



47th Ave Farm Winter CSA for the week of February 6, 2012

Leeks are so versatile and delicious, whether in the background in mixed vegetable soup or in place of onion in a tomato sauce or front and center in potato leek soup or the chicken dish below. You may well already have a good potato leek soup recipe but I think this one is particularly good. And this week you have another adaption of a recipe from Yotam Ottolenghi's *Plenty*, this time in the form of winter couscous with parsnips and carrots. It's very good and a great way to use up any leftover rutabaga or celeriac you might have as well.

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Potato Leek Soup

--adapted from *Around my French Table* by Dorie Greenspan

2 tablespoons unsalted butter
1 large onion, chopped (or 1-2 extra leeks)
2 garlic cloves, thinly sliced
Salt and freshly ground pepper
3 leeks, white and light green parts only, split lengthwise, washed, and thinly sliced
2 medium potatoes, peeled and cubed
6 thyme sprigs, leaves stripped
2 fresh sage leaves (optional), finely chopped
4 cups veggie bouillon, chicken stock, or water
3 cups whole milk

Optional Toppings

Minced fresh parsley, sage, tarragon or a combination
Snipped fresh chives
Grated Parmesan or Gruyere
Croutons

Melt the butter in a large pot over low to medium-low heat. Add the onion and garlic, salt and pepper, cover cook and cook for about 10 minutes, until the onion is soft but not colored. Add the remaining ingredients, along with a little more salt unless your broth or bouillon is very salty, increase the heat, and bring to a boil. As soon as the soup bubbles, turn the heat to low, mostly cover the pot, and simmer gently for 30-40 minutes, or until all the vegetables are mashably

soft. Taste the soup and season generously with salt and pepper. You can serve the soup chunky or use an immersion blender to blend or transfer to a blender. The soup is good hot, at room temperature and cold. Garnish as desired.

Chicken with Leeks and Lemon

--adapted from Tender by Nigel Slater

I think of this as both comfort and company food. It's fairly straightforward to make and is always delicious and elegant. For a quicker alternative you can cook the leeks down with the broth and wine until silky and then toss in pieces of chicken breast (instead of whole thighs) that will cook very quickly.

Serves 4

2 tablespoons olive oil
4 chicken thighs (bone in with skin)
3 medium leeks, well rinsed, cut in half lengthwise and then cut into 1-2-inch half rounds
1 small glass (4 ounces) of dry white wine (or dry vermouth)
1 ½ cups chicken stock or veggie stock or bouillon (see recipe below)
Juice and zest of 1 lemon
3-4 tablespoons chopped, fresh parsley

Heat the olive oil in a large, deep skillet or Dutch oven over medium high heat. Add the chicken thighs skin side down and cook until pale golden, then turn and cook a few more minutes. Remove the chicken from the pan and add the leeks to the pan. Cover and let them cook gently until they are soft over medium heat. You don't want to brown them so turn the heat down more if they start to darken. When they start to soften add the wine, broth, lemon juice and zest and salt and pepper. Bring to a boil, return the chicken to the pan and then cover and simmer for 20 minutes.

Stir in the parsley, adjust seasoning with salt and/or lemon and serve over rice or with boiled potatoes.

Pasta with Purple Sprouting Broccoli, Onions and Chili flakes

This is a variation on the classic Orecchiette with rapini and chili flakes. It's quick and delicious.

¾ lb Purple Sprouting Broccoli, trimmed (though the whole thing is edible, leaves, stems and all) and cut into about 2-inch lengths/pieces
olive oil
1 small-medium onion, thinly sliced
2 cloves of garlic, thinly sliced
¼ -½ teaspoon red chili flakes (or more to taste)
Salt and freshly ground pepper
½ teaspoons red wine vinegar
¾ lb penne or similarly shaped pasta
grated Parmesan or aged Pecorino

Bring a large pot of well-salted water to a boil. Meanwhile heat a tablespoon of olive oil in a large skillet over medium-high heat and add the onions and cook, stirring frequently until softened and starting to brown (about 10 minutes). Add the garlic and cook for another minute or two, add the chili flakes and all the broccoli and stir well and cook until just tender—no more than 5 minutes. Add a splash of water if it's too dry or starting to burn. Season with salt and pepper.

Cook the pasta until just al dente. Save ½ cup of pasta cooking water before draining. Drain the pasta well and add it to the broccoli mixture with a little of the cooking water (not necessarily all right at once) and the vinegar. Mix well and serve hot garnished with the cheese.

