



# *Carrboro*

## **FARMERS' MARKET**

locally grown • nationally known

**Recipe of the Week**

**April 15, 2006**

### **Orecchiette with Green Garlic, Asparagus, and Pea Shoots** *from Sheila Neal, Market Staff*

Orecchiette means little ears and indicates the shape of this pasta. When the peas arrive in May, I use them in this dish instead of the pea shoots. The peas slip into the pasta “ears” and look just like earrings.

#### **Ingredients**

1 Pound pasta  
4 Slices thick cut bacon, sliced into 1/4” strips, crosswise  
1 Cup green garlic\*, sliced thin  
2 Tablespoons extra virgin olive oil  
1 bundle asparagus\*, cut on the bias in 1/2” pieces  
1/4 Cup white wine  
1/2 Cup chicken stock  
1/4 Cup heavy cream  
3 cups loosely packed pea shoots\*  
Salt and Pepper  
Parmesan cheese for grating

#### **Procedure**

1. Bring a gallon of water to a boil. Salt it so it tastes just salty. Add the pasta and cook until done, about 12 minutes. Drain pasta and set aside.
2. Cook the bacon on medium low heat until it starts to crisp.
3. Pour out some of the bacon grease, leaving enough in the pan to sauté the garlic. Add the green garlic and sauté a few minutes until soft but no color.
4. Add the olive oil to the pan making sure the oil is warm before adding the asparagus.
5. Add the asparagus and sauté for one minute.
6. Turn the heat up to high and add the wine. Let it almost completely evaporate.
7. Add the chicken stock and let it reduce by half.
8. Turn the heat to medium low and add the cream.
9. Let the cream heat through. It will thicken slightly. Add pasta and pea shoots. Season with salt and pepper to taste. Toss all together.
10. Serve on plates or in pasta bowls. Garnish with a great Parmesan. I recommend Parmigiano Reggiano.

Serves 4

\*available at Market

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# **The Wednesday Market is Now Open**

3:30 – 6:30 pm  
on the Town Commons

## **Southern Village Farmers' Market**

**Opens**

May 4 – August 31, 2006

4 –7 PM

on the Village Green

*Tune In, Turn On, But Don't Drop Out*

## **The Farmers' Market Review**

on 103.5 WCOM, Carrboro's community station, every Wednesday morning at 9:00. You can also listen online at [communityradio.coop](http://communityradio.coop). This is our weekly radio show about farmers, markets, the agricultural community, and our community.

Carrboro Farmers' Market · Saturdays, 7 – Noon until Dec. 23

Carrboro Farmers' Market · Wednesdays, 3:30 – 6:30 PM Oct. 18

Southern Village Farmers' Market · Thursdays opening May 4 – Aug. 31, 4 - 7 PM

[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)

[www.southernvillagefarmersmarket.com](http://www.southernvillagefarmersmarket.com)

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