



47th Ave Farm Winter CSA for the week of April, 16 2012

I think this might be the first time for chard this year and I urge you to try the French recipe for Farçous this week. These savory pancakes are addictive and adaptable and tend to be loved by children and adults alike. They are a staple at food stalls in Provencal markets. They combine chard with parsley and chives (but you can skip the chives) so are perfect for this final share. Also, I'd like to highlight the cauliflower and chickpea recipe, one of my favorite, quick meals.

You'll notice that I love the combination of parsnips and parsley. The parsley complements the sweetness of the parsnips with its bright but a bit earthy flavor. And with a squeeze of lemon, the whole thing is brought together whether you're making a hash, a mash or a soup.

It's been a pleasure writing recipes for you all and I look forward to doing so for the summer share as well. I'd also love any feedback so please feel free to let me know if you'd like more of this or that, different styles or methods of cooking, etc. (Katherine@cookwithwhatyouhave.com)

Pasta with Purple Sprouting Broccoli (plus a video tutorial!)

- Collards with Tomato and Breadcrumbs
- Collards and Beans
- Roasted Leeks
- Cold Leek Salad
- Cauliflower and Chickpeas with Cilantro and Yogurt
- Cauliflower with Capers, Lemon and Parsley
- Roasted Cauliflower with Cumin
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- Mashed Parsnips and Potatoes
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- Farçous (Savory Chard Pancakes)
- Deviled Eggs with lots of Parsley
- Homemade Mayonnaise

The local news station KATU shot a piece of me cooking with the 47th Ave. share and it aired on AM Northwest last week. Here's a link to the piece and I've included one of the recipes below, a quick pasta dish with purple sprouting broccoli. <http://www.katu.com/amnw/segments/Edible-Portland---Cook-With-What-You-Have-146970795.html>

Pasta with Purple Sprouting Broccoli

Serves 4

1 lb purple sprouting broccoli, cut into 2 inch lengths including leaves and stems (they are very tender)

- ¾ lb penne, fusilli or other stout pasta
- 1 medium garlic clove, mashed or minced
- ½ tsp. red pepper flakes
- ½ cup of grated Parmesan

Olive oil

1/3 cup pasta cooking water, scooped out right before you drain the pasta and broccoli

Bring a large pot of generously salted water to a rapid boil. Add the pasta and set the timer for 3 minutes short of the listed cooking time.

While the pasta is cooking, finely chop the garlic and then mash it with the side of a chef's knife with some salt until it turns into a paste (or use a mortar and pestle or a garlic press). In a medium bowl mix the mashed garlic with some salt, the chili flakes, the Parmesan and about 2 tablespoons of good-tasting olive oil. Have this bowl ready near your pasta pot. Right before you drain the pasta you'll scoop out about ½ cup of the hot, starch, salty water, which will finish your sauce.

When the timer goes off, add the broccoli and bring the water back to a boil as quickly as possible. After three minutes the pasta and broccoli should be perfectly tender. Scoop out some cooking water and then drain the whole thing. Mix the reserved cooking water with the garlic mixture and then pour that over the pasta and broccoli. Toss well, adjust seasoning

Collards with Tomato and Breadcrumbs

I just returned from a trip to Louisville, Kentucky where I ate some of the most delicious collards I've ever had. I have not had a chance to try to recreate them but here's how I aim to do it:

1 bunch collards, tough stems removed, and roughly chopped

Olive oil

2 cups of canned tomatoes with some juice

2 cloves garlic, minced

Salt

½ cup of fine bread crumbs

1-2 tablespoons olive oil or butter

Heat a tablespoon of olive oil in a large skillet. Add the minced garlic and cook for a just a minute and then add the tomatoes. If they are whole or in big chunks, break them up as best you can. Simmer this mixture until the tomatoes thicken up and are reduced by about half. Add the collards and several pinches of salt, stir well, cover the pan and cook slowly, stirring occasionally for about 20 minutes. If they dry out add a splash of water. The collards should be nice and soft and will have lost their bright color (but that's fine!). In a separate, small skillet heat the olive oil or butter and then add the breadcrumbs. Toss well and toast over medium to medium-high heat until the crumbs are dark golden and smelling nice and toasty.

When the collards are tender taste and adjust seasoning and then serve, sprinkled with breadcrumbs and drizzle with more olive oil if you'd like.

Collards and Beans

This isn't really a recipe, just a suggestion of a good combination. I've been mixing cooked collards with any kind of home-cooked (canned could work too) bean I have around. I think they are particularly good with pinto beans and chickpeas. I heat them up together with some bean cooking liquid or a little of broth or water—not to make a soup (though that would be good too) but just so that everything heats through together evenly.

