

July 2021

THE APPEAL OF SPIRALIZED VEGETABLES:

Fried Spiralized Potatoes with Spicy Salt

Smoky Spiralized *Chayote* Fries

Spiralized Yale Beets

**Spiralized Zucchini and Spaghetti with Lemon
Alfredo Sauce**

**Vietnamese Spiralized Salad with Lime – Peanut
Dressing**

My mother always rejected green beans because my dad overplanted them back in the summer of 1938 and allowed them to remain in the garden too long. There were no home freezers then and it did not occur to them, I guess, to just let the beans dry in the field to be harvested for winter storage and dishes like baked beans. In her 90s she still complained about canning all those beans and having to eat them. While visiting her toward the end of her life, I bought a bag of frozen whole, petite green beans and tried to entice her to share my sautéed beans almondine. Since I was preparing my own vegetarian meals while visiting her, I was trying to choose vegetables that would add to my daily protein count. I tried to convince her how sweet and tender the petite beans were, unlike the great big, tough beans that she had canned some seventy years before. She refused to try my vegetable side. The next day I tried topping beans with sautéed, buttered breadcrumbs. Even the buttered breadcrumbs couldn't win her over. A presentation of whole green beans with garlic, lemon, and grated cheese did somewhat better; she ate a couple of beans out of curiosity. The Italian-style California recipe with garlic and tomatoes was also sampled but not embraced. The consistent factor throughout the week had been the fact that each dish contained whole green beans. All my efforts to disguise them was futile. In the end, there were those beans.

So you are a vegetarian and you serve vegetables day after day after day. Culinary variety can keep all the vegetarians at your table interested. Yes, you combine them in casseroles, stews, and soups; you disguise their inevitable reappearance with sauces. Take, for instance, the potato. Potatoes need not just sit there naked on the plate; they can be baked, fried, mashed, roasted, and slow-cooked. I serve baby beets whole; I serve beets sliced; I serve beets julienned; I serve beets pickled; I serve beets diced; I serve beets in relish combinations. Varying the shape and cooking technique gives the culinary variety which I suggest can encourage acceptance.

Articles and books about spiralizing seem to emphasize the noodle-like quality of spiralized vegetables and their use as a substitute for spaghetti. The low-carb angle might be an important factor to some but I see the spiralizer as a tool to increase the visual appeal of a meal presentation. I would not serve *pasta* with cheese *enchiladas* but spiralized sweetpotatoes benefit greatly when touched by the *enchilada* sauce and look rather spectacular piled atop the plated *enchiladas*.

The acquisition of a spiralizer gave me another tool other than my paring knife, a mandolin, and a potato masher or ricer. Certain vegetables and fruits respond beautifully to the blades of a



spiralizer. Potatoes can be spiralized and deep-fried or baked. Beets can also be spiralized, as in the recipe for Spiralized Yale Beets which follows, giving you a whole new presentation. My inexpensive spiralizer has three blades which have given me hours of experimentation, admittedly not with the much maligned green beans. The recipes that follow are some of the more successful . . . so far.

FRIED SPIRALIZED POTATOES WITH SPICY SALT

TPT - 42 minutes

These potatoes are fun to prepare and fun to eat. They remind me of a potato preparation popular when I was young called straw potatoes which required a lot of tedious slicing. Because the potatoes are unpeeled, be sure to buy organic potatoes and be sure to scrub each potato well before spiralizing. These potatoes also make an interesting garnish option.

High-heat safflower or sunflower oil for deep frying*

SPICY SALT:

1/2 teaspoon *kosher* salt
1/8 teaspoon sugar
Pinch chili powder
Pinch ground coriander
Pinch ground cumin
Pinch Spanish *smoked* paprika
Pinch *granulated* garlic

2 large Yukon gold *organic* potatoes—unpeeled and well-scrubbed

In a **deep, 9-10-inch skillet** set over *MEDIUM-HIGH* heat, add oil to a depth of about one inch. Allow to heat to frying temperature while preparing the seasoning salt mixture and the potatoes.



