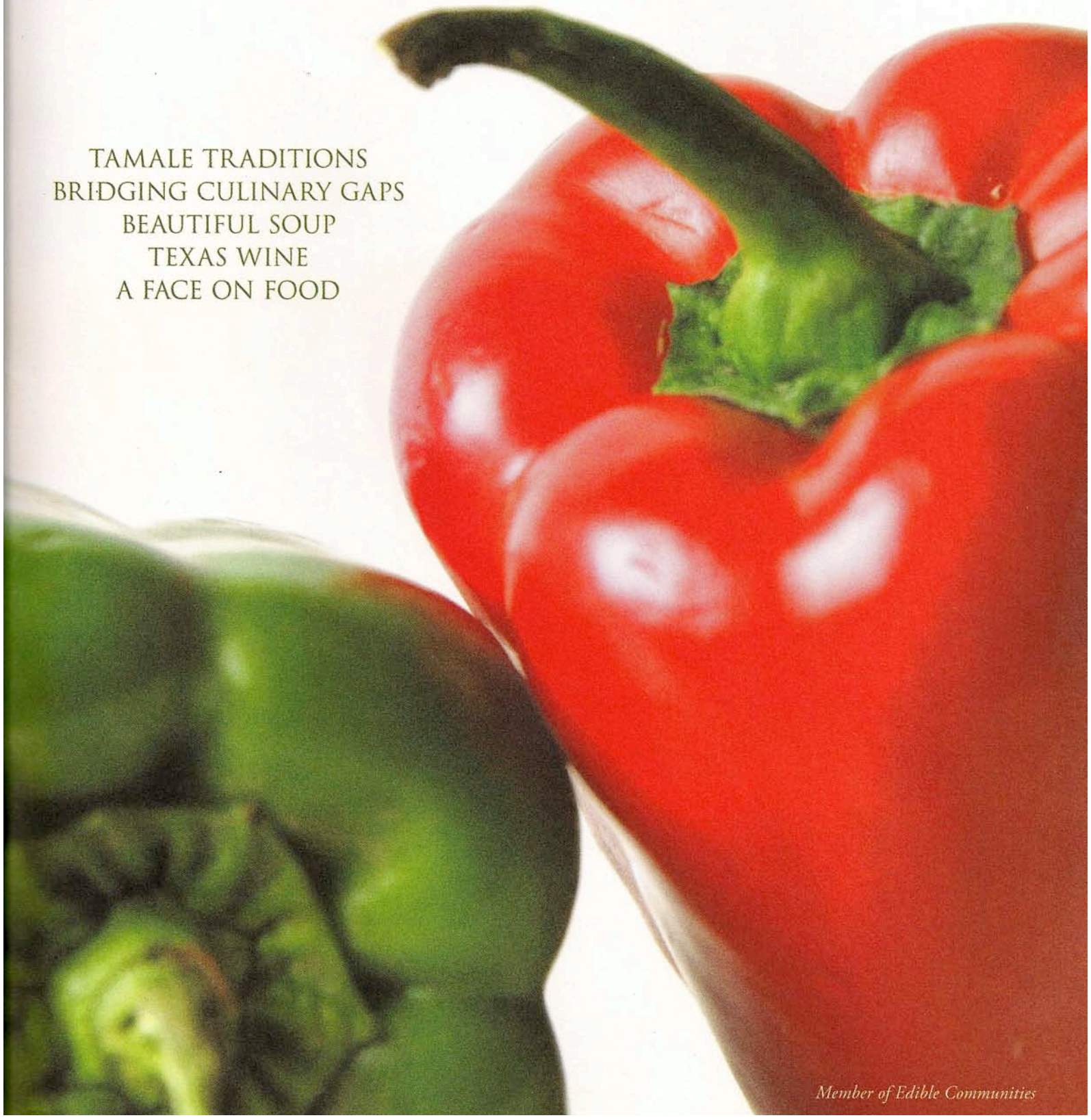
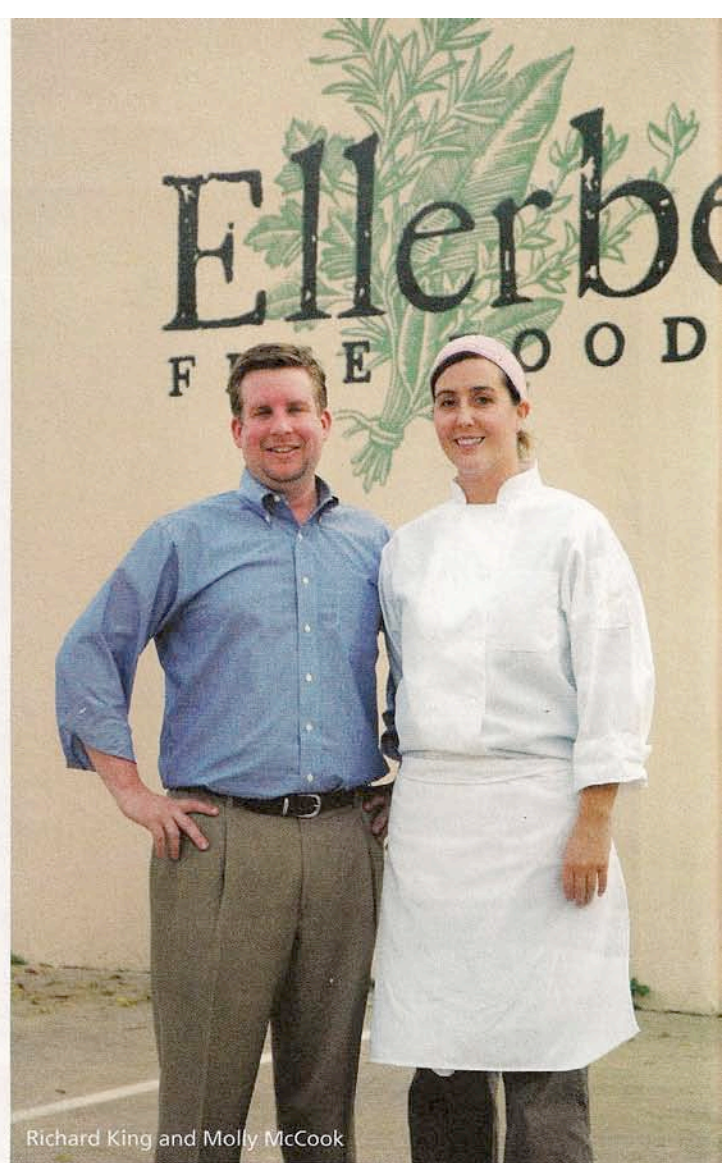
