

FUSION AT ITS FINEST!

FILIPINO ADOBO IN A SLOW COOKER

-MFG, THE GRAND INTERNATIONAL.COM

My mom, who is Filipino, laughed at me when I told her I wanted to attempt cooking *adobo*, probably the Philippines' most notorious meat dish, in my roommate's Crock Pot.

Adobo is a dish of pork braised in vinegar, garlic and soy sauce, infused with bay leaves and peppercorns and served over freshly steamed rice.

"Adobo is supposed to be a little crispy, not like stew," she told me, referring to its traditional cooking process, where you simmer the meat for hours until the liquid disappears, then fry it in a bit of oil to crisp up the fatty edges.

Well, cooking adobo in a slow cooker actually turns the dish into exactly what my mom said it shouldn't be: a soupy stew. But you know what? It's delicious anyway.

- 2 1/2 lbs stewing beef or pork
- 3 tbs soy sauce
- 2 tbs white vinegar
- 8 cloves garlic, crushed and roughly chopped
- 1 tsp whole black peppercorns
- 1/2 tsp kosher salt
- 2 bay leaves
- 1 large onion, roughly sliced
- 2 large potatoes, chopped into large bite-sized pieces

Dump all the ingredients except the potatoes into a slow cooker. Leave it in there for six hours on the high setting. When it's done, fry the potatoes in cooking oil and drain. Stir it into the adobo. Serve with freshly steamed rice or garlic fried rice.

TELL EVERYONE

WHAT YOU'VE SEEN

MOVABLE FEASTS: THESE DC LUNCH CARTS SURE GET AROUND. FOLLOW 'EM ON TWITTER TO SEE WHICH NEIGHBORHOOD THEY'LL BE AT:!

- indian food: fojol bros. @FOJOLBROS
 - SWEETS: Curbside cupcake @CURBSIDECUPCAKE
 - World food: saug & @EAT SAUCA
 - TACOS: district tacos @districttaco
- now, if only taylor deli had a cart!

about:

The Runcible Spoon is a guerrilla food zine based in Washington, D.C. All content is written by local food bloggers & resident foodies, with the aim to bring good food to the people. It's edited by Malaka of <http://TheGrandInternational.com>. Questions? Want to get involved? E-mail her @ mfgarib@gmail.com.

THE RUNCIBLE SPOON

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FARMERS MARKET FORAGING: RADISHES

Jason sells gelato at the Dupont Circle farmer's market every weekend. Check out his wares at <http://dolcezzagelato.com>

Sorrell? Celeriac? Sweet pea vines? I don't even know what the hell some of these vegetables are, let alone how to cook them. Are they even edible?

Let me back up.

I help out at the Dupont Circle Farm Fresh Farmer's market, selling artisanal gelato from my friends at Dolcezza. They use fresh, seasonal ingredients plucked from the local farmer's bins. Bartlett Pear from Toigo Farms. Crookneck pumpkin from Tree and Leaf. Black mint from Gardener's Gourmet.

The only catch is: I usually have no idea what veggies I'm going to get. Or what to do with them. Fortunately, the farmers are always willing to help out.

So, when Zachariah, from Tree and Leaf gave me a sack of radishes, he realized my blank look meant I needed a recipe, too. The simpler, the better.

He rattled off a recipe for salted radish bruschetta. Tasty, spicy, atypical, and - best of all - easy. It was a hit with the Sunday afternoon Bloody Mary crowd. - Jason O.

SALTED RADISH BRUSCHETTA

- 6 small radishes
- 2 tbsp cup extra virgin olive oil
- 2 tbsp sweet cream butter
- Crusty bread, French or whatever you can get your hands on, sliced
- 1 - 2 cloves roasted garlic, chopped
- Sea salt
- Fresh ground pepper

Slice the radishes as thin as possible, and sprinkle generously with salt and pepper. Set them aside to let them

absorb the flavor. Heat the butter, mix in the olive oil, and add garlic. Toast several slices the bread. Top with a layer of radish slices, and drizzle with the butter mixture. Devour immediately.

