



FRICASSEE OF SEASONAL GREENS AND VEGETABLES **BACKGROUND**

Recipe background: A fricassee is traditionally a dish of poultry stewed with vegetables in their own broth. It is usually made with one of the white meats. Sauces in fricassees range from creamy gravies to light broths. The word fricassee is French and comes from two Latin verbs: to fry and to break apart. Our version of the dish can be made at any time of year with any season greens and vegetables that you choose from the farmer's market!

Nutrition: This dish is chock-full of vitamins and minerals from vegetables and greens that we need to such as phytochemicals that protect us against cancers and calcium to build strong bones. The many plant ingredients also have lots of fiber, which helps our digestion. This is a low fat dish that gets a surprising amount of protein from the greens! Did you know that many greens are made up of 30% protein? You can also pair this dish with whole grains, legumes or animal protein to make a complete protein.

French Food: France has historically been the **gastronomical** capital of the world. Eating is an art in France. People take it very seriously there. The French teach their children the importance of fresh ingredients, how to taste foods, and even wine. Cooking and eating play important roles in the everyday life of French people. Each region in France is known for different food specialties. One of the ways the regions are different is that they use different fats in recipes. Butter, Lard, and olive oil are all used in French cooking. In the Mediterranean, people use olive oil. People use butter in Brittany, half of the Atlantic coastline, and the Loire Valley. The southwest and Alsace like to cook with lard. People cook with all three fats in the Rhone valley. The regions that are located along a coastline are known for their seafood. Butter and cream are important ingredients in French cooking. This also explains why the French have a multitude of wonderful cheeses. Eggs are also very important in French cooking. They are a key ingredient in some of the most famous French dishes, such as omelets, crepes, soufflés, and quiches. Eggs also are a **binding agent** for many of the famous French sauces.

GASTRONOMICAL: related to cooking and eating

BINDING AGENT: an ingredient that makes other ingredients stick together





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Prep Time: 30 minutes **Cook Time:** 10 minutes **Makes:** 10 servings

Recipe by Lynn Fredericks, FamilyCook Productions

Cultural Background:

Where in the world? France

Staple Food: wheat

Did you know? This dish can be made entirely from Farmer's market ingredients!

Nutrition: This dish is rich in...

Carbs: needs another dish to balance it

Protein: (add 8-12 ounces of chicken or seafood to provide protein)

Good Fat: olive oil

Vitamins and Minerals: all!

Fruits, veggies & herbs are rich in Vitamin C, A, plus fiber!

Ingredients:

1 cup	Vegetable Broth
1/4 cup	Extra Virgin Olive Oil
1 quart	Greens (arugula, bok choy, mustard, chard, spinach, watercress, collards, mizuna, etc.)
1 cup	Mushrooms
1 small	Eggplant
1 medium	Zucchini
1-2 small	Bell Peppers
4 sprigs	Herbs
1/2 cup	Cherry Tomatoes

Directions:

1. **WASH** all the produce.
2. **HEAT** the skillet over medium high heat.
3. **FILL** the skillet with broth, olive oil and greens.
4. **SLICE** the mushrooms, gill side up and **ADD** to the skillet.
5. **PEEL** and **DICE** the eggplant. **ADD** it to the skillet.
6. **DICE** the zucchini and peppers and **ADD** to the skillet.





7. **COOK** for 5 more minutes.
8. **SLICE** cherry tomatoes in half and **SET** aside.
9. **REMOVE** herb leaves from stems and **DISCARD** the stems. **CHOP** the leaves coarsely.
10. **REMOVE** the mixture from the skillet.
11. **SPRINKLE** herbs and tomatoes garnish over mixture and **SERVE**.

SEASONAL VARIATIONS

Season	Variation
Fall/ Winter	Replace eggplant with cubed: <ul style="list-style-type: none">• Winter Squash• Potatoes
Spring	<ul style="list-style-type: none">• Snap Peas• Asparagus• Mushrooms• Spring Greens like Beet or Turnip• Leeks• Garlic Scapes

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INGREDIENT & EQUIPMENT CHECKLIST

PERISHABLE INGREDIENTS

- ☐ 1 quart Greens
- ☐ 1 cup Mushrooms
- ☐ 1 small Eggplant
- ☐ 1 medium Zucchini
- ☐ 2 Bell Peppers
- ☐ ½ cup Cherry Tomatoes
- ☐ 4 sprigs Herbs

NON-PERISHABLE INGREDIENTS

- ☐ 1 c Broth
- ☐ ¼ cup Extra Virgin Olive Oil
- ☐ Kosher Salt

COMMON EQUIPMENT

- ☐ Chef's Knife
- ☐ Cutting Boards
- ☐ Measuring Spoons & Measuring Cups
- ☐ 10 *mise en place* bowls
- ☐ Wooden Spoon
- ☐ Colander

SPECIAL EQUIPMENT

- ☐ Vegetable Peeler
- ☐ Large Saucepan
- ☐ Oven Mitts

DISPOSABLE SUPPLIES

- ☐ Bowls
- ☐ Forks

SUPPLIES

- ☐ Napkins