Winter Couscous

--adapted from Plenty by Yotam Ottolenghi

Serves 4, or more

3 medium carrots, peeled and cut into ¾-inch chunks
2 medium parsnips, peeled and cut into ¾-inch chunks
8 shallots, peeled and sliced or 1 medium onion, sliced
1 cinnamon stick (broken in half)
4 star anise
3 bay leaves
4 tablespoons olive oil
Salt
½ teaspoon ground ginger
¼ teaspoon ground turmeric
¼ teaspoon paprika
¼ teaspoon chile flakes
2 ½ cups cubed pumpkin winter squash (or more parsnips or some potatoes or other root veg you have)
1 cup chickpeas (canned or home-cooked)
1 ½ cups chickpea cooking liquid and/or water
1 cup couscous
Large pinch of saffron (optional but great)
1 cup boiling vegetable stock
2 tablespoons butter, broken into pieces
1-2 tablespoons harissa (depending on how spicy you like things and see headnote for Carrot Salad recipe for more info on harissa)
1 cup chopped cilantro leaves

Preheat the oven to 400 degrees F. Place the carrots, parsnips and shallots in a large ovenproof dish. Add the cinnamon sticks, star anise, bay leaves, 3 tablespoons of the oil, 1 teaspoon salt and all other spices and mix well. Place in the oven and cook for 15 minutes.

Add the squash, stir and return to the oven. Continue cooking for about 35 minutes, by which time the vegetables should have softened while retaining a bite. Now add the chickpeas with their cooking liquid and/or water. Return to the oven and cook for a further 10 minutes or until hot.

About 15 minutes before the vegetables are ready, put the couscous in a large heatproof bowl with the remaining 1 tablespoon olive oil, the saffron and ½ teaspoon salt. Pour the boiling stock over the couscous. Cover the bowl with plastic wrap and leave for about 10 minutes. Then add the butter and fluff up the couscous with a fork until the butter melts in. Cover again and leave somewhere warm.

To serve, spoon couscous into a deep plate or bowl. Stir the harissa into the vegetables; taste and add salt if needed. Spoon the vegetables onto the center of the couscous. Finish with plenty of cilantro leaves.

Sopa de Fuba (Brazilian Collards, Cornmeal and Sausage Soup)

This is an usual soup. It's thickened with cornmeal and egg, something Italians do as well. It's a very hearty, satisfying soup.

1/2 cup cornmeal (I've only used a coarse polenta grind but medium or fine grind would work too and create an even creamier-textured soup.)

2 tablespoon olive oil

6 oz. kielbasa or other sausage, cut diagonally
into 1/4"-thick slices

1 medium onion, finely diced

7 cups veggie bouillon or chicken stock

about 4 cups collard greens, stemmed and
thinly sliced crosswise

2 eggs, lightly beaten

Kosher salt and freshly ground black
Pepper, to taste

2 scallions, thinly sliced (optional)

Paprika (optional)

Heat cornmeal in a wide skillet over medium-high heat and cook, swirling pan constantly, until lightly toasted and fragrant, about 3–4 minutes. Transfer cornmeal to a bowl; set aside. Heat oil in skillet and add sausages; cook, turning occasionally, until browned and cooked through, about 10 minutes. Transfer to a plate and set aside. Sauté onion in the pan until softened and beginning to brown.

Bring bouillon or chicken stock to a boil in a 6-qt. pot over high heat. Whisk in reserved cornmeal, reduce heat to medium-low, and cook, whisking often, until cornmeal is tender, about 30-40 minutes. Stir in onions, reserved sausages and collards and cook, stirring occasionally, until collards wilt, about 10-15 minutes. Place beaten eggs in a medium bowl and slowly add 1 cup cornmeal mixture; whisk until smooth. Return mixture to pot and stir until incorporated and thickened; cook for 1 minute more and season with salt and pepper. Serve soup hot, garnished with sliced scallions and a dash of paprika if you like.

Carrot Salad with Harissa, Feta and Mint

This is a fantastic combination of ingredients. And it's still good without the feta and even the mint or just the mint and not the parsley or mint and cilantro or parsley and cilantro. The Harissa (a North African hot chilli sauce) is so good and both Pastaworks and New Seasons carry, good jarred Harissa. It keeps forever and is very versatile. The Winter Couscous in this week's packet calls for it too.

