

# Hogtown HomeGrown™

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## A face made for radio

Routine car maintenance recently resulted in an opportunity for an hour-long conversation with a local radio personality. Now retired, Bill Sabis was a Sunday evening fixture in many Gainesville homes. As we were paying for our respective oil changes, he commented that not only did he love doing “Theater of the Mind” for all those years but a radio career was inevitable since (in his words) he has “a face made for radio.”

When I started Hogtown HomeGrown in 2006, my idea of a radio cooking show never came to fruition, but I’ve always felt that I too have a face made for radio. Then came April 2, 2011, the morning I woke up, looked in the bathroom mirror and discovered that the right half of my face had “melted.” The causes of Bell’s Palsy are mostly unknown, but the resulting paralysis of facial muscles is a primarily temporary condition. Despite taking advantage of both Western and Eastern medicine, I became one of the fifteen percent of Bell’s Palsy patients that do not recover completely.

After hiding out with the blinds drawn for a week, I had to brave the imagined stares of not just friends and family, but public interviews and cooking demonstrations in preparation for the Eat Local Challenge in May. Even though I tried not to look in the mirror, I was acutely aware of my half-closed right eye and my lack of smile. It still hurts to know our grands will only see my smile in old photographs, but I work hard to remember that the face I have now is their “normal” for me and they don’t know me any other way.

That thought has helped as I take my “face made for radio” into the world of television cooking. When we first started filming What’s Growing On segments of You Grow It, I’ll Cook It, I would ask for the camera to be focused on my hands most of the time. But I recently filmed North Central Florida Flavors segments with WCJB TV20’s Paige Beck and my “face time” on camera was the least of my concerns as I juggled three separate recipes in various raw and cooked stages.

One of the recipes we filmed was Shrimp and Grits, and, even though I make it all the time, I have never published the recipe for my version of the shrimp. The recipe for my Garlic Cheese Grits can be found on the Hogtown HomeGrown website, since it was published in the newsletter way back in May 2009.

## Shrimp with Fennel and Tomato

### INGREDIENTS

- 2 Tablespoons olive oil
- 1 shallot or onion, sliced into crescents
- 1 bulb fennel, sliced into crescents (red bell pepper is a flavorful option)
- 1 Tablespoon each tomato paste AND smoked sweet paprika
- 1-2 fresh tomatoes, sliced into crescents
- 1/4 -1/2 cup sherry, wine, beer or water (determined by juiciness of tomatoes)
- 1 pound peeled shrimp, tails removed

### DIRECTIONS

Add ingredients to hot cast iron pan in order given, stirring constantly. Allow time for veggies to soften between additions. Stir in shrimp and cook until opaque. Serve hot.

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## What's Fresh Right Now?

**Beets**—red, golden, chionga

**Bok Choy**—flowering choy, tot soi, mei choy

**Broccoli**—crowns, broccolini

**Broccoli Raab**

**Brussels sprouts**

**Cabbage**—green, savoy, napa

**Carrots**—red, orange, purple

**Cauliflower**—white, purple, orange, romanesco

**Celery**

**Citrus**—limequats, kumquats, tangerines, valencia/navel/  
blood/red navel orange, pink/white/red grapefruit, sour seville

**Fennel**

**Garlic**—chives, green, gar-leeks

**Ginger**

**Greens**—arugula, collards, white russian/lacinto/curly kale,  
rainbow/swiss chard, dandelion, mizuna, mustard, escarole,  
endive, spinach

**Herbs**—parsley, dill, cilantro, curry leaf

**Honey**—orange blossom, gallberry, wildflower, tupelo

**Lettuce**—red/green leaf, romaine, frisee, butterhead, salad  
mix

**Moringa**

**Mushrooms**—shiitake, white/blue oyster, king oyster, lion's  
mane, dried shiitake

**Nasturtiums**

**Onions**—green/red, yellow

**Papaya**—green, ripe

**Peas**—snow, sugar snap

**Potatoes**—red/white

**Radicchio**—purple, treviso

**Radishes**—white/purple daikon, globe, french breakfast,  
watermelon, purple, black, shunkyo

**Rutabaga**

**Shoots and Sprouts**

**Squash**—seminole pumpkin

**Starfruit**

**Strawberries**

**Sweet Potatoes**

**Tomatoes**—cluster, heirloom, grape

**Turnips**—purple top, salad

**Turmeric**—orange

## Local and Fresh— Cauliflower

White, orange, purple or green, cauliflower is a versatile veggie for entrees, side dishes, soups and salads. While all the colors grow in the familiar round shape, romanesco cauliflower produces a very unusual shape in a lime green color. There is no substantial difference in taste between any of the colors and shapes.

While this month's issue focuses on cooked cauliflower, just-picked cauliflower is delicious raw, with a sweetness and crunch that makes it perfect in salads. Whether used as part of a larger vegetable medley or featured solo with a dressing, this crunchy cruciferous veggie brings flavor and nutrition to any meal.

Look for heavy heads with fresh green leaves and flawless curds. Store loosely wrapped in the refrigerator until ready to use.

## Cauliflower Stir Fry

### INGREDIENTS

2 Tablespoons olive oil

1 shallot, sliced

1 bulb fennel, sliced (reserve a few fronds)

2 carrots, sliced

4 cups cauliflower, cut into bite-size pieces

2 cups cooked penne or rotelle pasta (optional)

2 cups Golden Cauliflower Soup (April 2009)

### DIRECTIONS

Heat a large pot with a lid over medium-high heat. Add olive oil, shallot and fennel. Stir well and cook until just softened.

