



THE FAMILY TABLE

In this excerpt from their new cookbook, the Pollan family shares the traditions and recipes that bring them happily together

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From left: Dana, Tracy, Lori, and Corky Pollan

We spent every summer of our childhood on the island of Martha's Vineyard, Massachusetts. School would let out and the very next day we loaded up the big family station wagon and squeezed into it (the six of us, two dogs, a cat, and usually one or two friends). You may be wondering how we would all fit, but this was before the age of using seat belts, and all of our luggage was affixed precariously to the roof with rope. Our passion for seafood is tied to those halcyon summer days on the Vineyard. Every meal we ate told a story of how that food came to our plates and to our table. It was an adventure story composed of clamming at Quitsa Pond, trips to the dock

to see the fishermen unload that day's catch, and perhaps our favorite activity of all, the visit to our local fish market to select our lobsters. We would don our plastic bibs and feast on sweet, buttery lobster, local corn, and warm pie teeming with blueberries we had picked ourselves. What we took away from our time on the Vineyard, specifically from the meals we enjoyed, was an appreciation for food sourced locally, although we would never have put it that way then. We just knew that we were surrounded by water and from that water came an amazing bounty. Life has taken each of us in different directions. But somehow, whatever our individual paths, we always follow the breadcrumbs (or croutons) back to the foundation upon which our bonds were built: the big, noisy, welcoming Pollan Family Table.



Golden Baby Artichokes with Lemon Zest

We have a number of men in our lives who just refuse to eat artichokes—the thistles, the choke, scraping the meager “meat” off the leaves with your teeth—frankly, they think it's too much work for too little reward. Our golden sautéed baby artichokes are the answer. No one can resist these delectably satisfying whole bites.

- 1/4 cup plus 1 teaspoon fresh lemon juice
- 2 pounds baby artichokes (about 9)
- 3 tablespoons extra virgin olive oil
- 3 small cloves garlic, sliced
- 1 teaspoon finely grated lemon zest
- 1 tablespoon finely chopped Italian (flat-leaf) parsley

Sea salt
Freshly ground black pepper

1. Fill a large mixing bowl with cold water, and add 1/4 cup of the lemon juice. Peel off all the dark outer leaves of each artichoke until you reach the pale green inner leaves. (You might be tempted to leave some, but they will be too tough to eat.) Cut off the bottom 1/4 inch of the stem, leaving the rest intact. With a vegetable peeler, remove the dark outer layer of the stem until you reach a pale green layer. Cut 1 inch off the top of the artichoke. Quarter the artichoke lengthwise, and put it in the bowl of lemon water to keep it from turning brown. Repeat with the remaining artichokes.
2. Fill a large stockpot with water, and bring it to a boil. Drain the artichokes, and add them to the pot. Boil until tender when pierced with a fork, 5 to 7 minutes. Drain in a colander, and set aside.
3. Place a large skillet over medium-high heat, and pour in the oil. When it is shimmering, add the artichokes, and cook for 5 minutes. Add the garlic and continue to cook, flipping the artichokes occasionally, until golden brown, 10 to 12 minutes more.
4. Sprinkle on the remaining teaspoon of lemon juice, the lemon zest, and parsley. Season with salt and pepper. Stir well and cook for 1 minute more. Serve hot. Makes 4 servings.

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Pollan Signature Salad

We serve this salad at all our large family gatherings. Light, crisp, both vinegary and sweet, our signature salad is a delicious addition to any meal.

DRESSING

- 1/3 cup white balsamic vinegar
- 1 tablespoon raspberry vinegar, Champagne vinegar, or sherry vinegar
- 1 1/2 teaspoons Dijon mustard
- 1/3 cup grapeseed oil
- 2 tablespoons extra virgin olive oil
- Sea salt
- Freshly ground black pepper

In a glass jar with a lid or in a small mixing bowl, combine the vinegars, mustard, grapeseed oil, olive oil, 1/8 teaspoon of salt, and pepper to taste. Shake the jar vigorously or whisk in the bowl to emulsify.

SALAD

- 5 to 7 ounces mesclun or mixed baby greens
- 1/2 cup chopped Caramelized Walnuts (right, or your favorite store-bought)
- 1/2 Bosc pear (cut lengthwise), cored, and thinly sliced
- 1/3 cup shaved Parmesan cheese

Place the mesclun in a large salad bowl. Pour on half the dressing, and toss the greens to

coat. Add the walnuts, pear, and more dressing to taste (taking care not to overdress), and toss again. Top with the Parmesan cheese shavings, and serve. Makes 6 servings.

