

Chef Castellani's Farmers Market Recipes, May 2, 2009



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Ling Cod

(Yields 2 servings)

1 pound Fresh Ling cod (2 8oz fillets)
2 clove garlic, sliced
2 Tbs. Extra virgin olive oil
1 tsp. Fresh thyme leaves (chopped)
1 tsp. Fresh Greek oregano (chopped)

Salt and white pepper to taste

Combine the sliced garlic, thyme, oregano, and olive oil. Add a pinch of salt and pepper. Let this *mix sit for about an hour, so that the flavors of the garlic and herbs infuse the oil.*

Prepare the cod for grilling: remove the little pin bones with a pair of pliers, or cut them out.

With a brush, spread the oil mixture on the fish and place on the grill. Close the lid; and let cook about 6 to 7 minutes each side, just until the fish becomes flaky and opaque, the fish will continue to cook for a bit once it is removed from the grill. Place the fish on plates and top with cream sauce.

Cream sauce for the ling cod

(Yields ¾ cup sauce, enough for 4 servings)

1 medium shallot
1 cup heavy cream
1 tsp lemon zest
½ cup white wine
½ tbs. Italian Parsley (chopped)
Salt and white pepper to taste

Take the shallot and cut in half, rub just a bit of oil on the cut edge and place it on the grill. Grill the shallot until one side is dark and caramelized. Heat a small sauté pan over medium heat and add shallot & the white wine, reduce by half.

Add the heavy cream, lemon zest, and fresh parsley. Reduce the mixture until slightly thickened (you should have about ¾ cup of finished sauce), finish with salt and white pepper to taste.

(See more recipes on back)

Thanks to the Oregon City Farmers Market vendors who gave us samples of their fine products:

Asparagus: Philleo Asparagus Farm

Jerusalem Artichoke: Mai's Garden (503-761-9100)

Ling Cod: Stonewall Banks Seafood (503-867-5070)

Greek Oregano: Little Brown House Herbarry (503-826-1964)

Feta: Alsea Acre Goat Cheese (1-888-316-4628)

Grilled Jerusalem artichokes with Greek oregano, fresh garlic, extra virgin olive oil, salt and white pepper

1 pound Jerusalem artichokes peeled and washed
2 cloves garlic
2 Tbs. Extra virgin olive oil
6 leafs fresh Greek Oregano
Salt and pepper to taste
2 tin foil squares

Pre-heat the grill to 450°F. Peel the Artichokes with a pear knife, just taking off the outside skin, quarter the artichokes. Toss all ingredients together and place in the center of one foil square. Fold the edges of the foil together to make a sealed packet. Wrap the second sheet of foil around packet to ensure no leaks.

Cook on grill until tender, about 15 minutes. Let packet sit off of the grill for a few minutes, use care when opening, it will be steamy hot.

Grilled Asparagus

1 bunch fresh asparagus
1 clove garlic (finely minced)
Olive Oil
Salt & black pepper (to taste)

Wash the asparagus and trim off the tough ends. Coat the asparagus with a drizzle of olive oil, chopped garlic, and salt and pepper.

Cook on a medium-hot grill for 7 to 8 minutes, turning them once or twice.

Chef's tip: skewer several asparagus spears on a bamboo or wood tooth pick to keep them from falling through the grill grate and to make them easy to turn!

Greek Watermelon Salad

1 large tomato
1 cucumber
2 pounds Seedless water melon (peeled)
½ small red onion (sliced)
4 oz. Feta cheese
10 kalamata olives cut in half
½ cup raspberry vinaigrette
7 leafs fresh mint (torn into small pieces)

Large dice the cucumber, tomato, and water melon, place in bowl, add red onion, crumbled feta, olives, fresh mint and dressing. Mix gently.

Chef's note: Grilled chicken and shrimp are great additions with this salad. It is perfect for a hot summer day.