edible, starchy underground tubers. The buyers want to pick the sunchokes up the next morning, and there is not much daylight left.

John is in his mid-60s, imposingly tall, with the ease and unhurried demeanor of a professor emeritus or a visiting dignitary. He and his wife, Sally Brewer, founded Gathering Together Farm in 1987. After a modest start — one year, he tells me, they only stayed in business after Sally got an insurance settlement after being rear-ended — Gathering Together has grown to more than 50 acres in Philomath, just outside Corvallis. At the height of the summer, the farm employs more than 80 people on the farm alone, not including the small army of market staff and delivery drivers.

When we think of farms, we usually think of summer — the lush farmstand display, the sun warming fragrant tomato leaves, the shiny, glinting shoulders of pepper and eggplant. But a lot of farming — the less glamorous components — happens in the off-season. For every heirloom tomato sold at destination urban markets for $6 a pound on the perfect August morning, there are flea beetle–infested radishes to treat, unsold potatoes rotting in their totes, a walk-in refrigerator in grumbling need of repair. And today, there are sunchokes. If I want to finish my interview, I'll have to tag along.

"You ever picked a sunchoke?" John yells at his assistant, Dan, who's driving a tractor through a freshly vacated field. Dan takes his protective earphones off. He looks at John warily, with a mixture of exhausted irritation and amusement. It is November, and everyone is tired.

"No. Is it like picking potatoes?"

"Yeah, sort of, in that we grovel in the mud and our intention is to separate them from the earth. Go get your rain bibs."

At the end of its life, the sunchoke is not particularly beautiful. Twelve-foot-tall stalks die off, become brittle and grey, and fall over into one another like tangled hair. At their base, the plants disappear into the damp, thick, clay-filled soil of the Mary's River floodplain, and until John and Dan separate them from the earth, their tubers remain out of sight.

This field of sunchokes is made up entirely of volunteers, plucky survivors from last year's crop. The plants grow haphazardly, scattered without rows. John and Dan kneel in the heavy mud and dig, quickly and carefully, revealing clusters of grubby tubers caked in thick silt. I, the useless writer without work gloves or bibs, sit on the bumper of the truck and watch the tubs slowly fill, John and Dan pausing occasionally to clean their tools of the soaking mud.

This is all for a vegetable that John is not particularly fond of. Born and raised in Iowa, John is more of a corn man. "But this is what you do when you're chasing the almighty dollar," he laughs. "You grow things you don't love."

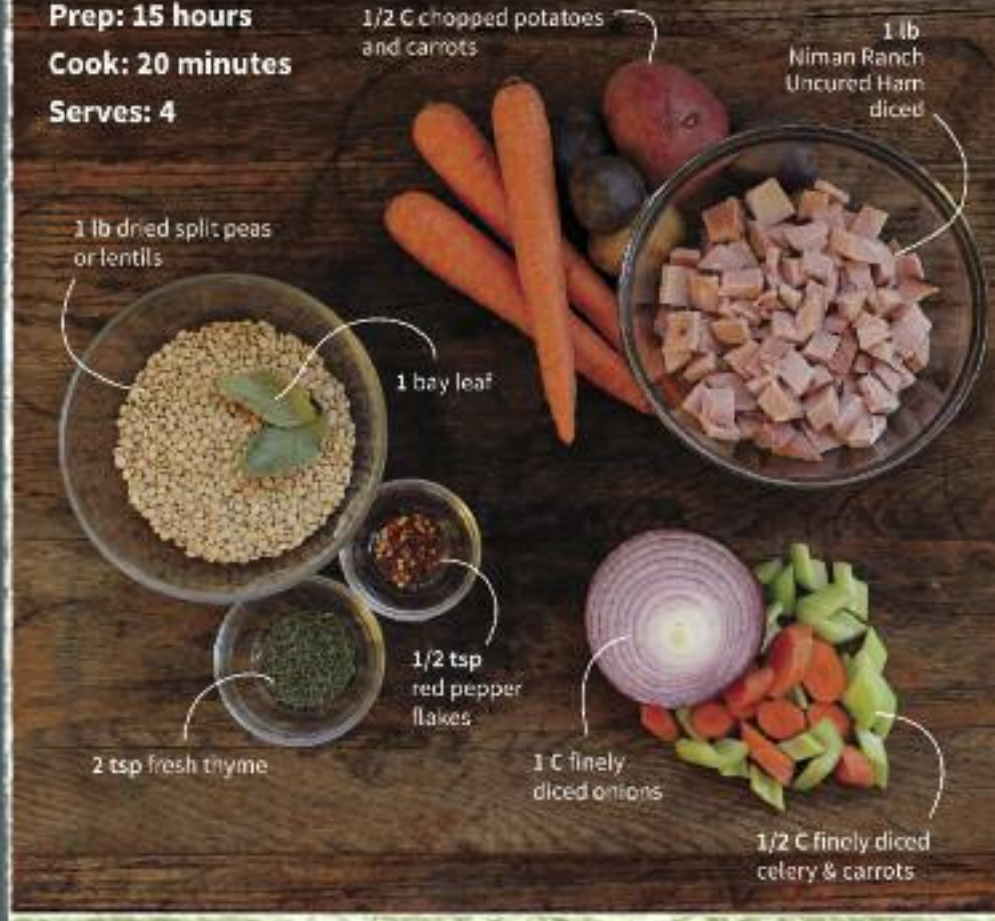
Twilight arrives as they finish packing the order. Covered in mud from head to toe, John and Dan look exhausted, and the surrounding fields are empty except for a few tufty, bed-head rows of celeriac. Harvesting in November always feels like snatching victory from the jaws of winter, just before they snap shut for good.

