



Carrboro & Southern Village

FARMERS' MARKETS

locally grown • nationally known

**July 26, 2006 Cooking Demo with Marilyn Markel
of Class, Southern Season's Cooking School**

Salad of Tomatoes, Basil, Chèvre and Provençal Herbs

Ingredients:

6 ripe tomatoes* (about 1.5 pounds), cored, peeled and sliced lengthwise
Fleur de sel
1/2 cup nuts*, toasted
1 cup fresh basil leaves*, cut into a chiffonnade
1 tsp herbs de Provence
1 tablespoon freshly squeezed lemon juice
1/4 cup walnut oil
Freshly ground black pepper to taste

Instructions:

1. Layer the sliced tomatoes on a large platter, overlapping as necessary.
2. Season with salt.
3. Sprinkle with the nuts, basil and herbs de Provence.
4. Drizzle with the lemon juice and oil.
5. Season gently again with salt, then generously with pepper.
6. Let sit for 5 to 10 minutes to allow the flavors to mellow.

Serves 6 to 8

Asian Noodle Salad

Ingredients

4 oz. thin pasta, cooked al dente, rinsed and chilled*
1 red bell pepper*, seeded and cut julienne
4 green onions*, tops only, sliced very thinly on the bias
1/2 cup julienne carrot*
1 cup loosely packed cilantro leaves*, stems removed

*found at Market

continued on back

Dressing

2 tablespoons chunky peanut butter (made from pureed peanuts)
2 tablespoons rice vinegar
1 tablespoons soy sauce
1 teaspoon Sriracha (Asian red chili sauce)
2 tablespoons toasted sesame oil
1 teaspoon sugar
2 tablespoons water

Instructions

1. Toss together pasta, all vegetables, cilantro and green onions. Set aside.
2. With a wire whisk, beat the rice vinegar and soy sauce into the peanut butter until smooth. Stir in all remaining ingredients. Taste and adjust seasoning if desired.
3. Pour dressing over noodle/vegetable mixture and toss gain. Serve cold.

Serves 2

*NOTE - Any kind of thin pasta, such as spaghetti, angel hair or Asian-style noodles will work.

Carrboro **FARMERS' MARKET'S**

5th Annual Local Chefs' Event Picnic Food: Menus with a Taste

September 9, 2006 in the Gazebo
9 AM until the food is gone!

These local chefs who frequently shop the Market, will compose a picnic menu and prepare one of the dishes for you to taste. Recipes provided.

Participating chefs include:

David Alworth – 411 West
Sara Foster – Foster's Market
Bret Jennings – Elaine's on Franklin
Shane Ingram – Four Square
Damon Lapas – Barbecue Joint
Andrea Reusing – Lantern Restaurant
Bill Smith – Crook's Corner

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

www.carrborofarmersmarket.com
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