



## **47<sup>th</sup> Ave Farm Winter CSA for the week of March 19, 2012**

The weather has been so cold that I've been enjoying thick soups and stews and other hearty wintry fair recently. The springy greens, like the purple sprouting broccoli, the kale tops and collards do well both in these heartier preparations and in simple, lighter ones, as you can see below. Parsley Root is a special treat in your share this week and they are wonderfully flavorful so enjoy!

Roasted Purple Sprouting Broccoli & Other Ideas

Purple Sprouting Broccoli Stir-fry with Ground Lamb or Beef

Caramelized Onion & Potato Galette

Beans, Greens, and Bacon

Braised or Sautéed Greens with Eggs

Braised Leeks Bruschetta with Goat Cheese and Chopped Egg

Parsley Root Notes

Spanish-inspired Veggie Stew (with Parsley Root, Leeks, Potatoes, Greens)

Grated Beets Many Ways

### **Quick Roasted Purple Sprouting Broccoli & Other Preparations**

1. This is hardly a recipe, just a quick technique and the broccoli is like candy this way. Cut the broccoli, stems and leaves and all, into about 2-inch lengths. Toss with olive oil and a generous amount of good sea salt. Spread on a sheet pan and roast at 425 - 450 degrees, stirring once or twice until almost charred. This won't take very long. Check often so you don't burn them.
2. Briefly sauté the broccoli, again cut into bite-sized pieces, with some salt in a bit of olive oil. Meanwhile grate some fresh ginger and garlic (or mash or mince both). Add that to the pan when the broccoli is almost done, mixing well to spread it around evenly.
3. Purple Sprouting Broccoli also holds up well to long, slow cooking though it's not as pretty a dish. Preheat oven to 375. For this preparation you can leave the stalks whole unless they're really long and leggy in which case cut them in half. Put the broccoli and a shallow baking dish. Mince a couple of cloves of garlic and toss well with the broccoli. Sprinkle it with 2-3 teaspoons of lemon juice and a tablespoon or two of olive oil. Sprinkle with salt and mix well. Top with grated Parmesan or other hard, grating cheese and bake until the broccoli is very tender and almost falling apart.

## **Broccoli and Lamb or Beef Stir-fry**

*--Adapted from Tender by Nigel Slater*

Serves 2-3

This is a very quick, satisfying dinner.

½ - ¾ lb purple sprouting broccoli, cut into bite-sized pieces  
½ bunch of green onions, cut into 1-inch lengths  
3 garlic cloves, minced  
1 Serrano chile (or a hot red chile), minced (keep seeds if you like it spicier otherwise omit)  
3 tablespoons coconut or peanut oil  
About 10 ounces of ground beef or lamb  
Juice of 1 lime  
1 tablespoon fish sauce  
1 teaspoon sugar  
1/3 cup cilantro leaves

Blanch the broccoli in lightly salted boiling water for 1 minute. Drain and reserve.  
In a small bowl mix the lime juice, sugar and fish sauce and set aside.

Heat the oil in a shallow skillet or wok over high heat. When the oil is hot add the green onions, garlic and chile and cook, stirring all the while until they're softened but not browned. It will seem like too much oil but you'll need it. Add the ground meat and let it brown nicely. Add the broccoli and heat through for a minute or two, stirring constantly. Add the sauce and mix well and let it sizzle, scraping up any bits of meat that are sticking. Taste for seasoning and add some salt if you need to. Serve immediately tossed with the cilantro.

## **Caramelized Onion & Potato Galette**

This savory tart is worth the little bit of effort and is fairly simple as tarts go.  
And the crust is ridiculously good and easy to work with.

For the pastry:

1 ¼ cups all-purpose flour  
1/2 teaspoon salt  
8 tablespoons (1 stick) unsalted butter, cut into pieces  
1/4 cup Greek or whole milk plain yogurt  
2 teaspoons fresh lemon juice  
1/4 cup ice water

For the filling:

About 3 - 4 cups diced, waxy potatoes  
2 tablespoons olive oil  
2 slices of bacon, diced  
1 large onion, halved and thinly sliced in half-moons  
1 teaspoon salt  
Scant 1/4 teaspoon cayenne, or to taste  
½ cup grated Parmesan or Asiago Stella or other hard cheese  
1 1/2 teaspoons chopped fresh (or 1 teaspoon dried) sage leaves (or rosemary or several tablespoons of fresh parsley)

To make the pastry dough, combine the flour and salt in a bowl. Cut the butter into the flour mixture using a pastry blender or pulse a few times in the food processor, until the mixture resembles coarse meal with some pea-sized pieces too. In a small bowl, whisk together the sour cream, lemon juice and water and drizzle mixture over flour and butter and using a fork, quickly stir it to combine. The mixture will turn into lumps, which you want to quickly pat into a ball; do not overwork the dough. Cover with plastic wrap and refrigerate for 1 hour or up to 48 hours.

