

## **Vegetables Recipe List:**

Broccoli Crowns with Lemon Crème Fraîche and Prosciutto  
Cabbage with Crème Fraîche and Summer Savory  
Champions à la Crème  
Corn on the Cob with Crème Fraîche  
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Spaghetti Squash with Crème Fraîche  
Zucchini, Crème Fraîche, and Broad Noodles  
Zucchini with Fettuccine and Tarragon

### **BROCCOLI WITH LEMON CRÈME FRAÎCHE AND PROSCIUTTO**

SERVES 2

*1-1/2 lbs broccoli crowns*  
*1 cup crème fraîche*  
*1 Meyer lemon*  
*Prosciutto*

1. Stir lemon juice, to taste, into the crème fraîche.
2. Trim and steam the broccoli to tender crisp.
3. Place hot broccoli on a serving dish and pour over lemon crème fraîche.
4. Scatter torn pieces of prosciutto over the broccoli, and serve.

### **CABBAGE WITH CRÈME FRAÎCHE AND SUMMER SAVORY**

SERVES 2

*1 head white cabbage*  
*1 cup crème fraîche*  
*1 tbs chopped fresh summer savory*  
*salt*

1. Core, clean, and finely shred the cabbage.
2. Cook the cabbage in rapidly boiling, salted water for 10 minutes or until tender-crisp. Drain and set aside.
3. Mix the savory with the crème fraîche. Place in a heavy skillet, and heat to bubbling.
4. Add the drained cabbage and mix well. Heat until the cabbage is heated through. Serve immediately.

### **CHAMPIGNONS À LA CRÈME**

SERVES 2

*1 lb fresh mushrooms*  
*2 to 3 tbs butter*  
*1 cup crème fraîche*  
*1/2 tsp fresh rosemary, finely minced*

1. Clean the mushrooms. If the mushrooms are small, cut them in half; if they are large, quarter them.
2. Melt the butter in a heavy skillet. Add the mushrooms to the skillet. Cook over medium heat, stirring often.
3. When the mushrooms begin to release their liquid, add the crème fraîche and the rosemary. Continue to cook until the crème fraîche is well blended, but only until the mushrooms are al dente.
4. Serve at once in bowls and accompany with French bread.

### **CORN ON THE COB WITH CRÈME FRAÎCHE**

*fresh corn*  
*crème fraîche*  
*salt, pepper, dill*

1. Husk and clean the corn.
2. Select a large kettle with a tight-fitting lid. Fill with enough water to cover the corn, and bring the water to a full, rolling boil.
3. Slip each ear of corn into the water. Cover the kettle tightly and remove from the heat. Let the pot sit undisturbed for 5 to 10 minutes, until the corn is tender.
4. When the corn is tender, drain and serve at once with large dollops of crème fraîche to be slathered on the corn. Sprinkle with dill, salt and pepper to taste.

**KENDALL FARMS CRÈME FRAÎCHE  
POTATO GRATIN (DAUPHINOIS)**

*1 lb Yukon gold potatoes*  
*1 cup Kendall Farms Crème Fraîche*  
*garlic clove, crushed*  
*milk*  
*butter*  
*salt and pepper*

Preheat oven to 325 degrees F

1. Rub the gratin dish with garlic. Butter the gratin dish.
2. Thin the crème fraîche with a little milk. The crème fraîche should be pourable.
3. Peel the potatoes. Slice thinly in even rounds. Use a mandoline. Rinse the potatoes in cold water. Dry in a cloth.
4. Put the potatoes in even layers in the gratin dish. Season with salt and pepper.
5. Pour over the thinned Kendall Farms Crème Fraîche.
6. Bake uncovered for one and one-half hours at 325 degrees F. For the last 10 minutes, turn the oven up to 400 degrees F to produce a golden crust.

Serve with a slice of ham and a glass of white wine.

**SPAGHETTI SQUASH WITH CRÈME FRAÎCHE**

*2 lbs spaghetti squash*  
*6 to 8 oz crème fraîche*  
*1 tbs dried dill*  
*1/4 cup chicken stock*  
*prosciutto*

1. Stir dill into crème fraîche. Set aside.
2. Cut squash in half, long way. Steam until tender.
3. To cool hot squash, place it in a colander over a bowl. When cool, remove pulp with a fork. Use a raking motion to preserve long strands. Place squash pulp in a colander over a bowl. Moisten the pulp with chicken stock. Leave to drain.
4. Collect the liquid that has drained into the bowl from the squash pulp. Stir the liquid into the crème fraîche-dill mixture. This is sauce for your squash.
5. Pour sauce over squash, lifting and mixing as you would with spaghetti.
6. Serve with shreds of prosciutto.

## **ZUCCHINI, CRÈME FRAÎCHE, AND BROAD NOODLES**

SERVES 2

*3 small zucchini, about one pound*  
*1/4 cup unsalted butter*  
*1/4 cup chicken stock*  
*1/2 small Meyer lemon, juice and zest*  
*2 handfuls minced Italian flat-leaf parsley*  
*salt and freshly ground pepper*  
*nutmeg*  
*1/2 cup crème fraîche*  
*4 oz broad noodles*

1. Slice zucchini thinly.
2. Heat butter in a saucepan. Add zucchini to saucepan.
3. Lightly salt zucchini and simmer until soft.
4. Cook noodles.
5. When the zucchini has softened, add chicken stock. Bring to a bubble. Add lemon zest and lemon juice. Add two grinds of pepper and a generous pinch of nutmeg. Add one handful of chopped parsley. Stir well to incorporate.
6. Add 1/2 cup crème fraîche. Stir to distribute. Check seasonings.
7. Pour zucchini mixture over drained, cooked noodles.
8. Top with remaining chopped parsley and serve.

## **ZUCCHINI AND FETTUCCINE WITH TARRAGON (OREGANO)**

SERVES 4

*1 pound fettuccine*  
*4 medium (or, 2 large\*) zucchini*  
*2 slices smoky bacon*  
*1 large onion, chopped*  
*1 head garlic, separated into cloves and peeled*  
*2 tbs olive oil*  
*1 large bunch tarragon (or, oregano)*  
*1 small bunch parsley*  
*8 oz crème fraîche*  
*4 oz crumbled Feta*  
*salt and pepper*

\*Even very large zucchini may be used for this dish. Just be sure to wring out a good amount of water before you cook it.

1. Shred zucchini. Salt liberally and put to drain in cloth-lined colander for 1/2 hour. Wring the water from the zucchini.
2. Cut bacon into 1/2 inch pieces. Put the bacon, olive oil, chopped onions, and whole, peeled garlic cloves into a large skillet. Cook over medium heat until bacon is rendered and onions are slightly translucent.

3. Put fettuccine to cook.
4. Add zucchini to skillet. Stir well to coat zucchini with oil-bacon mixture.
5. Cover skillet and reduce heat. Cook about 5 minutes or until the zucchini has lost its starchy flavor.
6. Add crème fraîche to skillet. Stir to mix well. Turn off heat.
7. Chop all herbs medium fine. Add to zucchini-crème fraîche mixture.
8. Drain pasta and add to zucchini-crème fraîche mixture. Lift with two forks to coat the pasta well.
9. Crumble the Feta over the dish and serve.