



## **47<sup>th</sup> Ave Farm Winter CSA for the week of February 6, 2012**

This week's packet includes three recipes (Parsnips Dumplings, Beet, Orange Salad, and Purple-sprouting Broccoli with Rice Noodles) adapted from one of my favorite cookbooks, *Plenty* by Yotam Ottolenghi. I tend to simplify his recipes (to cut down on prep time) and tweak them a bit to suit our ingredients here. His combinations and ideas are nothing short of brilliant.

The onion panade is simple, winter comfort food that makes wonderful (!) leftovers (especially with a fried or poached egg on top); the raw collard salad is surprising and delicious. Happy cooking!

Popcorn Notes

Long Cooked Collards

Shredded Collard Greens with Walnuts and Pickled Apples

Pasta "Carbonara" with Greens

Onion Panade

Purple-sprouting Broccoli Notes

Purple-sprouting Broccoli with Rice Noodles and Green Curry

Parsnip Dumplings in Broth

Beet, Orange and Black Olive Salad

Homemade Veggie Bouillon

Apple Carrot Muffins

### **Popcorn**

You have beautiful ears of dried pink popcorn in your share this week. If you have a microwave, the simplest way of popping it is to put the whole cob in a paper bag and then microwave for a minute at a time (probably won't take more than 3 minutes max) to pop. Melted butter and good salt remain my favorite way to eat this treat.

You can certainly take the kernels off the cob first with a little effort. When I lived in Mexico we did this nightly (to soak the kernels in lime to be ground into masa the next day) and used a cob already stripped of its kernels as the tool with which to break off the kernels. You might not have a dry corncob sitting around but once you get started they should come off quite well. Then you can pop the corn in a heavy bottom skillet or your preferred method.

## **Long Cooked Collards**

Most of the collard recipes I've given you so far this season have not been the long, slow-cooked kind. This one is and it's delicious and more traditional. You can certainly add a ham hock to the pot or add some diced bacon with the onions and garlic. Pork products and collards are a lovely combo.

1 tablespoon extra-virgin olive oil  
1 1/2 tablespoons butter or bacon fat  
3 cloves garlic, roughly chopped  
2 yellow onions, finely chopped  
4 cups chicken stock or vegetable broth  
1 1/2 lbs. collard greens, stemmed  
and roughly chopped  
Kosher salt, freshly ground black  
Pepper, and crushed red chili flakes,  
To taste

Heat oil and butter in a large pot over medium heat. Add garlic and onions and cook, stirring often, until soft, 6–8 minutes; add chicken stock or vegetable broth and bring to a simmer. Add collard greens, cover, and cook, stirring occasionally, until very tender, about 1 hour. Season with salt, pepper, and chile flakes and serve.

## **Shredded Collard Greens with Walnuts and Pickled Apples**

*--adapted from Gourmet | September 2000*

This recipe was brought to my attention by a long-time 47<sup>th</sup> Ave Farm CSA member Dolores Orfanakis. And it's a winner! If you're short on time you can skip the pickling step and just add the thinly sliced apples and some champagne, red wine or apple cider vinegar to the dressing.

This salad is best if you can let it sit for 15 minutes or so before eating. As with most raw kale/collard salads this gives the greens a chance to soften a bit.

6 servings

For pickled apples

2 crisp apples, cored, quartered and then thinly sliced  
1/2 cup cider vinegar  
1 cup water  
1/2 cup sugar  
1 teaspoon salt  
1 teaspoon pickling spice

1/2 cup walnut halves  
3 tablespoons olive oil  
1 bunch collard greens, center rib removed and cut into 1/4-inch ribbons  
1/2 teaspoon kosher salt  
Freshly ground pepper

Make pickled apples:

Quarter and core apples, then cut each quarter lengthwise into 1/8-inch-thick slices. Boil vinegar, water, sugar, salt, and pickling spice in a saucepan, stirring, until sugar is dissolved. Add apples and return to a boil. Transfer to a heatproof bowl and cool. Chill, uncovered, until cold, about 1 hour.

Toast walnuts in oil in a small skillet over moderate heat, stirring occasionally, until a shade darker. Cool nuts in oil. Transfer nuts to a cutting board with a slotted spoon, reserving oil. Coarsely chop 1 tablespoon nuts and finely chop remaining nuts.

Put collard ribbons in a large bowl. Transfer all nuts and oil from skillet to collards and toss with 1/2 teaspoon salt and pepper to taste. Add apple slices, discarding pickling liquid and spices, and toss again.

### **Pasta “Carbonara” with Greens**

Serves 4 as an entrée, generously.

