

VEGETABLE OF THE WEEK

# FLAVOR BOMBS

Flavor Bombs are pureed mixtures of a handful of flavorful things mixed together, frozen in small ice cube trays or candy molds, and then dropped into soups, stews, chilis, stir-fries, rice- you name it! If you have a fridge full of herbs and greens that you don't know what to do with, flavor bombs are a way to preserve them for future deliciousness without much time or effort! Does that have your wheels turning?

$\frac{2}{3}$  cup cilantro

$\frac{2}{3}$  cup parsley

$\frac{2}{3}$  cup Thai basil

4 cups spinach

2 cloves garlic, peeled

2 tablespoons peeled and chopped fresh ginger

Tear all the stems off the herbs and spinach. (No need to be exact, just rip off most of them.) Blanch the cilantro, parsley, Thai basil and spinach in a pot of boiling water for about 30 seconds. As soon as they turn bright green, take them out and drop them into a bowl of ice water.

Take the greens out of the ice bath and shake off excess water (but leave the greens wet). Put them into a blender or small food processor with the garlic and ginger. Blend until you have a smooth, dark green purée. If it's too thick, add a little water to keep it moving, about 1 tablespoon at a time. Pour purée into an ice cube tray and pop it into the freezer.

To use in fried rice, add a few cubes to the pan once the vegetables and any other protein are cooked and the rice is translucent; keep stirring as the cubes melt and coat the rice. Season and serve.

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