

# FOOD

Wednesday, September 26, 2012



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**Food Notes: Something Russian Festival to feature ethnic foods. D2**

**Kitchen Scoop: Super-easy biscuits. D2**

**INFORMING. ENGAGING. ESSENTIAL.**

## THIS WEEK'S HARVEST



PAUL T. TORRE/ALAN RAMSAY/BEACON  
 Loaded with calcium and vitamin K, kale is considered a natural cancer-fighter, too.

**Superfood kale**  
 can be mixed  
 with pancetta  
 for simple sauté

With its reputation as a superfood, kale has become one popular green these days.  
 Loaded 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 — everyone wants to cook with kale these days 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 tosses kale with spaghetti squash and tomatoes for a dish that's satisfying enough to serve as an entree.  
 — Lisa Abraham

- BRAISED KALE WITH PANCETTA**
- 1 lb. kale
  - 9 oz. pancetta, chopped
  - 2 tbsp. olive oil
  - ¼ 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 until golden brown.  
 Stir in the chopped kale, add the stock and season well.  
 Cook over high heat for a few minutes, stirring frequently, until the kale is wilted and tender. Taste and adjust the seasoning, then serve. This dish is delicious with poultry, fish or meat.  
 Makes 4 servings.  
 — Adapted from Gordon Ramsay's *Sunday Lunch*, 25 Simple Meals to Prepare Family and Friends
- ROASTED SPAGHETTI SQUASH WITH TOMATOES, KALE AND HERBS**
- 2 tbsp. olive oil
  - 8 spaghetti squash
  - 8 roma tomatoes
  - 3 large garlic cloves, minced
  - ¼ tsp. dried red pepper flakes
  - 1 head kale, stems removed and



JOHN C. SCHNEIDER/Beacon Journal photo

## Croissant merchant enforces quality

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

### BeaconFirst

By Lisa Abraham  
 Beacon Journal food writer

Those who frequent local farmers markets know her simply as the Croissant Lady.  
 "The crazy croissant lady," is how Sally Ohle 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.  
 One would have to be to attempt baking the most famous French pastry — and one of the most temperamental — from a tiny kitchen in a Kenmore duplex with no air conditioning.  
 But her crazy doesn't stop there. Ohle is crazy about quality and will go to extremes to ensure that her croissants are purchased and eaten at their best.  
 She has refused to sell to customers who are foolish enough to admit to her that they would subject her croissants to the microwave. She also will stop folks if she thinks they are buying more than they will be able to consume within one day.  
 While her practices may be a bit unorthodox, even counter-productive, for someone who is trying to earn a living, to her they are all part of quality control.



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

**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.

Please see Croissant, D3