Meanwhile, in a small dish, combine salt, sugar, chili powder, ground coriander, ground cumin, *smoked* paprika, and *granulated* garlic. Stir to mix. Set aside until required.

Cut unpeeled potatoes using a **spiralizer**. Cut long spirals into shorter segments to make serving easier.

Cook potato spirals in hot oil in batches until browned and crisped—about 8 minutes per batch. Turn as necessary. Transfer to paper toweling to drain off any excess oil. *Allow oil to reheat*. Continue until all potatoes are cooked. Transfer to a serving bowl.

Sprinkle prepared spicy salt *lightly* over potatoes; reserve any extra to be passed.

Serve at once.

Yields 4 servings
adequate for 2 people

Notes: *Instead of throwing out the oil after you have used to deep-fry or having it go rancid in your cupboard before you use it again, allow it to cool, remove any bits of food that might still be in the oil by pouring it through a fine sieve several times, pour the filtered oil into a freezer container or canning jar with a tightly-fitting lid, and freeze until you need it again. I have used frozen oil for deep-frying as much as six months later.

This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 2.5 g.; FAT = 3.5 g.; CARBOHYDRATE = 15.7 g.;
CALORIES = 102; CALORIES FROM FAT = 31%



SMOKY SPIRALIZED CHAYOTE FRIES

TPT - 35 minutes

Chayote are small tropical squashes with a single, edible, soft seed. I think they deserve more attention as you peruse options in your produce department. One chayote is sufficient for two so there are no leftovers as there would be with larger squash varieties. Chayote spiralize easily presenting other possibilities for a pleasant, low-calorie, relatively unknown vegetable.

1 large chayote—peeled

2 tablespoons safflower or sunflower oil

1 teaspoon Spanish smoked paprika

1 teaspoon freshly squeezed lemon juice

Freshly ground black pepper, to taste

Using a **spiralizer**, fitted with the medium (*fettucine*-sized) noodle blade, spiralize the peeled *chayote*. Trim *chayote* noodles to 5-inch lengths. Turn into a *non-stick-coated* skillet.

Add oil, *smoked* paprika, and lemon juice. Toss to coat spiralized *chayote* well. Season with pepper. Set skillet over *LOW-MEDIUM* heat. Allow to brown undisturbed for about 10 minutes. Using two spatulas, turn fries over. Allow to continue frying until browned. Turn again, if necessary, and fry until well-browned, *being careful not to allow chayote to burn*. Turn onto a heated serving plate or into a heated serving bowl

Serve at once. A fork is a the most convenient serving tool.

Yields 2 servings

Note: This recipe can be doubled, when required.

1/2 SERVING – PROTEIN = 0.9 g.; FAT = 13.5 g.; CARBOHYDRATE = 4.8 g.;
CALORIES = 140; CALORIES FROM FAT = 87%



SPIRALIZED YALE BEETS

TPT - 54 minutes

When I was working on Belarusian recipes to include in my books "A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul," a recipe provided by a Belarusian cook for beets in sweet and sour sauce turned out to be exactly the recipe I wrote down in my grandmother's kitchen, a recipe my family called Harvard beets. Recipes for Harvard beets appear in most of the more comprehensive "American" cookbooks but not one author ever comments as to the recipe's origin although theories abound. Since my grandmother said that her recipe was from the ledger book that her mother had brought from Germany, I began to wonder if perhaps Great Grandmother Straube's Harvard beet recipe owed its origin to a Belarusian recipe she encountered and that she may have changed the name in her recipe book when she discovered the American name for the recipe. Yale beets are said to have evolved from this "Harvard" master recipe. Spiralized beets, dressed with this sweet and sour orange sauce, are a delicious and beautiful vegetable presentation. Thickening with corn starch results in a glorious glossy finish for this vegetable, so mundane as to be often forgotten.



1 large, fresh organic beet

1 1/2 teaspoons corn starch

2 teaspoons sugar

3 tablespoons beet juice from canned, *unsalted* beets*

3 tablespoons orange juice

1 teaspoon freshly squeezed lemon juice

Preheat oven to 400 degrees F.

Trim beet *but leave a couple of inches of stem, small leaves, and root attached*. Scrub well. Place on a baking sheet.

