

## 2012 Recipe Archive from Klein's Newsletters

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### **KLEIN'S RECIPES (NEWSLETTER OF FEBRUARY 2012)--**

2011 was the first year that Klein's sold artichoke plants for Madison area gardeners. The variety we carry is 'Imperial Star' and the following bit of information comes to us from **Mother Earth News** @ [www.motheearthnews.com](http://www.motheearthnews.com).

Artichokes are an adventure for the palate, eyes and soul. Exotic additions to flower borders and vegetable gardens, their sheer size demands attention. The prettiest of pollinators flock to them. And steamed artichoke buds create convivial dinner parties, forcing all to slow down, taste, savor and converse. Until a few years ago, only gardeners along the Pacific Coast and in mild Mediterranean climates could grow artichokes. This gourmet, perennial vegetable did not tolerate temperatures below 20 degrees, grew best in foggy areas with cool days and nights, and demanded a long growing season.

But these rigid requirements changed when a new variety, 'Imperial Star,' became available in the late 1990s. An annual artichoke that is started from seed in early spring, it produces edible buds about 90 days after transplants are set out, much like tomatoes and peppers. Now anyone, anywhere, can have an artichoke patch for fresh eating or even canning.

Buttery, with a nutty flavor, artichoke hearts have long been regarded as elegant additions to salads, as topping for sauteed fish and as toothsome appetizers when dressed with vinegar, olive oil and herbs. The whole artichoke bud is best steamed and served with a dipping sauce of garlic-flavored, melted butter or mayonnaise. To eat it, grasp the pointed end of each petal of the bud and pull it off. Then dip the petal bottom in the sauce and rake it over your teeth to dislodge the meaty pulp at the base.

When most of the large petals have been consumed, cut away all remaining ones, and scoop out the hairy materials in the bud base to reveal the meaty artichoke heart. It can be cut into pieces and dipped into the remaining sauce. Eating an artichoke is almost a social event: time-consuming, but well worth the effort.

Here are some of Klein's favorite artichoke recipes:

**ARTICHOKE, SPINACH, WHITE BEAN DIP**--This warm and oh-so-nummy dip made an appearance at the Klein's holiday party this past January. It originally appeared in the April 2011 issue of Cooking Light magazine.

1/4 cup grated parmesan  
1/4 cup mayonnaise  
1 tsp. lemon juice  
1/4 tsp. salt  
1/4 tsp. pepper  
1/8 tsp. ground red pepper  
2 cloves minced garlic  
1 x 15 oz. can white beans (i.e. cannellini), drained and rinsed  
1 x 14 oz. can chopped artichoke hearts (not marinated!)  
1 x 10 oz. pkg. frozen spinach, thawed and squeezed dry  
1/2 cup shredded mozzarella cheese

Preheat the oven to 350°. In a food processor, blend until smooth the parmesan, mayo, lemon juice, salt, pepper, red pepper, garlic and beans. Spoon into a bowl and stir in the artichokes and the spinach. Spoon the mixture into a 1 quart glass greased baking dish. Sprinkle with the mozzarella and bake 20 minutes or until bubbly and browning. Serve warm with crackers or pita chips. Serves 12.

**ARTICHOKE CHEESE BREAD**--From the pages of Everyday Food magazine, October 1 x 10 oz. sourdough baguette

1 TBS. butter  
1 clove minced garlic  
1/2 cup sour cream  
1/2 cup shredded cheddar

1/2 cup shredded Monterey Jack  
2 x 6.5 oz. marinated artichoke hearts, drained and chopped  
1 TBS. lemon juice  
coarse salt and pepper  
1/4 cup parmesan

Preheat the oven to 350°. Halve the baguette lengthwise and scoop out the centers with your fingers. Tear the bread into small pieces and set the shells aside. Melt the butter in a medium skillet over medium-low heat. Add the bread and garlic and cook until the bread is golden, stirring occasionally--about 5 minutes. Cool slightly. In a large bowl, mix together the bread, sour cream, cheddar, Monterey Jack, artichokes and lemon juice. Season with salt and pepper and stir together. Spoon the mixture into the reserved shells and sprinkle with parmesan. Bake on a cookie sheet until the top is browned, about 20-25 minutes. Allow to cool 5 minutes and slice into serving size pieces. Serves 8.

