RICARDO

VEGETABLES FIRST

120 VIBRANT VEGETABLE-FORWARD RECIPES

SALT-ROASTED BEETS

4 to 6	whole beets, unpeeled and washed
4 cups	(1.1 kg) coarse salt

Preheat the oven to 350°F (180°C).

Place the beets in an 8-inch (20 cm) square glass or ceramic baking dish. Cover completely with the salt. Bake for 1 hour 30 minutes. Remove from the oven.

Let the beets cool in the salt before peeling them, about 2 hours. They are perfect for beet carpaccio, in salads, or with meat or poultry. The beets, once peeled, will keep for 2 weeks in an airtight container in the refrigerator.

NOTE *The salt, once dry, can be kept in an airtight container and reused to cook beets.*

PREPARATION 10 MIN
COOKING 1 H 30
COOLING 2 H
MAKES 4 TO 6
FREEZES –

BEET CARPACCIO

2	salt-roasted beets, peeled
1/2 cup	(125 ml) crème fraîche
2 tbsp	finely chopped dill
1/8 tsp	ground caraway seeds
	Olive oil, for serving

Finely slice the beets, ideally with a mandoline.

Place the beet slices on a plate. Garnish with crème fraîche. Sprinkle with the dill and caraway. Drizzle with a bit of olive oil and season to taste with salt and pepper.

Serve as an appetizer.

PREPARATION 10 MIN
COOKING –
SERVINGS 4
FREEZES –

ROASTED LEEKS WITH ROMESCO SAUCE

ROMESCO SAUCE

2	red bell peppers, cut in half and deseeded
1	Italian tomato, cut in half
1	cherry pepper
1/4 cup	(60 ml) olive oil
1/4 cup	(40 g) toasted blanched almonds
3 tbsp	(10 g) chopped stale bread
1	garlic clove, chopped
2 tsp	(10 ml) sherry vinegar
1/4 tsp	smoked paprika
1/8 tsp	ground cumin

LEEKS

3	medium leeks, cut in half lengthwise
1/4 cup	(60 ml) olive oil

ROMESCO SAUCE

With the rack in the middle position, preheat the oven to 450°F (230°C).

On a non-stick baking sheet or a sheet lined with parchment paper, place the bell peppers (skin-side up), tomatoes, and cherry pepper. Toss with 1 tbsp (15 ml) of the oil. Bake for 25 minutes or until the peppers begin to colour. Transfer the vegetables to an airtight container and let cool for 20 minutes. Remove the skin and seeds.

In a blender, purée the peppers, tomato, and cherry pepper with the remaining ingredients. Season with salt and pepper. Set aside.

LEEKS

On the same baking sheet, place the leeks cut-side down. Drizzle with the oil. Season with salt and pepper. Cover with aluminum foil but do not seal. Bake for 20 minutes or until the leeks are tender and golden. Remove the first layer of leek if it has toughened during the baking.

Spread half the Romesco sauce over the bottom of a serving platter. Place the leeks cut-side up in the sauce. Serve with the remaining sauce on the side.

Serve as an appetizer.

NOTE *The sauce is also great with grilled asparagus, in sandwiches, or with grilled meats.*

PREPARATION	COOKING	COOLING	SERVING	FREEZES
30 MIN	45 MIN	20 MIN	6	SAUCE ONLY

FIELD TO FEAST

For me, agriculture is as fundamental to a culture as the languages we speak, the music we listen to, and the cuisines we share. It starts with respect for the earth, and for the hard work that goes into keeping it rich and fertile. Understanding what I'm eating, and recognizing the sacrifice and dedication of the producer behind it, strengthens the connection I have with food. And cooking vegetables that I've grown myself is not only gratifying, it's also a great incentive for reducing food waste. I recommend choosing varieties of vegetables that are cultivated close to home, as this has an immediate, positive, and concrete effect on regional economies. Eating local is changing our world—and our children's future—for the better.

ENDIVE SALAD WITH BLOOD ORANGES

DRESSING

1/4 cup	(60 ml) mayonnaise
2 tbsp	(30 ml) white wine vinegar
1 tbsp	(15 ml) whole-grain mustard
1 tbsp	(15 ml) honey
1	small garlic clove, finely chopped

SALAD

4 cups	(100 g) torn Boston lettuce leaves
2	white endives, leaves separated and cut in half diagonally
2	red endives, leaves separated and cut in half diagonally, or a small radicchio
2	blood oranges, supremed (see note)
1/2 cup	(50 g) toasted walnuts, chopped

DRESSING

In a bowl, whisk together all of the ingredients. Season with salt and pepper.

SALAD

Place the Boston lettuce on plates with the endives. Add the oranges and walnuts.

Just before serving, drizzle the salad with the dressing and toss to combine.

Can be served as an appetizer or as a side for pasta with Bolognese sauce, meat, or poultry.