This is another twist on the classic Pasta Carbonara, which typically includes pancetta (or bacon). Here we use lots of thinly sliced greens and sweet onions to great effect. And by all means use bacon or pancetta here if you'd like. You can then skip the pimenton and just cook the bacon with the onions.

The brilliance of Carbonara is that it's very quick and so satisfying. Adding all these greens makes it a much more virtuous dish, though the original is so darn good it is virtuous in its own way.

1 small onion, cut into thin slices  
3 tablespoons extra virgin olive oil  
1 pound washed, tender collard greens (or kale), stems removed and cut into thin ribbons  
3/4 teaspoon smoked paprika (pimentón), or to taste  
12 ounces spaghetti or other long pasta  
3 eggs  
1/2 cup Parmesan cheese, grated (or more, to taste)  
2 tablespoons cream  
Salt and black pepper, to taste

In a large sauté pan, heat the oil over medium heat and add the onion. Let it sweat slowly. No need to caramelize, just soften well. Add the pimenton and a few generous pinches of salt.

Meanwhile bring a large pot of generously salted water to a boil.

In a bowl, beat together the eggs with the cheese, cream, a pinch of salt, and plenty of black pepper.

Cook the pasta until 3 minutes shy of being al dente. Add the sliced collards and cook for 3 more minutes until the pasta is done. Save a cup of the cooking water and then drain the pasta and greens all together and return to cooking pot. Immediately toss the pasta with the onions and egg mixture—really mix it well to incorporate it all. The heat from the pasta will “cook” and thicken the eggs. Add a little of the cooking water to loosen things up and form a smooth sauce. Taste, adjust seasoning with salt, pepper, and serve hot.

## **Purple-sprouting Broccoli Notes**

Many of you will be familiar with these beautiful late winter treats. The stems/stalks and leaves of the purple sprouting broccoli are very tender and delicious so by no means should you trim that part away. With the first of the season broccoli I tend to just sauté it with some crushed garlic, olive oil and little splash of water if you're in a hurry. Cook until just tender and serve with some good sea salt and another drizzle of good olive oil.

## **Purple-sprouting Broccoli with Rice Noodles**

*--adapted from Plenty by Yotam Ottolenghi*

This has a long ingredient list and takes a little more time than some recipes but it's definitely worth it. I can't make this very often because I just can't stop myself from eating too much when I make it. And if you can't make the green curry paste you can use a premade one—I especially like the locally made Thai and True brand.

This take on a Thai green curry reverses the hierarchies. Instead of having lots of sauce to coat and flavor the vegetables and starch (noodles here), a small amount of sauce allows the broccoli and noodles to be the stars. Serves 6

### **Curry paste**

1-inch piece ginger, peeled and chopped

1-2 Serrano chilies deseeded (or seeds kept in if you like it spicier) and roughly chopped

1½ lemongrass stalks, outer layer and tough ends removed, chopped (can omit and use more lime zest)

1 garlic clove, crushed

½ shallot (or small chunk of onion), peeled and chopped

½ tablespoon coriander seeds, ground

½ teaspoon cumin seeds, finely ground

Grated zest and juice of half a lime

2 tablespoons coconut or vegetable oil, plus extra to sauté the onion

1 bunch fresh cilantro, stalks, roots and all, washed

1 ¼ lbs. purple-sprouting broccoli washed and cut into 2-inch pieces/florets

1 red onion, finely chopped

1 teaspoon sugar

7 kaffir lime leaves (New Seasons and Whole Food sometimes have them (varies store to store sometimes) and many Asian grocery stores do. They freeze really well so if you happen to find some buy a lot and freeze them. They add an immense amount of flavor to curries.)

1 can coconut milk (full fat)

1 pound wide rice noodles (alternatively cook jasmine or basmati rice)

4 tablespoons sesame oil

3 tablespoons lime juice, plus more to finish

2 tablespoons chopped cilantro or basil

Salt

Start by making a curry paste. Put all the paste ingredients in the small bowl of a food processor and blend to a paste. You can also do this with a large pestle and mortar (though it's pretty hard to get a paste).

Heat a tablespoon of oil in a saucepan and sauté the onion for two to three minutes until translucent. Add the paste and cook, stirring, for two minutes. Add half a teaspoon of salt, the sugar, lime leaves and coconut milk, bring to a boil, then turn down the heat and simmer for five minutes.

Have ready two saucepans with boiling salted water. In one cook the noodles as instructed on the packet, and in the other cook the broccoli for a minute or two. Drain both. Rinse the noodles briefly under hot water, drain, toss in three tablespoons of sesame oil and the lime juice, and season well with salt. Drizzle the remaining sesame oil over the broccoli and sprinkle with a pinch of salt. Divide the noodles between wide bowls and top with the broccoli. For each serving, spoon three to four tablespoons of sauce over and around the broccoli, and finish with cilantro or basil and a squirt of lime.