3/4 pound carrots, peeled, trimmed and coarsely grated
4 tablespoons olive oil
1 crushed clove of garlic
1/2 teaspoon caraway seeds or about half as much, ground
3/4 teaspoon cumin seeds or about half as much, ground
1/2 teaspoon paprika
3/4 teaspoon harissa (for a solid kick of heat; adjust yours to taste, and to the heat level of your harissa)
1/2 teaspoon sugar
3 tablespoons lemon juice
2 tablespoons flat leaf parsley, finely chopped
2 tablespoons fresh mint, finely chopped
100 grams feta, crumbled or chopped into bits

In a small sauté pan, cook the garlic, caraway, cumin, paprika, harissa and sugar in the oil until fragrant, about one to two minutes. Remove from heat and add the lemon juice and a pinch of salt. Pour over the carrots and mix. Add the herbs and mix. Leave to infuse for up to an hour and add the feta before eating.

Dried Fava Bean Notes

You'll want to soak your dried fava beans at least for 8 hours or overnight. And if you don't have time to cook them after that length of time, change the water and keep soaking. You can do this for up to 2 days but 8 hours is fine.

Many of the recipes from Mediterranean and Middle East don't call for peeling the dried favas. Whether or not you choose to peel them (after cooking them for 10 minutes or so) will depend on how much time you have and whether or not the texture that they somewhat inevitably contribute, bothers you or not. Now you may not know that until the dish is done but if you have an immersion blender you can break down the skins quite a bit at the very end too, if they are a distraction. If you are used to blanching and peeling fresh favas, this is really not much different. And they are an unusual treat so enjoy them no matter what. A bit of warning, some of these dishes, especially the fava bean puree with mint and cilantro, are not much to look at. Try not to be put off by the muddy hue!

Fava Bean Stew from Crete

--adapted from Saveur

Serves 4 as a main dish.

12 ounces dried fava beans, soaked and drained (see note above)
¼ cup good olive oil
1 onion, finely chopped
2 cloves garlic, minced
1 cup canned tomatoes, chopped (or roasted and frozen or whatever form in which you have tomatoes)
1 bay leaf
½ cup chopped fresh mint leaves (or 1 tablespoon dried) (optional—I've used parsley here too)
1-2 tablespoon red wine vinegar
Salt and freshly ground pepper

Cook beans in a medium pot covered by several inches of water for 10 minutes. Drain. Now you can peel them if you like or if you're in a bit of hurry—both because the stew cooks more quickly without the skins and the peeling doesn't really take very long. I've left them intact but have cooked the stew for a quite a long time.

Add about 2 tablespoons of olive oil to the pot and heat over medium-high heat. Add onions and cook for about 10 minutes, then add garlic and cook for 2 more minutes. Add bay leaf, tomatoes and fava beans and enough cold water to cover the beans by 1". Bring to a boil, turn down and simmer for about 45 minutes (if you peeled the beans—about 90 minutes if you haven't). Once the beans are tender and the stew thickened, add the mint, the vinegar (to taste) and plenty of salt and pepper and another couple of tablespoons of good olive oil.

Fava Bean Soup

This soup is subtly different than the one above. You need to shell the favas in this one. The saffron and the cumin take the soup in a different direction.

2 cups dried fava beans, soaked and then cooked for 5 minutes in plenty of water and then shelled

½ cup canned tomatoes or sauce

1 clove garlic, chopped

1/2 yellow onion, chopped

Salt and freshly ground black pepper, to taste

1 tablespoon olive oil

1/4 teaspoon crushed saffron threads

1/2 teaspoon ground cumin

Chopped cilantro, optional

Bring fava beans and 4 cups water to a boil in a saucepan over high heat; reduce heat to medium-low and cook, covered until tender, about 30 minutes.

Meanwhile combine tomato, garlic, onion, salt, and pepper in a blender or food processor and puree; set aside.

Heat oil in medium pot over medium-high heat. Add tomato mixture and cook, stirring frequently, until it begins to thicken, about 5 minutes.

Add the fava beans along with their cooking liquid, saffron, and cumin. Cook the beans, stirring occasionally, until flavors meld and beans are very tender and break up in the soup, about 10 minutes. Garnish with chopped cilantro and a drizzle of good oil if you'd like.

Fava Bean Spread with Parsley and Cilantro

This is a hearty spread with lots of herbs that is good on toasted, crusty bread that you've rubbed with a clove of garlic.

