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# CULTIVATE KITCHEN



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## SUNNY ANDERSON'S VEGETARIAN 'SOUTHERN-STYLE' COLLARD GREENS

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**COOK TIME: 1 HR AND 45 MIN** | **SERVES: 8**

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### ingredients:

- 1 tablespoon olive oil
- 1 tablespoon butter
- 3/4 cup chopped onion
- 1 teaspoon crushed red pepper
- 1 clove garlic, finely chopped
- 1 pound collard greens, chopped (about 8 cups)
- 3 cups vegetable stock
- 2 tomatoes, seeded & chopped (1 1/2 cups)



## directions:

1. In a large pot, heat the oil & butter over medium heat.
2. Add the onion and cook, stirring occasionally, until slightly softened, about 2 minutes.
3. Add the crushed red pepper & garlic, and cook, stirring often, until aromatic, about 1 minute.
4. Add the collard greens and cook, stirring often, about 1 minute.
5. Add the vegetable stock, cover and bring to a simmer. Reduce the heat to low.
6. Cover and cook, stirring occasionally, until the stems are tender, about 1 1/2 hours.
7. Stir in the tomatoes and season with salt and pepper.



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## REFRESHING MINT TEA

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**COOK TIME: 5 MINS**

**SERVES: 2**

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### ingredients:

- 2 cups filtered water
- 15 fresh mint leaves (peppermint or spearmint)
- 1 to 2 teaspoons sugar (or honey), optional
- 1 cup ice, optional
- 2 lemon slices, optional
- Fresh lemon juice, optional



## directions:

1. Bring the water to a boil.
2. Remove from the heat and add the fresh mint leaves.
3. Steep for 3 to 5 minutes, depending on desired strength.
4. Add optional sweetener. Start with 1 teaspoon per cup and add more as desired.
5. If serving iced, fill tall glasses with ice and pour the tea over. If serving hot, pour the tea into mugs.
6. Garnish with optional lemon slices and/or lemon juice to taste.



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# HOMEMADE VIOLET SYRUP

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**COOK TIME: 7 MIN**

**SERVINGS: 2 CUPS**

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## ingredients:

- 2 cups purple violet petals loosely packed, green leaves and stems removed
- 1 cup boiling water
- 1 cup granulated sugar
- 1/8 – 1/4 teaspoon lemon juice optional (the acid turns the syrup from blue to purple)



## directions:

1. Add the violet petals to a heat-proof bowl and pour over 1 cup of boiling water.
2. Swish the flowers around to make sure they're submerged, and let the mixture steep at room temperature for 24 to 48 hours.
3. Place a fine mesh strainer over another bowl and strain out the petals, pressing or squeezing them to extract as much liquid as possible. Add the violet liquid back to the heat-proof bowl.
4. Bring 1 to 2 inches of water to a simmer in a medium saucepan and set the bowl with the violet liquid on top of the pan. Make sure the boiling water isn't directly touching the bowl.
5. Add in the sugar and stir until the sugar is dissolved, about 5 to 7 minutes. Make sure the syrup doesn't reach a simmer so the color stays vibrant.
6. Remove the bowl from the heat and stir in  $\frac{1}{4}$  teaspoon lemon juice. If you want the color to be more purple, stir in the other  $\frac{1}{4}$  teaspoon.
7. Transfer the syrup to a clean glass bottle or jar and store in the refrigerator for up to 6 months.



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# CHEF ROBLE'S WHOLE ROASTED CHICKEN

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**COOK TIME: 1 HR AND 30 MIN**

**SERVES: 4**

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## ingredients:

- 1 Chicken (about 6 lbs)
- Zest of 1 lemon
- 3 Thyme sprigs plus 2 tbsp thyme leaves
- Salt & pepper
- Extra-virgin olive oil or garlic oil
- 5 Medium carrots (washed, trimmed & peeled, 4 cut in half lengthwise, 1 large diced)
- 5 Celery stalks (washed & trimmed; 4 left whole, 1 large diced)
- 2 Medium onions, (peeled; 1 1/2 cut into large slices, 1/2 cut into large diced)
- 7 Garlic cloves (smashed)
- 1 Rosemary sprig
- 1/2 Lemon (cut into chunks)
- 2 Sweet potatoes (washed and cut into eighths)
- 1 tbsp Chopped parsley



## directions:

1. Preheat the oven to 425° F and remove any organs and neck from the cavity of the chicken. Fold back each wingtip under itself.
2. In a small bowl, mix the zest, 1 tablespoon of thyme, salt, pepper & a little oil. Rub the mixture in between the skin and flesh of the chicken.
3. In a bowl, mix the diced carrots, celery, onion, 3 garlic cloves, thyme sprigs, rosemary & lemon. Lightly coat with oil and season with salt & pepper. Season the chicken cavity with salt & pepper and stuff with vegetable mixture.
4. Tie the chicken with butcher's twine.
5. Rub the outside of the chicken with oil, salt & pepper.
6. In a roasting pan or skillet, add the carrot, celery, onion slices, sweet potato & remaining garlic. Drizzle with a touch of oil just to coat. Make a bed of vegetables for the chicken to rest on.
7. Place the chicken on the bed and place in the oven. Cook at 425° F for 1 1/2 hours or until chicken reaches 155° F internal temperature and the juices run clear.
8. Remove chicken and rest on a cutting board for at least 20 minutes.
9. Carve chicken and serve with roasted vegetables.





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## ROAST POTATOES WITH LEMON, ROSEMARY, AND THYME

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**COOK TIME: 45 MIN**

**SERVES: 5**

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### ingredients:

- 3 pounds new potatoes
- 2 lemons, plus extra 1/2 lemon for serving
- 7 to 8 cloves garlic, skin on, lightly smashed
- Several sprigs fresh rosemary
- Several sprigs fresh thyme
- Olive or canola oil
- Sea salt & freshly ground black pepper



## directions:

1. Preheat the oven to 400 degrees F.
2. Wash the potatoes to remove the dirt, but try not to remove the skins. Up to, say, golf-ball size, they can be roasted whole, but any larger than that and they should be cut into halves or quarters.
3. Parboil the potatoes in a pan of salted water for 5 minutes, then drain and let dry for a minute or two.
4. Cut the 2 lemons into thick slices.
5. Put the potatoes in a baking dish and scatter over the lemon slices, garlic, rosemary & thyme.
6. Drizzle oil generously over everything and toss the whole lot together with your hands, making sure each potato is covered in oil.
7. Season well with salt and pepper.
8. Bake for 35 to 40 minutes, turning everything at least once, until the lemons are starting to caramelize and the potatoes look irresistibly golden brown.
9. Squeeze on the juice from the extra lemon half, sprinkle with a little more salt, and serve immediately.

