



In The Kitchen with Cortney Kelley

March 2024 – Celebrating Spring

Raw Asparagus Salad with Breadcrumbs, Walnuts and Mint

½ cup dried breadcrumbs
½ cup freshly grated Parmigiano-Reggiano
½ cup finely chopped lightly toasted walnuts
1 teaspoon finely grated lemon zest
Kosher salt and freshly ground black pepper

Dried chile flakes
1 pound asparagus, tough ends trimmed
About ¼ cup lightly packed mint leaves
Extra-virgin olive oil

Put the breadcrumbs, Parmigiano-Reggiano, walnuts, and lemon zest in a large bowl. Add 1 teaspoon salt, several twists of black pepper, and ½ teaspoon chile flakes. Toss to combine everything.

Cut the asparagus on a sharp angle into very thin slices and add to the crumb mixture. Add ¼ cup lemon juice and toss some more. Taste and adjust the flavor by adding more salt, black pepper, chile flakes, or lemon juice.

When the flavors are bright and delicious, add mint, ¼ cup olive oil and toss. Taste and adjust again and serve.

Grilled Carrots, Steak, and Red Onion with Spicy Fish Sauce

¾ pound steak (skirt or rib eye)
Kosher salt and freshly ground black pepper
½ pound carrots
1 large red onion, ends trimmed, peeled, and cut into fat slices

About ¼ cup Spicy Fish Sauce (recipe below)
2 cups lightly packed mixed fresh herbs (such as flat leaf parsley, mint, chives, dill, basil, or baby arugula)
3 big lime wedges
Extra-virgin olive oil

Season the steak with 1 teaspoon salt and several twists of black pepper. Set aside.

Trim and peel carrots (leave whole if very slender or split lengthwise if larger).

Heat a gas grill to medium.

Arrange the carrots and onion slices on the grill and cook, turning frequently, until they are starting to soften and brown a bit - about 15 minutes.

Increase the heat to medium-high, blot any moisture off the steak, and add it to the grill. Cook until rare to medium-rare, 3 to 5 minutes, depending on thickness.

Take everything off the grill. Let the steak rest as you cut the carrots on an angle into long slices and cut the onion rings in half.

Once the steak has rested for at least 5 minutes, cut it across the grain, and at an angle into thin strips. Pile the steak, onions, and carrots into a large bowl and pour on ¼ cup of the spicy fish sauce, adding any steak juices from the cutting board. Toss, taste and adjust seasoning, adding more sauce if needed.

Gently toss the fresh herbs in a small bowl with the juice from one lime wedge, a bit of salt and pepper, and a small drizzle of olive oil. Gently fold the fresh herb salad into the steak salad. Serve with a lime wedge and more sauce on the side.

Spicy Fish Sauce

¼ cup fresh hot chiles (use a mix of colors) seeded, de-ribbed, and minced
4 large garlic cloves, minced
½ cup fish sauce, I like Red Boat

¼ cup water
¼ cup white wine vinegar
2 tablespoons sugar



Stir everything together in a small bowl until the sugar dissolves. Taste and adjust so you have an intense sweet/salty/sour/hot balance. Best when made a day ahead, will keep in the refrigerator for up to two months.

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Little Gems with Lemon Cream, Spring Onion, Radish, and Mint

4 small or 2 large heads Little Gem lettuce,	1/3 cup Lemon Cream (recipe below)
1 small bunch spring onions or scallions,	Kosher salt and freshly ground black pepper
About 1/2 bunch radishes	1/4 cup dried breadcrumbs
1 small handful of fresh mint leaves	2 tablespoons salted roasted sunflower seeds

Cut out core of the lettuce, wash and dry well.

Trim spring onions or scallions (including 1/2-inch off green tops), slice very thinly on an angle, soak in ice water for 20 minutes and drain well.

Scrub radishes, trim off tops, thinly slice, soak in ice water for 20 minutes and drain well.

Put the lettuce, spring onions, radishes, and mint in a large bowl. Add the Lemon Cream and toss well to fully coat. Season with salt and lots of black pepper, toss again, taste. Adjust flavor with more dressing or salt and pepper.

Toss in the breadcrumbs and sunflower seeds and serve right away.

Lemon Cream

4 garlic cloves, smashed and peeled	1/2 teaspoon grated lemon zest
1/2 cup heavy cream	About 2 tablespoons fresh lemon juice
Kosher salt and freshly ground black pepper	2 tablespoons extra-virgin olive oil

Put the garlic and cream in a medium bowl and let infuse for 2 hours in the refrigerator, so the cream takes on a gentle garlic flavor.

Remove the garlic cloves from the cream and discard them. Season the cream generously with salt and lots of black pepper, and then add the lemon zest. Begin whisking the cream. Once it starts to thicken, add 2 tablespoons lemon juice and the olive oil. Keep whisking until it is light and airy. Taste and adjust with more salt, pepper, or lemon juice. Use within one day

Grilled Radishes with Dates, Apples, and Radish Tops

1 bunch radishes, with their tops - make sure they are vibrant and fresh	4 ounces pitted dates, cut into small bits
Extra-virgin olive oil	1 apple, halved, cored and thinly sliced
Kosher salt and freshly ground black pepper	1/2 small red onion, thinly sliced
Dried chile flakes	1/2 cup lightly packed flat leaf parsley
Red wine vinegar or white wine vinegar	1/3 cup roughly chopped toasted almonds

Cut the radish greens from the radishes and wash well in cool water, drain and pat to dry.

Heat a slick of olive oil in a skillet over medium-high heat, when it's hot add the greens. Toss with tongs until the greens are slightly wilted. Season with salt and black pepper and a few chile flakes and cook for another few seconds, until the greens are tender.

When the greens are cool enough to handle (but still warm), roughly chop them, then put in a bowl. Douse with a couple of teaspoons of vinegar and toss to blend. Taste and adjust the salt, pepper, chile flakes, and vinegar. When the flavors are bright and balanced, toss with a small glug of olive oil. Set aside.

Prepare a charcoal or gas grill or heat the oven to 450°F.

Scrub the radishes. Grill or roast the whole radish, with no oil, until they are slightly soft when you squeeze them, 12-15 minutes, depending on their size. Turn them a few times during grilling. Let the radishes cool, then cut in half.

Toss the halved radishes in a large bowl with the dates, apple, onion, marinated radish tops, and parsley. Add 1/4 cup vinegar, 2 teaspoons salt, several twists of black pepper, 1/2 teaspoon chile flakes and toss again. Taste and adjust the seasoning. Add 1/4 cup olive oil and the almonds, toss again, and make any final adjustments in the seasoning.