### **Onion Panade**

I included a version of this with Kale in an earlier packet. The most traditional panade is made this way, simply with lots of softened onions, stale bread and Gruyere (or some other semi-aged flavorful cheese). This is wonderful winter comfort food made with the simplest of ingredients. It's also a good way to use up stale bread, but fresh can be used as well. Just make sure it's a hearty rustic loaf with a good crumb and crust. To make a meal of this I would serve this with a raw collard salad. Recipe above.

3 large yellow onions

8 springs thyme

½ a medium loaf of bread, cut into cubes (about 4 cups)

1 packed cup (more or less) cheese (Gruyere, sharp cheddar, Comte. ..), grated

3 - 3 1/2 cups vegetable or chicken stock (I use homemade veggie bouillon – recipe below)

Preheat oven to 400F

Cut onion in half lengthwise. Peel, then slice into half moons about 1/4in thick. Heat 3 tablespoons olive oil in a large frying pan. Cook onion with thyme sprigs (no need to pick off the leaves) stirring occasionally until soft and golden brown, about 20 minutes. No need to really caramelize.

In a medium heatproof dish layer about a third of the onions. Sprinkle over some of the bread and cheese. Repeat until all the ingredients have been used. You want to be able to see a little of each on the top. Bring stock to a simmer and taste to make sure it's well seasoned. Adjust if necessary. Pour over the onion dish.

Cover and bake for 30 minutes. Remove cover and bake for another 20 – 30 minutes or until the top is golden and crunchy and the stock has been absorbed by the bread. Run under the broiler for a few minutes if it's not crispy enough. If it's a bit soupy let it sit for a few minutes. It will firm up a bit as it cools.

### **Parsnip Dumplings in Broth**

*--adapted from Plenty by Yotam Ottolenghi*

In the original recipe the author has you make a lovely, deeply flavored vegetable broth (with prunes in it!) with carrots, celery, celeriac, thyme, parsley, garlic, etc. I simply use my homemade veggie bouillon (recipe below) or chicken or turkey stock that I sometimes have in the freezer. Use anything you want but if it's bland, make sure to season it well with salt and pepper and add some fresh, finely chopped herbs such as thyme or parsley.

~5 cups broth (See headnote)  
½ lb potatoes, peeled and diced  
2 cups diced parsnips (peel only if the skin seems too fibrous and stringy)  
1 garlic clove, peeled  
2 tablespoons butter  
½ cup all purpose flour  
¾ teaspoon baking powder  
1/2 teaspoon salt (or more, to taste)  
1/3 cup semolina flour (or more all-purpose flour)  
1 large egg  
Salt and pepper  
Parsley, finely chopped  
Lemon zest  
Olive oil

Cook the potatoes, parsnips and garlic in plenty of salted, boiling water until soft; drain well and then place in a wide skillet with the butter. Heat through and stir for a few minutes to get rid of any excess moisture. Mash the veggies in the pan with a potato masher or take them out and use a potato ricer. You want them to be pretty smooth. Then add the flour, salt, baking powder and semolina flour and freshly ground pepper and mix until incorporated. Chill for 30 – 60 minutes, covered.

Heat your broth and taste for seasoning and have at a light simmer. Use a teaspoon to scoop small dumplings into the simmering broth. Once the dumplings come to the surface, leave to simmer for about 30 seconds, then remove with a slotted spoon. When all dumplings have been cooked divide between bowls and pour over the broth. Garnish with finely chopped parsley mixed with a little lemon zest and olive oil.

### **Beet, Orange and Black Olive Salad**

*--adapted from Plenty by Yotam Ottolenghi*

If you have cooked or roasted beets on hand already this is very quick dish to toss together. I tend to boil or roast all my beets not long after I buy them. Then I have them ready to go for any number of things throughout the week.

This salad is particularly good if you have some radicchio or other red chicory. If you don't you can substitute a variety of hearty greens or even ½ a bunch of parsley (leaves left whole).

2 large or about 5 small beets  
2 oranges  
1 small-ish head radicchio or other greens (see headnote)  
½ small red onion or 2 scallions or one shallot or small chunk of onion, very thinly sliced

3 tablespoons chopped parsley (omit this if you're using parsley as your salad green)  
5 tablespoons pitted black olives, halved (you want the drier, wrinkly kind)  
3 tablespoons olive oil  
1 ½ tablespoons red wine vinegar  
Salt and pepper, to taste

Cook or roast your beets until tender. Peel and cut into wedges, 1-inch thick at the base. Place in a salad bowl.

