

Recipes



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Wide Green Noodles, Cauliflower, and Broccoli with Mustard Butter from: "The Greens Cookbook" by Deborah Madison

1/2 lb Spinach Pasta 2 tablespoons Dijon mustard

7 tablespoons soft butter 3 shallots, finely diced

2 cloves garlic, minced 2 teaspoons balsamic vinegar, or more, to taste

2 tablespoons parsley or a handful of arugula, 1 cup bread crumbs

roughly chopped 2 sun-dried tomatoes, cut into small pieces

3 to 4 cups broccoli and cauliflower florets, Thin strip lemon peel, very finely slivered

broken into tiny pieces Parmesan

Salt Pepper

Bring a large pot of water to a boil.

Cream 4 tablespoons of the butter with the mustard, shallots, garlic, vinegar, parsley, or arugula. This can be done well ahead of time, then covered and set aside until needed.

Melt the remaining butter, add the bread crumbs, and fry them until they are crisp and browned.

When you are ready to cook the pasta, salt the boiling water, melt the mustard butter over a low flame and add 1/2 cup of the pasta water and the sun-dried tomatoes. Drop the broccoli and cauliflower into the boiling pasta water, return to a boil, and cook about 1 minute. Scoop them out and add the butter.

Next cook the pasta; then add it with the lemon to the vegetables. Toss well with a pair of tongs to mix everything together, and season with salt and freshly ground black pepper. Serve on warm plates garnished with the bread crumbs and freshly grated Parmesan.