

## *O.I.E.F.'s Recipes for Education and Food for Thought*

For the past 7 years, the Orcas Island Education Foundation has held its annual Food for Thought fundraiser in November. The OIEF Board is pleased to announce that this year, you won't be receiving an invitation. That's right, no great food, no amazing art, no exciting auction – until May 2011!

We are moving the Food for Thought Benefit to Spring! We'll be sending you more information, but we hope you will hold open Thursday, May 19th to come to the biggest fundraiser for our public schools. And we promise – the night will be better than ever.

For those of you who look forward to the November event, the Board has included recipes from our personal cookbooks so you can have your own Food for Thought dinner at home. Hopefully, when you make these dishes with your family, it will remind you of OIEF and all the wonderful things it helps to fund at our public schools. And, just in case you feel so compelled, we've included a donation envelope for your end-of-year giving. While we hope you can wait until Spring for our Event – the needs of our schools continue.

Thanks so much for supporting the Orcas Island Education Foundation and we will see you next May 19th!

*The O.I.E.F. Board*

### *No-Fail Roasted Vegetables*

Even for people who hate veggies!

Bag of small trimmed carrots  
or small new potatoes (halve if large than 2" diameter)  
or small brussel sprouts (or halve them if large)  
or cauliflower cut into 2" florets  
or broccoli cut into 2" florets  
or green beans, trimmed

Preheat oven to 425 degrees. Take any one of the vegetables listed above and Toss with olive oil to coat. Place on rimmed cookie sheet. Sprinkle with salt. It doesn't matter the amount of the vegetables, but they must be in a single layer. I often do two kinds of veggies on separate sheets. Be careful to watch as they cook at different speeds; green beans, for example, will cook faster than new potatoes. Roast 15 minutes, flip on the cookie sheet, then roast 15-25 more minutes. Veggies should be browned on all side. Roasting transforms them into caramelized, delicious morsels that even the most ardent veggie hater will eat.

### *Herbed Parmesan Muffins*

2 c flour	1 c Parmesan cheese, freshly grated
1 tsp sugar	1/2 c fresh basil, parsley or cilantro leaves, chopped
2 tsp baking powder	1 1/2 c buttermilk
1/2 tsp dried oregano leaves, crumbled	1/4 c olive oil
1/2 tsp dried basil leaves, crumbled	1 large egg
1/4 tsp garlic powder	
1/2 tsp baking soda	
1/2 tsp salt	

Makes 12 Muffins

Preheat oven to 400 degrees. In a medium bowl, combine flour, sugar, baking powder, seasonings, baking soda and salt. Mix until well-blended. Stir in Parmesan cheese and fresh herb of your choice. In a large bowl, combine buttermilk, oil and egg until well-blended. Stir in flour mixture until just moistened. Spoon into 12 paper-lined muffin cups. Bake 20 minutes in preheated oven until golden brown and a wooden pick inserted in center comes out clean. Cool in pan 10 minutes. Serve warm. Makes 12 muffins.

### *Peanut Pumpkin Soup*

1/4 cup butter  
4 cups cooked and pureed pumpkin  
2 cups cooked and pureed sweet potatoes  
1 cup smooth peanut butter  
6 cups chicken broth  
Salt and pepper to taste

Garnishes: Sour cream, Snipped chives, Chopped peanuts

Heat the butter in a large pot over medium heat. Stir in the pumpkin, sweet potatoes, and peanut butter. Add the broth, and season with salt and pepper. Stir until the soup is smooth. Reduce the heat, and simmer the soup for 20 minutes. Before serving, garnish the soup with sour cream, chopped peanuts, and chives.

## *Salmon "Rolando"*

Enough fresh salmon for 6 people  
2 c mayonnaise  
1/3 c Dijon mustard  
1 tbsp dry white wine  
A pinch of lavender buds (this is what makes it perfect!)  
About 20 small red potatoes (skins on) sliced thin  
1 bag frozen French cut green beans

Mix mayonnaise, mustard, wine and lavender together until blended and smooth. Set aside. Boil the potatoes until done and drain. Heat the frozen beans. Broil or BBQ the salmon with just sea salt or mild seasoning.

When ready to serve, on the center of each plate place a layer of potatoes with a layer of beans on top of the potatoes. Then place a single serving of salmon on top of the beans and spoon some of the sauce on top. Repeat this scenario on each plate. Sprinkle each with parsley flakes and/or top with an edible flower, serve and revel in the compliments!

## *Roasted Beet Salad with Pears, Hazelnuts, Goat Cheese and Micro Greens*

### **For salad:**

6 medium beets (roasted, peeled and sliced in rounds)  
3 ripe pears, cored and sliced  
Salt and Pepper  
1/2 c crumbled goat cheese  
1/2 c toasted, peeled and crushed hazelnuts  
4 oz micro greens

### **For Vinaigrette:**

2 tbsp Moscotel vinegar  
6 tbsp extra-virgin olive oil  
1 tsp finely diced shallots  
Salt and Pepper

4-6 Servings as a starter. Prepare vinaigrette by mixing its three ingredients together, adding salt and pepper to taste.

Dress sliced beets and pears in a bowl with a small amount of vinaigrette. Season with salt and pepper and pile in center of plate. Garnish with crumbled goat cheese and hazelnuts. Lightly dress micro greens and place on top of salad. Serve.

**Note:** To roast beets, rub with olive oil and wrap tightly in foil on a roasting pan. Bake at 400 degrees for 75-90 minutes. The beets are fully-cooked when they can be easily skewered with a fork. Let the beets cool. Cut off roots and greens and remove peel (should slip off easily).

**Note:** To toast hazelnuts, spread shelled nuts in a dry skillet and cook over medium heat, stirring, about 10 minutes or until skins crack. Be careful not to burn the nuts. To remove skins, rub warm nuts with a rough cloth.

## *Caramel Cake*

### **For cake:**

2 c plus 2 tablespoons sifted cake flour  
(not self-rising)  
1 tsp baking powder  
3/4 tsp baking soda  
1/2 tsp salt  
1 stick unsalted butter, softened  
1 c sugar  
1 tsp pure vanilla extract  
2 large eggs, at room temperature  
(about 30 minutes)  
1 c well-shaken buttermilk

### **For caramel glaze:**

2 cups heavy cream  
1 cup packed light brown sugar  
2 tablespoons light corn syrup  
2 teaspoons pure vanilla extract

Preheat oven to 350°F. Butter an 8-inch square cake pan and line with a square of parchment paper, then butter parchment.

Sift together flour, baking powder, baking soda, and salt.

Beat butter and sugar in a large bowl with an electric mixer at medium speed until pale and fluffy, then beat in vanilla. Add eggs 1 at a time, beating well after each addition. At low speed, beat in buttermilk until just combined. Add flour mixture in 3 batches, mixing until each addition is just incorporated. Spread batter evenly in cake pan. Bake 35 to 40 minutes, until golden and a wooden pick inserted in center of cake comes out clean. Cool

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## *Caramel Cake (continued)*

in pan on a rack 10 minutes, then run a knife around edge of pan. Invert onto rack and discard parchment, then cool completely, about 1 hour.

Bring cream, brown sugar, corn syrup, and a pinch of salt to a boil in a 1 1/2-quart heavy saucepan over medium heat, stirring until sugar has dissolved. Boil until glaze registers 210 to 212°F on thermometer, 12 to 14 minutes, then stir in vanilla.

Put rack with cake in a shallow baking pan and pour one-half of hot glaze over top of cake, allowing it to run down sides. (Reserve other half of glaze to serve with cake.) Cool until glaze is set, about 30 minutes.