

FOOD

SMALL BITES

Mushrooms reach pinnacle browned, cradled in crust

By Leah Eskin
Chicago Tribune

Raw is a brilliant state for lettuce, for talent, for truth. Not so much for mushroom. Uncooked, the mush-

room is edible, but barely. It offers a spongy bite of bland. How the naked mushroom sneaked onto the salad plate — and why — remains a mystery.

Hunched and humble, the

mushroom needs coaxing. Browned in butter, spiked with sherry and cradled in a golden crisp crust, it reveals its tangle of tastes: woody, wild and worth the wait.

MUSHROOM TART

Crisp tart pastry, recipe follows

1/4 ounce dried porcini mushrooms
2 tablespoons olive oil
1 tablespoon unsalted butter
1/2 cup finely chopped shallots
1/2 pound plain mushrooms, such as white button and cremini, cleaned, chopped
1/2 pound fancy mushrooms, such as oyster, shiitake and matake, cleaned, chopped
1 clove garlic, finely chopped
2 tablespoons fresh thyme leaves
1/4 cup sherry
Kosher salt and freshly ground black pepper
3 egg yolks
1/2 cup heavy cream
1/4 cup freshly grated Gruyere cheese
Truffle salt, if you have it

On a lightly floured surface, roll out chilled tart pastry to about 1/8-inch thick, and fit into an 8-by-10-inch rectangular (or 10-inch round) tart pan with a removable bottom. Trim edges. Prick with a fork.



FOOD STYLING BY MARK GRAHAM, MICHAEL TERCHACH/CHICAGO TRIBUNE

Line with foil. Freeze, 1 hour. (If you don't have time to freeze thoroughly, line the foil with pie weights.)

Douse dried mushrooms with hot water. Let soak, 30 minutes. Drain, rinse and chop.

Heat oil and butter in a wide skillet over medium. Add shallots and cook, 2 minutes. Add both types of fresh mushrooms. Cook, stirring, until mushrooms turn soft and fragrant and many have browned, about 10 minutes. Stir in garlic, thyme and rehydrated mushrooms; cook, 30 seconds. Turn up heat, pour in sherry and scrape up browned bits from the pan bottom. Season with

salt and pepper. Let cool. Whisk together yolks and cream in a large bowl. Stir in cheese and cooled mushrooms.

Set frozen tart shell on a rimmed baking sheet. Slide into a 400-degree oven and bake until shell begins to brown, about 20 minutes. Let cool. Peel off foil. Scrape in mushroom filling. Bake until filling has set, about 30 minutes. Sprinkle with truffle salt. Enjoy warm. Serves 8.

Per serving (including pastry): 322 calories (percent of calories from fat, 71); 6 grams protein, 18 grams carbohydrates, 2 grams fiber, 25 grams fat (13 grams saturated), 136 milligrams cholesterol, 136 milligrams sodium.

CRISP TART PASTRY

In the food processor, buzz together 1/4 cup all-purpose flour, 1/4 cup corn flour and 1/4 teaspoon kosher salt. Drop in 1/2 cup (1 stick) unsalted butter,

cut up. Pulse until largest lumps are the size of peas. Pour in ice-cold water, 2 tablespoons at a time, and pulse until dough clumps. Pat pastry into a rectangle, wrap in waxed paper and

chill, 1 hour. Serves 8.

Per serving: 157 calories (percent of calories from fat, 65); 2 grams protein, 12 grams carbohydrates, 1 gram fiber, 12 grams fat (7 grams saturated), 31 milligrams cholesterol, 107 milligrams sodium.

NUTRITION

Give veggies some edge for appeal

By Maury Judkin
Washington Post

Are we all petulant toddlers who need to be tricked into eating our vegetables? One recent Stanford study says: Yes, yes we are. Stanford psychology researchers found that people were more likely to eat vegetables when they had "the flavorful, exciting, and indulgent descriptors typically reserved for healthy foods."

Here's how they studied it. Each day in a Stanford dining hall, one vegetable dish was labeled randomly in one of four ways: Basic ("Green beans"), healthy restrictive ("Light" or low-carb green beans and shallots), healthy positive, or indulgent ("Sweet sizzlin' green beans and crispy shallots").

The dish was prepared exactly the same each time, regardless of how it was labeled. Research assistants counted the number of people who selected that vegetable every day.

