



## TWO JEWS MAKING FOOD, EPISODE 32

### GARLIC SCAPE & ARUGULA PESTO ON CROSTINI

#### INGREDIENTS

2 bunches of Garlic Scapes (if you can't find these, just use a ridiculous amount of raw garlic cloves)  
1 bunch fresh Arugula  
½ cup toasted Pine Nuts (you can also use toasted walnuts to save \$\$\$)  
½ cup Parmesan Cheese  
Olive Oil  
Fresh Lemon Juice  
Salt & Pepper  
Baguette

#### INSTRUCTIONS

- Chop garlic scapes into small pieces, using every part.
- Rinse and tear off the leaves of the arugula.
- In a food processor, add the scapes, arugula, ½ cup of olive oil, toasted pine nuts, parmesan cheese, and juice of half a lemon. Blend until smooth.
- Taste and add salt and pepper as needed, and more olive oil if too thick, but you want it thick enough to spread on crostini – not too liquidy like a pasta sauce.
- Keep tasting and adding anything needed to get the taste to your liking – lemon juice, salt, pepper, etc. If too bitter, you can add some sugar, honey, or agave.
- Once you have it to your liking, place in the fridge.
- Slice the baguette in 1/8" thick slices, or if possible, have the bakery cut it for you on their bread slicer – this is the best way!

- Place on a cookie sheet and drizzle some olive oil over the top of each piece of bread
- Broil until bread is crisp but not burnt
- Spread the pesto on the crostini and serve! You can also add a touch of Maldon salt at the end for an extra special touch.

## **MUTLI-VEGGIE BORSCHT**

### **INGREDIENTS**

1 lb. beets, about 4 medium small beets  
 1 lb. carrots, about 2 large  
 1 large yellow onion, chopped fine  
 3-4 tablespoons of olive oil  
 2 teaspoons kosher salt  
 4-6 cloves garlic, minced fine  
 1 tablespoon tomato paste  
 ½ cup chopped fresh tomatoes or canned plain tomato sauce  
 ¾ lb. Yukon Gold or Dutch Gold potatoes, diced into small bit-sized cubes  
 10-12 cups water or homemade vegetable broth  
 1 bay leaf  
 3 cups chopped kale, chard, cabbage, and/or beet greens  
 2 tablespoons dill stems, chopped fine  
 ½ cup dill fronds, roughly chopped, plus more for garnish  
 ½ cup parsley leaves removed from stem, chopped  
 juice of 1 small lemon, or to taste

### *Toppings*

Sour Cream, to taste  
 Freshly chopped dill, to taste

### **INSTRUCTIONS**

- Peel your beets and carrots. If you want to avoid staining your hands use disposable gloves while handling the beets. Using a food processor with the shredding disc attachment or using the medium-size hole on a box grater, grate your beets and carrots.
- Prepare the rest of your ingredients for the soup: chop the onion, mince the garlic, dice the potato, chop the greens, chop the dill stems and fronds, and chop the parsley.
- To a large pot on medium heat add the olive oil. Add the shredded beets, carrots, onion, and salt to the pot. Sweat the vegetables over medium heat for 8-10 minutes, or until the vegetables are softened. Add the garlic to the pot and cook for 2-3 more minutes, or until the garlic releases its aroma and is no longer raw. Add the tomato paste,

and tomato to the pot, and stir until well combined. Tomato is an important ingredient in this soup - it lends a note of acidity and depth to the sweet beets. During tomato season feel free to use fresh tomatoes.

- To the pot add the diced potatoes, liquid, and bay leaf. Bring the liquid up to a simmer, then turn down the heat and simmer the borscht for 35-45 minutes allowing the flavors to come together. After 30 minutes, add the chopped greens, and chopped dill stems to the soup. Simmer for 15-20 more minutes, or until the greens and all the vegetables are completely soft and tender. Turn off the heat, and add the chopped dill fronds, parsley, and lemon juice. Taste and season with salt and pepper. Add more lemon juice if desired.
- Serve with sour cream and a sprinkle of fresh chopped dill.