



47th Ave Farm Winter CSA 2011 for the week of November 14, 2011

This is my first packet of recipes for you all and I'm excited to be embarking on this season with you. You have so many goodies in the share this week. I'm particularly fond of celeriac (celery root) and I'm excited about the recipes for it and many of the others including the kohlrabi one. I grew up in Germany and my mother made one kohlrabi dish that I really loved that I've shared here. You'll definitely see some German (and often Italian) influence in my recipes as well as Thai and Indian as the season progresses. I'd love to get your feedback on the packets as well—suggestions, comments on recipes cooked, etc. Happy Cooking!

Brussels Sprouts Notes/Tips

Celery Notes/Tips

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Roasted Cauliflower (or Broccoli) with Parsley (or Mint) and Cumin

Zwiebelkuchen (Onion pizza/quiche)

Brussels Sprout Notes and Tips:

Brussels sprouts seem to have had a bit of a renaissance in the last ten years. You probably have your favorite way to prepare them for your Thanksgiving dinner or any night of the week. I think they take well to several particular ways of cooking and seasoning them.

- 1) roasted or sautéed
- 2) briefly par-boiled and then roasted or sautéed
- 3) they are inherently quite sweet so a squeeze of lemon juice or drizzle of sherry vinegar at the end is often welcome

My very favorite thing to do with them is time consuming but worth it and surprising. Even the most devout Brussels Sprout haters tend to like these. You clean and trim them and then cut them in half, then lay the halves cut side down and cut them into a fine chiffonade (thin strips) with a sharp knife. Then you sauté this fluffy pile of Brussels Sprouts in a bit of bacon fat, butter or olive oil over fairly high heat until they start caramelizing a bit but are still fairly firm. Season generously with salt and add a drizzle of good olive oil when serving.

You can also cook either halves or whole Brussels sprouts in plenty of salted boiling water for 3-4 minutes and then drain them and finish in a skillet just like the above version with the addition of some diced onion, bacon or minced garlic.

Celery Notes and Tips:

I imagine the beautiful celery will find its way into your **stuffing** next week and might also create the flavor base for your post Thanksgiving **turkey soup**. Celery is the workhorse of winter soups and stews. Italians start most every dish this time of year with the onion, carrot, celery triumvirate that creates wonderful depth in sauces, stews, soups, risotto, etc. Keep the leaves to add to soups, stews or finely chopped to egg-salad or other salads

Parsley and Celeriac Salad

--inspired by my friend Ellen Laing

The French make a raw celeriac salad with a mustardy dressing that is wonderful. I like this distant cousin as well or better and it uses both some of the parsley and celeriac in your share.

½ a medium celeriac (trimmed), and grated on the large holes of a box grater or sliced into wispy match sticks on a mandolin (you want about 2 packed cups of grated celeriac)
2 cups of loosely packed parsley leaves
juice of ½ - 1 lemon (depending on the size of your lemon and your taste)
3 tablespoons good olive oil
salt pepper
¼ cup finely grated Parmesan

Toss the grated or finely sliced celeriac with the salt, pepper, olive oil and lemon juice and mix well. Let sit for a few minutes to soften. Right before serving, toss with the parsley leaves and the grated parmesan. Adjust seasoning to taste.

Pan-fried Celeriac

This is more of technique than a recipe. Peel celeriac and cut into batons (French fry size-ish). Sauté in hot olive oil or with some diced bacon and plenty of salt until browned and tender. Sprinkle with chopped parsley. Divine!

Salsa Verde

This is a versatile, zippy sauce. I often just make it with parsley garlic, lemon juice, oil and salt but the addition of capers, onions and egg make it even better. I use the simpler version over fried or poached eggs over a veggie hash of any kind—root vegetables or winter squash in the winter or new potatoes, peas, zucchini or corn in the summer. It's a wonderful dressing for a pasta or rice or quinoa or lentil salad. It's wonderful with meat and fish that's been roasted or grilled. I put it on sandwiches or mix a little into the egg yolks for a twist on deviled eggs or egg salad.

You can make this very quickly in a food processor or with a little more effort by hand. You don't want to totally uniform texture so be careful not to over process.

1 1/2 cups finely chopped parsley (about one medium bunch)
grated zest of 1-2 lemons
1 shallot or chunk of onion, finely diced (optional)

2-3 tablespoons capers, rinsed (optional)
1-2 small garlic cloves, minced
¾ cup extra virgin olive oil
2-3 tablespoons fresh lemon juice or white or red wine vinegar
Salt and freshly ground pepper
1 hard-boiled egg (optional)

Combine all the ingredients except the egg, salt, and pepper. Mash the egg yolk until smooth, adding a little of the sauce to thin it. Finely chop the white. Stir the yolk and the white back into the sauce, season with salt and pepper and adjust lemon/vinegar as needed.

