

FOOD

Wednesday, September 26, 2012



A B C

Food Notes: Something Russian Festival to feature ethnic foods. D2 **Kitchen Scoop: Super-easy biscuits. D2**

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THIS WEEK'S HARVEST



PHOTO © Maria Bassani

Loaded with calcium and vitamin K, kale is considered a natural cancer-fighter.

Superfood kale can be mixed with pancetta for simple sauté

With its reputation as a superfood, kale has become one popular green these days.

Laced with calcium and vitamin K, kale is considered a natural cancer-fighter, too.

So when some of the lovely green leaves were in our CSA box, it was easy to find ways to prepare it — everything from smoothies to soups and recipes are plentiful.

First, there is a simple sauté from Gordon Ramsay, which flavors kale with pancetta, a type of Italian bacon.

Another recipe toses kale with spaghetti squash and tomatoes for a dish that's satisfying enough to serve as an entree.

— Lisa Abraham

RAISED KALE WITH PANCETTA

1 lb. kale, stems removed
5 oz. pancetta, chopped
2 tbsp. olive oil
1/2 cup chicken or vegetable stock
Salt and pepper, to taste

Trim and chop the kale. Sauté the pancetta with the olive oil in a large pan over medium heat. Add the stock and season well.

Cook over high heat for a few minutes, stirring frequently, until the kale is wilted and tender. Remove from heat and let cool, then serve. This dish is delicious with poultry, fish or meat.

Makes 4 servings.
— Adapted from Gordon Ramsay's *Sunday Lunch, A Simple Mess to Prepare Every Day* (Plumard).

ROASTED SPAGHETTI SQUASH WITH TOMATOES, KALE AND HERBS

2 tbsp. olive oil
2 spaghetti squash
8 fresh tomatoes
3 large garlic cloves, minced
1/2 cup dried or fresh basil, mint or rosemary, plus more for garnish
1 head kale, stems removed and

Please see Harvest, D4



MICHAEL SWAN/Akron Beacon Journal photo

Croissant merchant enforces quality

BeaconFirst

By Lisa Abraham

THE AKRON BEACON JOURNAL
Those who frequent local farmers markets know her simply as the Croissant Lady.

"The crazy croissant lady," is how Sally Otlie describes herself.

The Akron resident, who started her home-based Summit Croissants business seven years ago, has made a name for herself selling between 400 and 500 croissants each week during the peak of the farmers market season.

And yes, she is a little crazy. Otlie would have to be to attempt baking the most famous French pastry — and one of the most temperamental — from tiny kitchens in a Kenmore duplex with no air conditioning.

But her crazy doesn't stop there. Otlie is crazy about quality and works to ensure that her croissants are purchased and eaten at their best.

She has refused to sell to customers who are foolish enough to think that they could hold up croissants to the microwave. She also will stop folks if she thinks they are buying more than they will be able to consume within a day.

With her strictures may be a bit unorthodox, even counterproductive, for someone who is trying to earn a living, to her they are all part of quality control.



At top, Sally Otlie, owner of Summit Croissants, makes an egg wash to brush on a batch of croissants before baking them in her Akron kitchen. Directly above, Otlie rolls a croissant. She makes several varieties of croissants for two local farmers markets.

Kenmore baker won't sell pastries to those who won't handle them with proper care

Please see Croissant, D3

Holiday recipes for cookies sought from area readers

The Akron Beacon Journal is sponsoring a holiday cookie recipe contest.

Winners will be printed in a special holiday cookie book on Dec. 5.