

Heirloom Bean Chili

Serves 8

2 cups assorted dried beans: black, red, cannellini
1-1 by 5 inch piece dried kombu seaweed
3 Tblsp olive oil
2 large onions, finely chopped
4 garlic cloves, coarsely chopped
2 tsp dried thyme
2 tsp ground cumin
1 Tblsp ground dried chili powder (mild, hot, ancho)
1-28 oz can diced tomatoes (we used fire roasted)
1 cup frozen corn
2 red bell peppers, diced
salt to taste

The night before: in a soup pot cover beans with 3 inches of water and bring to a boil. Remove from heat, making sure that at least 2 inches of water covers beans and soak overnight. The next day, pour off soaking water, cover beans with fresh water,

add kombu and cook at a slow simmer until slightly undercooked, about 30 minutes to an hour. Set aside. Heat olive oil in heavy bottomed soup pot over medium heat. Add onions and stir frequently until onions are limp. Reduce heat to low, add garlic, red peppers, and spices and stir until fragrant- approx 2 minutes.

Add canned tomatoes, frozen corn, and partially cooked beans to pot along with enough bean cooking liquid for desired consistency. Simmer over medium-low heat for an hour, stirring often, until beans are fully cooked and flavors have melded. More liquid may be added if desired. Chili is always better if made a day ahead. Serve with optional condiments: grated cheese, sour cream, hot sauce, cilantro sprigs, and sliced green onions.

Roasted Winter Vegetables with Pesto and Garlic Scape Vinaigrette

Serves 6

2 lbs assorted winter vegetables: potatoes, beets, parsnips, carrots, celeriac, shallots, even kale
olive oil
salt and pepper
1 cup pesto
1 cup pureed garlic scapes
½ cup lemon juice
1+ cup olive oil

Preheat oven to 375°. Chop vegetables into pieces that are approximately the same size so roasted vegetables cook uniformly. Toss vegetables with a generous amount of olive oil, sprinkle with salt and pepper and roast until vegetables are golden brown and fork tender. Whisk last 4 ingredients together, adjusting amounts to taste. Toss vegetables with vinaigrette, taste for salt and pepper and enjoy.

Corneal Cookies with Lemon and Ginger

Makes 3 dozen 3-inch cookies

1 cup unsalted butter, at room temperature
1 cup sugar
½ tsp salt
1 tsp vanilla
1 egg
1 Tblsp lemon peel, grated
1½ cup cornmeal
1 cup spelt flour
1 cup oat flour
1/3 cup coarsely chopped crystallized ginger
Extra cornmeal and sugar for dipping

**This recipe begs for experimentation. Suggestions: pine nuts and orange zest, dried fruit, black pepper and lemon.*

Preheat oven to 325°. In the bowl of a mixer cream butter and sugar until mixture is light and fluffy. Add egg, vanilla, lemon zest, and chopped ginger and mix until well. Add dry ingredients and mix until well combined. Dough should be slightly sticky yet easy to roll in palm of hand. Form 1 to 2 inch balls of dough. Toss into a bowl of equal parts cornmeal and sugar and dough balls are well coated. Place balls on well-greased cookie sheet and flatten to ¼ to ½ inch thick with the bottom of a glass. Bake cookies until edges are golden brown. Cool slightly before removing from pan.

www.lopezlocavores.org

Please check the website for more recipe information.