

Valentine's Day Dinner

Romantic and Light

The following vendors are but a selection of vendors you can shop at the Cascades and Leesburg Markets for ingredients with which to create the Valentine's Day recipes included on the next pages.

[Baguette Republic](#): **Cascades** - Variety of artisan breads, pastries and cookies; European techniques and tradition.

[Bigg Riggs Farm](#): **Cascades/Leesburg** - Variety of home-grown produce, homemade preserved products, and Bloody Mary Mix.

[Blue Ridge Dairy Co.](#): **Leesburg** - Artisan cheeses and yogurt.

Bread House: **Leesburg** - Artisan breads and pastries.

[Glascoks Produce](#): **Leesburg** - WVA's finest fruits and vegetables from a sustainable, third generation farm.

[Honey Brook Farms](#): **Leesburg** - Chemical-free Eggs/Meat. Fresh produce, RAW Honey, Heirloom Apples, and more.

[Shenandoah Seasonal](#): **Leesburg** - Chemical free vegetables, specialty greens, herbs, and flowers

[Staff of Life Bread](#): **Leesburg** - European style bread with whole grain flours used are freshly stone-milled on site.

ONION SOUP WITH SAGE

Serves: 8

1 Tbls butter

olive oil

1 handful fresh sage leaves, 8 leaves reserved for serving

6 cloves garlic, peeled and crushed

5 red onions, peeled and sliced

3 large white onions, peeled and sliced

3 shallots, peeled and sliced

2 medium leeks, light green and white parts only, washed and sliced

Freshly ground black pepper

sea salt

2 – 32 oz cartons organic beef, chicken or vegetable stock, heated

8 slices stale crusty French bread, 1 inch thick

8 oz Gruyere cheese, freshly grated

Worcestershire sauce

Preparation

Hint: Cook the onions in this recipe, slowly, to obtain the ultimate depth of flavor and sweetness.

1. Sweat the onions slowly. This will allow the flavor of the variety of onions will meld, nicely. Additionally, feel free to include a greater variety of onions.
2. Place butter, 2 Tbls of olive oil, the sage and garlic into a heavy, non-stick pan and stir. Add the onions, shallots and leeks. Season with salt and pepper. Place a lid on the pan, though not completely sealed. Cook on medium-low for 50 minutes. Remove the lid during last 20 minutes, stirring onions to keep from sticking, until the onions are soft and golden.
3. Add the stock. Bring to a boil. Reduce heat and simmer for 10 to 15 minutes. Skim fat from the surface.
4. Preheat the oven to broil. Toast bread on both sides.
5. Adjust seasoning of soup. Ladle it into individual heatproof serving bowls. Place bowls on a baking tray. Place toasted bread on each bowl. Sprinkle with grated Gruyere and drizzle with a touch of Worcestershire sauce.
6. Dress reserved sage leaves with olive oil. Place one atop each slice of bread. Place the tray into the preheated oven and melt the cheese until bubbling and just golden. Do not burn! When the cheese is bubbling.
7. Carefully remove tray from oven. Serve

PASTA WITH ARUGULA, FENNEL, AND LEMON

Serves: 2

1 large fennel bulb, fronds reserved
1 tablespoon extra-virgin olive oil or grapeseed oil
2 large cloves garlic, minced
6 ounces pasta (pappardelle, linguine, or other desired pasta)
1/4 cup creme fraiche, to taste
zest of one large lemon, juice reserved
3-4 good handfuls of arugula
1/4 cup reserved pasta water
sea salt and pepper
parmesan or hard goats cheese, to finish

Preparation

1. Bring a large pot of liberally salted water to a boil.
2. Cut fennel in half, lengthwise. Remove tough core and slice into 1/4" wedges. Heat oil in a frying pan over medium high heat. Add the fennel. Stir and cook without stirring again for 5 minutes (this will allow to brown slightly). Stir, and reduce heat to medium. Add garlic, a pinch of salt and, a bit of oil if pan is dry.
3. Begin to cook the pasta.
4. To the fennel add the creme fraiche, lemon zest and stir to coat. Add the arugula and toss.
5. Drain the pasta, reserving 1/2 cup of pasta water. Add the pasta to the fennel pan and toss to coat. Add a pinch of salt, pepper, a bit of lemon juice and pasta water as needed.
6. Serve with grated parmesan and a sprinkling of fennel fronds.

BULGUR STUFFED EGGPLANT

Serves 6 to 12

6 small eggplants
5 tablespoons olive oil, divided
1 teaspoon sea salt
1/2 teaspoon crushed black pepper
1 teaspoon za'atar spice
1 cup dry bulgur wheat
1/2 cup fresh parsley leaves, tightly packed
1/4 cup fresh cilantro leaves, tightly packed
2 scallions, thinly sliced
1/4 cup toasted pine nuts, plus more for garnish
1/4 cup pomegranate seeds, plus more for garnish
1/2 lemon, zested and juiced

Preparation

Preheat oven to 350°F.

1. Wash eggplants and slice in half lengthwise. Using a paring knife, score eggplant halves with diagonal crosshatches – DO NOT cut through the skin.
2. Drizzle each eggplant half with about a half-tablespoon of olive oil each. Season with the salt, pepper and za'atar spice.
3. Bake, cut-side up, for about 45 minutes or until the eggplants are completely soft.
4. While eggplants are baking, place the dry bulgur in a medium-sized bowl and cover by 1/2 inch with boiling water. Place a kitchen towel over the bowl and let stand. After 10 minutes, remove the towel, fluff bulgur with a fork, and taste.
5. If the grain is still hard, recover the bowl with the kitchen towel and check after 5 minutes.
6. Finely chop parsley and cilantro.
7. Once bulgur is soft, drain excess water. Toss bulgur with parsley, cilantro, scallions, pine nuts, pomegranate seeds, lemon zest and juice, and remaining 2 tablespoons of olive oil. Season to taste with sea salt.
8. Transfer cooked eggplants to a platter and spoon herbed bulgur salad over the eggplants.
9. Garnish with additional pomegranate seeds and pine nuts.

MILK CHOCOLATE MOUSSE

Serves: 10

Ingredients

3 Cups Heavy Cream

1 lb. Milk Chocolate

1/8 oz Gelatin Sheets

Preparation

1. Soak gelatin sheets in hot water for approximately 2 minutes. Heat chocolate to 105/110°F.
2. Stir gelatin into chocolate.
3. In meantime, heat 1¼ cup heavy cream. As it begins to boil, remove from the heat.
4. Add cream to the chocolate mixture, keeping at a consistent temperature.
5. Using a whisk, lightly whip remaining cream and add to the chocolate. **NOTE:** The chocolate mixture should be around 80°F so the whipped cream doesn't deflate.
6. Pour the mousse into a large mold or multiple, single-serving molds.
7. Place mold/s in the refrigerator to solidify for 30 minutes.
8. Remove from the fridge a couple minutes before serving.