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A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.

May 2022

MAX OUT ON YELLOW VEGETABLES AND FRUITS:

**Compote of Golden Kiwifruit, Mango, Peaches,
Cantaloupe, and Persimmon**

**Golden Vegetable Bisque with Rosemary
and Tortellini**

**Golden Winter Vegetable Pot Pie with Puffed
Pastry Crust**

**Israeli Couscous Salad with Yellow Vegetables
and Fruits**

Moroccan Squash and Carrots with Apricots

Sweet Pepper Salad with Honey – Mustard Dressing

Yellow Squash and Corn Salad

Sweet and Tart Cranberry Vinegar

In August 2018 [see recipe archives] I broached the yellow vegetable theme with a recipe for *Couscous* with Golden Vegetables. The flavors of corn and sweet yellow pepper are augmented by a hint of the Middle East introduced by turmeric and cumin. If you tried that recipe, you may be primed for this adventure. Those of you who have played with my Really Red Winter Salad [recipe archives, February 2016] or my Green and White Fruit Compote [recipe archives, September 2020] know that this is not just a game for the cook's amusement. There is always a nutritional reason for my apparent fanciful excursions. In this case, yellow and orange vegetables contain carotenoids; beta-carotene is used by the body to manufacture vitamin A. Along with all the other important functions of vitamin A in our complex metabolism, bioflavonoids and retinol, a type of vitamin A1, act to reverse skin damage. Yellow vegetables and fruits contain, in varying amounts, antioxidants, zeaxanthin, lycopene, potassium, and vitamin C. Corn, for example, is a rich source of antioxidants that control free radicals and, thereby, this common vegetable functions in cancer prevention

An information leaflet that had been distributed during World War II encouraged families to “stay strong to win the war.” Although the pamphlet emphasized protein sources and did advocate meat almost as much to the American population as Pravda does to the Russian people, it did make other nutritional recommendations. It suggested that the main meal of the day should include one green and one yellow vegetable. I do remember that my mother did try to serve one green and one yellow vegetable every day which was easy for us since my grandfather's vegetable garden and local farm stands could be relied upon while the grocery stores were hit or miss when it came to fresh produce. She also left cut-up vegetables in the refrigerator for snacks. In the winter Mom settled for canned vegetables even though my brother and I would sit for hours pushing stuff around the plate with little interest in whether we were or were not “getting our vitamins.”

When you decide to increase the appearance of yellow and orange vegetables in your dishes, soups, stews, and the selection of vegetables to roast can be convenient vehicles for this idea. Do also consider the addition of yellow fruit as you carry this concept forward. The recipe below for Moroccan Squash and Carrots with Apricots and Chestnuts is a special favorite of ours. Golden kiwifruit, papaya and mango find their way into lots of dishes, salads, desserts . . . How about a citrus compote before or after a golden meal?

YELLOW / ORANGE VEGETABLES and FRUITS to consider:

apples, 'Yellow Delicious' or 'Envy'

apricots

bananas

beets, yellow

butter beans

cantaloupes

carrots

cauliflowers, orange

corn

figs

grapefruits

golden kiwifruits

lemons

mangoes

nectarines

oranges

papayas

peaches

peppers, yellow and orange

potatoes, yellow 'Yukon'

persimmons

pineapples



pomelos

pumpkins, all varieties except white

rutabagas

spaghetti squashes

starfruits

sweetpotatoes

tangerines

ugli fruits

winter squashes –

acorn

banana squash

buttercup

delicata

golden nugget

hubbard

Jack-be-Littles

kabocha

pattypan, yellow or orange

sweet dumpling

turban

yellow runner beans

yellow summer squashes

COMPOTE OF GOLDEN KIWIFRUIT, MANGO, PEACHES, CANTALOUPE, AND PERSIMMON

TPT - 1 hour and 45 minutes;

30 minutes = syrup cooling period;

30 minutes = maceration period

I dearly love Fuyu persimmons and do look forward to their appearance in our markets in the fall. The aforementioned Fuyu are a sweet, flat-bottomed variety that can be eaten out-of-hand while still quite firm. Hachiya, on the other hand, are a larger, heart-shaped variety with a rounded base which must be fully ripened, almost to a mushy state, to be sweet. The fruit of the Hachiya is sweet when ripened but it is more astringent than is the fruit of the Fuyu. The persimmon can make an unusual dessert or a dramatic garnish while providing vitamins C, K, B₆, and beta-carotene. It is also a source of phytochemicals and an excellent source of magnesium. A perfectly ripened, sweet persimmon teams well with other fruits in a compote to serve as a first course or for dessert. This compote of yellow fruits is one of my favorite combinations for a holiday meal. Allowing the fruit juices to combine results in a remarkable sauce or you might like to splash a little sweet sauterne over. Don't worry if one of the fruits is unavailable or if you have to settle for canned peaches or store-cut cantaloupe, the combination is infinitely forgiving.

