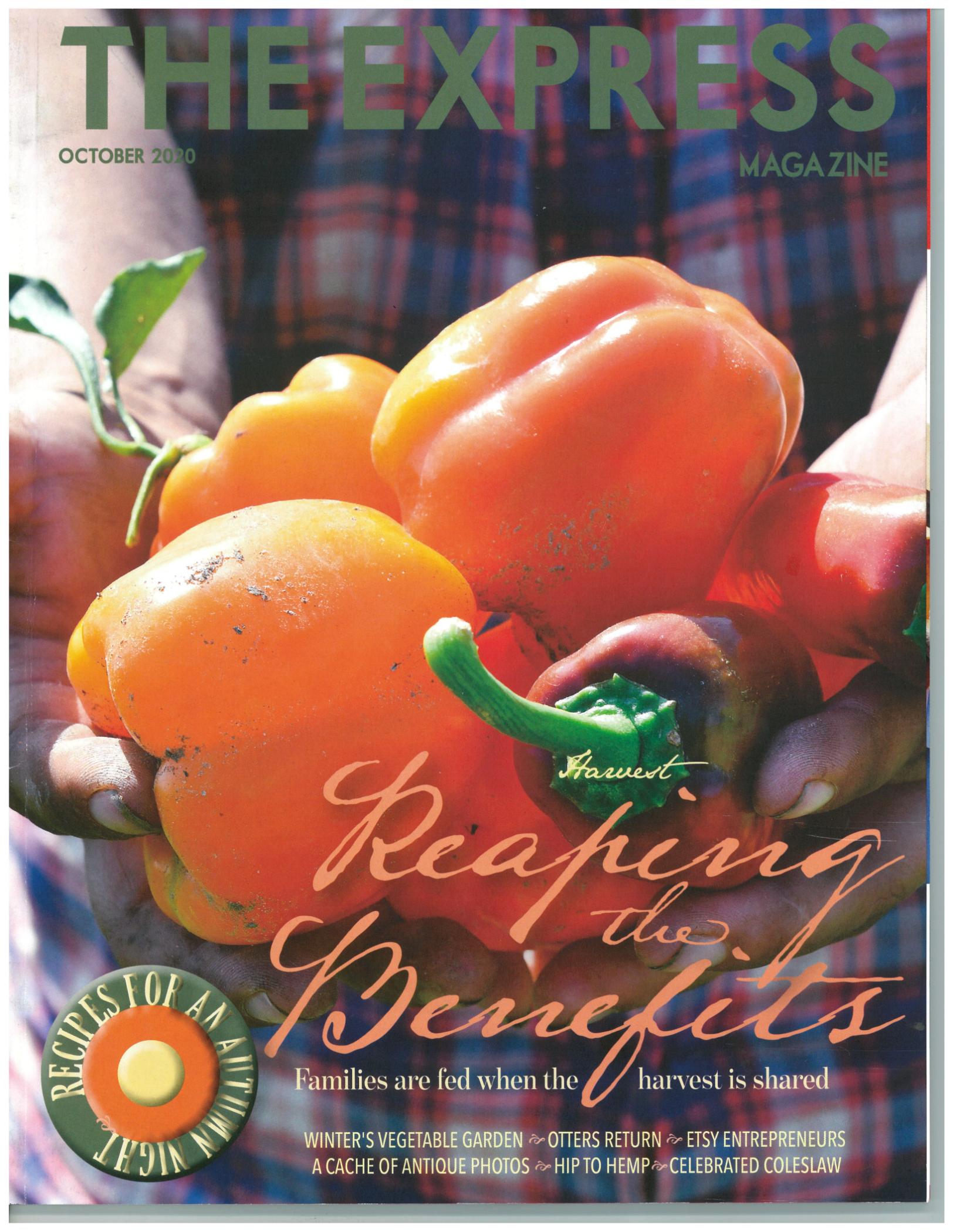


THE EXPRESS

OCTOBER 2020

MAGAZINE




Harvest.
Reaping the Benefits

Families are fed when the harvest is shared

WINTER'S VEGETABLE GARDEN ~ OTTERS RETURN ~ ETSY ENTREPRENEURS
A CACHE OF ANTIQUE PHOTOS ~ HIP TO HEMP ~ CELEBRATED COLESLAW





RECIPES *for an* AUTUMN NIGHT

*The season changes and more
hearty and warming meals
are brought to the table*



Steamed Local Black Sea Bass

*with Ginger-
Lemongrass Broth*

**By Chef Douglas Gulija
Plaza Café, Southampton**

For the ginger-lemongrass broth

*Yields 1 gallon - yield is more than needed
for 4 servings*

4 Spanish onions sliced
8 garlic cloves
4 oz. ginger, sliced
20 stalks lemongrass, crushed and then
sliced
1 tsp. red pepper flakes
1 Tbsp. coriander seed, crushed
3 bay leaves
4 cups white wine
1 gallon fish stock

Sauté first 3 ingredients over medium
heat until golden. Add next four
ingredients. Deglaze with white wine
and add fish stock. Lightly simmer for 30
minutes, continually cleaning surface of
impurities.