Cheap and Quick DC Desserts

DC is a town of long hours, low pay, and the need for constant sugar stimulation. With that in mind, here are some of Pie V. Cake's favorite cheap desserts for when those sugar cravings hit. - M.&A.

1. Day-Glo cupcakes, Hart Senate Office Building

Basement Cafe (the "Senate Chef")

The "Chef" used to be a greasy spoon famous for its chicken fingers and fro-yo. Last year, it was remodeled as a coffee shop. It introduced moist, delicious cupcakes with Day-Glo icing to hordes of staffers -- the perfect distraction from major world events.

2. Cartoon character ice cream pop, Independence Avenue tourist trucks

Every DC resident has had the experience of sweating miserably while acting as tour guide for [insert obscure relative here]. Next summer, send them to the Air and Space Museum, then sidle over to one of the T-shirt-festooned trucks to get a cartoon character ice cream pop.

3. Waffles at Lincoln's Waffle Shop, 10th Street between E and F

Sometimes we have a craving for a food that falls between the salty-sweet spectrum. So we head to Lincoln's Waffle Shop, which embodies the unpretentious nature of the president it's named after (a polite way of saying that it's a bit of a dive.) The waiters have a quick hand with the coffee and the waffles are nothing short of delicious.

4. Trader Joe's

We know, we know -- Trader Joe's stores are everywhere. But sadly, the arrival of a TJ's in the District

changed our eating habits forever. With a multitude of single-serving desserts, a crème brulee will always be waiting after a 15-hour DC workday and two missed meals. And yes, we realize it might be healthier to eat an actual meal rather than simply seeking a sugar fix.

About Pie V. Cake:

DC dessert blog Pie V. Cake (www.pievcake.com) was started in 2007 by two sugar addicts, Ann and Mimi. Though Ann's the pie fan, she gets the shakes if she goes too long without supermarket sheet-cake frosting. And cake fan Mimi has been known to give herself carpal-tunnel pain from squeezing key limes for her pies.

MORE TREATS

Mango, Tomato & Avocado Salsa: BY OLGA B., DC BLOGGER

THE NAME OF MY BLOG is Mango & Tomato (<http://mangotomato.blogspot.com>) because my favorite "vegetable" is tomato. I believe in simple & delicious food that doesn't take too long to prepare. Here is a recipe that actually involves both a mango & a tomato: Mango, Tomato, & avocado salsa.

INGREDIENTS:

- 1/2 mango, cubed
- 1 c cherry tomatoes, quartered
- 1/2 avocado, cubed

- 1 tbs white onion, finely chopped
- 1 tbs chopped cilantro
- 1/2 lime, juiced
- salt & pepper to taste

DIRECTIONS:

1. Combine all ingredients in a bowl.
2. Mix.
3. Eat!!

OPTIONAL:

You can also add jalapenos to your salsa. And if your mango wasn't perfectly ripe (as it was for me), you can even add a bit of sugar! - O.B.

BREAKFAST

review

Green Waffles? Why not!

BY: HUCKLEBERRY MAHONEY

breakfasts.tumblr.com

But really, who would have thought? Not Dr. Seuss -- try Niel Piferone, owner of Locolat, the Belgian-inspired patisserie on Florida Ave. He has taken waffles to the next level -- and no, it's not food dye. It's vegetables! In addition to a beautiful array of handmade chocolates and pastries, Locolat serves a satisfyingly savory brunch. After stumbling into it a few weeks ago, I finally went back to eat there this past Sunday. I had the green vegetable waffle with smoked salmon -- which was trop bon -- as well as the waffle with grilled veggies. The prosciutto panini also looked good, although since I'm a vegetarian, I didn't try it. As far as D.C. brunches go, Locolat wins big points for novelty. A bit pricey, but hey -- you're living the big life. Bon App! (Locolat, 1781 Florida Ave NW)

FRESH

Cream of broccoli soup: For your wintery D.C. days



A cold snap has descended on D.C., and standing near my stove is by far the warmest spot in my old, drafty house. So, I have seized the opportunity to indulge in my wintertime obsession: soup.

