



**April 10, 2010 – December 18, 2010**  
Saturdays, 8:30 am to 12:30 pm

[www.peachtreeroadfarmersmarket.com](http://www.peachtreeroadfarmersmarket.com)

Cathedral of St. Philip | 2744 Peachtree Road NW | Atlanta, GA 30305

December 4<sup>th</sup> Chef Demo by Sheri Davis, Resident Chef of Whole Foods Buckhead


**Fresh Asian greens with lemongrass scented Broccoli, Carrots & Oyster mushrooms with a Honey Soy Ginger Vinaigrette**

Serves four

2 stalks of lemongrass	Burge Organic Farm & Greenleaf Farm
1 cup broccoli	Greenola Farms
1 cup carrots, peeled if large, cut on bias	Sundog Farmers & Yoder Family Farm
1 cup oyster mushrooms, de-stemmed	Indian Ridge Farm & Farmer Jeff
1 tablespoon baby garlic, minced	Farmer Jeff
2 tablespoons fresh minced ginger	
1/4 cup scallions, washed, cut on the bias	Sundog Farmers
1/4 cup soy sauce	
1/4 cup honey	Hidden Springs Farm
1/4 cup sherry vinegar	
1/4 cup olive oil	
Salt & pepper	
1/4 cup fresh cilantro	Burge Organic Farm
5 cups total of a mix of Asian greens washed clean & spun dried	

Suggested Asian Greens: mizuna, tatsoi, bok choy, pac choi, nappa cabbage, red stem leaf broccoli-

\*\*Burge Organic Farm & Farmer Jeff & Greenleaf Farm



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Start by putting a medium size pot of water on high heat. Just break the lemongrass in 1/2's or 1/3's and place in the pot, with a sprinkle of salt.

While the pot of water is coming up to a boil, place your minced ginger & scallions in a bowl. Season with some salt & ground pepper. Add the soy sauce, honey, vinegar & oil to the bowl. Whisk gently, combining all ingredients. Set aside for garnishing the plate.

When the lemongrass water has good flavor, add the cut carrots to the boiling water.

Place a large sauté pan on high heat, add tablespoon of olive oil & sauté the mushrooms, adding the minced baby garlic and season with salt & pepper, turn on low heat.

When carrots are al dente, add the broccoli to the carrot water. Bring up to a boil. Only cook for a couple of minutes. Drain the carrots & broccoli, discarding the lemongrass. Add the carrots and broccoli to the mushrooms, tossing together.

Add the Asian greens to the sauté pan at the last minute, & toss all vegetables together. Place vegetables on the plates, garnish with fresh leaves of cilantro and sauce with the soy ginger vinaigrette.

#### TIPS:

You may use any greens by them self or all of these greens.

You may add seared, roasted fish, chicken, pork, beef, shrimp, scallops or tofu to this dish.

You may cool the broccoli, carrots & mushrooms, to make a salad with the Asian greens & soy ginger vinaigrette.

Enjoy!!

*Chef Demonstrations are sponsored by:*

