

LYNCHBURG

is for 

LOCAVORES

COOKING DEMONSTRATION WITH MARISA JONES

ALL RECIPES ARE BY MARISA JONES



Radishes

Buttery Shrimp & Radish Pasta

1 pound bucatini
2 tablespoons extra virgin olive oil
1 pound large shrimp, peeled and deveined
2 tablespoons butter
2 garlic cloves, thinly sliced
2 shallots, thinly sliced
1 bunch radishes, thinly sliced, greens roughly chopped
Parmigiano-Reggiano

Bring a large pot of water to a rolling boil. Add a generous amount of salt

and cook bucatini to al dente, 10-12 minutes.

In a large sauté pan, heat the oil over medium-high heat. Add the

shrimp and sear on both sides, 1 minute. Remove the shrimp to a plate

just before they are fully cooked.

Return the pan to the heat and melt the butter. Add the garlic and shallot, season with salt and cook until softened, 1-2 minutes.

Add the radish and continue to cook until tender, 3 minutes. Add the greens and wilt, 2 minutes. Return the shrimp to the pan and add some pasta water until a sauce consistency is reached.

Toss the pasta with the sauce.

Serve with freshly grated Parmigiano.

MORE RECIPES ON THE BACK! 

Radish & Napa Cabbage Slaw

1/4 cup white wine vinegar
2 tablespoons whole grain Dijon mustard
2 tablespoons sugar
1/2 small head Napa cabbage, cored, shredded
4-5 radishes, julienned
1/2 cup golden raisins
Chopped chives
Kosher salt, to taste
Fresh ground black pepper, to taste
In a large bowl whisk together vinegar, mustard and sugar. Add the cabbage, radishes, raisins and chives and mix well. Season with salt and pepper.

Simply Roasted Radishes

1 bunch radishes, greens attached, washed and dried
Extra virgin olive oil
Kosher salt
Fresh ground black pepper
Zest and juice of 1 lemon
Coarse specialty salt
Preheat the oven to 450 degrees.
Toss the radishes in enough oil to coat. Season with salt and pepper to taste and spread evenly on a baking sheet.
Bake until tender and turning golden brown, 12-15 minutes.
Sprinkle with specialty salt, zest and juice.

Tiny Radishes with Homemade Ricotta

For the ricotta:

2 quarts whole milk
1 cup heavy cream
1/2 teaspoon salt
3 tablespoons freshly squeezed lemon juice

Line a large strainer with a layer of cheesecloth and place over a large bowl.

Combine the milk, cream and salt and bring to a boil over medium-high heat, stirring frequently to prevent scorching.
Add the lemon juice, reduce heat to low and simmer, stirring constantly, until the mixture curdles, 2 minutes.

Pour the mixture into the prepared strainer and let drain for 1 hour.
Discard the liquid and chill ricotta.
Serve the ricotta drizzled with good extra virgin olive oil, coarse specialty salt and cracked pink peppercorns with tiny radishes on the side for dipping.

Radish Canapes with Avocado Butter

For the butter:

2 small ripe avocados
1 tablespoon freshly squeezed lemon juice
1 stick butter, softened
1 garlic clove, minced
1 tablespoon freshly chopped parsley leaves
Kosher salt, to taste
Fresh ground black pepper, to taste

Peel and pit the avocados. Place all ingredients into the bowl of a food processor and process until well combined.

For the canape:

Thinly sliced pumpernickel, lightly toasted
Avocado butter
Radishes, thinly sliced
Micro-greens

To assemble the canapes, spread some avocado butter on each piece of pumpernickel toast.
Top with radish and garnish.