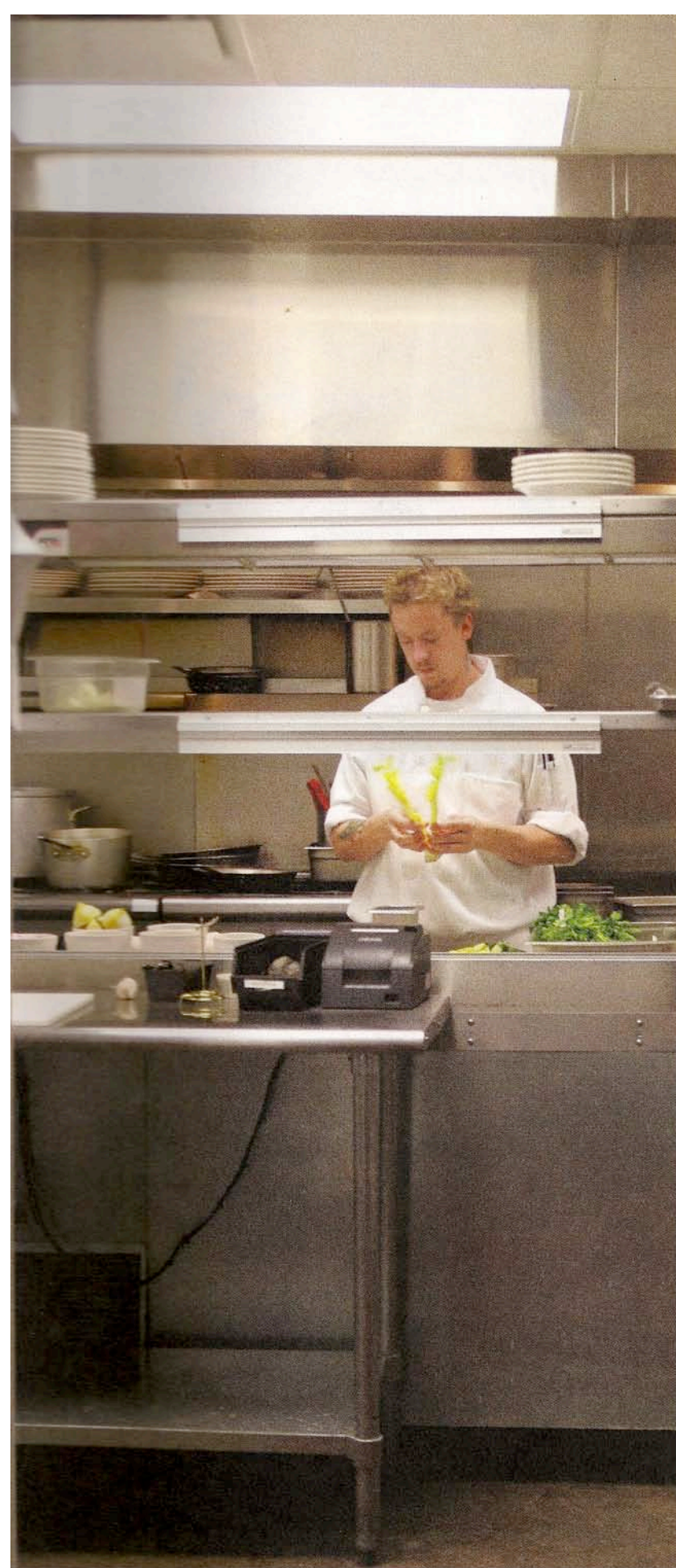