**ARTICHOKE SALAD**--A delectable salad from Willy St. Co-op that appeared in their November 2009 newsletter.

1/2 cup extra virgin olive oil  
4 TBS. fresh lemon juice  
2 TBS. chopped fresh parsley  
1 TBS. balsamic vinegar  
2 cloves minced garlic  
1 tsp. Dijon mustard  
salt and pepper to taste  
2 x 14 oz. cans artichoke hearts, rinsed and quartered (not marinated)  
1/2 cup sliced black olives  
8 oz. quartered mushrooms  
2 cups chopped sweet peppers (mix and match colors for a more colorful salad)

Combine the oil, juice, parsley, vinegar, mustard, salt and pepper in a covered container and shake vigorously. Combine the rest of the ingredients in a large bowl. Pour on the dressing and toss to coat. Cover and refrigerate 24 or more hours for best flavor. Place in a serving bowl about 30 minutes before serving bringing it to room temperature.

**ARTICHOKE DIP WITH SPINACH AND PINE NUTS**--A Klein's favorite that has made an appearance at many family get-togethers. An oldie that appeared in the December 1997 issue of the Isthmus.

2 x 8 oz. pkgs. cream cheese, softened  
8 oz. crumbled feta cheese  
1 x 6.5 oz. jar marinated artichokes  
1 tsp. chopped garlic  
1 tsp. red pepper flakes  
1 TBS. olive oil  
1/3 cup frozen, chopped spinach, thawed and squeezed dry  
1/2 cup chopped black olives  
pine nuts

In a processor, combine the cream cheese, feta, artichokes, garlic, pepper flakes and oil. Pulse until blended. Stir together in a bowl with the spinach and the olives. Spread the mixture into a broiler-safe serving dish and sprinkle with pine nuts. Broil, 3 or 4" away from the heat, until golden and bubbly. Serve with crackers or pita chips.

**PASTA SALAD WITH ARTICHOKE AND SUN-DRIED TOMATOES**--Another no-fail favorite from Bon Appetit, August 2002.

1 x 20 oz. pkg. three cheese tortellini  
1/2 cup mayo  
1/2 cup extra virgin olive oil  
1/4 cup red wine vinegar  
1 1/2 tsp. Dijon mustard  
1 tsp. sugar  
1/2 tsp. salt  
1/2 tsp. pepper  
1/4 tsp. dried oregano  
1/4 tsp. dried thyme  
1/4 tsp. dried basil  
1 clove pressed garlic

2 cups chopped celery  
1 x 14 oz. can artichoke hearts, drained and chopped (not marinated)  
3/4 cup green onions, chopped  
1/2 cup drained, oil-packed sun-dried tomatoes, coarsely chopped  
1/2 cup pitted kalamata olives, coarsely chopped  
1/2 cup parmesan

Cook the pasta according to package instructions and rinse in cold water. Drain. Whisk together the mayo, oil, vinegar, mustard, sugar, salt, pepper, oregano, thyme, basil and garlic until well blended. Transfer 3/4 cup dressing to a large bowl. Mix in the celery, artichokes, onions, tomatoes and olives. Next, stir in the pasta and the parmesan. Toss to blend. Add more dressing by the 1/4 cupfuls and season to taste. Makes 6-8 servings.

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### **KLEIN'S RECIPES (NEWSLETTER OF JANUARY 2012)--**

Relegated to the relish tray, few people consider celery when preparing their meals except as a relatively flavorless ingredient that adds little more than texture to casseroles and salads. Quite the contrary, celery is loaded with minerals and is an important source of fiber. And depending on the source, stalk celery (vs. root celery) can be extremely flavorful. For a change, try locally grown fresh celery over the store-bought types. The difference in texture and taste will amaze you! For freezing tips and longterm celery storage please visit our newsletter from October 2011 @ [www.kleinsfloral.com/cms/9\\_11%20newsletter.pdf](http://www.kleinsfloral.com/cms/9_11%20newsletter.pdf)

**GRANDMA LOIS' TO-DIE-FOR STUFFING**--This simple stuffing is perfect every time and an easy way to transition the kids from boxed Stove Top Stuffing to the 'real' thing. A perfect combination of flavors and texture! The edges are lightly browned, while the center is nicely moist.