Roasted Winter Squash with Salsa Verde

Most any winter squash or pie pumpkin lends itself to this treatment. Roast the squash in a hot oven, 425 – 450, in thick wedges cut sides up, drizzled with a little olive oil and generously sprinkled with salt. When tender and caramelized around the edges top each slice generously with Salsa Verde (above). The tartness of the sauce is a perfect complement to the sweet squash. Arranged on a large platter it's also an impressive looking dish and simple as can be.

Potato, Celeriac and Rutabaga Gratin

Serves 6

Scrub and thinly slice (by hand, slicer on a box grater, or food processor) about 2 lbs of waxy potatoes (like the Yukon Golds or Butterballs in your share) and put in a large bowl. Do the same with a chunk of celeriac and a rutabaga for an additional lb or so of veggie and add to the potatoes. In a small bowl mix about 1/4 cup of flour, 2 + teaspoons of kosher salt, ½ teaspoon of freshly ground black pepper and whatever other seasonings you like. I like to add some chili flakes and or a bit of Pimenton (smoked Spanish paprika). Grate some sharp cheddar, Gruyere or other cheese of your choice (about 1 ½ cups). Finely dice a small onion.

Mix the flour spice mixture with the slices of potatoes, et al and toss well with your hands. Add the grated cheese (saving out a bit for the top) and onions, toss again. Spread mixture in a 9 x 13 baking dish, pat down a bit with a spatula. Pour whole milk (or broth/stock of some kind) about half way up the veggies. Sprinkle the top with the reserved cheese and bake at 400 degrees until everything is tender and easily pierced with a fork about 45 minutes. Finish under the broiler for a minute or two if the top isn't well-browned. Let rest for 10 minutes (or more) if you have the time, before serving.

Variations include lots of chopped herbs like parsley, marjoram, chives or oregano, diced bacon or slices of sausage, minced garlic, finely chopped greens or peppers, etc.

Cabbage with Crispy Potatoes and Fried Egg

Serves 4

I grew up eating variations of this dish in Germany. The quantities are all approximations. Use what you have, increase, decrease to suit your tastes and/or what you have on hand. The addition of caraway seeds makes it very typical and a bit unusual but it's lovely with or without. The sweetness of cabbage cooked this way is remarkable. I tend to eat too much of this when I make it and the cabbage is definitely my favorite part.

2 tablespoons olive oil

½ a medium green (or red or savoy) cabbage, halved again, heart removed and cut into ½-inch ribbons

3 medium firm-fleshed potatoes (Yukon gold, butterball, etc.—not russets), cut into ½-inch dice

1 medium yellow onion, chopped

1 teaspoon caraway seeds (optional)

4 eggs (or whatever you want to use/# of people you're serving)

salt and freshly ground pepper

Heat 1 tablespoon of oil in a large sauté pan. Add the onions and caraway seeds and cook for about five minutes. Add the potatoes and a generous pinch or two of salt and sauté over medium-high heat, uncovered and stirring frequently until the potatoes are tender and crispy—about 15 minutes. You may need to add a little oil to prevent the potatoes from sticking and/or turn the heat down a bit.

Meanwhile, in another large sauté or frying pan, heat the other tablespoon of olive oil, add the cabbage and several pinches of salt and cook over medium-high heat stirring frequently until the cabbage is tender and starting to brown, about 10-15 minutes. You may need to add a splash of water to keep from sticking/burning. Adjust seasoning.

When the cabbage is almost done, push the potatoes and onions over to one side of the pan, add a little oil to the “open area” of the pan and fry your eggs there. If you don't have enough room just move the potatoes and onions over to one side of the pan with the cabbage. Saves washing another pan. Serve the potatoes on a bed of cabbage with a grind of pepper and top with an egg and more pepper and a little good salt and olive oil if you'd like.

Winter Slaw

Serves 4-6 as side

Quantities for this slaw are definitely approximations and please feel free to substitute other veggies or omit certain ones. You could add some grated kohlrabi as well.

½ a small green or red cabbage (or savoy)

2 medium carrots (optional)

½ very large rutabaga or several small ones

2-3 greens onions (scallions), thinly sliced

handful of cilantro or parsley or mint, roughly chopped

Dressing:

Juice of 1 lime or lemon (or more)

1-2 tsps. Dijon mustard

1-2 Tbs mayonnaise (or Greek-style whole milk plain yogurt)

1 – 2 tsps. ground cumin

several pinches of chili flakes (or a minced, seeded Serrano chile)

salt

pepper

3 Tbs olive oil

Thinly slice the cabbage, grate the carrots (if using) and rutabaga and put in large salad bowl. Add scallions and herbs. Mix all dressing ingredients well and pour over veggies. Mix well. Let rest for 20 minutes to 1 hour to soften veggies and let flavors meld. Adjust seasoning.