1/4 cup water
1/4 cup sugar

2 ripened, golden kiwifruit—peeled and chopped
1 ripened mango—peeled and chopped
1 ripened peach—peeled and chopped— *or* the
equivalent in chopped, canned peach slices
2/3 cup chopped cantaloupe

1 perfectly ripened Fuyu persimmon—peeled and
chopped

Slosh or two mineral water

In a saucepan set over *MEDIUM* heat, combine the 1/4 cupful water and sugar. Allow to come to the boil while stirring sugar into solution. Continue boiling until a syrup forms. Remove from heat. *Be careful to keep sugar syrup from caramelizing.* Allow syrup to cool for 30 minutes.

In a bowl, combine chopped golden kiwifruit, mango, peach, and cantaloupe. Toss gently. Turn into glass serving bowl. Place a plate on top of the bowl and allow the fruit to macerate slightly—about 30 minutes.

Pour sugar syrup over. Slosh a bit of mineral water over. Toss gently.

Scatter chopped persimmon on top. Refrigerate until ready to serve for no longer than 30 minutes to avoid browning.

Serve into sherbet glasses or other dessert dishes.

Yields 4 servings

Note: This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 1.1 g.; FAT = 0.4 g.; CARBOHYDRATE = 40.6 g.;
CALORIES = 158; CALORIES FROM FAT = 2%

GOLDEN VEGETABLE *BISQUE* WITH ROSEMARY AND *TORTELLINI*

TPT - 1 hour

I'm betting that this velvety pureed soup will become a favorite for you as it has for us. If you make it in quantity and freeze in portions for future menus plans, you will find little reason to turn to canned squash soups. With or without tortellini it is a satisfying and luscious soup. And, it is beautiful enough to serve as the first course of a holiday meal, with or without tortellini.

1 1/2 tablespoons butter
1 cup chopped carrot
1/2 cup *finely* chopped onion
1 large garlic clove—chopped
1/8 teaspoon freshly ground mixed peppercorns
—red, white, and black—or to taste
1/4 teaspoon *powdered* rosemary



1 cup peeled and cubed yellow, Yukon potatoes
2 cups peeled, seeded, and cubed winter squash
—butternut, buttercup, hubbard, acorn, golden
nugget, sugar pumpkin, delicata, sweet dumpling,
banana squash, or turban
2 1/2 cups water
1/2 teaspoon salt, or to taste

1 quart *boiling* water
20 dry *tortellini*, of choice

1 teaspoon *extra virgin* olive oil
Fresh rosemary needles, for garnish

In a large saucepan set over *LOW-MEDIUM* heat, melt butter. Add chopped carrot, *finely* chopped onion, chopped garlic, ground mixed peppercorns, and powdered rosemary. Stir to combine. Fit a piece of waxed paper down firmly on the vegetables. Cover and allow the vegetables to sweat until softened. Remove and discard waxed paper.

Add cubed potatoes and squash, 2 1/2 cupfuls water, and salt. *Increase heat to MEDIUM*. Allow to simmer until vegetables are softened. Remove from heat. Turn into the workbowl of the food processor fitted with steel knife or into an electric blender. Process until *very* smooth. Turn into a sieve set over a clean saucepan. Press the soup through the sieve. Discard any material that does not pass through the sieve. Set aside briefly.*

In a saucepan set over *MEDIUM-HIGH* heat, combine the 1 quartful *boiling* water and the dry *tortellini*. Cook according to package directions. Drain.

Add drained *tortellini* to puréed soup base. Set over *LOW-MEDIUM* heat and allow to heat through. Turn into a small tureen.

Serve into soup plates. Drizzle a bit of olive oil in the center of each serving. Place a couple of rosemary needles on top of the oil to garnish.



Serve at once.

Yields 4 servings

Notes: *This recipe can be prepared to this point and frozen most successfully.

Conveniently, this recipe can be doubled or tripled, when required.

