

## Curried Onion Apple Cauliflower Soup

Serves 6

4 Tbsp olive oil  
1 ½ pounds yellow or sweet onions  
1 pound apples, peeling is optional  
1 head cauliflower  
¼ cup Wes' Afghani Curry Powder or more to taste  
Approximately 1 quart water, chicken, or veggie stock  
Salt to taste

Cut onions in half. Thinly slice onion halves into half-rounds. Core apples and cut into rough ½ inch dice. Cut cauliflower into small florets using as much of the stem as possible.

### **Soup**

In a large, heavy bottomed soup pot, heat olive oil over medium high heat. Add thinly sliced onions and sauté for 5 minutes. Reduce heat to medium and sweat onions for 5 to 10 minutes stirring occasionally. Stir in curry powder and chopped apples and continue to cook for 5 more minutes. Add chopped cauliflower and enough water or stock to cover vegetables. Add salt to taste and bring soup to simmer. Gently simmer soup until cauliflower pieces are soft but not mushy. Taste for salt and curry powder. At this point, soup may be partially pureed or eaten as is.

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## Heirloom Scalloped Potatoes

Serves 6

2 to 3 pounds assorted heirloom potatoes, thinly sliced  
3 Tbsp butter  
1 Tbsp olive oil  
4 Tbsp all purpose flour  
2 cups whole milk  
1 medium onion, thinly sliced  
1 tsp salt  
1 tsp freshly ground black pepper  
Nettle Pesto-see following recipe

Cook potatoes in boiling water for 10 minutes. Drain well. While potatoes are cooking make white sauce. Melt butter over medium heat in a 2-quart saucepan. Add olive oil and sauté onions until translucent. Stir in flour and cook for 3 minutes stirring constantly. Whisk in milk and cook until sauce thickens. Add salt and pepper and taste sauce. Preheat oven to 350°. In a baking dish, layer potatoes and sauce alternately. Swirl nettle pesto into top of potatoes. Bake for approximately 45 minutes or until top is golden brown and bubbling.

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## Nettle Pesto

Makes 1 cup

\*Wear gloves when handling raw nettles to avoid slight skin irritation.  
3 cups loosely packed young nettle leaves, stems removed leaves washed and dried  
½ cup olive oil  
3 to 4 cloves garlic  
Salt and pepper to taste

Blanch nettles in pot of boiling salted water (should taste like the ocean) for 1 minute. Immediately remove nettles from water and rinse until very cold water to stop the cooking process. Allow nettles to dry off slightly before proceeding with recipe.

Puree all ingredients in bowl of a food processor. Add salt and pepper to taste. Store in airtight container in the refrigerator.

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## Stir Fried Beef

Serves 4 to 6

1 pound stir fry beef or ¼-inch sliced flank steak (cut across grain) or beef filet  
1 to 2 Tbsp oil for stir frying-canola or peanut

### Marinade

3 cloves garlic, finely chopped  
¾ cup soy sauce  
¾ cup mirin or dry sherry

Mix marinade ingredients, toss in beef strips, cover, and return to refrigerator for no more than 1 hour. Remove meat from marinade and drain off as much as possible.

In an 8-inch skillet, heat oil over high heat until it glistens. Take care when adding meat-oil may spatter! Stir fry meat for 2 to 3 minutes or until nicely browned on the outside and slightly pink on the inside.

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