CARAMELIZED WALNUTS

- 1 cup raw walnut halves
- 3 tablespoons granulated sugar

1. Line a plate or work surface with wax paper or parchment paper.
2. Place a large nonstick skillet over medium-high heat. Add the walnuts and sugar, and stir continuously with a wooden spoon. After about 3 minutes the sugar will begin to melt. Keep stirring until the sugar turns caramel brown and the nuts are golden and toasted, an additional 1 to 2 minutes. Remove from the heat immediately (they can burn quickly), and spread on the wax paper or parchment paper, using the wooden spoon to separate them at once. Let cool completely.
3. Break the walnuts apart with your fingers. Store in an airtight container and they will last for 3 to 4 weeks. Makes 1 cup.



Pan-roasted Cod in Spicy Thai Broth

This dish is lovely to look at and delightful to eat. The broth is amber, with touches of green from spinach leaves floating on top. Best of all, it takes less than 30 minutes to prepare, so we often serve it when people drop by.

BROTH

- 1 (13- to 14-ounce) can unsweetened coconut milk
- 1/4 cup fresh lime juice
- 1/3 cup dry white wine
- 1 1/2 tablespoons red curry paste
- 1 tablespoon minced garlic
- 1 tablespoon Thai fish sauce
- 1 tablespoon granulated sugar
- 1 teaspoon ground coriander
- 1 teaspoon finely grated fresh ginger
- 1 teaspoon tamarind paste

Combine the coconut milk, lime juice, wine, curry paste, garlic, fish sauce, sugar, coriander, ginger, and tamarind paste in a medium pot, and bring to a boil. Reduce the heat to low, and simmer for 8 minutes. Remove from the heat, and set aside.

FISH

- 1 tablespoon extra virgin olive oil
- 4 (6-ounce) skinless cod fillets
- 2 ounces baby spinach leaves

1. Set a rack in the middle of the oven, and preheat the oven to 400° F.
2. Heat the oil in an ovenproof nonstick skillet over high heat until shimmering. Add the cod, and sear for 3 minutes on one side, then flip and sear on the other side for 2 minutes more. Place the pan in the oven, and roast until opaque, about 8 minutes.
3. Place 8 spinach leaves in the bottom of each of four soup bowls. Add a fillet to each bowl, and pour the broth over the fish. Garnish each bowl with 4 or 5 spinach leaves on top, and serve. Makes 4 servings.



Classic Sole Meunière

After just one bite of this decadent, buttery, velvety dish you will be instantly transported to a bistro on the Champs-Élysées, sipping Montrachet while watching tout le monde pass by.

- 4 (5-ounce) skinless fillets of sole, grey or Dover
- Kosher salt
- Freshly ground black pepper
- 1/2 cup whole milk
- 1/2 cup all-purpose flour
- 6 tablespoons (3/4 stick) unsalted butter
- 1 tablespoon capers, rinsed and drained
- 2 tablespoons fresh lemon juice
- 1 teaspoon grated lemon zest
- 1 tablespoon minced Italian (flat-leaf) parsley
- 1 lemon, cut into wedges

- 1. Preheat the oven to 200° F.
- 2. Season each fillet with salt and pepper, making sure to season both sides.
- 3. Pour the milk into a wide, shallow dish. Put the flour in another wide dish, and season with 1/2 teaspoon salt and 1/8 teaspoon pepper, mixing well. Place a fillet in the milk, then in the seasoned flour, coating both sides and gently shaking off any excess. Set aside on a baking sheet. Continue with the remaining fillets, placing them in a single layer.
- 4. Heat a large skillet over medium-high heat. Place 2 tablespoons of the butter in the pan, and heat until the foam subsides. Gently place 2 fillets in the pan, rounded side down. Cook the fish for approximately 2 minutes, until golden brown. Carefully flip with a spatula, taking care not to break the fish. Cook on the other side for an additional 1 1/2 minutes. Transfer each fillet to an ovenproof plate; the fillets will now be rounded side up. Place the plates in the oven.
- 5. Wipe the pan with paper towels, add 2 more tablespoons of the butter, and repeat with the remaining fillets.
- 6. In a small saucepan over medium heat, melt the remaining 2 tablespoons of butter. When

the butter begins to emit a nutty aroma, after about 2 minutes, add the capers, and cook for 1 minute more. Add the lemon juice and zest, reduce the heat to low, and cook for 1 minute.

