Guest Blog Recipe

Romanesco with Quinoa

Date: October 2, 2014

Romanesco is one of our most anticipated fall vegetables. A photogenic relative of cauliflower, romanesco’s flavor and texture are very similar to that of it’s homely cousin. You can use it in the same applications, but why would you? It’s so darn pretty, we thought we’d find a way to enhance it’s natural beauty. We pan-roasted it, glazed it with butter to give in an appealing sheen, and tossed in some quinoa to create a textured, polka-dot effect. This makes a solid side dish or can be chilled and tossed into a salad with cheese and fruit for a more complete meal.

Regardless of how you enjoy romanesco, do it soon and with much relish: its season is short. These striking vegetables aren’t likely to grace our pick-ups much longer.

Prep time: 15 minutes
Cook time: 25 minutes

Ingredients:
- 1 head of romanesco
- 1 medium sized onion, chopped
- 2 garlic cloves, minced
- 1 cup of cooked quinoa
- 1/4 cup vegetable stock or water
- 2 Tbs butter
- 1 Tbs thyme
- 2 Tbs fresh chopped parsley
- 1 lemon, juiced

Directions:
- Begin by quartering the romanesco vertically. Remove the outer leaves and cut out the core. Trim down the remaining pieces into small bite-sized florets.
- Heat a large skillet over medium-high heat and drizzle generously with olive oil. Add in onions and cook until they begin to “sweat” and become translucent, about 3 minutes.
- Add in the chopped garlic and thyme and sauté for about 2 minutes.
• Add in the romanesco florets, reduce to medium heat and, stirring constantly, cook for about 10 min until the florets become tender.
• Pour in the water or stock then add the butter. Using a wooden spoon, work the butter, stock and vegetables around until a glaze has formed — that is, until the butter and stock have emulsified and coated the romanesco.
• Stir in the quinoa, it should stick to the butter glaze.
• Finish with lemon juice and parsley, and season to taste.

Our guest blog comes to us from local linecook and blogger Adam Eshleman, and his girlfriend Naomi Huober. At home, they cook together using their favorite ingredient: local, organic produce from their Greensgrow CSA. The blog is an homage to all things fresh and local. A resource to those looking to get the most from their CSA’s. He does the writing, she does the photography, and together they create undercooked.blogspot.com.