You can cook the fava beans unpeeled since you're going to process the spread anyway.

12 ounces fava beans, soaked and drained

1 garlic clove, minced

½ an onion, finely chopped
½ bunch of parsley, finely chopped
½ bunch of mint, finely chopped
Squeeze of lemon juice
Salt and pepper
Good olive oil

Sauté the onion and the garlic over medium heat for about 10 minutes until nice and soft. Add the fava beans and cold water to cover by ½ inch. Bring to a boil and then simmer until tender (about 40 minutes), drain, reserving 1 cup of cooking water. Process the beans until almost smooth. Stir in the herbs, a couple of tablespoons of good oil, a squeeze of lemon juice and salt and pepper to taste. Serve on crusty bread rubbed with garlic.

Caramel Corn

--adapted from DamGoodSweet, by David Guas and Raquel Pelzel

This is worth the splurge. It's ridiculously good. And I pop it in a pan on the stovetop—works great. And if you're a bit shy on the ½ cup of kernels just reduce the other ingredients just a bit.

Notes:

- Be sure to have a whisk and a rubber spatula close at hand. You'll need them both on short notice.
- Before you begin cooking the caramel, measure out the baking soda and the vanilla. You won't have time to do it later.
- Do not try to make this recipe without a candy thermometer.
- If you plan to give this popcorn as a gift, know that it looks very handsome, and keeps nicely, in a Mason jar.

Generous ½ cup of popcorn kernels or 1 (3½-ounce) package plain (unbuttered natural flavor) microwave popcorn, which will result in about 10 cups fresh popcorn popped by any method, lightly salted

1 cup packed light brown sugar
¼ cup light corn syrup
6 Tbsp. unsalted butter, melted
¼ tsp. salt
½ tsp. baking soda
2 tsp. vanilla extract

Preheat the oven to 250°F. Line a rimmed baking sheet with parchment paper.

If using microwave popcorn, pop the popcorn according to the package instructions. Coat a large mixing bowl very lightly with a neutral oil, and dump the popcorn into the bowl, taking care to pick out and discard any un-popped kernels.

In a medium saucepan, whisk together the brown sugar, corn syrup, butter, salt, and 2 tablespoons of water. Bring to a simmer over medium-high heat. Continue to simmer, whisking often, until the mixture reads 250°F on a candy thermometer, about 3 to 4 minutes. Immediately remove the pan from the heat, and whisk in the baking soda and vanilla. Quickly pour the hot caramel over the popcorn. Use a rubber spatula to gently fold the caramel into the popcorn, taking care to distribute it as evenly as you can. Transfer the mixture to the prepared baking sheet. Bake for 1 hour, stirring and turning the popcorn with a spatula every 20 minutes. Remove from the oven, and place on a cooling rack for 20 minutes. Gently break up the popcorn, and serve. Store in an airtight container for up to 10 days (or thereabouts).

Carrot Cake with Maple Cream Cheese Frosting

–Adapted from Feeding the Whole Family by Cynthia Lair

This cake uses honey, whole-wheat flour and both lemon juice and zest and is really delicious.

1 1/4 cup whole-wheat pastry flour
1 teaspoon baking soda
1 teaspoon sea salt
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves (optional)
1/2 cup butter
1/2 cup honey
2 eggs
1 generous cup grated carrot (I grate half the carrots on the biggest holes on my box grater and half on the smaller ones and like the combo)
1 Tablespoon lemon zest
1 1/2 teaspoons lemon juice
1/3 cup dried currants (optional)
1/3 cup golden raisins, roughly chopped (regular raisins would be fine too) and if you like nuts in your carrot cake, by all means add some chopped walnuts

Preheat the oven to 350. Lightly oil and dust with flour a 9-inch cake pan. Mix flour, salt, baking soda and spices in a mixing bowl; set aside.

Melt butter and honey over low heat. Add eggs and lemon juice and whisk together. Add wet ingredients to dry mixture and mix well. Fold in carrots, zest, currants, and raisins. Pour batter in pan and bake for 25-30 minutes. Be careful not to over bake.

6 ounces cream cheeses
1/4 cup (4 tablespoons) of butter, room temperature
2-3 tablespoon maple syrup
1/2 teaspoon lemon juice

Cream the butter and cream cheese together with a wooden spoon. Add maple syrup and lemon juice. Add more of either to taste. The frosting will firm up in the fridge if it gets to soft to spread but mine worked just fine. Frost top and sides of cake.