# *edible* DALLAS & FORT WORTH

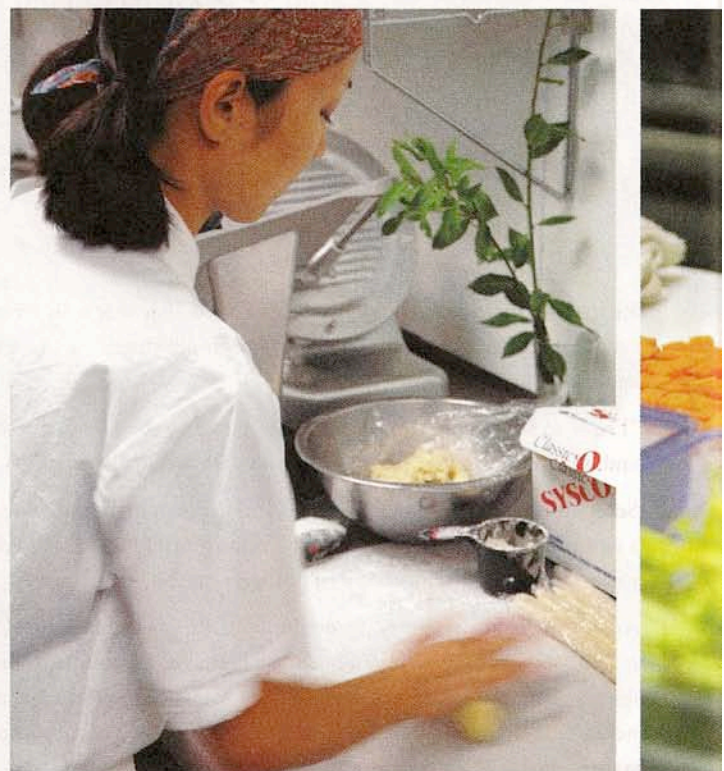
Celebrating local, fresh foods in Dallas, Fort Worth and North Texas—Season by Season No. 4 Winter 2009