Ingredients

4 black sea bass fillets, skin on and
deboned
2 shallots, sliced
½ head Swiss chard, julienned
12 oz. mushrooms, sliced such as maita-
ke, shiitake or enoki
12 oz. cooked somen noodles
12 oz. ginger-lemongrass broth (recipe
above)
1 oz. snipped fresh herbs like cilantro,
chives or shiso
2 oz. ginger, sliced and lightly fried
1 oz. lemon oil

Season black sea bass with kosher salt
and fresh white pepper. Portion shallots,
mushrooms, somen noodles and broth
in sauté pan. Place black sea bass on top
of mixture and cover. Bring to simmer
and then turn heat off but leave cover
on. Fish should be cooked medium rare
in approximately 6 to 7 minutes. Portion
broth and vegetables in soup bowl, top
with black sea bass. Make herb salad
with fresh herbs, ginger chips and lemon
oil and portion on top of fish. Serve.

COURTESY PLAZA CAFÉ



Lulu Hummus and House Flatbread

By Executive Chef Philippe Corbet
Lulu Kitchen & Bar, Sag Harbor

Instructions

Put 1 quart dry chickpeas in water with 1 teaspoon of baking soda over night at room temperature. Drain the chick peas and put in pot with whole carrots, onion peeled cut in half, garlic, celery, bouquet garni, 1 teaspoon baking soda, salt and water. Cook until very tender, about an hour. Strain chickpeas and reserve 200 grams of cooking liquid.

Using a Vitamix or robot coupe, blend the following ingredients on high speed until very smooth:

1 quart cooked chickpeas
12 grams salt
125 grams lemon juice
200 grams extra virgin olive oil
9 grams garlic
200 grams of water from pot
3 grams Aleppo pepper flakes
Add ¼ quart of tahini and blend on high speed. Reserve.

For the topping, use diced roasted acorn or butternut squash flavored with Ras el Hanout spice mix and extra virgin olive oil. For decoration use lightly fried sage leave (with frying oil at 300 degrees, drop in the leave and cover for no more than 20 seconds. Take them out and place on paper towel. Sprinkle with salt and reserve in a dry space).

For plating, create a hole in the middle of the hummus add the roasted squash, finish with pumpkin oil and seeds. Decorate with fried sage leaves.

For the flat bread

3,100 grams bread or pizza flour
60 grams fresh yeast
100 grams sugar
60 grams Kosher salt
1,800 ml water
30 ml extra virgin olive oil

Instructions

Mix lukewarm water and fresh yeast with a whisk. Mix flour, salt, sugar and extra virgin olive oil in mixer bowl. Mix with the hook for 15 minutes. Place dough in oiled tub and let rest in refrigerator for the night. Shape balls of 200 grams and cover while dough comes to room temperature and doubles or even triples in size, about one hour. Flatten each ball by hand or using a roller. Brush with extra virgin olive oil. Cook



Butternut Squash Soup

By Chef Jennie Werts
Ellen's on Front, Greenport

Ingredients

2 yellow onions, roughly chopped
2 medium-sized butternut squash, peeled, seeded, roughly chopped
3 cloves garlic, whole
1 small bunch thyme
2 bay leaves
4 Tbsp. unsalted butter
1.5 cups heavy cream
2 cups apple cider
Water
Salt
Brown sugar to taste
Toasted pumpkin seeds

Instructions

Sauté onions, squash and garlic in butter until onions are a bit tender. Add thyme and bay leaves, sauté. Add apple cider, heavy cream and enough water to cover all the vegetables. Simmer soup until the squash is soft, about 45 minutes to an hour, stirring occasionally.

Take out thyme and bay leaves. Blend soup in blender for a more smooth consistency or use a hand blender for a bit chunkier. Season with salt and a little sprinkle of brown sugar. Garnish with toasted pumpkin seeds.



IGHT



Nick & Toni's Milk Pail Crostada

By Pastry Chef Kelsey Roden
Nick & Toni's, East Hampton

Serves eight

For the apple pie filling

3 lbs. and 12 oz. diced apples
3 oz. salted caramel sauce
3 oz. sugar
6 oz. light brown sugar
1 ½ tsp. vanilla paste
1 Tbsp. cinnamon
1 pinch salt
4 cinnamon sticks
6 oz. cornstarch

Combine the first eight ingredients in a pot, cook until the apples have release their juices and just started to soften. Remove apples.

