

Carrboro

FARMERS' MARKET

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Recipe of the Week

May 12, 2007

A Duo of Spring Sandwiches
from Dorette Snover of C'est Si Bon Cooking School

Spinach, Arugula and Radish Ribbon Sandwiches

These sandwiches are reminiscent of the tea sandwiches popular in a bygone era. They make a wonderful revival and are not overly delicate when it comes to their flavor from the pungency of the radishes, anchovies, and fresh herbs.

Ingredients

1 bunch washed spinach,* stems removed
1 bunch arugula*
1 bunch or 5-6 medium red or pink radishes*
2 flat anchovies
12 ounces herbed soft chevre*
1 loaf unsliced white bread,* outside crusts removed
1/4 cup each fresh chopped chives and parsley,* mixed – for garnish

Procedure

Process the spinach, arugula, radishes, and anchovies in the work bowl of a food processor or chop finely with a knife. Combine with the cream cheese or chevre. Set aside at room temperature. Slice the loaf of bread horizontally into 3 layers. Spread each one with 1/3 of the vegetable cheese then sprinkle with 1/3 of the chopped herbs. Position with the top layer of bread and spread with the remaining vegetable cheese and sprinkle with remaining herbs. Slice vertically into 8-10 sandwiches.

Sandwiches of Watercress, Spring Onion, and Fennel Toss

The flavors of these sandwiches are bright and crunchy with extra spice from the mayonnaise. This keeps well to take on an impromptu picnic. Just wrap the whole loaf and slice on site.

Ingredients

2 bunches watercress,* chopped coarsely
1 bunch spring onion,* thinly sliced on the bias
3 bulbs fennel,* thinly sliced
3 tablespoons chopped fennel leaves*
1/3 cup toasted walnuts
2 cups torn red and green leaf lettuce*
1 loaf crusty Italian or French style bread

Green peppercorn/dijon mayonnaise

1/4 cup mayonnaise
1 /2 teaspoon crushed green peppercorns

1 teaspoon Dijon mustard

Tarragon dressing

2 tablespoons balsamic vinegar

2 tablespoons each chopped fresh tarragon and parsley*

1/4 cup extra virgin olive oil

Kosher salt and freshly cracked pepper to taste

Procedure

Prepare the dressing in the bottom of a large salad bowl. Beginning with the balsamic vinegar, add the chopped herbs, then whisk in the olive oil. Taste for seasoning, adding salt and pepper if necessary.

Place the prepared vegetables on top and toss.

Split the loaf of bread, spread the 1/4 cup mayonnaise evenly over each half. Arrange the 2 cups torn lettuce over the mayonnaise, adding the tossed salad on top of this. Cover with the top half of the loaf.

Slice into eight wedges and serve. Makes 8 sandwiches

*Available at Market