1/4 SERVING – PROTEIN = 4.2 g.; FAT = 7.1 g.; CARBOHYDRATE = 25.0 g.;
CALORIES = 214; CALORIES FROM FAT = 30%

GOLDEN WINTER VEGETABLE POT PIE WITH PUFFED PASTRY CRUST

TPT - 8 hours and 40 minutes
8 hours = chestnut soaking period

The beautiful, golden winter vegetable selection sometimes needs a little help in the presentation department. This gives you a new way to use those vegetables that, no matter the supply chain shortages, can be found in your winter produce section. Pot pie preparations were a frequent family supper when I was growing up in the 1940s and '50s. Before refrigerators had reliable freezers, we did not have the luxury we have today of accumulating those bits and pieces of leftover vegetables for future dishes or soups. The leftovers and the vegetables in the crisper drawers had to be used quickly or they ended up in the compost pile. Vegetables that accumulate in the freezer can be disappointing if just served as a side vegetable and, just as when I was young, the pot pie and a few commercially-available convenience items can come to the rescue with a dish that makes those leftovers seem like treasures. Pot pies were always appreciated by the family; they are still a family comfort food.

4 dried chestnuts
1 cup *boiling* water

1 1/2 tablespoons light cream *or* half and half
1 teaspoon corn starch
1/2 can (10 1/2 ounces) condensed *low-sodium*
cream of mushroom soup, cream of celery soup,
or* cream of asparagus soup—*undiluted

1 small sweetpotato—peeled and cut into large dice
1 small parsnip—peeled and cut into large dice
1 medium carrot—peeled and cut into large dice
3/4 cup chopped butternut squash
2 tablespoons *sautéed* mushrooms slices
2 tablespoons dried cranberries
1 teaspoon *finely* chopped fresh thyme *or* 1/2 teaspoon
dried thyme—crushed
1/2 teaspoon crushed dried sage
Freshly ground black pepper, to taste

1/4 sheet frozen puff pastry—*brought to room temperature*

In a Pyrex measuring cup, soak dried chestnuts in boiling water for 8 hours or overnight. Scrape well and chop.

Preheat oven to 385 degrees F. Prepare a **1 1/2-quart soufflé dish** by coating with non-stick lecithin spray coating.

In a mixing bowl, combine cream and corn starch. Using a wire whisk, combine thoroughly. Add undiluted cream soup and again combine thoroughly.

Add chopped sweetpotato, diced parsnip and carrot, chopped squash, sautéed mushroom slices, dried cranberries, *finely* chopped thyme, crushed sage, and black pepper. Mix well. Turn into prepared baking dish, spreading mixture evenly to edge.



On a pastry marble or breadboard, cut the puff pastry to fit the soufflé dish. Wad up a piece of aluminum foil and place it in the middle of the soup-vegetable mixture. Stretch the puff pastry over the *soufflé* dish, securing it firmly to the underside of the rim of the baking dish. *Do not let it settle down onto the vegetable mixture.* Using a sharp knife, pierce the pastry to create vent holes for release of the steam.

Bake in preheated 385-degree F. oven for 25 minutes, or until puffed and browned.

Serve at once. Remove and discard aluminum foil ball as you serve. Refrigerate any leftovers, covered, and reheat, uncovered, for lunch the next day.

Yields 4 servings



1/4 SERVING – PROTEIN = 3.7 g.; FAT = 5.0 g.; CARBOHYDRATE = 28.8 g.;
CALORIES = 188; CALORIES FROM FAT = 24%

ISRAELI COUSCOUS SALAD WITH YELLOW VEGETABLES AND FRUIT

TPT - 1 hour and 28 minutes;
15 minutes = cooling period;
1 hour = flavor development period

I find that Israeli couscous, mughrabiye, provides an interesting base for both hot dishes and salads. Macaroni salad, say you; not quite, say I. When you toast Israeli couscous in oil before introducing it to salad ingredients, you add another layer of rich flavor. The interesting complexity of this salad makes for a vegetable salad that is beautiful, delicious, and we must not gloss over the health advantages of all those carotenoids. The tiny, soft, sweet bits of peaches here and there are an amazing surprise each time you encounter them.



1 tablespoon extra virgin olive oil
1 cup dry Israeli couscous

1/4 cup diced sweet onion
1/4 cup diced yellow bell pepper
1/4 cup green (raw) or frozen corn kernels
3 tablespoons diced, canned peaches
Freshly ground mixed peppercorns—red, white, and black—to taste

3 tablespoons calorie-reduced or light mayonnaise

Set a saucepan over *LOW-MEDIUM* heat, combine oil and Israeli *couscous*. Heat until *couscous* has browned. Stir frequently. Set aside to cool to room temperature—about 15 minutes.