Preheat oven to 400 degrees F.

In a heavy skillet cook onion and bacon over medium heat with ½ teaspoon of salt. After a few minutes add the diced potatoes and stir them in well. Continue cooking, stirring occasionally, until the potatoes are soft and golden brown, about 15 -20 minutes. Stir in the cayenne and herbs and grated cheese.

On a floured work surface, roll the dough out into a 12-inch round. Transfer to an ungreased baking sheet. Spread potato, onion, cheese and herb mixture over the dough, leaving a 1 1/2-inch border. Fold the border over the squash, onion and cheese mixture, pleating the edge to make it fit. The center will be open.

Bake until golden brown, 30 to 40 minutes. Remove from the oven, let sit for 5 minutes, then slide the galette onto a serving plate. Cut into wedges and serve hot, warm or at room temperature.

### **Beans, Greens and Bacon**

This is a winning combination of ingredients most anyway. And if bacon isn't your thing you can add some ground cumin and pimenton (smoked Spanish paprika) for a rich, smoky flavor and a similarly successful dish.

Again, this is more of a technique than a recipe. Make as much or as little as you like though it's even better the next day so make plenty if you'd like leftovers.

1 bunch collards or the equivalent amount of kale tops, cut into 1-inch ribbons  
3-4 cups cooked or canned pinto or borlotti beans (if you still have any of the latter they are fantastic in this dish)  
2 cloves garlic, finely chopped  
3 slices bacon, diced (or teaspoon each ground cumin and pimenton)  
1 1/2 cups broth, veggie bouillon, bean cooking liquid or water  
Olive oil

Coat a deep skillet with some olive oil and heat over medium-high heat. Add the bacon and cook for a few minutes. Add the garlic and cook for another minute. Then add the beans, greens and broth/stock and some salt. Stir well and bring everything to a good simmer. Cover and turn the heat down a bit and simmer for 20-30 minutes to really meld the flavors and soften the greens. If the pan is getting dry add a bit more broth or water.

Serve drizzled with some good olive oil and a salad on the side or with a poached or fried egg or with just a crusty piece of bread to soak up any sauce.

## **Braised or Sautéed Greens with Eggs**

This is similar to the above dish but without the beans or bacon. Cook the chopped collards or kale with some garlic and some broth or stock until tender. You can either add quite a bit of liquid and cook it longer so you have soupier greens and then poach eggs right in the greens. You can salt and pepper the eggs and top them with some grated cheese for an extra delicious touch. In this case you want some good bread to soak up the juices or a bowl of rice or quinoa to serve it over.

Or you can cook the greens more quickly with very little liquid and a bit of olive oil. When they are tender you can move the greens to the side of the pan and fry eggs right in the same pan. Serve the greens topped with the eggs and more olive oil and salt and pepper.

- Laura reported cooking greens this way this week and said they were delicious!

## **Bruschetta with Stewed Leeks and Goat Cheese**

Serves 4 as a side or appetizer or 2 as a main

You can serve this as a hearty appetizer or first course or even as dinner with a big salad on the side. If you don't have goat cheese on hand, feta would work too or even just cream cheese. Quantities are approximate and feel free to make less or more depending on what you have on hand and/or want to use up.

2-3 medium to large leeks (cut off only the top couple of inches that are tough and scruffy. Most of the green part is great to eat)

5 slices of rustic bread (like Grand Central Bakery Como, Peasant Levain, Potato bread, or any crusty loaf)

4-5 ounces soft goat cheese

3 hard-boiled eggs (chopped)

1 teaspoon fresh or dried thyme, minced or crumbled (optional)

Salt and pepper

1 Tablespoon butter

Olive oil

Chopped parsley and a drizzle of balsamic vinegar for garnish (optional)

Clean leeks well and cut in half lengthwise then cut into ½ inch half-rounds. Heat butter and a good splash of olive oil in a large sauté pan over med/high heat. Add the leeks when the butter is melted and oil is hot. Stir well to coat, salt generously with a couple of large pinches of kosher salt. Add thyme and stir well. Cook for a few minutes uncovered, then turn the heat down a bit and cover. Check occasionally to make sure the leeks aren't browning or burning. Add a splash of water if they start to stick and turn the heat down a bit more. Cook for about 15 minutes until leeks are meltingly tender, stirring occasionally.

