



PEARL MARKET

Beet Hummus

6-8 medium beets
1 garlic clove, minced
6 T extra virgin olive oil
2 T tahini
2-3 T chopped fresh mint (depending on how minty you like your dip)
2 t red wine vinegar
Juice of 1 medium lemon
sea salt and pepper

Boil beets.

Coarsely chop them and transfer them to the food processor.

Add garlic, olive oil, and tahini and whiz in the processor until you have a nice semi-smooth puree.

Add the mint, lemon, vinegar, salt and pepper.

Stir.

Taste. (Add more salt, pepper, or lemon if you like.)



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Kyra's Zucchini Bread

3/4 cups unbleached white flour
3/4 cups wheat flour
1/2 teaspoon salt
1 teaspoon baking soda
10 tablespoons unsalted butter, softened
1/2 cup sugar
1/2 cup light brown sugar
2 eggs
one zucchini shredded, 1 1/2 cups

Preheat oven to 350 degrees F. Grease a 9- by 5-inch loaf pan. Sift the flour salt and baking soda together. Cream the butter and sugars together until light and fluffy. Add the eggs 1 at a time, beating until the mixture is smooth after each addition. Stir in the Zucchini. Add the dry ingredients. Spread the batter in the pan and bake for 60 to 70 minutes. The bread is done when a skewer is inserted in the center of the loaf comes out clean and the bread is golden brown.



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Quick Pickle Rosemary and Lemon Green Beans

1 lb fresh green beans
1 garlic clove, cut in 4 slices
2 sprigs rosemary
8 strips lemon peel

1 tbsp mustard seed
1 tbsp black peppercorns

1 cup white wine vinegar
1 cup cold water
1/2 cup white wine
1 tbsp sugar
1 tbsp salt

- 1 - Wash off the green beans and remove stem ends, then place them in a glass dish that is just large enough for the green beans and 2 1/2 cups liquid to fit in.
- 2 - Take the garlic, rosemary and lemon peel strips and tuck between the green beans.
- 3 - In a medium saucepan add together the remaining ingredients and heat the saucepan to a boil, stirring until sugar and salt dissolve.
- 4 - Reduce the heat and allow mixture to simmer 5 minutes, then pour mixture over green beans so that they are submerged in liquid, adding additional hot water to cover if not submerged.
- 5 - Cover and refrigerate green beans for at least 24 hours, then remove and discard garlic, rosemary and lemon before serving.
- 6 - In 48 hours the flavor of the beans improves and they may be kept in the refrigerator for up to 5 days.



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Sausage Breakfast Casserole

6 slices bread
1 lb. bulk sausage
1 onion, diced
1 green pepper, diced
1 clove garlic, minced
6 oz. shredded Cheddar cheese
6 eggs
2 c. milk
4 slices tomato
butter
Fresh chopped herbs

- Remove crusts from slices of bread.
Spread bread slices with butter, place in bottom of greased 13 x 9 x 2 inch dish. Cook sausage until brown, stirring to crumble; drain well.
Cook onions, green pepper and garlic in sausage pan.
Spoon sausage, green pepper and onion over bread slices.
Sprinkle with cheese.
Combine eggs and milk and pour over cheese.
Top with tomato slices and fresh chopped herbs (today it's oregano and parsley)
Bake at 350 degrees for 45 minutes.
Serve hot.
May refrigerate overnight before baking