

## Gingery Rhubarb Compote

Makes about 2 cups.

### Ingredients:

½ cup packed light brown sugar  
½ cup golden raisins  
½ cup red wine vinegar  
2 teaspoons fresh ginger, grated  
⅛ teaspoon red pepper flakes, preferably cayenne  
⅛ teaspoon freshly ground black pepper  
4 cups sliced rhubarb, about 1 pound

### Directions:

1. In a medium saucepan, combine brown sugar, raisins, vinegar, ginger, red and black peppers. Stir mixture.
2. Cover and simmer over medium heat. When mixture is hot, remove lid and stir. Continue cooking until liquid is reduced by half, about 5 minutes.
3. Add rhubarb and stir. Cover and cook until rhubarb starts to fall apart and liquid is syrupy, about 15 to 20 minutes.
4. Serve compote with pork or chicken.

Note: Compote can be made 5 days ahead. Cool, cover and refrigerate. If desired reheat before serving.



## Sautéed Spinach

Serves 2 as a main dish (with egg) or 4 as a side dish.

### Ingredients:

8 ounces of spinach, about 8 cups  
½ Tablespoon olive oil  
½ Tablespoon butter  
⅛ teaspoon red pepper flakes, preferably cayenne  
1 garlic clove, minced  
Salt, to taste  
2 eggs, optional

### Directions:

1. Wash spinach and remove tough stems.
2. Heat a large skillet or saucepan over low heat. Add olive oil and butter; heat until butter melts; stir to combine. Add red pepper flakes and garlic. Cook for about one minute. Add spinach; cover and cook for one to two minutes.
3. Remove lid; stir spinach. Add salt. Cook spinach until most of the liquid has evaporated.

Serve as is or with an egg. Cook egg as desired, poached, fried, or hard boiled.



# SPRING RECIPES

### In Partnership with:

Nebraska Extension  
Buy Fresh Buy Local Nebraska  
Nebraska Local Foods Network  
Nebraska Cooperative Development Center

## Asparagus with Mustard Vinaigrette

Serves 4 to 6.



### Ingredients:

- 4 large eggs
- 1 small shallot, minced
- 2 Tablespoons red wine vinegar
- 2 Tablespoons Dijon mustard
- 1 teaspoon regular or reduced fat mayonnaise
- 2 Tablespoons olive oil
- Salt and pepper
- 1½ pound asparagus

### Directions:

1. Place eggs in a medium saucepan. Add enough cold water to cover eggs by 1 inch. Carefully add the eggs and simmer for about 9 minutes. Drain. Add cold water to cover. When eggs are cool enough to handle, shell and set aside.
2. In a small bowl, whisk together shallot, vinegar, mustard, and mayonnaise. Slowly whisk in olive oil. Set aside.
3. Snap off and discard the bottom one inch of each asparagus. If using thick asparagus, peel about the bottom two inches.
4. Add about one cup of water to a large skillet. Add about one teaspoon salt, cover, and bring to a boil. Add asparagus and cook until asparagus can be easily pierced with a knife, about 3 to 5 minutes. Drain.
5. Coat warm asparagus with vinaigrette. Cut eggs into fourths. Serve with the asparagus.

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## Dressing a Salad

Makes about ¼ cup, enough for about 8 cups of greens.

A salad dressing is basically one part acid (vinegar or citrus juice) to three parts oil. For one tablespoon acid, you need three tablespoons oil. My preference is equal or more acid than oil. I also like to add a small amount of reduced fat or regular mayonnaise, about ½ teaspoon. Mayonnaise will help hold the vinegar and oil together.

Once you have the basic dressing, you can change it up. Try adding minced shallots, roasted garlic, herbs, such as, parsley, chives and tarragon are good additions. Change the oils, try roasted nut oils, like walnut or sesame.

### Basic recipe to get you started.

- 1½ Tablespoons vinegar
- ½ teaspoon mayonnaise
- ½ teaspoon Dijon mustard
- ¼ teaspoon salt
- Black pepper, freshly ground, to taste
- 2 Tablespoons olive oil



Blend together in a small bowl. Store leftovers in a small jar in the refrigerator. It will keep for about one week.

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## What Goes with What?

Oftentimes people ask me how I learned to match foods. First of all, there is no one answer. If you put two items together and you don't like the combination, don't worry. It will be okay. We develop knowledge about food just like other things.

Here are a few of my suggestions.

- ❖ Look to Mother Nature. What grows together goes together. Items that appear at your farmers market around the same time, generally go together. Think strawberries and rhubarb in the spring. Green beans and new potatoes generally appear about the same time.
- ❖ Think about color, texture and flavor. We eat with our eyes first. A plate with more colors, textures and flavors is more interesting.
- ❖ Read recipes, old and new. I don't always read recipes for cooking. Sometimes I am looking for an idea. For instance, the rhubarb compote in this brochure was supposed to go with pork belly. So why not try it with a pork chop or pork tenderloin or chicken.
- ❖ Be Fearless. You will make mistakes. Keep going. View a mistake as an opportunity to learn.

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