Bake beet for only 30 minutes. Trim off leaves and root. Peel.

Using a **spiralizer**, fitted with the noodle blade, spiralize the beet. Set aside briefly.

In a saucepan, combine corn starch, sugar, beet juice, orange juice, and lemon juice. Using a wire whisk, whisk until corn starch is in suspension. Place over *LOW-MEDIUM* heat. Cook, stirring constantly, until sauce is thickened and smooth.

Snip spiralized beets into about 8-inch pieces. Add to orange-beet sauce. Allow to heat through. Divide between two heated dinner plates or turn into a heated serving bowl.**

Yields 2 servings

Notes: *When I use canned beets, I freeze leftover beet juice for a recipe such as this.

**This recipe displays most beautifully on black plates, if you have them.

This recipe can be doubled, when required.

1/2 SERVING – PROTEIN = 0.7 g.; FAT = 0.1 g.; CARBOHYDRATE = 13.0 g.;
CALORIES = 55; CALORIES FROM FAT = 2%

SPIRALIZED ZUCCHINI AND SPAGHETTI WITH LEMON ALFREDO SAUCE

Zucchine e Spaghetti Alfredo con Limone

TPT - 32 minutes

I have dealt with a uniquely irritating dilemma for all of my married life and, believe it or not, this dish has helped to resolve an issue. My mother-in-law always served spaghetti as a part of a meal, in the traditional Italian way, so as long as Ray lived at home he had spaghetti at lunch and dinner. My family served spaghetti as dinner occasionally and as a consequence, I really like pasta. You see the dilemma. Ray will always say, "spaghetti again." When I combined spiralized squash, half and half, with spaghetti, Ray was enthusiastic and I was able to add another pasta dish to my menu plans, not too often but often enough to please me. An inexpensive spiralizer is a useful tool—no zen chopping, just fun.

This lovely summer dish was inspired by a culinary memory from the 1950s. The father of one of my dad's students was the chef in a Northern Italian restaurant. A dinner of flounder with lemon sauce was served with buttered spaghetti on the side. I have not forgotten, nor will I ever forget, the amazing taste of the spaghetti into which the lemon sauce had migrated. All these years later . . .

1 small zucchini—well-rinsed and ends trimmed

3 quarts boiling water

4 ounces dry whole wheat or high-protein white spaghetti

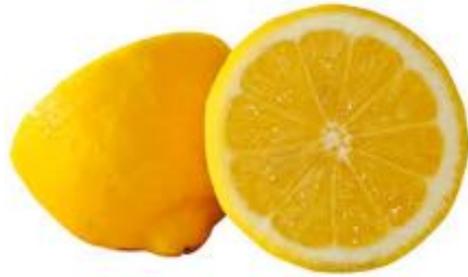
1 1/2 tablespoons butter

1/4 cup light cream or half and half

1 1/2 tablespoons grated pecorino Romano cheese

1 tablespoon freshly squeezed lemon juice

1/2 teaspoon shredded organic lemon zest



Grated pecorino Romano cheese

Using a **spiralizer**, cut zucchini into spirals about the same thickness as spaghetti.* Cut into lengths equivalent to half the length of a strand of spaghetti. Set aside briefly.

Heat *boiling* water in a kettle set over *HIGH* heat. Break spaghetti in half and add to the *boiling* water. Cook according to package directions. Drain. Return cooked spaghetti to *dry* kettle. Set over *LOW-MEDIUM* heat.

Add spiralized zucchini, butter, cream, and 1 1/2 tablespoons grated cheese. Cook, stirring constantly, until sauce thickens and coats the spaghetti and the zucchini.

Add lemon juice and lemon zest. Stir to distribute juice and zest. Allow to heat through. Turn into a heated serving bowl.

Serve at once with extra grated cheese.

Yields 4 servings

Notes: *There are inexpensive spiralizers on the market that can be adjusted to produce thin to wide spiraled vegetables. I do recommend that you choose a spiralizer that attaches firmly to the countertop with suction cups.

This recipe can be doubled, when required.