Meanwhile, toast the bread and hard-boil the eggs and peel and chop those. Spread the goat cheese on the bread, arrange stewed leeks on cheese, sprinkle with egg, salt and a couple of grinds of pepper and drizzle a little good olive oil over the whole thing. Sprinkle with parsley and drizzle with balsamic vinegar if you'd like. There is no way to eat this delicately. They make a mess, the toppings fall off. . . . no matter. It's worth it!

## **Parsley Root Notes**

Parsley roots are a bit firmer than parsnips and not quite as sweet but with a more complex and savory flavor, I think. They're a rare treat. They do well in any dish where parsnips or celeriac or potatoes even, are at home. They are wonderful sliced or diced in soups or stews (see recipe below), or grated and mixed with potatoes for wonderful latkes. They're good grated and eaten raw in salads much like celery root with a lemony, creamy dressing. And they're wonderful roasted with other root veggies and tossed with some chopped parsley, minced garlic, lemon juice and olive oil.

## **Hearty Spanish-inspired Stew**

Serves 4 - 6

The Spanish employ a nifty trick to thicken and flavor soups and stews. They fry a piece or two of bread and few whole garlic cloves in olive oil and then process those into a paste with things like smoked paprika (pimenton) and ground cumin and hardboiled egg yolks. You then thin that paste down with some broth or stock and add it to the stew towards the end of cooking.

Here's how I suggest you might use this trick. This is a rich, thick, warming dish.

2 leeks, cut in half lengthwise and then into ½ moons  
½ onion  
1 pork sausage (optional), cut into rounds or crumbled  
3 cups diced potato and parsley root  
2 carrots, sliced into round  
3-4 cups, sliced greens, kale or collards  
5 ½ cups broth or stock or veggie bouillon or water (in a pinch), divided  
1 tablespoon red wine vinegar  
2 slices good bread (such as Grand Central Como, Levain, etc.) stale is fine  
4-5 cloves garlic, peeled and cut in half lengthwise  
3 tablespoons olive oil  
1 teaspoon pimenton (smoked Spanish paprika)  
1 teaspoon ground cumin  
2 hard-boiled eggs, yolks and whites separated and whites chopped  
Salt and pepper

Heat the olive oil over medium heat and fry the bread and the garlic cloves in a large pot until they are nicely browned. Don't let them burn. Remove from pan and set aside. Add the leeks and onions and sausage (if using) to the pot and cook for about 7-10 minutes until the leek is nice and soft. Add the vinegar, potatoes and parsley root, carrots and 4 cups of the broth and the greens. Bring everything to a boil, turn down to a simmer and cook covered for about 20 minutes until all the veggies are tender.

Meanwhile process the bread and garlic cloves in a food processor (or in a blender in which case you'll want to add the remaining stock right away) until it's all broken down. Add the spices and the egg yolks and process into a thick paste. Add a few pinches of salt and the remaining 1½ cups of stock and process into a smooth, thin sauce. Taste and adjust seasoning.

Add this sauce to the stew and cook for another 7-10 minutes. If it's too thick for your liking add a bit more broth or water. It is supposed to be quite thick. Serve hot topped with the chopped egg whites and a drizzle of olive oil.

### **Grated Beets in Salads and other Dishes**

My favorite thing to do with beets right now is to grate them raw and then marinate them in a dressing of minced and mashed garlic, lemon juice, salt and olive oil. All they need is a 20-minute soak, but longer is fine too. Then you can toss a cup of them into any green salad, add a bit of crumbled feta and maybe a few handfuls of toasted, coarse breadcrumbs and you have the perfect winter/spring salad.

You can mix them with grated carrots and marinate the whole thing and then stir in lots of parsley leaves for a wonderfully refreshing side/salad.

You can mix the grated marinated beets into Greek yogurt for sort of (very pink) beet tzatziki and serve that with lamb burgers or dolloped on plain, cooked chickpeas.