

Potato Lover's Salad

NeuCollins Family Recipe

Ingredients:

- 3 - 4 potatoes cut into chunks for roasting
- 3 tablespoons oil
- 1 teaspoons sea salt
- 2 cups broccoli florets (leave 2" of stems attached)
- 4 cups lettuce (any basic variety) washed, dried, and broken into bite size pieces
- 1 cup alfalfa sprouts
- 1 cup red cabbage, finely sliced or shredded

Dressing:

- 3 large cloves garlic
- 6 tablespoons fresh lemon juice
- 1 teaspoon sea salt (more to taste)
- $\frac{3}{4}$ cup olive oil
- 1 $\frac{1}{2}$ teaspoon dried oregano
- $\frac{3}{4}$ teaspoon dried thyme
- 3 - 6 tablespoons mayonnaise
- Fresh ground pepper (optional)

Directions:

- Turn the oven to 425 degrees F.
- Fill up a large soup pot with tap water. As you chop your potatoes, place them in the water. Once you're done chopping potatoes, turn water on high and bring to a boil. As soon as the water begins to simmer, throw in a dash of salt. Once the water starts to boil, turn off the stove and remove the pot from the heat. Drain the water from the potatoes. Let cool for a few minutes. Once the potatoes are done cooling, put them in a bowl, toss with olive oil, salt, and pepper. Place evenly on a sheet pan and then roast them. Check them every 10 minutes, occasionally flipping if you see they're browning unevenly. They shouldn't take more than 20 minutes.
- Meanwhile, slice up your broccoli into bite-sized florets, leaving 2" of stem on each. Toss with oil until all the florets are lightly coated. Arrange them on an even layer on a pan, sprinkle salt on top, and bake for 18 - 22 minutes or until the florets are turning deeply golden on the edges. Toss them halfway to make sure they're cooking evenly.

- While roasting, wash the lettuce and finely slice the cabbage.
- After potatoes and broccoli are done roasting, let them cool briefly for a few minutes. Then combine with lettuce, sprouts, cabbage, and broccoli. Serve with dressing.

To make the dressing:

- Finely mince the garlic and add to a small jar or bowl. Add the herbs and salt.
- Add lemon juice, mustard, and mayo. Whisk to combine.
- Slowly (drip-by-drip), add the olive oil. You want to add this slowly to make sure your dressing is emulsifying and becoming creamier.
- Add salt and pepper to taste.

Homemade Mayonnaise

From <https://www.inspiredtaste.net>

Ingredients:

- 1 large egg at room temperature
- 1 tablespoon Dijon mustard
- 1 tablespoon red or white wine vinegar
- 1/4 teaspoon kosher salt, or more to taste
- 1 cup (240 ml) neutral flavored oil. Grapeseed, safflower or canola are best.
- 1 teaspoon fresh lemon juice, optional

Directions:

Prepare Equipment

1. If you have a large food processor, use the smaller bowl attachment that came with your processor so that the bowl is not too large for the amount of mayonnaise this recipe makes. Not using the smaller bowl can prevent the mayonnaise from emulsifying since the mixture will not have enough contact with the blade.
2. *If you do not have the smaller bowl attachment, making the mayonnaise with an immersion blender or by hand are alternatives. Or simply make a larger batch*

and double the recipe and use the standard bowl attachment. You might find success with a high-speed blender.

Make Mayonnaise

1. Add egg to the small bowl of a food processor and process for 20 seconds. Add the mustard, vinegar, and salt. Process for another 20 seconds.
2. Scrape the sides and bottom of the bowl, turn the food processor on then begin to slowly add the oil in tiny drops until about a quarter of the oil has been added (this is critical for proper emulsification).
3. When you notice that the mixture is beginning to thicken and emulsify, you can be a little less strict. With the processor on, continue to add it slowly, but increase to a very thin stream instead of drops of oil.
4. When all of the oil has been added, scrape the bottom and sides of the bowl and process for an extra 10 seconds. Taste mayonnaise for seasoning then add salt, lemon juice or extra vinegar to taste.
5. Note: If the mayo seems too thin, slowly stream in more oil with the processor running until thick.