Add diced sweet onion, diced yellow pepper, corn kernels, diced peaches, and ground mixed peppercorns. Toss to mix well.

Gently fold mayonnaise into salad mixture. Turn into a serving bowl. Refrigerate for 1 hour to allow flavors to meld.

Serve chilled. Refrigerate any leftovers.

Yields 4 servings

Note: This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 4.3 g.; FAT = 7.2 g.; CARBOHYDRATE = 37.4 g.;
CALORIES = 192; CALORIES FROM FAT = 34%



MOROCCAN SQUASH AND CARROTS WITH APRICOTS AND CHESTNUTS

TPT - 8 hours and 37 minutes;
8 hours = apricot and chestnut soaking period

. . . yellow vegetables, how about two vegetables and a fruit? After an electrical surge during a lightning storm in August 2020, we were without a range into October 2021 due to the failure of supply chains. We opted for this dish for Christmas dinner during the darkest days of the Covid-19 pandemic. It was served over a complex rice pilaf mixture although barley, couscous, and millet all were considered. A pilaf of white, brown, and wehani rice mixed with wild rice and mushrooms ultimately supported the excitingly seasoned golden stew. The spice mixture in this dish just intensifies the rich color. It was accompanied by a side of sautéed greens with dried cranberries and calamara pasta rings. We were able to get the fruits to make the golden fruit compote salad shared elsewhere in this column. The rich steamed vanilla custard we traditionally serve for Christmas lunch kept tradition alive although, without ovens, it had to be steamed in a large kettle. It was beautiful, it was different, and the reality around us seemed to disappear for a time.

1/3 cup dried apricot halves

1/4 cup dry chestnuts

Boiling water

1 tablespoon olive oil

1/2 cup finely chopped onion

2 large garlic cloves—finely chopped

3/4 teaspoon Hungarian sweet paprika

1/4 teaspoon ground coriander

1/4 teaspoon ground cumin

1/4 teaspoon ground turmeric

1/4 teaspoon ground ginger

1/4 teaspoon salt

Pinch Spanish smoked paprika

Pinch saffron

**Freshly ground mixed peppercorns—red, white,
and black—to taste**

1 cup canned, diced tomatoes

1/2 cup tomato canning liquid

**1 1/2 cups cubed Kabocha squash, or other winter
squash of choice**

1 large carrot—peeled and cut into chunks

1/4 cup chopped fresh coriander (*cilantro*)

In a 2-cup Pyrex mixing cup, combine *dried* apricots, *dry* chestnuts, and *boiling* water to cover. Allow apricots and chestnuts to rehydrate at room temperature for about 8 hours, or overnight. In the morning, drain. Scrape chestnuts to remove any residual seed coat. Set apricots and chestnuts aside until required.

In a large skillet set over *LOW-MEDIUM* heat, heat oil. Add onion slices and *finely* chopped garlic. Sauté until onion begins to soften, *being careful not to allow vegetables to brown*.

Add *sweet* paprika, ground coriander, ground cumin, ground turmeric, ground ginger, salt, *smoked* paprika, saffron, and ground mixed peppercorns. Cook, stirring constantly, for several minutes to allow seasonings to release essential oils.



Add diced tomatoes, tomato canning liquid, cubed squash, and carrot chunks. Allow to come to simmer and cook for about 20 minutes, or until vegetables are tender. Turn into a heated serving bowl.

Garnish with chopped fresh coriander (*cilantro*) just before serving.

Yields 4 servings

Note: This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 3.1 g.; FAT = 3.4 g.; CARBOHYDRATE = 25.5 g.;
CALORIES = 160; CALORIES FROM FAT = 19%

SWEET PEPPER SALAD WITH HONEY – MUSTARD DRESSING

TPT - 2 hours and 15 minutes;
1 hour = pepper wilting period;
1 hour = flavor development period

Those lovely mini peppers, promoted as sweet snacks, are perfect for this modern adaptation of a Hungarian classic that can bring yellow and orange vegetable sunshine to a winter salad plate and become one of your family's favorites as it has become for us. This can be made well ahead and really benefits from a lengthy marination. Leftovers can be added to a sandwich or a burger.