Take the oranges and use a small sharp knife to trim off their tops and bases. Now cut down the sides of the oranges, following their natural curves, to remove the skin and white pith. Over a small bowl remove the segments from the oranges by slicing between the membranes. Transfer the segments and juice to the bowl with the beets; discard the membrane.

Cut the radicchio or whatever greens you're using into 1-inch slices and add them to the bowl. Finally add the remaining ingredients and toss everything gently. Taste and adjust seasoning.

### **Apple Carrot Muffins**

I created these muffins for a healthy-ish after school snack for my son. They can be adapted to your taste and to what you have on hand. They are definitely cook-with-what-you-have muffins. You could add raisins and/or nuts. You could do all apple or all carrot or pear and carrot. . . . You could add shredded coconut. The variations are really infinite. This recipe is only very mildly sweet and the muffins are moist, chewy and a bit dense. They hold up well and are just fine a few days later if sealed tightly. They also freeze well.

Makes 12 – 14 muffins

2 cups whole-wheat pastry flour (or a combination of all purpose and whole wheat or just all-purpose)  
1 teaspoon baking soda  
¾ teaspoon kosher salt  
½ teaspoon cinnamon  
¼ teaspoon freshly grated nutmeg (optional but very good)  
grated zest of one lemon (optional but very good)  
2 ½ - 3 cups grated apples and carrots (depending on your size of apples and carrots 1 ½ apples and 2 medium carrots generally do the trick—I grate the carrots on the finer side of a box grater and the apples on the larger holes)  
2 eggs  
¼ cup olive oil or coconut oil (or melted butter)  
¾ cup whole milk or yogurt  
½ cup honey or scant ¾ cup sugar  
2 teaspoons vanilla

Preheat oven to 375 degrees.

Whisk all the dry ingredients in a medium bowl. Whisk all wet ingredients (including sugar if using that instead of honey) and lemon zest in another bowl, leaving grated fruit/veg separate. Add wet ingredients to dry and mix quickly to combine. Add the grated apples and carrots and stir until just combined. Portion evenly into lightly greased muffins tins and bake for about 20 minutes or until a tester comes out clean. Do not overbake. They will continue baking a bit after they come out of the oven. The inside should still look just a bit moist when you break it open.

## **Homemade Veggie Bouillon**

*--adapted from 101cookbooks.com*

This bouillon paste that you dilute with water (about 1 ½ teaspoons per cup of water) has become my go to stock for everything from risotto to chicken noodle soup. I cook rice and quinoa in it instead of water as it adds so much flavor. It's basically a fresh, instant stock. None of the vegetables or herbs is cooked. They are just processed in the food processor into a paste that keeps perfectly in the freezer for months and because of its salt content it does not freeze solid making it very easy to use. Don't be put off by the quantity of salt. Once you dilute it with water it tastes perfect and is still lower in salt content than commercially available bouillon cubes. And this is much cheaper!

This recipe requires a food processor. I have an 8-cup / 2 liter / 2 quart model, and need every cubic inch of it. I found the best approach if you are tight for space in your food processor is to add a few of the ingredients, then pulse a few times. The ingredients collapse and free up more space for the next few ingredients. If you don't find yourself using much bouillon, I will suggest making a half batch of this.

*NOTE: You can also just make this with what you have. Onions, celery, carrots and parsley are enough. Use the proportions that make sense to you. Use 1/3 cup salt for each 2 cups of finely blended veggies/herbs.*

5 ounces / 150 g leeks, sliced and well-washed (about 1 medium)  
7 ounces / 200g carrot, well scrubbed and chopped (about 3 medium)  
3.5 ounces / 100 g celery (about 2 big stalks)  
3.5 ounces / 100g celery root (celeriac), peeled and chopped (a piece about 3" x 4")  
1 ounce / 30g sun-dried tomatoes (about 6 dried tomatoes)  
3.5 ounces / 100g onion or shallots, peeled (about half a small-medium onion)  
1 medium garlic clove  
6 ounces / 180g kosher salt (scant 1 cup)  
1.5 ounces / 40 g parsley, loosely chopped (about 1/3 of a big bunch)  
2 ounces / 60g cilantro (coriander), loosely chopped (about ½ bunch)

Place the first four ingredients in your food processor and pulse about twenty times. Add the next three ingredients, and pulse again. Add the salt, pulse some more. Then add the parsley and cilantro. You may need to scoop some of the chopped vegetables on top of the herbs, so they get chopped. Mine tended to want to stay on top of everything else, initially escaping the blades. You should end up with a moist, loose paste of sorts. Freeze the bouillon paste. Because of all the salt it barely solidifies making it easy to spoon directly from the freezer into the pot before boiling.

Start by using 1 1/2 teaspoons of bouillon per 1 cup and adjust from there based on your personal preference.