But there's always something to appreciate. Tubs of sunchokes loaded on the flatbed truck, John finally straightens and looks around at his surroundings. To the west, mist from the Coast Range seeps in through the flame-orange poplar windbreak like a slow-moving river. The sun's gone down, but a last bit of light glows gamely against an oyster-colored sky. The tractors' engines cool, and the farm is quiet. "My God," says John, "What a great place to put Jerusalem artichokes."

Margarett Waterbury is a food, drinks, and travel writer who lives in Portland, Oregon, and the managing editor of *Edible Portland.*

UNCURED HAM & SPLIT PEA SOUP

Prep: 15 hours
Cook: 20 minutes
Serves: 4



This Uncured Ham and Split Pea Soup is a one-pot recipe that's sure to satisfy. As with most soups, this one is best when reheated the day after cooking.

INGREDIENTS

See above ingredients, and add:

3 tbsp butter or oil

1 tbsp minced garlic

8 1/2 c water or chicken stock

1 pinch nutmeg

1 tsp salt

1 tsp pepper

DIRECTIONS

Cover peas with 2 inches of water in a medium sized bowl and soak 8 to 12 hours. Drain and set aside.

Melt butter over med-high heat in a large pot. Add the onions, celery and carrots and stir until soft, about 6 minutes. Add the garlic and stir until combined.

Add the peas, crushed red pepper, salt and pepper while stirring for 2 minutes. Add the water and/or stock, bay leaf, nutmeg and thyme. Bring to a boil, then simmer for 20 minutes.

Add the ham, chopped carrots and potatoes after 20 minutes of cooking. Cook an additional 30-45 minutes, until peas are tender. Add more liquid as needed.

Remove the bay leaf and discard. Season to taste, then serve hot.

CERTIFIED HUMANE RAISED & HANDLED

Use our store locator to find Niman Ranch products in your community.

nimanranch.com

NIMAN RANCH · RAISED WITH CARE ·

RAISED WITH CARE.

The ingredients are simple: Our all-natural* pork, beef and lamb are raised by small, independent family farmers committed to sustainable and humane practices to deliver the finest tasting meat.

Our quality is backed by a comprehensive set of strict raising protocols, available at nimanranch.com

- **No Antibiotics— Ever**
- **No Added Hormones** — Ever**
- **All Vegetarian Feeds**
- **No Confinement**
- **Raised Outdoors or in Deeply Bedded Pens**

* Minimally processed, no artificial ingredients.
** Federal regulations prohibit the use of hormones in pork.


DAUGHTER OF WHOLE FOODS MARKET
TEAM MEMBER JOSH D.
Eat colors found in nature
WHOLE FOODS MARKET
9 Locations in
SW Washington and Oregon
Find yours at WFM.com
© 2016 Whole Foods Market IP, L.P.