1 1/2 lbs. hearty white bread (Pepperidge Farm whole grain white), cubed. Allow the bread to sit out, covered, for a day or dry in the oven on cookie sheets @ 300° for 20 minutes, tossing and rotating as needed  
1/2 lb. bulk, sage pork sausage or bulk mild Italian sausage, thawed if frozen  
1 qt. milk  
2 large eggs  
1/2 tsp. poultry seasoning  
1/2 tsp. salt  
1 medium onion, chopped  
2 stalks celery, chopped  
broth or water for moistening

About 1/2 hour before prep begins, place the thawed sausage back in the freezer for easier slicing. Preheat the oven to 330°. Prep a glass 9x13" baking dish with cooking spray and set aside. Cut the lightly frozen sausage into 1/2" slices. In a very large bowl and by hand, lightly toss together the bread, onion, celery, salt, seasoning and the sausage torn into 1/2" chunks. Add the egg, pour in the milk and continue to mix carefully by hand until well mixed. Place the mixture in the prepped pan and bake, uncovered, for 50 minutes. Add a little bit of broth to moisten, then cover with foil and bake, covered, about 1/2 hour.

This recipe is especially delicious if prepared earlier in the day and then reheated in the oven later (adding a little extra broth) while baking a turkey, roasting chicken or preparing any pork or poultry dish.

**DOUBLE CELERY AND POTATO SOUP**--From our friends at Vermont Valley Community Farm.

8 cups chicken broth  
1/2 tsp. dried thyme  
1 TBS. olive oil  
1 bay leaf  
2 TBS. butter  
1 large onion, chopped  
2 cups slice leeks  
2 medium potatoes in 3/4" cubes  
2 medium celeriac (root celery), peeled and cut into 1/2" cubes  
5 stalks celery, thin sliced, leaves reserved  
1/3 cup milk or cream

Melt the butter with oil in a large pot on medium heat. Add the leeks, onion and thyme and cook until almost tender, about 8-10 minutes. Stir in the potatoes, celeriac and bay leaf. Add the broth and bring to a boil. Reduce the heat,

cover and simmer 40 minutes. Add the celery, cover and simmer 12 minutes longer. Using a handheld immersion blender, puree the soup right in the pot. Stir in the milk or cream. Season to taste with salt and pepper. Garnish with the reserved celery leaves.

**CELERY PEAR SOUP**--A truly scrumptious soup from the November 2010 issue of Bon Appetit magazine.

4 1/2 TBS. butter  
6 cups thin sliced celery, any leaves reserved and chopped  
3 generous cups unpeeled, diced Bartlett pears  
1 1/2 cups chopped leeks  
3 bay leaves  
1/2 tsp. dried thyme  
1 TBS. flour  
3+ cups chicken broth

Melt the butter in a pot over medium high heat. Add the celery, pears, leeks, bay leaves and thyme. Cover and cook, stirring occasionally, about 8 minutes. Add the flour and stir and then stir in the broth. Bring to a boil, cover, reduce the heat and simmer about 20 minutes until tender. Remove the bay leaves and puree with a handheld immersion blender until smooth. Season to taste with salt and pepper. Thin to desire consistency with extra broth and heat through. Garnish with the reserved leaves. Serves 6.

**CELERY SALAD WITH FETA AND MINT**--A refreshing salad that appeared in the March 2011 issue of Everyday Food magazine.

Per 4 servings:  
6 large stalks celery cut into 1/2" pieces  
1/4 of a small red onion, thinly sliced  
2 TBS. extra virgin olive oil  
2 TBS. fresh, minced lemon zest  
2 TBS. fresh lemon juice  
coarse salt and pepper  
1/3 cup crumbled feta cheese  
3 TBS. thinly sliced mint leaves

Toss & serve. Especially good with grilled chicken, fish or burgers.

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