



Carrboro & Southern Village
FARMERS' MARKET

locally grown • nationally known

Recipe of the Week

May 27, 2006

Penne with Smoked Trout and Sugar Snap Peas

from Sheri Castle of Creative Cooking with Sheri Castle

This is just a starting point for a delicious pasta dinner. Can't find smoked trout? How about hot smoked salmon, poached salmon or leftover grilled salmon? Don't have any sugar snaps? How about a generous handful of garden peas or some asparagus? Out of penne? How about another short pasta, or even orzo or rice?

My favorite smoked trout comes from Sunburst Farms, a family-owned trout farm in the mountains of North Carolina. They smoke their fish over grapevine cuttings. It's addictive.

Ingredients

1 pound penne pasta
12 ounces sugar snap peas*, trimmed
2/3 cup crème fraiche or heavy cream
8 ounces smoked trout, skinned and flaked
Zest of one fresh lemon
1/4 cup chopped fresh dill*
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

Procedure

Cook the penne in a large pot of boiling, salted water according to package directions. When there are 2 minutes left in the cooking time, add the sugar snaps. Drain the pasta and peas in a colander, then return them to the pot. Add the crème fraiche, trout, zest and dill and toss until combined. Season to taste with salt and pepper. Serve hot.

Makes 4 main course servings

*available at the Market

continued on back

Southern Village
FARMERS' MARKET

Thursdays 4 –7 PM on the Village Green

We 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.

June 8th prize:

\$20 Gift Certificate to Pringle's Crafts

Wondering Where to Park?

If the lots adjacent to the Market are full, never fear. Here is a list of other places to park, all within a quarter mile of the Market.

Municipal Lots

On Laurel Street

On West Weaver Street

Street parking in designated spots

On Laurel Street

On Bim Street

On Fidelity Street

Local Business Lots

(During Saturday Market hours only please)

Akai Hana, 206 West Main Street

RBC Centura, 300 West Weaver Street

The Venable Building, 302 West Weaver Street

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 until Aug. 31