It will not surprise you to learn the more unhealthy the vegetables sounded, the more likely people were to eat them. Researchers found 25 percent more people chose the indulgently named vegetable compared to the basic one. The differences were even more stark with the health-based language: 41 percent more chose the indulgent vegetable compared to the healthy restrictive one, and 35 percent more chose indulgent vs. healthy positive. Also: "Labeling vegetables indulgently resulted in a 23 per-

cent increase in mass of vegetables consumed compared with the basic condition, and a 33 percent increase in mass of vegetables consumed compared with the healthy restrictive condition."

But let's get back to the names of these dishes that encouraged college students to eat vegetables. They include: "dynamite chili and tangy lime-seasoned beets," "twisted garlic-ginger butter-nut squash wedges" and "rich buttery roasted sweet corn."

Basically, if we want people to eat their vegetables, this study says we need to name every vegetable dish as if we're Guy Fieri. Roasted cauliflower? No, it's "All-Star Fire-Roasted Cool Cauliflower Bombs." Asparagus? Nope, try some "Flamin' Ace Asparagus with Donkey Sauce Drizzle."

FROM THE MENU OF FRED'S MEAT & BREAD, CONTINUED

PICKLED CARROTS AND DAIKON

1 large carrot, cut into matchstick pieces (about 1/4 pound)
1 daikon radish, cut into matchstick pieces (about 1/4 pound)
1/4 cup granulated sugar
1 tablespoon salt
1 cup water

1/2 cup unseasoned rice vinegar
In a medium bowl, combine carrot pieces, radish pieces, sugar and salt. Massage vegetables until tender and sugar and salt have dissolved. Put carrots and daikon into a jar, adding any juices that

gathered in the bowl. Add water and vinegar and stir together. Cover and refrigerate until ready to use. Will keep for 2 weeks. Makes: 2 cups

Per tablespoon: 21 calories (percent of calories from fat, 2); 3 grams protein, 2 grams carbohydrates, trace fiber, trace fat (no saturated fat), no cholesterol, 202 milligrams sodium.

SPICY MAYO

1/4 cup sambal olek
1/4 cup mayonnaise
Salt and lime juice, to taste

In a small bowl, stir together sambal olek and mayonnaise. Season to taste with salt and lime juice. Cover and refrigerate until ready to use. Will keep

indefinitely. Makes: 1/2 cup
Per 1-tablespoon serving: 60 calories (percent of calories from fat, 92); trace protein, 1 gram carbohydrates, trace fiber, 6 grams fat (1 gram saturated), 2 milligrams cholesterol, 103 milligrams sodium.

THAI VINAIGRETTE

1/4 cup granulated sugar
1/4 cup water
1/2 cup white vinegar
1/4 cup lime juice
1/4 cup fish sauce
1 tablespoon sambal olek
2 or 3 cloves garlic, chopped

In a small saucepan, combine sugar and water and simmer until sugar is dissolved. Remove from heat and add vinegar, lime juice, fish sauce, sambal olek and garlic. Stir to combine. When cooled,

cover and refrigerate. May be made up to 2 weeks ahead. Makes: 1 1/2 cups
Per 1-tablespoon serving: 25 calories (percent of calories from fat, 14); trace protein, 6 grams carbohydrates, trace fiber, trace fat (no saturated fat), no cholesterol, 303 milligrams sodium.

STOCK UP | COMPILED BY C.W. CAMERON

Three Georgia teas you should try

Traditional iced tea is refreshing but when you want something different, try these teas grown or blended right here in Georgia.

A tea that's native to Georgia

You see yaupon hollies used in landscaping quite a lot, especially the weeping form. It's a plant widely found in the southeastern United States and it grows well for us. But did you know it's the only plant native to North America that contains caffeine?

Lou Thomann founded the Yaupon Tea Company in Savannah to harvest wild-grown yaupon and bring it to us in the form of tea. His team harvests yaupon leaves, then dries and roasts them. He's bringing ASI tea to market in five flavors -



Ginger Revival, Morning Mint, Ancient Wellness, Flower Power and Blissful Chai. We tried them all and we particularly like the Mountain Mint.

Yaupon has a natural sweetness in the leaf, so

no sweeteners are needed. Boxed tea bags and loose tea are available right now at yaupontea.com and bottled tea will be in the market later in July. \$8.49 per box of 20 tea bags. Also available at amazon.com.

Herbal tea

Down in Macon, Andi and Roland Biron are mixing up herbal teas with descriptive names like "Love & Laughter" and "Inspiration." Andi has a master's degree in alternative health and is the one who designs the herbal mixtures, combining ingredients in order to help you achieve a particular state of mind. She says their teas have "therapeutic benefits that taste great."