7. Remove the plates from the oven, and spoon the sauce evenly over each fillet. Sprinkle with parsley, and season with salt and pepper. Garnish with lemon wedges, and serve. Makes 4 servings.

Smoky Sautéed Shrimp

The assertive spices in this dish turn up the heat, while the quick sautéing method keeps the shrimp wonderfully moist and tender. We like to serve it with rice, grits, polenta, or a crusty baguette to mop up the sizzling sauce.

- 1/2 cup extra virgin olive oil
- 4 large cloves garlic, sliced into thin slivers
- 1 teaspoon paprika
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground chipotle chile pepper, or to taste
- Kosher salt
- Freshly ground black pepper
- 1 1/2 pounds large shrimp, peeled and deveined (15 to 20 per pound)
- 2 tablespoons finely chopped Italian (flat-leaf) parsley
- 1/2 lime

- 1. In a large skillet, heat the oil over medium heat until it shimmers. Add the garlic, and cook until soft, about 2 minutes.
- 2. Add the paprika, smoked paprika, cumin, ground chipotle, 1/2 teaspoon of salt, and 1/8 teaspoon of pepper, and stir. Raise the heat to medium-high, and add the shrimp in one layer. Cook until the shrimp just turn pink, about 3 minutes, then flip the shrimp and cook until just opaque, about 2 minutes more; be careful not to overcook. Immediately remove the pan from the heat. Transfer the shrimp with the flavored oil to a serving dish, sprinkle with the parsley, squeeze on the lime juice, and serve. Makes 4 servings.

Sea Scallop Fricassee with Tomatoes and Corn

The first time we tasted a seafood fricassee was in Paris, and we loved the combination of flavors—garlicky, but bright and fresh. Our Parisian dish had teeny clams that are impossible to find in New York, so we substitute easily available sea scallops. The broth is so luscious we serve this stew over pasta or polenta so not a smidgen gets lost.

- 1/3 cup all-purpose flour
- Kosher salt
- Freshly ground black pepper
- 1 1/2 pounds sea scallops, muscle removed
- 4 tablespoons extra virgin olive oil
- 4 tablespoons (1/2 stick) unsalted butter
- 1 1/2 tablespoons minced garlic
- 1 1/4 cups thinly sliced leeks (2 large, white and pale green parts only), thoroughly rinsed and drained
- 1/2 cup dry white wine
- 3/4 cup clam juice
- 1/8 teaspoon crushed red pepper flakes
- 1 cup fresh corn kernels, shaved from the cob
- 1 1/2 cups finely chopped fresh tomatoes
- 2/3 cup tightly packed fresh basil leaves, cut into chiffonade
- Cooked pasta, rice, or polenta for serving (optional)

- 1. In a large dish or platter, mix the flour with 3/4 teaspoon of salt and 1/8 teaspoon of pepper. Gently turn the scallops in the seasoned flour until lightly coated.
- 2. Line a plate with paper towels.
- 3. Pour 3 tablespoons of the oil into a large skillet over medium-high heat. When the oil shimmers, add half the scallops in a single layer. Cook undisturbed until the scallops are lightly browned, about 4 minutes. Using tongs, flip the scallops. Cook until the other sides are brown, about 3 minutes more. Transfer the scallops to the paper towel-lined plate. Add the remaining 1 tablespoon of oil to the skillet. Cook the remaining scallops, and set aside.
- 4. Discard any oil left in the skillet, and wipe it clean with paper towels. Add 2 tablespoons of the butter, and cook over medium heat until the butter sizzles. Stir in the garlic and leeks, and cook for 1 minute, stirring constantly. Pour in the wine, increase the heat to high, and boil until the wine is reduced by a third, about 5 minutes.
- 5. Add the clam juice and red pepper flakes, and cook for an additional 3 minutes. Stir in the corn, tomatoes, and the remaining 2 tablespoons of butter. Reduce the heat to low, and simmer until thickened and creamy, about 10 minutes. Season with 1/4 teaspoon of salt and 1/8 teaspoon of pepper. Add the scallops, and heat thoroughly, about 5 minutes. Sprinkle on the basil, and serve over pasta, rice, or polenta if desired. Makes 4 to 6 servings.

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