

ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

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FOUR SEASONS OF POTATO SALAD:

WINTER

4 cups large storage potatoes, coarsely diced and boiled until firmly tender

3 hard boiled eggs, peeled and coarsely chopped

¾ cup last summer's dill pickles, finely chopped

2 tbsp dill

salt to taste

Mayonnaise – a few tbsp

Combine potatoes, eggs, and pickles, being careful not to mash anything. Add dill and salt to mixture and combine thoroughly. Add just enough mayonnaise to hold the salad together.

SPRING

4 cups storage potatoes, coarsely diced

1/3 cup fresh mint leaves

1-2 cups new peas

1 cup crumbled feta

¼ cup extra-virgin olive oil

Boil diced potatoes as above. Combine ingredients.

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SUMMER

2 lbs red or golden new potatoes, cut in 1 inch chunks

3 tbsp olive oil

coarse salt

2 yellow or red bell peppers, cut in chunks

2 cups green beans (stringed and broken in 1-inch lengths)

1-2 ears sweet corn on cob

Toss potatoes with salt and oil and spread on baking sheet. Roast in 450° oven until tender (20-30 minutes). Place ears of corn, lightly oiled, with the potatoes. Add peppers and green beans to roast for last 10 minutes. When done, loosen the vegetables with a spatula, cut corn kernels off cob, and combine in a large, shallow bowl.

2 cups tomatoes cut in wedges

½ cup fresh basil

¼ cup olive oil whipped together with 1 tbsp balsamic or other mellow vinegar

Toss tomatoes, basil and dressing with roasted vegetables, salt to taste.

FALL

2 lbs fingerling potatoes (Russian Banana, Rose-Finn, La Ratte)

seasonal vegetables

4 tbsp dried basil

¼ cup olive oil whipped with 1 tbsp balsamic vinegar

Prepare roasted potatoes as in “Summer” recipe, combining with late-season peppers and green beans, shelly beans, or limas, roasted along with the potatoes. Toss with fresh tomato wedges, basil and the dressing. As the season progresses and different things become available, you can mix and match other vegetables with the potatoes to your heart’s content, keeping proportions roughly the same. Cubed winter squash and sweet potatoes are wonderful in this roasted dish, requiring about the same amount of time in the oven. Don’t hesitate to combine sweet and regular potatoes – they are unrelated, and marry well!