NOTE *To supreme the oranges, trim the two ends of each orange and place cut-side down on a work surface. Using a knife, and getting as close as possible to the orange flesh, remove all the pith and skin of the oranges. Slide the blade of the knife between each segment and remove them from the membrane.*

PREPARATION	COOKING	SERVINGS	FREEZES
20 MIN	–	4 TO 6	–

FISH WITH CORN BEURRE BLANC

1 1/2 cups	(225 g) frozen corn kernels, thawed or 2 ears corn, cooked and kernels cut off the cob
1/2 cup	(115 g) butter, softened
1/4 cup	(60 ml) white wine
1/4 cup	(60 ml) white wine vinegar
1	shallot, finely chopped
1/4 cup	(60 ml) 35% cream
1 1/2 lb	(675 g) cod fillet, cut into 4 pieces
3 tbsp	(45 ml) vegetable oil
1 tbsp	(15 ml) finely chopped chives
3/4 lb	(340 g) flat or regular green beans, trimmed and blanched for 2 minutes

In a food processor, chop 1 cup (150 g) of the corn kernels. Add the butter and process until smooth. Set aside.

In a small pot, bring the wine, vinegar, and shallots to a boil. Let reduce to 2 tbsp (30 ml). Add the cream and cook for 2 minutes over medium heat.

Remove from the heat and add the corn-butter mixture, whisking all the while. Pass through a sieve, pressing on the solids with the back of a ladle to extract all the liquid. Return the liquid to the pot and heat for 2 minutes, stirring. Cover and keep warm.

Meanwhile, in a large non-stick skillet over medium-high heat, cook the fish in 2 tbsp (30 ml) of the oil for 3 to 5 minutes per side, depending on the thickness of the fillets. Season with salt and pepper. Keep warm. Wipe out the skillet.

In the same skillet, heat the remaining corn in the remaining oil for 2 minutes, stirring. Remove from the heat. Add the chives. Season with salt and pepper.

Drizzle the sauce over the fish. Top with the corn kernels. Serve with the green beans.

PREPARATION	COOKING	SERVINGS	FREEZES
20 MIN	25 MIN	4	–

BUTTERNUT SQUASH GNOCCHI WITH SAGE BROWN BUTTER

GNOCCHI

1 1/4 cups	(310 ml) butternut squash purée (recipe p. 229)
1/2 cup	(115 g) butter
1/4 cup	(60 ml) water
1 1/2 tsp	salt
1 1/2 cups	(225 g) unbleached all-purpose flour
3	eggs
1/4 cup	(20 g) finely grated Mimolette, Pacific Rock, or aged orange cheddar cheese

SAUCE

6 tbsp	(85 g) butter
5	sage leaves
1/4 tsp	crushed red pepper flakes
	Shavings of Mimolette, Pacific Rock, or aged orange cheddar cheese, for serving

GNOCCHI

In a pot, bring the squash purée, butter, water, and salt to a boil. Remove from the heat. Add the flour all at once and mix vigorously with a wooden spoon until the dough becomes smooth and pulls away from the sides of the pot.

Place the pot back over medium heat and cook the dough, stirring constantly, for 2 minutes, or until the dough dries slightly. Place in a bowl or the bowl of a stand mixer.

Using a wooden spoon or the paddle attachment, add the eggs, one at a time, mixing thoroughly between each addition, until the dough is smooth and combined. Add the cheese. Transfer to a piping bag fitted with a 1/2-inch (1 cm) plain tip.

Using a knife, cut the gnocchi about 1-inch (2.5 cm) long as you let them fall into a pot of boiling salted water. Cook one-quarter of them at time. Once they begin to float, let them simmer for 1 minute. Remove them with a slotted spoon and place on a lightly oiled baking sheet. Continue with the remaining dough. The gnocchi can be frozen at this stage, if desired.

SAUCE

In a large non-stick skillet over medium heat, cook the butter until it browns. Add the sage, red pepper flakes, and gnocchi. Mix well to coat the gnocchi.

Garnish with the cheese shavings and serve as an appetizer or side dish. Delicious with grilled pork, chicken cutlets, or roasted lamb.

PREPARATION	COOKING	SERVINGS	FREEZES
30 MIN	30 MIN	4	YES

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120 fresh, flavourful recipes that put vegetables first!

Welcome to a celebration of the tastes, textures, colours, and possibilities that vegetables have to offer. These easy-to-follow, triple-tested recipes put vegetables front and centre, and let meat and fish play a supporting role. Discover delicious, bright dishes popping with colour (tomato and ricotta tartlets), full of comfort (squash and roasted vegetable lasagne), and ready to celebrate (Beauty and the Beet cocktail). With each recipe, Ricardo reinvents what vegetables can mean for the modern family, and always stays true to his philospophy: eat together, keep it simple, and make it tasty.

Celebrity chef **Ricardo Larrivée** became a household name as a Food Network star. Named a member of the Order of Canada for advocating the importance of cooking and eating together, Ricardo has added guest judge on *Iron Chef Canada* and daily columnist for the *Toronto Star* and *Metro* to his impressive resume—not to mention regular spots on *Cityline* and Global television. The RICARDO brand, co-founded with his wife, Editorial Director and nutritionist Brigitte Coutu, publishes *Ricardo* magazine (winner of Canada's Best Lifestyle Magazine at the 2018 National Magazine Awards) in both official languages, and boasts a unique boutique café retail concept, a line of kitchen and home accessories, and gourmet products available nation-wide.

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