I've been experimenting with a few recipes from *Veganomicon: The Ultimate Vegan Cookbook* but I'm yet to find the **perfect soup recipe**.

Instead, I've turned to an old favorite: Ted Robbins' *May All Be Fed: Diet for a New World*. Part manifesto, part cookbook, Robbins' recipes coax even the most begrudged of roommates down to the kitchen to see what's cooking - and when they moan in soupy ecstasy I never, ever tell them it's vegan. - B.ECKY. L.

- 1 cup raw cashews
- 5 cups vegetable stock or veg. bouillon
- 2 medium boiling potatoes, peeled, cut into 1/2 inch cubes
- 1 medium onion finely chopped
- 1 bunch broccoli, trimmed and coarsely chopped (~ 4cups)
- 1 teaspoon dried basil (I typically use more than this, but adjust to taste)
- 1 teaspoon fine sea salt
- 1/4 teaspoon freshly ground pepper (to taste)

Cashews and 1 cup of stock in the blender. Blend until smooth about 1 minute.

Put 4 cups of stock, potatoes, and onion in a large pot. Bring to a simmer, cover and cook for 5 minutes.

Stir in broccoli and basil and return to a simmer. Cover and cook until potatoes are tender, about ten minutes.

Stir in reserved cashew mixture, salt, and pepper and bring just to a simmer.

Remove from heat, transfer half of the soup to a blender and puree (careful blending hot liquid!) Return puree to pot and stir well.

Makes 6 servings

Note: You can sub peas or cauliflower or any other similar vegetable for broccoli. I like to mix broccoli and peas for a delish festival of green. You can also blend more or less for a creamier or chunkier consistency.



FRUGAL FIND

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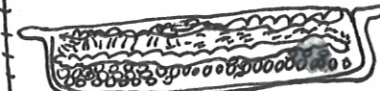
koshary: cheap, easy & arab

YOU PROBABLY HAVEN'T SEEN THAT COMBO OF ADS-ECTIVES IN AWHILE (OR, EVER, I GUESS). ANYWAY, HERES A RECIPE FOR MY FAVORITE EGYPTIAN STREET FOOD. ENJOY! - MFG

- 2c canned chickpeas
- 2c cooked lentils
- 2c orzo, cooked + drained
- 2c vermicelli noodles, cooked + drained
- 1 can tomato sauce
- 1/2 can tomato paste
- 10 cloves garlic, minced
- 3/4 c white vinegar
- 1/4 c water
- 1 tsp cumin
- 1 tsp red pepper flakes
- 1 onion, sliced thinly

DIRECTIONS:

• In a casserole dish, layer all the first four ingredients:



set aside.

- In a pan, heat up oil and gently fry garlic and red pepper flakes until light golden brown. Pour vinegar in and simmer for 2 minutes. Add in tomato sauce and paste, cumin + water and simmer 5 min.
- Season w/ salt + pepper. Ladle over top of casserole.
- In another pan, caramelize the onions. Arrange on top of casserole.
- Voila! Koshary! serve w/ a bit of Greek yogurt on top and extra sauce (if you have some).

JOHNNA KNOWS GOOD ETIQUETTE: **DINNER RESERVATIONS**

By Johnna, DC Food Blogger

A night on the town that begins with dinner could be a night of only dinner if reservations don't precede this whole process. **Johnna Knows Good Food** is a huge believer in reservations – in fact, her **OpenTable** points balance speaks for itself. Here are her top reservation etiquette tips – follow them and keep your night out right on schedule:

- Whoever makes the invite for the dinner should make the reservations.
- Make a reservation based on how many guests you want to invite (if it's more than 5 guests, definitely make a reservation...if it's just the two of you, it's your call), what type of restaurant it is and how much time you have (if you're seeing a show afterward, definitely make a reservation).
- Reservations should be made from a week or more in advance. If you need to cancel, make sure you do this no less than 24 hours in advance. Some restaurants will even hold your credit card information to charge you if you don't cancel in advance.
- Make life easy and make a reservation online on **OpenTable** (www.opentable.com). The telephone is the last thing we want to do in this day and age.