Create a slurry by tempering the liquid into the cornstarch. Whisk until dissolved. Add the cornstarch mixture back into the pot. Cooking until a thick gooey consistency. Add the apples back in stirring until combined. Remove from heat immediately and pour into a hotel pan to cool.

For the rye pie crust

226g all-purpose flour
200g rye flour
1Tbsp. sugar
1 tsp. salt

1/4tsp baking powder
86 grams shortening
226 grams unsalted, cubed, cold butter
2 tsp. vinegar
114 grams cold water

Pulse dry ingredients in the mixer with the shortening and cold butter until small pea size. Transfer to the bowl or a mixer with the paddle attachment. Add the water and vinegar, mixing until a dough forms. Portion into 3.5-oz. pieces. Refrigerate until ready to use. Temper for 5 minutes before rolling/molding dough.

For the toasted pecans

Rough chop pecans until small pea sized. Toast in oven at 350 degrees until fragrant and golden. Set aside.

For the apple cider reduction

Yields ¾ quart

1 quart apple cider
470 grams sugar
3 cinnamon sticks

Combine all ingredients in pot. Cook on medium/low until thick. Strain out cinnamon sticks.



To Assemble

Place portioned balls of pie crust on a floured surface and roll out with a rolling pin to about 1/8" in thickness. Place rolled out dough on a baking sheet pan with parchment paper. After all eight are rolled out, spoon a few tablespoons of the apple mixture into the center and fold over the edges. Brush the assembled crostata with egg yolk and sprinkle with some sugar in the raw. Place crostatas in a 400-degree oven for approximately 20 to 25 minutes or until golden brown depending on your oven.

Drizzle crostatas with the apple cider reduction, sprinkle with toasted pecans and serve with your favorite brand of vanilla ice cream.

SEASONS COLLIDE



GAVIN MENU PHOTO

Charred Corn and Brussels Sprouts Salad

Serves 4

Ingredients

2 pints Green Thumb Brussels sprouts
4 ears Balsam Farms corn
1 lemon
1 egg
1/2 cup grapeseed oil
1/4 cup Wölffer estate vinegar
1 Tbsp. Dijon mustard

Directions

Shuck and wash corn. Dry thoroughly and rub with oil and salt and pepper. Grill corn and be sure to get good color on corn. Set aside to let cool. Clean Brussels sprouts, separating them into leaves. Boil water and make an ice bath. Blanch Brussels sprout leaves by dropping them into boiling water for 30 seconds, strain and immediately immerse in ice water. Once cooled, strain

again and wait for leaves to dry.

Cut corn off the cob and place corn and Brussels sprout leaves in a bowl.

To make dressing, add egg and mustard into a blender. Pulse several times and add juice of lemon and vinegar. Pulse several times more. With blender on low, slowly add oil. When dressing is emulsified, season with salt and pepper

Dress salad and serve.

Chef's Connection To Local Farms Has Deep Roots

Growing up in Cutchogue, Cheryl Stair remembers her mom bringing plates of food to local farmers — dishes that featured their own freshly-picked produce — as a show of appreciation for their craft. Today the owner and chef of Art of Eating, a Bridgehampton-based catering company in its 33rd year of business, features a brand of fine dining that highlights the same great products from farms across the North and South forks.

It's that deep connection to locally produced products that has shaped her food for decades. It started at Balzarinis in Southampton, the site most recently occupied by Red Bar, and carried over to Starr Boggs in Westhampton Beach, where the chefs held a reverence for local farming long before the farm-to-table movement became not just trendy, but a staple of local restaurants. Great produce can lead to simple vegetarian dishes, like the recipe featured on this page, which Stair said represents the changing of the season, from summer to fall, corn to Brussels sprouts.

"It's two things" that drive Stair's commitment to local farms, she said. "It's the taste and the seasonality of the two forks. The North Fork season starts approximately two weeks earlier than the South Fork. I extend the season by shopping both of those. "It always just seemed natural to me."

"You can't just stick with one farm because they all have reasons, not excuses, why you can't have their produce," she explains. "It's too hot, it's too cold, it's too wet, it's too dry or the deer ate a whole row of lettuce. They have such hard jobs. And I'm trying to do organic, so it's even harder."

Stair shops the stands herself, often beginning her journey in Orient at Oyster Pond Farms, which, she says, grows the best berries and figs on the planet. Sang Lee, Treiber Farm, Deep Roots Farm, Wesnofske, Wickham's, The Milk Pail, Green Thumb and Balsam Farms are regular stops on the weekly tour, which usually follows her crafting menus for high-end Hamptons' parties.

"It's just so delicious," Stair says of the end results. "It's better. Some people will say 'What did you do to these beans?' And I'll just say 'It's butter, salt and pepper, that's it.' The star of the show is the beans themselves."