

17 FOOD TRENDS

WEB EXTRAS

WRITERS PENNY SANFILIPPO AND JONNY ALTOBELL – THE UGLY SISTERS

EZ AND PRETTY MIXED VEGETABLE PICKLE

(Great when you have a bit of this or that left over)

Ingredients:

1/3 head of cauliflower (bigger than a softball, smaller than Orlando) in small florets
 2 ribs of celery – thinly sliced
 1 large carrot or two small (colored ones are nice here) – thinly sliced
 1 wedge of cabbage – cut as if for slaw
 4 oz of green beans – trimmed and cut into 1" pieces
 3 cloves of garlic – sliced thin
 1 red pepper – seeded and sliced thinly
 1-2 Serrano chilies (jalapeño OK too, 1 might be fine) – thinly sliced
 1 knob (2" or so) of fresh ginger, sliced thinly
 Heaping ½ teaspoon of kosher salt and fresh ground pepper to top

Method:

Mix all together in colander and place in colander in bowl to drain about four hours.
 Shake veggies to remove any lingering juice and transfer to a bowl.

Add:

½ teaspoon of ground turmeric
 2 oz of white wine vinegar
 2-3 tablespoons of granulated sugar
 2-3 oz of fresh lemon juice (lime OK too)
 2 oz of olive oil

Method:

Toss all together and add a little water if mixture looks really dry. Cover and chill for at least one hour.



PENNY SANFILIPPO and JONNY ALTOBELL (a.k.a. the Ugly Sisters) have owned Ala Carte Catering in Fort Lauderdale for more than 20 years. They recently retired from running their Downtown restaurant, the 11th Street Annex, and are looking forward to sharing all things food (restaurants too) with the readers of *Go Riverwalk*.