

Glazed Turnips

Serves 6

Ingredients:

- 2 lb medium sized turnips, peeled
- 1 ½ cups water
- 2 tbsp butter
- 1 tbsp light brown sugar
- ½ tsp salt
- 3 ea bay leaves
- Garnish – 5 sprigs of parsley, chopped

Directions

- Cut the turnips in half horizontally and then cut each half into quarters.
- Place the turnips in a large skillet and add water. The water should come up at least halfway up the turnips.
- Add the butter, sugar, salt, and bay leaves.
- Bring everything to boil over medium high heat. Then cover with a lid and cook for 8 minutes. Stir occasionally.
- Remove the lid and boil the turnips until the liquid has evaporated, about 8 minutes.
- When the water is gone the butter will remain.
- Cook for about 5 minutes or until the turnips have turned golden brown.
- Add 3 tab of water to re glaze and remove from the heat.
- Remove the bay leaves and garnish with chopped parsley.

Fava and Snap Bean Salad

Serves 6-8

Ingredients:

- 1 lb snap peas, trimmed
- 6 lb fava, pods (or about 2 lbs after shelled)
- 3 tbsp butter, unsalted
- ¼ cup mint, chopped
- Salt
- pepper

Directions

- Bring a large pot of water to a boil and season with salt to make it taste like the ocean (this amount of salt will never seep into the beans)
- Prepare an ice bath (bowl with ice and water)
- Add the snap peas to the boiling water and cook for 3-4 minutes. Transfer the beans to the ice bath.
- Shell your fava beans. Drop the fava beans into the boiling water and cook for 2-3 minutes. Transfer the beans to the ice bath. Squeeze the fava beans at one end to pop them out of their skins.
- Drain off excess water from both beans.
- Melt 3 tbsp of butter in a large pan over medium heat
- Add the fava beans and saute them for 4-5 minutes until they become tender.
- Add the snap beans and cook for another 3-5 minutes.
- Season with salt and pepper.
- Place beans in a bowl and garnish with chopped mint.