Add carrots and cauliflower. Stir to combine with oil and other veggies. Cook to desired doneness, stirring occasionally.

Stir pasta and soup into cooked veggies. Cover, turn heat to low and simmer 5-10 minutes. Stir well and serve hot with a few fennel fronds on top.

Cover and refrigerate leftovers.

### SERVING SUGGESTION

For a more elegant presentation, plate the pasta under the cooked cauliflower mixture and top each serving with a ladle of hot soup and a flurry of fennel fronds.

# Cauliflower Venetian Style

## INGREDIENTS

2 Tablespoons olive oil  
1 onion, thinly sliced  
Venetian spices: 1 teaspoon saffron threads, 1 teaspoon each fennel and coriander seeds  
Pinch of red pepper flakes (optional)  
1 teaspoon ground cinnamon  
Salt and freshly ground pepper, to taste  
Zest of 1 lemon  
1/4 cup golden raisins, soaked in 1/2 cup warm water  
4 cups cauliflower, broken into small pieces  
1/4 cup pine nuts

## DIRECTIONS

Place olive oil and onion in a large, deep skillet over medium heat. Cook until onion is softened and golden, stirring occasionally.

Stir in Venetian spices, red pepper flakes, cinnamon, a small amount of salt and pepper and lemon zest. Sauté until mixture begins to stick.

Add raisins with the soaking water and cauliflower pieces to the onion-spice mixture. Cook, stirring occasionally, until cauliflower is desired consistency. Remove from heat.

Garnish with pine nuts or stir into finished dish.

Serve hot or at room temperature. Cover and refrigerate leftovers.

# Cauliflower Moroccan Style

## INGREDIENTS

2 Tablespoons olive oil  
1 onion, finely chopped  
Moroccan spices: 1 Tablespoon smoked paprika (sweet or hot), 2 teaspoons cumin seeds  
Cinnamon  
Salt and pepper  
1 cup total combined: tomato paste, chopped fresh tomato, sun-dried tomatoes  
1/4 cup golden raisins, soaked in 1/2 cup warm water  
1/2 cup orange juice, preferably freshly squeezed  
4 cups cauliflower, broken into small pieces  
2 cups sliced carrots  
1/2 cup sliced or slivered almonds

## DIRECTIONS

In a large pot with a lid, cook onion in olive oil until golden. Add all spices, stir until fragrant and add all tomato products. Bring to a strong simmer and add remaining ingredients. Stir well, cover and simmer 8-10 minutes or until cauliflower is desired consistency. Serve hot.

## Tricks and Tips

Yes, spices and herbs are expensive.

And yes, it seems ridiculous to buy a whole jar when you only need a teaspoon of this or that.

Grocery store options are limited and expensive if you stick to the spice aisle.

Time to look elsewhere for flavor.

Ethnic grocery stores, as well as chain supermarkets' international food sections, often have a selection of herbs and spices, some in smaller packages.


Look for bulk herbs and spices in large jars. It takes a minute or two to scoop small amounts into little bags and label them, but it is a very inexpensive way to try new tastes.

If all else fails, split a jar or two of herbs or spices with a friend.



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## Tricks and Tips

This bar cookie is a cross between old-fashioned homemade slice and bake oatmeal cookies and crumbly, buttery shortbread. With slightly lower amounts of sugar and fat than a traditional cookie, these oatcakes also contain only whole wheat flour for additional fiber and flavor. Be sure to spend time carefully compacting the oatcake dough with a fork before baking. I find it works well to press the fork over the whole pan going in one direction and then turn the pan and do it again in another direction. Using this method makes use of the fork's tines to form fine cross-hatching which is not only decorative, but creates a crispier top.

## Brown Sugar Oatcake

### INGREDIENTS

1 cup whole wheat flour

1/2 cup brown sugar, lightly packed

1/2 teaspoon salt

1/2 teaspoon baking soda

1 cup rolled oats

6 Tablespoons (3/4 stick) unsalted butter, very cold and cut into 6-10 pieces

1 egg

1 teaspoon vanilla extract

**Vanilla Cream Drizzle:** 1 cup powdered sugar, 1/2 teaspoon vanilla, 2-3 Tablespoons milk

### DIRECTIONS

Preheat oven to 350 degrees. Lightly butter an 8x8 baking pan.

In a food processor, combine whole wheat flour, brown sugar, salt and baking soda.

Pulse several times to combine.

Add rolled oats and butter pieces. Pulse a few times and then process for 30 seconds to chop oats and completely incorporate butter.

Add egg and vanilla. Pulse a few times and then process until dough begins to clump, about 20-30 seconds.

Dough will be crumbly.

Dump dough into prepared pan and use a fork to press into an even layer. Press entire surface of the oatcake at least twice to completely compact the dough.

Place pan in preheated oven and reduce temperature to 325 degrees.

Bake 20 minutes, until the edges turn a golden brown.

Remove pan and allow oatcake to cool completely in the pan before cutting into squares.

Stir together Vanilla Cream Drizzle ingredients until completely incorporated. Spoon the smooth mixture into a pastry bag and decorate each square.

Place leftovers in an airtight container.