Johnna posts an etiquette column every Tuesday on her blog, www.johnnaknowsgoodfood.com.

HUCKLEBERRY MAHONEY'S **MAGIC GUIDE TO OMELETS**

By Huckleberry Mahoney,
www.breakfasts.tumblr.com

Many cookbooks have entire chapters devoted to eggs, and that's because cooking them can be subtle and perilous. So, the least I – a bonafide eggspert – can do is teach you how to make a proper omelet. That overcooked, spongy blob stuffed with watery shit at the local diner is NOT a real omelet. Nor is the abomination that comes out of those microwave omelet contraptions. Here are some tricks for a perfect omelet, but the real secret is just practice.

- To start off, watch Julia Child and Jamie Oliver make theirs on YouTube.
- Have a non-stick pan VERY well-buttered and on medium heat. A too-hot pan will yield a tough, overcooked egg.
- In a bowl, whisk no more than 3 eggs with a pinch of kosher salt, pepper & perhaps some nutmeg (often used in egg dishes) until fluffed, and add to pan just as butter starts to bubble.
- Wait about 30 seconds, then stir around quickly with a fork.
- Allow it to reset, wait another 30 seconds, then jerk the pan back & forth until the omelet folds over itself. Garnish with some parsley et VOILA!

Filling: Try sautéing white onion, garlic and kale in butter and add to your omelet with Fontina cheese before folding over. Don't forget salt and pepper! Eat some sweet fruit after your savory egg and you're in breakfast business!

MAKE YOUR OWN MUSTARD

If you like mustard, you should be making your own. Seriously. It's super easy + 100x more delicious than anything you'll get in a bottle or packet. Hell, even if you don't particularly care for the condiment, you should try this recipe. Spread some on a sandwich or a soft pretzel. Just trust me on this one. – Kalee R.

2TBS HONEY
2 C DRY WHITE WINE
1 C CHOPPED ONION
2 CLOVES GARLIC, MINCED
4 OZ DRY MUSTARD
1TBS VEG OIL
2TSP SALT
4 DASHES TABASCO

1. Combine honey, wine, onion + garlic. Heat to boiling, lower heat and simmer 5 min.
2. Pour mixture into bowl + cool.
3. Strain white mixture into dry mustard in a small saucepan, whisking until very smooth. Add remaining ingredients. Heat slowly, stirring constantly until mix thickens. Cool.
4. Pour into a non-metal container + cover. Refrigerate for at least 2 days to blend flavors.

The Cherry Bomb: DC's Quintessential Dessert

Aside from the half-smoke, DC has very few "food pride" items. It's especially lacking in a hometown dessert. To remedy this, Pie V. Cake (www.piecake.com) developed the **Cherry Bomb**. It's as sweet and tart as the many youthful idealists who grow more jaded and bitter each day they spend in DC. – M.&A.

Here's how to make it (Note! Super easy for all you 15-hour-days workaholics!)

1 box of puff pastry
2 24-count mini cupcake tins
1 can of cherry pie filling
Scant 1/4 cup of tapioca

1. Pour cherry pie filling into a bowl. Mix in the tapioca and let it sit for a while.
2. Spray cupcake tins with nonstick cooking spray.
3. Let puff pastry come to room temperature (about 20 minutes of thawing). Lay down some wax paper (or foil). Lightly dust it with flour, and then unroll pastry. Cut it into 1-inch squares, then press squares into cupcake tin indentations. Each square will make a little teensy basket.
4. Spoon a little bit of pie filling into each square.
5. Bake at 400 degrees for 20 minutes, or a little longer if you forget to preheat the oven like we do.
6. Enjoy the taste explosion in your mouth.