

Moroccan Spiced Stew with Heirloom Arikara Beans

Serves 4

2 Tbsp olive oil
1 yellow onion, cut in half and thinly sliced
3 garlic cloves, minced
½ tsp red pepper flakes
1 tsp ground coriander
2 tsp ground cumin
1 tsp ground fennel
½ tsp ground cinnamon
1 Tbsp paprika
1-14 oz. can diced tomatoes
3 cups cooked garbanzo beans (or 1½ cups dried)
2 bunches spinach, chard, or mustards thinly sliced
¼ cup chopped fresh parsley
Salt and pepper to taste
Optional-1 lb ground lamb, crumbled and sautéed

If using dried beans start their preparation the night before. Pick through the beans to remove any rocks or debris.

In a heavy bottomed soup pot, cover the beans with 3 inches of water and bring to a boil over high heat. Remove beans from the heat, make sure they are covered by at least 3 inches of water, partially cover the pot and allow the beans to sit out over night. The next day drain the beans and rinse them well. Return beans to the soup pot, cover with 3 inches of water, bring to a simmer over med-high heat, and cook until partially tender.

In a separate sauté pan cook onions in olive oil until limp and lightly browned. Add garlic and all dried spices and cook until garlic is fragrant and onions are evenly coated with spices. Add onion mixture, optional cooked ground lamb, and diced tomatoes to mostly cooked beans, adding more water as needed to cover stew by 1 inch. Continue to simmer until beans are tender. Take stew off the heat and immediately add greens and stir until wilted. Taste for salt and pepper. Garnish with chopped parsley before serving.

Pilaf of Ancient Emmer Farro Wheat

Serves 4

2 Tbsp olive oil
1 onion, diced
1 cup dried emmer farro
3 cups water, veg or chicken broth
1 tsp salt
1 cup finely chopped fresh herbs such as thyme, parsley, sorrel, lovage, tarragon, or chives
Freshly ground black pepper to taste

In a heavy bottomed saucepan sauté onion in olive oil until translucent. Stir in emmer farro until grains are well coated with olive oil. Add 3 cups of chosen cooking liquid and salt and bring to boil. Cover saucepan with a tight fitting lid, reduce heat to low, and simmer until grain is tender but chewy, about 50 minutes. Remove emmer farro from heat, stir in chopped herbs, taste for salt and pepper, and serve.

Rhubarb Custard Squares

Makes an 8" by 8" pan

1½ cups flour
½ tsp salt
12 oz cold butter, cut into ½" piece-we used cultured butter which contributes a bit of a 'tang' to the recipe
¾ cup brown sugar
1½ cups oats
3 cups rhubarb pieces (½ inch pieces)
3 eggs
1½ cups sugar
3 rounded Tbsp flour
4 Tbsp butter, melted

Preheat oven to 350°. Butter an 8" by 8" baking dish. In the bowl of a standing mixer or food processor combine flour, oats, brown sugar, and salt. Cut in butter until mixture resembles coarse cornmeal. Press mixture evenly into baking dish, bringing crust up an inch on all sides of dish. Whisk together eggs, sugar, flour, and melted butter. Gently mix in rhubarb pieces. Pour custard mixture over crumble crust. Bake for about 25 minutes or until top is puffed and nicely golden brown. Cool and cut and enjoy!