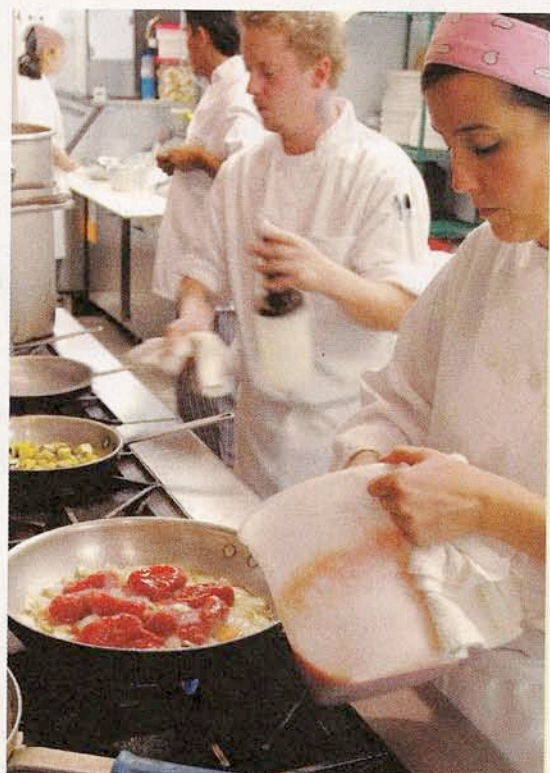
TAMALE TRADITIONS  
BRIDGING CULINARY GAPS  
BEAUTIFUL SOUP  
TEXAS WINE  
A FACE ON FOOD





Richard King and Molly McCook







"People call me a *Chez Panisse* grandbaby," McCook says, referring to Waters' Berkeley, California landmark restaurant.

To that end, she makes twice-weekly trips to the Cowtown Farmers Market, supplemented by more trips to farmers markets in Haltom City and Dallas.

"I really design the menu based around what vegetables are coming in and then I pick the proteins," she explains.

The lunch and dinner menus change frequently to reflect both the season and McCook's artistic whims. A late-fall menu featured such items as roasted cauliflower soup with Brie crostini and Bella Vista truffle oil, Sugar Queen and Magnolia figs, with Mozzarella Company Burrata, shaved prosciutto and a balsamic reduction, and sautéed wild Alaskan halibut with faro, broccoli rabe, crème fraîche and a preserved lemon relish.

"I try to get as much as possible from the markets," McCook says of the produce she buys. "We have a story behind every vegetable on the plate ... and you feel the love of the farmer."

Patrons feel the love flowing at Ellerbe as well. McCook and King take pride in their establishment and special touches abound, from the fresh-cut flowers on each table to the imported olive oil in the restaurant's market.

The latter is McCook and King's latest tangential project. Near the entrance to Ellerbe, an ever-expanding enclave houses unique regional foods. While it is no Central Market, the breadth of

items is unusual. Country Living's Classic Pumpkin Pie in a Jar and Best-Ever Brownie Mix (both Heritage Family Specialty Foods Inc. out of Grand Prairie) share space with New Canaan Farms' (Dripping Springs, Texas) Raspberry Chipotle Sauce and Texas Traditions' (Georgetown, Texas) Jalapeno Pepper Jelly and Mesquite Smoke Mustard.

