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Serving Brownstone Brooklyn, Williamsburg & Bay Ridge

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Boro's bites of spring!

By Sarah Zorn
for The Brooklyn Paper

Spring is here, so you can act like winter never happened and stop pretending you actually love root vegetables.

Some of the borough's favorite chefs have had their fill of brussels sprouts, parsnips, and rutabaga, and they're ringing in veggie high-season with fresh spring offerings like ramps, artichokes, and morel mushrooms.

Celebrate spring at these eateries, or heed these handy pointers and make the most of a greenmarket bounty at home.

TALDE

Artichokes don't immediately come to mind when

thinking of Asian-influenced ingredients, but chef Dale Talde hails the prickly globes at his eponymous Park Slope eatery.

"They're really one of my favorite things to eat, so we're going to fry them up and toss them in our green sambal sauce," he said.

Afraid to prepare the thickly armored veg yourself? Talde says it's easy once you know what to look for.

"Make sure you pick the ones with tightly bundled leaves. If they're loose and spread out, leave them alone," he said. "People get nervous about peeling and using artichokes, but here's a simple rule to follow: once you start seeing white at the bottom of the leaves, stop peeling."



Photo by Sheri Iino-Girvenstein

Fava flava: Fava beans taste better in the spring, says The Meatball Shop owner Daniel Hozman.

Talde [369 Seventh Ave. at 11th Street in Park Slope, (347) 916-0031].

COLONIE

Chef Brad MacDonald of Brooklyn Heights spot Col-

onie seeks a more exotic artichoke.

"We get these beautiful violet artichokes at Colonie, which we keep simply because they're crazy delicious and don't need much," he said. "We fry them until crispy, then serve with fennel pollen and garlic herb emulsion."

If you spot a few of these beauties at a local farmers market, don't think twice.

"Just fry them in some olive oil and season them with citrus and some salt. It makes the perfect snack or could be a good side dish for nearly any protein," said MacDonald.

Colonie [127 Atlantic Ave. between Henry and Clinton Streets in Brooklyn Heights, (718) 855-7500].

THE MEATBALL SHOP

Daniel Holzman of The Meatball Shop gives a spring-time shout-out to the incredible edible egg.

"On any given spring day at the farmers market you can find wild turkey and goose eggs, which I love to substitute for chicken eggs in any traditional recipe or, better yet, soft boil and serve on top of a warm asparagus salad with a tangy grain-mustard vinaigrette," he said.

The Meatball Shop [170 Bedford Ave. between Seventh and Eighth streets in Williamsburg, (718) 551-0520].