1/4 SERVING – PROTEIN = 1.7 g.; FAT = 8.5 g.; CARBOHYDRATE = 22.4 g.;
CALORIES = 168; CALORIES FROM FAT = 46%

VIETNAMESE SPIRALIZED VEGETABLE SALAD WITH LIME – PEANUT DRESSING

TPT - 4 hours and 33 minutes;
4-8 hours = mushroom soaking period

Lots of flavors, lots of color, and an excitingly different texture make this salad a welcome change from the ordinary. Your meal doesn't have to have an Asian theme; it's great with a burger. Try it as a side for a meal featuring grilled corn on the cob . . .

2 dried Chinese (black) mushrooms—rinsed well*
Boiling water

VIETNAMESE LIME – PEANUT DRESSING:

2 tablespoons freshly squeezed lime juice
2 teaspoons *light* brown sugar
1 1/2 teaspoons Bragg liquid aminos**
1 teaspoon safflower *or* sunflower oil
1 teaspoon *smooth* peanut butter—brought to room temperature

1 small garlic clove—*very finely* chopped
1/8 teaspoon crushed red pepper flakes, more or none according to menu plan

1 *large, firm* cucumber—peeled
1 *thick, medium* carrot—pared or scraped
1/2 yellow summer squash—peeled

1 baby red bell pepper—cored, seeded, and *very thinly* sliced into rings

2 tablespoons chopped fresh coriander (*cilantro*)
1 tablespoon snipped fresh chives

In a Pyrex measuring cup, combine dried mushrooms and *boiling* water. Place a small dish in the measuring cup to keep the mushrooms submerged. Allow to sit on the countertop for 4-8 hours, or until mushrooms are thoroughly rehydrated and soft. Squeeze out as much liquid as possible. Remove stems, rinse well, and slice mushrooms into thin slivers. Set aside to drain.

In a cruet or jar, combine lime juice, brown sugar, liquid aminos, oil, and peanut butter. Shake vigorously until peanut butter is in suspension.

Add *very finely* chopped garlic, and crushed red pepper flakes. Shake well. Set aside until required.

Using a **spiralizer, fitted with the thicker noodle blade**, spiralize peeled cucumber, carrot, and yellow squash. Turn into salad bowl or onto a platter.

Add red pepper rings, well-drained mushroom slivers, chopped fresh coriander (*cilantro*), and snipped chives. Toss to mix well. Refrigerate until ready to serve.

When ready to serve, add prepared dressing. Toss to coat vegetables.

Serve at once.

Yields 4 servings



Notes: *Dried Chinese black mushrooms (*Lentinus edodes*) are available in Asian groceries. They are distinctive and well worth adding to this recipe. As you search for these mushrooms you will find names such as black winter mushrooms, fragrant mushrooms, *shiitake* mushrooms, black forest mushrooms, brown oak mushrooms, or simply Chinese dried mushrooms, depending upon the area of Asia or Southeast Asia from which they have come. The best quality are usually dried for export. The fresh and dried *shiitake* mushrooms, now grown in the United States and widely available, are inferior in taste. Try to obtain dried black mushrooms which are thick and show deep, white fissures on the caps. Their taste is superior. If you are fortunate enough to find superior dried, Chinese black mushrooms in quantity, ignore the price, buy them, and store in a cool dry place. They keep well and, if well-sealed, can even be stored in the freezer.

**I have found Bragg Liquid Aminos, a soy-based seasoning, to be not only a soy sauce alternative but a perfect vegetarian substitute for the ubiquitous fish sauces found throughout Southeast Asia. *Tamari* soy sauce may be substituted if you have not yet found a source of liquid aminos.

This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 1.3 g.; FAT = 3.2 g.; CARBOHYDRATE = 7.8 g.;;
CALORIES = 62; CALORIES FROM FAT = 46%

*As I dusted my book shelves,
I decided to see how many of my ethnic-specific cookbooks included recipes using rice.
I expected it to be extensive but even my expectations were exceeded.
The many varieties of rice do feed the world.
Drop by next month and we'll explore together.*

Judy

Please note that all food value calculations are approximate and not the result of chemical analysis.

Copyright © 2019