McCook and King aim to expand upon their grocery concept, too, offering daily to-go meals as well as prepared dishes and gift baskets. At Thanksgiving and Christmas, they will sell side dishes, "everything but the bird," as they say.

Clearly, the duo has bridged a culinary gap of sorts. By using butcher paper atop white tablecloths and restaurant-grade dishtowels instead of napkins, they've created a high-end restaurant that they hope families will enjoy. Witness the stack of high chairs in the corner.

"We don't want to be that white-table clothed restaurant," King says. "We want to be a place where a kid can have a good meal but also where people celebrate special moments, date nights or family meals."

When they're not busy running their restaurant or selling to-go meals, bottled waters and gift cards, King and McCook are counting their culinary blessings.

"We've been very fortunate," King says, as he gives a tour of the dining room, where in a few hours' time, dinner will be in full swing. "Fort Worth has really embraced us. There's a sophisticated palate here and people really support their local restaurants."

## Baby Bibb and Shaved Radishes with Applewood Smoked Bacon and Green Goddess Dressing

### GREEN GODDESS DRESSING

- 2 cups mayonnaise
- 1 bunch flat leaf parsley, leaves only
- 3-4 stems tarragon, leaves only
- 1 bunch green onion tops
- 1 shallot, small diced
- 2 teaspoons salt
- ½ teaspoon black pepper
- 1 clove garlic-chopped with a microplane
- ¼ cup Champagne vinegar
- 1 tablespoon dry mustard
- zest of 1 lemon
- juice of 1 lemon
- ¾ cup crème fraîche
- ¼ cup buttermilk

In blender, puree mayonnaise, parsley, tarragon and green onions. Mix in the chopped shallots, salt, pepper, garlic, vinegar, dry mustard, lemon juice and zest. Fold in crème fraîche and buttermilk. Season to taste.

### FOR THE SALAD

- 4 slices applewood smoked bacon, crisply cooked and crumbled
  - 6 radishes cut with a mandolin or as thin as possible
  - 3 heads baby bibb lettuce, leaves separated and washed
- In a large bowl, toss the lettuce and dressing together to coat. Taste for seasoning. Separate lettuce between 6 plates arranging the leaves like cups on the plates. Top the salads with the shaved radishes and crumbled bacon.



Table flowers mimic the flowers on Molly's grandmothers apron.



## Roasted Cauliflower Soup with Brie Crostini and Bella Vista Truffle Oil

- 1 large cauliflower
- 1 bunch fresh thyme
- ¼ cup olive oil
- ¼ pound butter
- 1 yellow onion, large dice
- 4 celery ribs, large dice
- 4 cups chicken stock
- 2 fresh bay leaves
- salt and pepper
- 1 cup heavy whipping cream
- 1 baguette
- 12 ounces brie
- Bella Vista truffle oil

Preheat oven to 450 degrees. Remove outer leaves from the cauliflower, rinse and cut into quarters. In large mixing bowl, generously season the

cauliflower and toss with half of the thyme and the olive oil. Arrange cauliflower on a cookie sheet and bake until nicely browned, approximately 10 minutes. Reserve 6 florets for garnish.

In a large, heavy-bottomed saucepot, melt the butter over medium heat until it begins to brown. Add the onion and celery and sauté for 5 minutes. Add the roasted cauliflower, chicken stock, remaining thyme and bay leaves. Let simmer for 30 minutes or until the vegetables are completely tender.

Puree the soup in a blender until smooth. Be careful not to fill the blender more than 1/3 full, as the hot liquid will burn. Return the soup to the stove and add cream, salt and pepper to taste.

Preheat oven to 400 degrees. Slice the baguette on a bias ½ inch thick and place 2 ounces of Brie on top of each slice. Place toasts on a cookie sheet and bake until the cheese melts, approximately 4 minutes.

Divide the soup among 6 bowls. Gently place a cauliflower floret and the brie crostini on top. Drizzle with the Bella Vista truffle oil. Enjoy!