

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH

Ivy Taylor of Forest Kroger



PEACH COBBLER

5 cups fresh peaches
¼ cup brown sugar
¼ cup honey
¾ cup white sugar
¾ cup all-purpose flour
½ teaspoon baking powder
½ teaspoon salt
1 stick cold unsalted butter (cut into small cubes), plus more for greasing
1 large egg
¼ teaspoon vanilla extract

Preheat oven to 375°F. Grease a 9-inch round baking dish. In a large bowl, add the fresh peaches and ¼ cup brown sugar and ¼ cup honey and toss to combine. Pour the fruit mixture into the greased baking dish and set aside.

In the bowl of a food processor fitted with a blade attachment, add the flour, baking powder, salt and ¾ cup white sugar and pulse briefly to combine. Add the cold butter and pulse until the butter is incorporated fully and is pea-sized. In a small bowl, whisk the egg and vanilla together. Remove the flour mixture to a large bowl and whisk in the egg mixture. Drop the batter mixture one tablespoon at a time on top of the fruit, so that there is some fruit still exposed. Bake until golden brown, about 35 - 40 minutes.

To serve, spoon a small amount of the blueberry coulis (recipe below) onto the middle of a dessert plate and top with a slice of peach cobbler. Add a dollop of sweetened whipped cream to the top of each slice of warm cobbler and serve.

BLUEBERRY COULIS

Blueberry Coulis
½ cup sugar
3 tablespoons water
1 teaspoon lemon juice
1 pound fresh blueberries

In a small saucepan over medium-high heat, add the sugar and water and cook until the sugar has dissolved, making a simple syrup. In the carafe of a blender, add the blueberries, simple syrup and lemon juice and puree until smooth. Strain the blueberry coulis through a fine mesh sieve and discard the solid remains.

PARMESAN GARLIC ZUCCHINI NOODLES

4 medium zucchini (about 2 pounds)
3 tablespoons extra virgin olive oil
1 tablespoon minced garlic (3 to 4 cloves)
¼ teaspoon crushed red pepper flakes
2 medium tomatoes, diced or 12 oz grape tomatoes, halved
1 cup shredded parmesan cheese, plus more for serving
1 cup basil leaves, torn into pieces
1/8 cup flour
¼ cup heavy cream
Salt and pepper, to taste

Prepare Noodles

Trim and spiralize the zucchini (or use a julienne vegetable peeler or a mandoline. You can also use a standard vegetable peeler to make wide noodles or ribbons). Cut extra long noodles so that they are about the length of spaghetti. Add olive oil, garlic, and the red pepper flakes to a large, deep skillet. Turn to medium heat. When the oil begins to bubble around the garlic, add the zucchini noodles. Toss the noodles with pasta tongs and cook until al dente — they should be wilted, but still have a crunch; 5 to 7 minutes. Do not let the noodles cook any longer or else they will become mushy. As they cook, keep tossing so that all the zucchini noodles have a chance to hit the bottom of the skillet. Stir in the tomatoes, basil, and parmesan cheese. Cook for one minute.

Use pasta tongs to transfer the noodles, tomatoes, and basil to a serving dish. Leave the liquid in the skillet.

To Finish

Bring the liquid to a simmer. Combine flour and heavy cream in a small bowl then whisk into the simmering liquid. Cook, while whisking, until the liquid thickens to a sauce; about 1 minute. Taste the sauce and season with salt. Pour the sauce over the zucchini, tomatoes, and basil. Finish with more parmesan cheese on top and serve immediately.



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