Kohlrabi with Sour Cream and Herbs

Serves 4 as side

This quick sauté is traditionally made with dill or parsley but I imagine some thyme or fresh oregano would work too. And the quantities again are approximations. Use however much you want/need to use up and adjust the other ingredients accordingly. You want a lightly sauced dish to serve as a side with some meat or hearty veggie dish of some kind. It's also good over rice.

2-3 kohlrabi, peeled and cut into 1/2-inch dice
1/3 – ½ cup preferably full fat sour cream (or whipping cream)
salt
pepper
2-3 tablespoons chopped fresh parsley or dill
olive oil

Heat 1-2 tablespoons of olive oil (or oil of your choice) in a large skillet over medium-high heat. Add the kohlrabi dice and several generous pinches of salt. Toss well to coat with oil and sauté, stirring occasionally for about 10 minutes until kohlrabi is tender but still keeps its shape. You can let the edges brown or turn the heat down a bit and keep it pale. When the kohlrabi is tender add the sour cream and stir well to combine and cook for about two minutes until just slightly reduced. Add the herbs and cook for another minute. Season with freshly ground pepper and adjust for salt.

Roasted Cauliflower with Cumin and Parsley (or Mint)

Serves 4 as side of 2 as more of a main with a fried egg or some such

As Laura mentioned in her post last week, roasting cauliflower is always a winner. Here the addition of cumin seeds and some fresh herbs and Greek yogurt at the end make it awfully good too. And you can make it with broccoli as well.

1 head cauliflower (or two stalks broccoli), broken into smallish florets (and stems peeled and cut into ½ -inch slices if using broccoli)
1 teaspoon cumin seeds
2-3 tablespoons olive oil
salt
½ cup Greek yogurt
2-3 tablespoons roughly chopped parsley or mint

Preheat oven to 450 degrees. Toss cauliflower or broccoli with the olive oil, several generous pinches of salt and the cumin seeds. Spread evenly onto a sheet pan and roast until the veggies are tender and beginning to brown around the edges, 20-30 minutes. Toss with the herbs and serve with a dollop of lightly salted Greek yogurt.

Zwiebelkuchen

Serves many

This is the most involved recipe in this packet but it's worth it. It makes a lot and is fabulous the next day (or later—it reheats beautifully with a little oil in a hot skillet). It's wonderful for parties since it's great at room temperature and keeps and travels well.

This Southern German style tart/quiche/pizza is a mainstay in my family. This can easily be made vegetarian by omitting the bacon. You can also add herbs (parsley and/or thyme are particularly good) and change the cheese to suite your taste or what you have on hand.

Crust:

Scant 2 cups all-purpose flour (I've also used half whole-wheat pastry flour and half all-purpose and feel free to play around with other flour combinations)

1 teaspoon baking powder

½ tsp kosher salt

3 tablespoons olive or vegetable oil

2 tablespoons water

½ cup sour cream or plain, whole-milk yogurt

1 egg

Topping:

2 lbs, or slightly more, sweet onions (or regular yellow, storage onions)

olive oil

3 ounces bacon, diced

4 ounces grated sharp cheddar, Emmentaler, etc.

2 eggs

½ cup sour cream or plain, whole-milk yogurt

salt and pepper to taste

Preheat the oven to 350 degrees.

For the crust, in the medium bowl beat the egg with the oil, water and sour cream (or yogurt) until just mixed. In another bowl mix the flour, salt and baking powder and stir into the wet ingredients with a fork or wooden spoon. Mix well – you may want to use your hands at this point—until it's smooth. Place the dough in a 13 x 18 rimmed baking sheet (sheet pan) and roll it out to fit the pan. You may have to stretch it a bit with your hands to get it into the corners. It does not need to come up the sides at all.

For the filling, slice the onions in half and then into ¼ thin half rounds. Thinly coat a large sauté pan or pot with olive oil and heat it over med-high heat. Add the bacon and cook for a few minutes until the fat is partially rendered. Add the onions and a few generous pinches of salt. Cover and stir occasionally (and adjust heat if onions stick and brown) until the onions are quite soft and some of the liquid they've released has cooked off. This will take between 15 to 25 minutes depending on your onions. Ideally they don't brown but no harm done if they do.

In a large bowl, beat the eggs with the sour cream (or yogurt), a few grinds of pepper. Add the grated cheese and the onion bacon mixture. Spread on the crust and bake for 35 to 45 minutes until the top is golden and the edges are starting to brown.

Eat warm or at room temperature. This is even better reheated the next day in a hot cast iron pan in a little bit of olive oil.