

SOUTHERN  
**COOKING**

FROM THE SOUTH'S MOST TRUSTED KITCHEN

**GEORGIA  
SHRIMP AND  
RADISH SALAD**

*Recipe, page 138*

**YOUR  
SPRING  
VEGETABLE  
COOKBOOK**

FRESH AND FABULOUS RECIPES FOR THE SEASON'S  
BEST PRODUCE

PROP STYLING: MINDI SHAPIRO LEVINE; FOOD STYLING: MARGARET MONROE DICKIE



**I WAS A LUCKY CHILD.**

Vegetables seemed to be everywhere. If there weren't plump tomatoes on the vine, there were mustard greens swishing in the sink or huge Vidalia onions being carefully loaded into the legs of pantyhose. I may not have been high off the ground when I started to take note of the vegetables in my life, but I was drawn in by their vivid colors, the range of aromas, and the way they seemed to bring everyone together.

Growing up in a farming community, I had vegetables coming into our home in bushels rather than grocery store bags. It was fresh produce that drew my parents and my grandmothers to the screened porch to shuck, shell, string, or snap. My hometown was small, but crops seemed to be plentiful. It was an ideal setting to learn the value of the journey from seed to plate.

Although you can now find nearly every type of produce year-round in supermarkets, a new respect for vegetables is emerging as we Southerners recommit to the standards that our grandparents lived and farmed by. Eat what's in season, put up for when it's not, cook what grows nearby, and be thankful for the Southern soil, rain, and sun.



**“It was fresh produce that drew my parents and my grandmothers to the screened porch to shuck, shell, string, or snap.”**

**REBECCA LANG,**

author of *The Southern Vegetable Book: A Root-to-Stalk Guide to the South's Favorite Produce*

**SPRING  
PEA ORZO**

*Recipe,  
page 138*

PROP STYLING: JINDI SHAPIRO LEVINE; FOOD STYLING: VICTORIA COX; PORTRAIT: JAIN BAGWELL

Many Southern cooks grew up peeling celery to remove the tough outer strings. But you can use a “Y” peeler or skip this step when it’s finely chopped.



**SKIRT STEAK  
WITH FENNEL  
SLAW**  
*Recipe, page 139*

PROP STYLING: MINDI SHAPIRO LEVINE; FOOD STYLING: MARGARET MONROEDICKIE



If you can't find haricots verts, use regular green beans instead.

## LEMONY GREEN BEAN PASTA SALAD

*Lemon and shallots marry for a bright taste that's ideal for a ladies' lunch or light supper.*

- 12 oz. casarecce (or penne) pasta**
- 1/2 lb. haricots verts (French green beans), cut in half lengthwise**
- 1 Tbsp. fresh thyme**
- 5 tsp. lemon zest, divided**
- 1/4 cup finely chopped roasted salted pistachios, plus more for topping**
- 2 Tbsp. Champagne vinegar**
- 1 Tbsp. minced shallots**
- 1 garlic clove, minced**
- 1 tsp. table salt**
- 1/2 tsp. freshly ground black pepper**
- 5 Tbsp. olive oil**
- 1 1/2 cups loosely packed arugula**
- Grated Parmesan cheese, for topping**

**1.** Cook pasta according to package directions, adding green beans to boiling water during last 2 minutes of cooking time; drain. Rinse pasta and green beans with cold water; drain well.

**2.** Place pasta mixture, thyme, and 3 tsp. lemon zest in a large bowl; toss gently to combine.

**3.** Whisk together 1/4 cup pistachios, next 5 ingredients, and remaining 2 tsp. lemon zest in a small bowl. Add oil in a slow, steady stream, whisking constantly until blended. Drizzle over pasta mixture. Add arugula, and toss gently to coat. Top the pasta with chopped pistachios and Parmesan.

**SERVES** 4 to 6 **ACTIVE** 15 minutes  
**TOTAL** 30 minutes



### SPRING PEA ORZO

Add the dressing to the orzo while it's still warm, which allows the flavor to soak fully into the pasta. This salad tastes even better the next day, so make it ahead.

3 to 4 lemons

- 8 oz. orzo pasta
- 1/4 cup minced shallot or red onion
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. Dijon mustard
- 1/2 tsp. table salt
- 1/2 tsp. freshly ground black pepper
- 1 1/2 cups cooked fresh or frozen peas
- 1 cup snow peas or sugar snap peas, blanched and chopped
- 1 cup assorted chopped fresh herbs (like mint, chives, and parsley)
- 1/2 cup sliced almonds, toasted

1. Grate zest from lemons to equal 2 tsp.; set aside. Cut lemons in half; squeeze juice to equal 1/2 cup.

2. Prepare pasta according to package directions. Whisk together shallots, olive oil, mustard, salt, pepper, and lemon juice in a large bowl. Toss together cooked, drained pasta and shallot mixture. Cover with plastic wrap, and chill 1 to 48 hours.

