

Chef from the Hood Recipes



Chef:
Phillip Supnet

Restaurant:
What's Cooking at Fiesta & Pacific Markets

Recipe:
Faro Salad!



Faro Salad with a medley of Wild Mushrooms, Fire Roasted Corn & Red Peppers and an Apple & Leek Vinaigrette!

Pacific Market Chef Phillip Supnet was inspired by the local harvest to create this fall salad. He says, "Faro is a grain that's been enjoyed by many ancient civilizations including the Romans who were big on eating well. Though faro is a type of wheat berry, it seems to be easier to digest by people with a sensitivity to wheat. Faro is what Italians call this grain, but in the United States it's also known as spelt groats. (Just as polenta is also known as corn meal or maize.) Grains like faro are great in soups and salads or as a substitute to rice or other starches." This recipe serves 6.

Ingredients:

Faro Salad

- 4 or 5 tablespoons olive oil
- 1 cup dry spelt groats (faro)
- 3 cups vegetable stock (Imagine)
- 1 stalk of fresh leek, washed well and finely diced
- 1/2 teaspoon of chopped garlic
- 1 cup corn kernels, cut from grilled ears of corn
- 1 red bell pepper minced
- 1 cup sliced mushrooms

Vinaigrette

- 2 tablespoons butter (Clover)
- 1 teaspoon olive oil
- 1/4 cup of finely diced leeks
- 1 tablespoon of finely chopped shallot
- 1/4 cup apple cider vinegar
- 3/4 cup ex. virgin olive oil (DaVero)
- 1 teaspoon Sonoma County honey or real 100% maple syrup
- salt (Sea Star) and pepper to taste

To prepare faro:

Place a medium sized saucepan over medium heat. Add 2 tablespoons of the olive oil, then add the dry faro. Sauté, stirring gently for about 5 minutes. Add leeks and garlic. Sauté for an additional 2 minutes.

Add vegetable stock and simmer for about 1 hour or until faro is al dente. Pour faro into a bowl to cool.

In separate sauté pan cook mushrooms and peppers in remaining olive oil. Season with salt and pepper.

Add corn, mushrooms and peppers to bowl of faro. Add the fresh chopped herbs and toss with vinaigrette.

To prepare vinaigrette:

In small sauté pan add butter and 1 teaspoon olive oil. Gently sauté leeks and shallots until caramelized. Take pan off heat and de glaze pan with vinegar. Slowly whisk in olive oil.

Add honey or maple syrup to taste. Season with salt and pepper.

Chef from the Hood Recipes



Chef:

David Connors, Executive Chef

Restaurant:

What's Cooking at Fiesta & Pacific Markets

Recipe:

Chinese Chicken Salad!



Chinese Chicken Salad!

Chef David Connors uses a whole roasted Rocky chicken from Pacific Market's rotisserie to make his fantastic salad. A winner at parties and picnics, this meal in a bowl will serve 6 to 8.

Ingredients:

- 1/8 cup soy sauce (Kikkoman's)
- 3/4 cup brown sugar
- 1/8 cup rice vinegar (Nakano)
- 3 tablespoons sesame oil (Dynasty)
- 1 tablespoon chopped fresh garlic
- 1 tablespoon fresh minced ginger
- 2 small red chilies, seeded & minced
- 2 quarts water spiked with 1 tablespoon salt and 1.5 tablespoons turmeric
- 1/2 lb. dry spaghetti (DeCecco)
- 1/2 head of green cabbage, julienned
- 1 small carrot, julienned
- 2 green onions, chopped
- 1 red onion, julienned
- 1/2 red bell pepper, julienned
- 1/2 yellow bell pepper, julienned
- 2 big tablespoons black sesame seeds
- 1 roasted Rocky, boned, skinned & cubed
- 6 - 8 large sized wonton wraps (Nasoya) julienned into ribbons; deep fried, or oiled & baked

Method:

Blend soy sauce, brown sugar, rice vinegar, sesame oil, garlic, ginger and red chilies together for the dressing.

Bring 2 quarts of salted water with turmeric to a boil. Add spaghetti and cook until just tender. Cool under running water, then drain. Add spaghetti to cabbage, carrots, green onions, red onions, bell peppers, sesame seeds and chicken.

Toss with dressing and marinate in the refrigerator for 1 hour. Toss again, garnish with the crispy wonton ribbons and serve immediately.