

# From The Chef's Table



## Culinary Trivia

This hardy and hearty green has been cultivated for over 2,000 years and may be the ancestor to all of our modern common cabbage varieties. Name this plant.

Kale

## Cooking Tips

Toasting nuts (and seeds) brings out their flavor and aroma. Toast in a 350 degree F. oven, spread on a baking sheet in a single layer, for about 3 to 5 minutes. Watch carefully because as soon as they start to color they toast very quickly. Remove them from the baking sheet as soon as you take them out of the oven, otherwise they will continue brown. If you want to remove the skins from the nuts, wrap the toasted nuts in a kitchen towel. Let the nuts steam for 5 minutes. Roll the nuts around (while still in towel) until skins rub off.

## Organic Soup on Wednesday

To celebrate the 10th Anniversary of the USDA Organic Regulations Wednesday at our soup stations in the South and Whitten Cafés as well as the Dining Room we will offer

### Anasazi Bean Soup

Anasazi Beans simmered with Celery, Onion, Carrots, and Tomatoes Garnished with Cilantro and Rosemary

Anasazi are a Small Legume related to the Kidney Bean. Cultivation of this bean can be traced back to the Anasazi Indians from the Southwestern United States. The name comes from a Navajo word meaning "Ancient Ones"

I've created this recipe with all organic ingredients and have chosen to style it in anticipation of Native American Heritage Month which begins next month.

## Check out these Local Products this week

- Eggplant
- Suntan Peppers
- Squash
- Red Potatoes
- Wild Flower Honey
- Mushrooms
- Beets
- Kale
- Asian Pears
- Apples

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