



Seasonal Spotlight

With

Jauna Burke

Mount Vernon Farmer's Market on the Square
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Originally from Westerville, OH, Jauna Burke owns a 15 acre farm with her husband, just south of Mount Vernon, where they are restoring an 1880's post and beam barn. She has always loved the creative outlet of cooking and the joy a fine, simple meal can bring. She has worked for over 15 years as a Private Chef in the yachting industry.

Parmesan Zucchini Fries

Ingredients:

4 medium zucchini

Salt

1 Tbsp melted butter (optional)

2/3 cup coarsely grated parmesan cheese (to taste)

Fill a medium pot with water and add a generous amount of salt. Bring to boil.

Preheat broiler with rack adjusted 6 inches away from heat. Spray pan with cooking spray.

Wash zucchini and remove seeds. Cut into 3" X ½" strips. Add zucchini to water and cook until barely tender, about 2-3 minutes. Drain well and plunge into ice water to stop cooking. Drain well and pat dry on paper towels.

In a small bowl, coat zucchini strips in butter, then parmesan, as you would bread crumbs. Place on oven pan under broiler until golden brown, about 15 minutes. Serve hot or cold with your favorite dip.

Garlic-Zucchini Pasta

Ingredients:

2 large zucchini
3 cloves of minced garlic
12 cherry tomatoes – halved
1-2 Tbsp olive oil
1/8 cup toasted pine nuts

With old-fashioned apple peeler, make threads of zucchini. Blanch in boiling salted water for 3 minutes, then drain on paper towels. In sauce pan, heat oil and sauté garlic and tomatoes until tender. Add zucchini and continue cooking until tender, about 5-7 minutes. Salt and pepper to taste. Serve immediately. Garnish with basil and pine nuts.

Zucchini Cakes

Ingredients:

2 large zucchini, trimmed and coarsely grated
1 tsp salt
¼ cup flour
2 Tbsp grated parmesan cheese
2 Tbsp minced onion
1 large egg and ground pepper, to taste
½ cup sour cream
Chopped fresh chives

Place shredded zucchini in a colander and set over a bowl. Sprinkle with salt and weigh down. Let stand for 30 minutes. In a bowl, mix zucchini, flour, parmesan and onion. Add egg and pepper. In a nonstick skillet, fry in batches, cooking about 2 minutes per side. Top with sour cream, chives and lemon zest, then serve.