3. Add, peas, snow peas, herbs, almonds, and lemon zest to the pasta-shallot mixture just before serving. Toss together, and add salt, pepper, and additional lemon juice to taste.

**SERVES** 6 (serving size: about 1 cup) **ACTIVE** 20 minutes **TOTAL** 1 hour, 30 minutes



### GEORGIA SHRIMP AND RADISH SALAD

Radishes at the farmers' market can seem as varied and abundant as the colors of Easter eggs. Two different varieties give this salad vibrant color, texture, and flavor.

- 2 lb. unpeeled, large raw shrimp
- 2 Tbsp. extra virgin olive oil
- 1 tsp. table salt, divided
- 3/4 tsp. freshly ground black pepper, divided
- 1 (4-oz.) watermelon radish, cut into fourths and thinly sliced
- 4 oz. D'Avignon (French breakfast) radishes, thinly sliced
- 4 green onions, sliced
- 1/2 cup diced fennel bulb
- 1/4 cup fresh orange juice
- 1 tsp. honey
- 2 Tbsp. mayonnaise
- 1/4 cup chopped fresh mint, plus a few sprigs for garnish

1. Peel and devein shrimp, and pat dry. Sauté in a very hot cast-iron grill pan over medium-high 4 minutes.

2. Combine shrimp, olive oil, 1/2 tsp. salt, 1/2 tsp. pepper, and next 4 ingredients in a large bowl.

3. Whisk together orange juice, next 3 ingredients, and remaining 1/2 tsp. salt and 1/4 tsp. pepper. Pour over shrimp mixture, and toss. Serve chilled.

**SERVES** 4 (serving size: about 1 cup) **ACTIVE** 20 minutes **TOTAL** 50 minutes



### SKIRT STEAK WITH FENNEL SLAW

This raw fennel and celery salad brings light and bright flavor to grilled marinated skirt steak. Throw corn tortillas on the grill to make impromptu tacos, a favorite weeknight dinner.

#### STEAK

- 1/3 cup red wine vinegar
- 1/3 cup extra virgin olive oil
- 4 garlic cloves, minced
- 1/2 tsp. Dijon mustard
- 1/2 tsp. table salt
- 1/2 tsp. freshly ground black pepper
- 1 1/2 lb. skirt steak

#### FENNEL SLAW

- 1 1/4 cups thinly sliced fennel bulb
- 1/4 cup sliced green onions
- 2 Tbsp. thinly sliced celery
- 1 Tbsp. mayonnaise
- 2 Tbsp. fresh lime juice
- 1 Tbsp. chopped fresh cilantro
- 1 tsp. diced jalapeño pepper
- 1 tsp. red wine vinegar
- 1/8 tsp. table salt
- 1/8 tsp. freshly ground black pepper

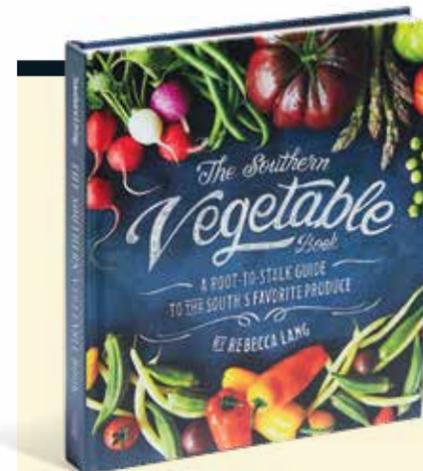
1. Prepare Steak: Preheat grill to 350°F to 400°F (medium-high). In a large zip-top plastic bag, combine the vinegar, olive oil, garlic, mustard, salt, and pepper. Shake to combine. Add steak to the bag, seal bag, and marinate 30 minutes. Remove steak from marinade, discarding marinade.

2. Grill steak, turning once, 10 minutes total for medium-rare (or until desired doneness). Let steak rest for 10 minutes before slicing.

3. Prepare Fennel Slaw: Combine all ingredients in a large bowl, and toss together. Chill until ready to serve.

4. Slice each strip of steak in half to make 2 shorter strips. Slice down the long side (across the grain) of each strip to create 1/2-inch-thick slices. Serve steak with Fennel Slaw.

**SERVES** 4 (serving size: about 1 cup) **ACTIVE** 30 minutes **TOTAL** 1 hour



BOOK: ROBBIE CAPONETTO

### GET THE BOOK!

Let your farmers' market bounty—tomatoes, corn, zucchini, and more—shine in the 100 fresh and seasonal recipes you'll find in Rebecca Lang's new cookbook, *The Southern Vegetable Book*. On sale April 5.