We tried Confidence with its blend of lemongrass, holy basil, peppermint, rosemary, lemon balm, sage, ginkgo biloba and gotu kola. A little bit of stevia sweetens the mix. We tried it iced but can just imagine how delicious



it will be when the weather turns cool.

Each 22 gram container holds 12 pyramid-shaped tea bags. Their "Worry-free" blend won the 2017 Flavor of Georgia beverage award.

\$9.90 per 22 gram tin. Available at the Buford Highway Farmers Market, 5600 Buford Highway NE, Atlanta, 770-455-0770. The Chicken House, 324 E Broad Street, Griffin, 678-603-1064. bironetes.com.

Tea with Georgia-grown turmeric and ginger

In 2012, Ross Harding and the folks at Vent Kitchen began growing ginger, galangal and turmeric on Lebaton Plantation, just outside Savannah. The certified organic farm was once part of a 1756 land grant from England's King George II to a group of French colonists. Harding saw the land and thought it would be perfect for growing those rhizomes (yes, it's the rhizome we harvest, not the roots) and now they grow enough ginger, galangal and turmeric to produce ginger syrup, turmeric-infused honey and almost three dozen other products.

We tried the Ginger Turmeric Green Tea, a loose tea blend of just those three



ingredients - ginger, turmeric and green tea. You can drink it because you think ginger and turmeric are good for you, or you can drink it because it's delicious. There's a ginger-mint blend as well.

\$12.99 for a 2-ounce tin. Available at the Buford

Highway Farmers Market, 5600 Buford Highway NE, Atlanta; Star Provisions, 1460 Ellsworth Industrial Blvd., Atlanta; Australian Bakery, 48 South Park Square, Marietta; and Wahoo Wine and Provisions, 1036 W Coe Avenue, Decatur. verdantkitchen.com

Beer

continued from F1

Wicked Weed did. Which brings us back to the BA — the self-described "not-for-profit trade group dedicated to promoting and protecting America's small and independent craft brewers" — and its seal.

Apparently, the BA is so committed to the concept that it's not even requiring membership in the association, and is licensing the use of the symbol free of charge to qualified breweries for any and all advertising and packaging.

But you might be surprised to find out what the BA considers a qualified craft brewery, and how the definition has changed over the years, particularly in terms of beer production.

For the BA, small means being an annual production of 6 million barrels of beer or less." Independent means "less than 25 percent of the craft brewery is owned or controlled (or equivalent economic control) by an alcohol industry member that is not itself a craft brewer."

To put that in context, in 2010, the BA upped the number of barrels from 2 million to 6 million to accommodate the growth of publicly traded Boston Beer Co. and its Samuel Adams brand.

By comparison, Wicked Weed produced 22,000 barrels in 2016, and was expected to produce about 40,000 barrels in 2017, according to



The Brewers Association is licensing the use of its "Independent Craft" seal free of charge to qualified breweries for any and all advertising and packaging.

CONTRIBUTED BY BREWERS ASSOCIATION

the industry newsletter Beer Marketer's Insights.

Of course, size and capacity are only part of the story when small, independent craft brewers talk about the problems they have competing with big beer.

Many vehemently point out that AB-InBev and the other mega beer corporations are ruthless, even mandeering tap handles and shelf space, lobbying against craft beer legislation that would level the playing field, and limiting craft brewers' access to raw materials, including specialty hops.

I believe them. I believe those things are wrong and often even illegal. And I believe more should be done to put a stop to it — even if some bigger craft breweries do some of the same things, too.

That said, I tend to see the beer business in the larger context of globalism and monopoly capitalism — though that's something that's barely

acknowledged in discussions that tend to cast "craft" vs. "crafty" beer as good vs. evil.

If you want to delve further into that complicated realm, and understand how the brewing industry's embrace of globalism and mergers destroyed iconic American companies and propped up portfolios of bland beer, go to Amazon and download a copy of "The Beer Monopoly" by Ina Vervil and Ernst Faltermeyer.

The two economists lay out the history, the players and the Byzantine goings on that led to AB-InBev's takeover of SAB-Miller, and how, respectively, Heineken and Carlsberg came to be the No. 2 and No. 3 brewers in the world.

Spoiler alert: Like me, Vervil and Faltermeyer think craft brewers will continue to be "cultural disrupters" in the global market, and that "real personalities" can still win out over "brand personalities" in local markets.