



Carrboro & Southern Village

FARMERS' MARKET

locally grown • nationally known

Recipe of the Week

April 29, 2006

Strawberry, Rhubarb and Caramelized Onion Sauce *from Sheri Castle of Creative Cooking with Sheri Castle*

Onions, salt and pepper with fruit? You bet! The salt and pepper intensify the good flavor of the ripe fruits. The aromatic onions, which get sweeter and subtler the slower you cook them, balance the flavors. Spoon this lovely sauce over pork or chicken. But my favorite is to slather it over soft, ripe cheese (such as Carolina Moon!) or smear it on bread.

Ingredients

- 1 small onion, halved and thinly sliced (about 1 cup)
- 2 teaspoons canola oil, divided
- 2 slender stalks rhubarb, cut into 1-inch slices (about 1 cup)
- 2 teaspoons local honey
- 1/2 cup fresh lemon juice
- 3 cups sugar
- 1 pint strawberries, hulled and halved (about 3 cups)
- Grated zest of 1 lemon
- 1/2 teaspoon salt
- 1/2 teaspoon cracked black pepper

Procedure

Toss the onion with 1 teaspoon of the oil in a small bowl. In another small bowl, toss the rhubarb with the remaining teaspoon of oil.

Heat a sauté pan over medium heat. Add the onion and sauté for 2 minutes. Add the rhubarb and sauté until it appears moist, about 3 minutes longer. Add the honey, increase the heat to medium-high and cook stirring constantly until the rhubarb softens, about 6 minutes. Add the lemon juice and sugar, increase the heat to high and bring to a boil. Add the strawberries and lemon zest, decrease the heat to medium and simmer until the berries soften, about 5 minutes. Season to taste with salt and pepper.

Cool, store in glass jars and refrigerate for up to 2 months.

Makes about 2 pints.

*available at Market

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Southern Village

FARMERS' MARKET

Opens

**Thursday May 4 • 4 –7 PM
on the Village Green**

**Come out for a cooking demo
with Market Manager Sheila Neal.**

**She will demonstrate quick and simple ways
to cook Market Ingredients.**

**We will also have a weekly drawing for prizes
from Market Street Merchants.**

**While you shop look for the box
to enter your name for the drawing.**

**The box will be located
at a different vendor's booth each week.
Need not be present to win.**

This week's prize:

\$25 Southern Village Farmers' Market Gift Basket

**Carrboro Farmers' Market • Saturdays, 7 – Noon until Dec. 23
Carrboro Farmers' Market • Wednesdays, 3:30 – 6:30 PM until Oct. 18
Southern Village Farmers' Market • Thursdays, 4 - 7 PM May 4 – Aug. 31**

**www.carrborofarmersmarket.com
www.southernvillagefarmersmarket.com
919.932.1641**