8 mini peppers—yellow, orange, and red—more or less depending on the size of the peppers

Salt

HONEY – MUSTARD DRESSING:

2 tablespoons extra virgin olive oil
1 tablespoon red wine vinegar
1/2 teaspoon freshly squeezed lemon juice
1 1/2 teaspoons honey
1 1/2 teaspoons Dijon mustard with wine
Freshly ground black pepper, to taste

Hungarian sweet paprika, to taste

Trim stem end from peppers. Using a paring knife, scrape seeds and membranes from each pepper. Rinse well. Slice each pepper into rings.



In a shallow serving bowl, combine pepper rings. Salt generously. Place a plate on top of the bowl and allow the peppers to stand at room temperature for 1 hour. Rinse thoroughly with cold water and drain well. Return the pepper rings to the serving bowl.

In a cruet, combine oil, vinegar, lemon juice, honey, mustard, and black pepper. Shake vigorously to emulsify. Pour over the well-drained pepper rings. Toss. Refrigerate for 1 hour before serving.

Lightly sprinkle paprika over.

Serve chilled. Refrigerate any leftovers.

Yields 4 servings

Note: This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 0.7 g.; FAT = 2.9 g.; CARBOHYDRATE = 3.9 g.;
CALORIES = 46; CALORIES FROM FAT = 58%

YELLOW SQUASH AND CORN SALAD

TPT - 8 hours and 6 minutes;
8 hours = flavor development period

This is a year-round salad. In the summer we can capitalize on the fresh produce at our fingertips. The rest of the year we have frozen corn kernels that can be combined with lovely small, organic yellow summer squashes, now available year-round.

HONEY – MUSTARD – ORANGE VINAIGRETTE:

2 tablespoons extra virgin olive oil
1 tablespoon freshly squeezed orange juice
2 teaspoons cranberry vinegar [*see recipe which follows.*]
1/2 teaspoon honey
1/2 teaspoon Dijon mustard with wine
Salt, to taste
Freshly ground black pepper, to taste
Pinch rosemary powder, or to taste



1 small yellow summer squash—peeled and cut into small dice
1/2 cup green (raw) corn kernels or defrosted, frozen corn kernels
1 shallot—thinly sliced

In a large plastic container with tight-fitting lid, combine orange juice, oil, vinegar, mustard, pepper, and rosemary powder. Whisk. Set aside briefly.

Add diced yellow summer squash, corn kernels, and shallot slices. Mix well. Cover tightly. Refrigerate for 8 hours or overnight.

Turn into a serving bowl.

Serve with a slotted spoon at room temperature. Refrigerate leftovers.

Yields 4 servings

Note: This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 1.7 g.; FAT = 6.0 g.; CARBOHYDRATE = 10.1 g.;
CALORIES = 94; CALORIES FROM FAT = 57%

SWEET AND TART CRANBERRY VINEGAR

TPT - 1 hour and 28 minutes;
30 minutes = cooling period

This is the perfect vinegar to use for a vinaigrette for salads in which dried cranberries are to be included or as the vinegar in almost any salad dressing when a cranberry dessert is planned.

1 cup fresh or frozen cranberries
1/2 cup sugar
1 cup boiling water

1 1/2 cups distilled white vinegar

3 fresh cranberries, for garnish

Sterilize **2 or 3 clear, condiment bottles.**

Wash cranberries thoroughly and discard any of poor quality.

In a saucepan set over *LOW-MEDIUM* heat, combine washed cranberries, sugar, and *boiling* water. Simmer until quantity in pan is reduced by half—about 40 minutes.

Strain through a fine sieve into a mixing bowl. Wash sieve well. Line clean sieve with culinary cheesecloth and strain again.

Add strained cranberry juice to vinegar.

Pour cranberry vinegar into sterilized condiment bottle. Allow to cool to room temperature—about 30 minutes.

Add reserved cranberries to garnish. Cap.

Store vinegar at cool room temperature away from light for up to three months.



Yields about 4 cupfuls

Note: This recipe may be halved or doubled, when required.

1/64 SERVING (i. e., per tablespoonful) –
PROTEIN = 0.0 g.; FAT = 0.0 g.; CARBOHYDRATE = 0.0 g.;
CALORIES = 0; CALORIES FROM FAT = 0%

OK, class over . . . let's indulge.

For next month's column,

I have gathered a few simple, family dessert recipes

that jump to special with just a little effort.

Please do drop by,

Judy

Please note that all food value calculations are approximate and not the result of chemical analysis.

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