

October 9, 2014



Olive U. – Tapenade, or Not to Tapenade?

By Monique Wilber

UCCE Master Food Preservers of El Dorado County

Olives, the mystery fruit. Join the Master Food Preservers on Saturday, October 18, for a free class from 10:00 a.m. to noon to learn all about preserving olives. Please note that classes are now at the Bethell-Delfino Agriculture Building at 311 Fair Lane in Placerville.

Make a delicious tapenade with home cured/preserved olives. Use it as a dip, sandwich spread or topping for fish. Stuff chicken breasts with tapenade. Make a vegan appetizer by stuffing mushrooms with tapenade and broiling them. Top small bites of crusty bread with cream cheese and top with tapenade. Add to pasta, salads, or omelets.

Sun-Dried Tomato and Olive Tapenade

4 ounces sun-dried tomatoes packed in oil, drained (reserve the oil)
1 cup fresh black olives
2 Tbsp chopped fresh basil
3 cloves garlic
½ cup capers
1 ½ tsp Parmesan cheese or vegan Parmesan substitute (optional)
salt and pepper to taste

Place all ingredients in a food processor. Add 2 - 3 tablespoons of the oil from the sun-dried tomatoes. Process until desired consistency is reached. Olive tapenade should be coarse with some chunks, not smooth and creamy. Refrigerate. Source: About.com .

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The rest of this year's annual series of free classes presented by the UCCE Master Food Preservers of El Dorado County are from 10 a.m. to noon at the Bethell-Delfino Agriculture Building at 311 Fair Lane in Placerville. UCCE Master Food Preservers are also available to answer home food preservation questions; leave a message at (530) 621-5506. For more information about the public education classes and activities, go to the UCCE Master Food Preserver website at http://ceeldorado.ucdavis.edu/Master_Food_Preservers/. Sign up to receive our international E-Newsletter at <http://ucanr.org/mfpenews/>. Find us on Facebook too (UCCE Master Food Preservers of El Dorado County)!