

Finger Lakes Feast *Local Food Recipes*

excerpted from *Finger Lakes Feast* by Kate Harvey and Karl Zinsmeister,
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SOUPS & APPETIZERS

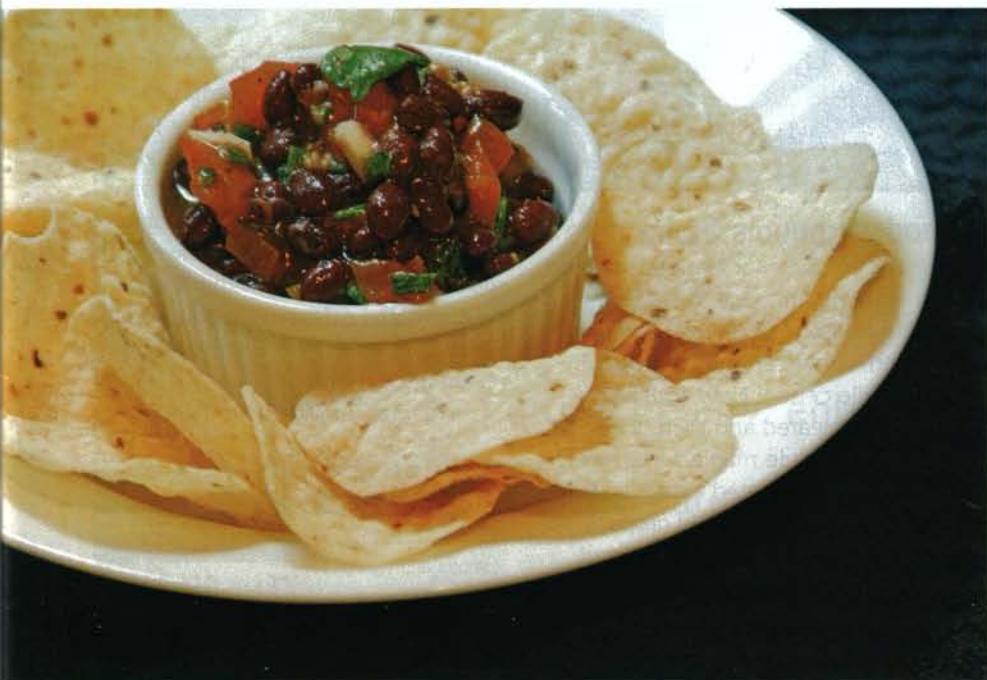
Savory Lentil, Garlic & Cumin Soup

Though quite simple to make, this is highly flavorful and the texture is a delight. Unlike pea soup, lentils stay within their capsules and do not turn into mush, so they are fun on the tongue. Also unlike pea soup, this is spicy, not sweet.

2 quarts chicken stock
2 cups dried lentils
1 onion, chopped
1 tomato, chopped
2 teaspoons diced garlic
4 tablespoons butter
2 tablespoons ground cumin
1 teaspoon salt
Freshly ground black pepper to taste

Bring chicken stock to a boil. Add all other ingredients. Reduce heat to low, and simmer covered for 45 minutes. Makes 8 servings.





Apricot Black Bean & Verjus Salsa

This is a yummy and pretty-on-the-plate starter. Apricot season is quite short – and some years it doesn't come at all – but if apricots are not available, peaches can be a substitute.

Verjus is a wonderful regional specialty, a pungent juice that comes from wine grapes that are picked and squeezed before they are ripe. If you must substitute, use half lemon juice and half red wine vinegar as an alternative to verjus.

2 cups diced apricots
2 cups (1 can) black beans, drained
¼ cup chives, chopped
2 tablespoons fresh cilantro, chopped
2 tablespoons garlic, pressed
1 tablespoon parsley, chopped
2 tablespoons white wine
2 tablespoons verjus
1½ teaspoons sugar
1½ tablespoons olive oil
Juice of half a lemon
Salt and pepper to taste

In a large bowl, mix together apricots, beans, chives, cilantro, garlic and parsley. In a separate small bowl, mix together wine, verjus, sugar, olive oil and lemon juice until sugar is dissolved. Pour over apricot mixture and sprinkle with salt and pepper.

You may serve this salsa with tortilla chips, or on top of grilled chicken, pork, or fish. Makes 4 to 5 cups of salsa.

Adapted from a recipe by Red Newt Bistro in Hector.

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A Finger Lakes Feast of Soups & Appetizers

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