Tips

- Storing Homemade Mayonnaise: Store covered in the refrigerator for up to a week.
- Raw eggs: When choosing eggs for homemade mayonnaise, go for fresh, properly refrigerated, clean grade A or AA eggs with intact shells.
- Olive oil: Olive oil can be a little overpowering so use one that's light and fruity and consider only replacing half of the oil called for in the recipe with olive oil and use something more neutral for the rest.
- Fixing Broken Mayonnaise: While we have never had this recipe for mayonnaise break on us, if it happens to you don't fret! You really should be able to fix it. Add about 1 teaspoon of mustard to a bowl then slowly beat the broken mayonnaise into the mustard until it becomes emulsified and creamy again (a tip from Julia Child). Another trick is to repeat the same process, but replace the teaspoon of mustard with an egg yolk.

Cheesy Garlic Bread

Loosely based off of recipe from justataste.com

Ingredients:

- ¼ cup butter
- ¼ cup olive oil
- 1 cup shredded cheese – I do a combination of parmesan and cheddar
- 1 cup mayonnaise
- 2/3 cup sliced scallions
- 2 - 4 cloves garlic, minced
- 1 baguette or french loaf

Directions

1. Preheat the oven to 350°F.
2. In a bowl, combine the softened butter, cheese mayonnaise, sliced scallions and minced garlic. Stir until combined.
3. Slice the loaf of bread in half lengthwise. Then, drizzle each side with olive oil and spread with the cheese mixture.
4. Wrap in tin foil and bake the bread for 7 - 10 minutes.
5. Place it under the broiler just until golden brown, about 3 minutes.
6. Cut it into slices and serve.

How To Sprout Seeds

<https://wholefully.com/sprouting-101/>

Step 1: Soak your seeds

Different seeds will soak up different amounts of water, but a good rule of thumb is to use three parts water to one part seed. How much seed do you use? Well, it depends on the seed, the size of your container, and how much sprouts you want in the end.

Place the seed in a clean Mason jar, cover with cool water, and then stir to make sure all seeds are wet. You can leave the jar open (that's what I normally do), or you can cover it with either a sprouter lid on top of the jar or a piece of breathable natural fabric (like cheesecloth or muslin) secured with a rubber band. Set it aside to soak for the listed amount of time.

Step 2: Drain and rinse your sprouts

Once the soaking time is up, you need to drain your sprouts. If you have a sprouter lid, just tip the whole jar over the sink and let the water rush out. If you used the cloth method, remove the rubber band and cloth, and place a fine mesh sieve over top of the jar. Invert it over the sink and let drain.

Then add more fresh, cool water to the jar, swirl it around a little bit, and rinse out that water. Make sure to really shake out as much water as you can.

Once the sprouts are all rinsed, turn the jar in your hand so as many seeds as possible stick to the outside of the jar. This tends to get a bit better of a germination rate. Then prop the jar, upside-down, in a bowl.

Step 3: Rinse, drain, repeat.

Now your only job is to visit your sprouts twice a day (for most sprouts) and rinse them with fresh, cool water, drain, and prop back up in the bowl (you might want to empty out the water that collected in the bowl at this point, too).

For most seeds, you'll start to see little baby sprouts within a day or so. You can honestly harvest and eat your sprouts at any stage, but most folks prefer to harvest sprouts that are 1/2-2" long. Keep on rinsing and draining until you get to the length you want.

Step 4: Harvest, store, and use your sprouts!

You're ready to harvest...now what? Give your sprouts one final rinse and drain, then remove the jar lid and dump all the sprouts out onto a clean, absorbent kitchen towel. Spread them all out onto one layer and let them air dry for 30-60 minutes before storing.

To store: I like to line a glass food storage container with a clean tea towel (paper towels work too) and then put the sprouts in. Then I wrap the sprouts up and close the container. Extra moisture is the enemy of sprouts (and most produce—this trick also works with herbs, lettuces, and other greens). Store in the fridge for up to a week.