



# The Edible Garden

## Recipe of the week: Get Out and Grill Weekend, June 19-20

### Calamari and Carrot Salad

By: Michael Anthony, Executive Chef, Gramercy Tavern

*Makes 6 servings*

#### Ingredients

8 cured Meyer lemons (see recipe below)  
2 Meyer lemons, rinds only  
5 whole heads of garlic  
4 cups lemon vinaigrette, to cover  
1 lb. calamari  
Salt, to taste  
Pepper, to taste  
Olive Oil, as needed  
8 yellow carrots, julienned  
4 oz. Italian parsley, picked and chopped  
4 oz. pine nuts, toasted  
Mizuna lettuce, to taste and garnish  
2 Tbsp. wasabi tobiko

#### Instructions

- Juice and strain cured lemons. Mix with meyer lemon rinds and garlic heads. This forms the marinade.
- Season calamari with salt, pepper and olive oil and lightly saute.
- Cut calamari, separating the bodies from the tentacles. Cut the bodies into thin julienne. Cut tentacles into similar size pieces.
- Mix with marinade and cover with lemon vinaigrette. Let sit at room temperature for 1 hour.
- Mix carrot julienne, parsley, toasted pine nuts and calamari just before serving.
- Garnish with mizuna lettuce.
- Stir wasabi tobiko into 1 cup lemon vinaigrette. Drizzle on plate around calamari just before serving.

*For the cured meyer lemons*

## **Ingredients**

25 meyer lemons  
1 quart salt  
½ quart sugar  
1 oz. black pepper  
1 oz. fennel seed  
1 oz. cumin  
1 oz. coriander  
½ oz. chile flakes  
2 pieces star anise  
5 pieces cardamom pods  
½ quart lemon juice

## **Instructions**

- Wash lemons and cut into quarters leaving one end in tact.
- Place black pepper, fennel seed, cumin and coriander in a hot frying pan and toast until fragrant.
- In a large, air tight container combine all ingredients. Let cure 1 month under refrigeration.

## *For the lemon vinaigrette*

### **Ingredients**

1 pint lemon juice  
1 pint lemon oil  
3 Tbsp. wild flower honey (Hampton's Honey)  
3 Tbsp onion puree (see recipe below)  
3 Tbsp. white wine vinegar  
3 Tbsp. olive oil (Terre Bormane)  
Salt, to taste  
Pepper, to taste

### **Instructions**

- Combine lemon juice, honey, onion puree and white wine vinegar. While whisking, slowly drizzle in lemon oil to form an emulsion. Whisk in olive oil.
- Season with salt and pepper.

## *For the onion puree*

### **Ingredients**

10 yellow onions, medium, julienne  
3 Tbsp. olive oil plus more for blending  
3 Tbsp. water

### **Instructions**

- Sweat onions in olive until tender. Add water as needed to avoid color.
- Puree in blender with olive oil until smooth.