

MYERBERG CENTER – COOKING WITH CHEF ALBA
SCENTSATIONAL SIDES FOR HOLIDAYS – DECEMBER 7TH, 2020 – 3-4:30PM
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Shallot Parmesan Roasted Sweet and Golden potatoes

1 large sweet potato
1 large yellow potato
1 medium red onion
2 tablespoons extra virgin olive oil
2 tablespoons unsalted butter, more for baking pan
2 large shallots, minced
1 tablespoon fresh thyme (1 teaspoon dry)
1/2 teaspoon dried oregano
2/3- 1 cup freshly grated Parmesan
Salt and black pepper, to taste
2 tablespoons chopped Italian parsley

1. Preheat oven to 425°F. Generously butter a baking pan.
2. Place potatoes in a medium pan with cold water. When it begins to boil, turn it down to medium heat and cook the potatoes until partially cooked. Do not overcook. Strain and cool the potatoes on a dish towel to remove any excess liquid.
3. Cut potatoes in 1/4-inch slices. Proceed same way with the onion. In the baking pan, line up and alternate 1 slice sweet potato, 1 slice onion, and one slice yellow potato. Repeat.
4. In a bowl, combine melted butter, olive oil, herbs, salt, pepper, parmesan, and shallot. Brush this mixture generously over the potatoes and onion rows.
5. Transfer baking pan to the oven and bake for 30-40 minutes, until fork tender and a bit crispy on the edges. Serve warm, with a sprinkle of fresh parsley and additional parmesan on top.

Chef's note: Most important match potatoes and onion size to same thickness for even cooking

What to Prep ahead:

- Have all the ingredients measured and out on a tray, ready to cook
- Partially cook (boil) the sweet potato and yellow potato
- Rinse and dry fresh herbs
- Have a small cutting board and knife ready
- Preheat the oven 10-15 minutes before the class starts
- Select your baking pan for this recipe

Green Beans Caramelized Onions and Golden Breadcrumbs

12 ounces fresh green beans, trimmed (or Frozen)
3 tablespoons extra virgin olive oil
1 large sweet onion, sliced
1 cup breadcrumbs (Italian or plain)
Zest of 1 lemon, juice of ½ lemon
1-2 tablespoons chopped fresh basil, Italian Parsley, or mint
Salt and black pepper, to taste

1. Boil the green beans in plenty of salted water on medium heat until tender, about 8-12 minutes or according to your preference. Do not overcook. If you are not sure how long to cook the green beans, taste one after 5 minutes, then decide if you need to cook them a little longer. When the green beans are cooked, immediately strain. Rinse them with ice cold water so that the beans will retain their color and crispness. Strain them again.
2. In a medium skillet add the olive oil. When the oil is hot, add the sliced onion. Cook the onion on medium heat until soft and golden, about 15-20 minutes. When the onion is cooked, add the green beans in the pan and mix. Add the salt, pepper, and breadcrumbs; toast in the pan for 3-5 minutes until the breadcrumbs are slightly golden and you can smell the aroma. Stir occasionally. Taste for seasoning and adjust as needed.
3. Remove the skillet from the heat and the lemon zest and juice. Optionally add one of the fresh herbs on top. Serve warm on a platter.

What to Prep ahead:

- Have all the ingredients measured and out on a tray, ready to cook
- Cook the green beans to your preference, strain, place in ice water and strain again.
- Select a large skillet to cook the onions and green beans

Spinach and Feta Mashed Cauliflower

1 medium head cauliflower, cut into small florets
2 tablespoons butter
1 tablespoon extra-virgin olive oil
1/4 cup Greek yogurt (or sour cream or cream cheese)
6 ounces fresh baby spinach, coarsely chopped
1/2 cup feta, crumbled
2 green spring onions, thinly sliced
2 tablespoons Italian parsley
milk to taste
salt and pepper to taste

1. Place the cauliflower florets in a steamer over boiling water and steam until fork tender, about 10 minutes. You can also place them in a pasta colander and cook them until tender but not overcooked.
2. Mash the cauliflower with a masher or pulse in a food processor.
3. In a skillet, add 1 tablespoon of olive oil and cook the spinach until just wilted.
4. In a pan, mix in the butter, yogurt or cream, cooked spinach, feta, green onion along with enough milk to bring the mashed cauliflower to the desired consistency before seasoning with salt and pepper to taste.

What to Prep ahead:

- Have all the ingredients measured and out on a tray, ready to cook
- Cook the cauliflower florets, and strain. Mash.
- Have skillet ready for spinach. Have pan ready to mix ingredients with mash cauliflower.

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Grocery list for 4 servings

<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none">• 1 large sweet potato or 2 medium• 1 large golden potato or 2 medium• 1 red onion• 1 large sweet onion• 2 spring onions• 1 head cauliflower (or bag or florets)• 2 shallots• 1 small bag or container baby spinach• 2 sprigs fresh thyme• 1 bunch Fresh Italian Parsley• 1 lemon• 12 ounces green beans or a little more is ok• Basil or mint (optional) you can use Parsley	<p style="text-align: center;"><u>Miscellaneous-Pantry Items:</u></p> <ul style="list-style-type: none">• Extra virgin Olive oil• ½ teaspoon dry oregano• Sea salt• Kosher salt• Black pepper• 1 cup breadcrumbs
<p><u>Frozen:</u></p> <ul style="list-style-type: none">• 1 (12 oz) package green beans (not string beans)	<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none">• 6 tablespoons Unsalted butter• 1 cup grated parmesan• ¼ cup (Greek yogurt, sour cream, or cream cheese)• ½ cup (4 ounces) Feta cheese• 1 small whole milk (about 1//4-1/2 cup)