I sometimes add a bit of minced garlic and some chili flakes. Get everything nice and hot and then serve with your favorite hot sauce or black pepper and olive oil. You can serve this over rice too for an even more filling dish. Or fry an egg to put on top!

Leeks Two Ways

--adapted from An Everlasting Meal by Tamar Adler

Both of these dishes start with leeks you've cooked in boiling salted water until just tender. To do this, halve the leeks lengthwise (if you leave a little more of the root on then the halves will stay in tact a bit better.) Rinse the well and then gently submerge them in a large pot of salted, boiling water. Cook covered until tender when pierced with a knife. Drain well.

For Salad:

Let the leeks cool completely. Serve them drizzled with a mustardy vinaigrette (olive oil, vinegar (red, white, champagne or sherry), Dijon-style mustard, a little fresh or dried thyme, salt and pepper) and scatter with plenty of chopped parsley.

For roasted side-dish:

Place leeks, cut side up in a baking dish. Drizzle generously with olive oil or dot with butter or drizzle with a bit of heavy cream. Salt and pepper generously and toss in a few sprigs of thyme. Roast them in a hot oven (400-425) until golden.

Cauliflower and Chickpeas with Cilantro and Yogurt

Serves 4 as a side or 2 an entrée with a fried egg on top!

1 small-medium head of cauliflower, trimmed and broken into florets
1 1/2 cups (or more) cooked or canned (and drained) chickpeas
3/4 teaspoon ground cumin
3/4 teaspoon ground turmeric
Salt
1/3 – 1/2 cup chopped cilantro
1/3 of a cup Greek or plain, whole-milk yogurt
Olive, coconut or sunflower oil

Heat a tablespoon of oil in a large skillet over medium-high heat. Add the cauliflower and stir and then cook without stirring for a few minutes to let it brown just a bit. Add a splash of water and cover the pan and continue cooking for another few minutes until the cauliflower is just tender when pierced with a fork.

Add a little more oil if the pan is dry and then stir in the spices and let cook for a few seconds. Then add the chickpeas and stir well and cook until just heated through. Make sure not to burn the spices so turn the heat down a bit if need be. Season generously with salt and serve topped with cilantro and yogurt.

Cauliflower with Capers, Parsley and Lemon

Wash the cauliflower and break/cut into chunks/florets. I always use all of the stem/core. It's delicious. Steam or boil the cauliflower until it's just tender. Don't over cook so check often. The length of time will depend on whether you're boiling or steaming but won't take very long either way.

Roughly chop 1 tablespoon off well-rinsed capers and mix those with about 2 tablespoons of chopped parsley, a bit of grated lemon zest and the juice of half a lemon. Mix in 2 tablespoons of the best olive oil you have and some salt and pepper. Gently dress the warm cauliflower with this mixture. Adjust seasoning to your taste.

Roasted Cauliflower with Cumin

Preheat your oven to 425. Clean the cauliflower and break/cut into more-or-less even chunks. Toss with 1-2 tablespoons of olive oil, 1 teaspoon of cumin seeds and plenty of salt. Roast in a single layer on a sheet pan until the cauliflower is tender and caramelizing around the edges. You can also add some smashed and roughly chopped garlic to the pan part way through. You don't have the garlic to burn.

Parsnip and Parsley Hash with Lemon

This is my favorite way to eat parsnips right now. It takes about 10 minutes—start to finish!

Serves 2

Slice or dice ½ and onion (or more if you making this for more than 2 people)
Grate 5-6 parsnips (or more) on the large holes of a box grater (or in food processor)
Chop ½ bunch (or more) of parsley.
2 eggs (you want one egg per person)
Lemon juice
Salt & pepper
Olive oil

Generously coat the largest skillet you have with olive oil and heat over medium-high heat. Add the onion and sauté for just a minute or two. Add the grated parsnips and a few generous pinches of salt and sauté, stirring frequently until browned and almost tender. You may want to cover the pan and you may need to add a bit more oil and/or turn the heat down a bit so they don't burn. When the veggies are almost tender add the chopped parsley and mix well. Now scoot the parsnip mixture to one side of the pan. Add a bit more oil to the open side and fry your eggs there. Drizzle the parsnips mixture with a little lemon juice. When the eggs are cooked to your liking, serve the hash topped with the eggs, which you generously peppered and salted and drizzled with more olive oil.

Lentil Salad with Roasted Parsnips or Beets and Parsley

This is a lovely, earthy combination either with beets or parsnips.

Cook small French green lentils with a bay leaf and some salt until tender. Meanwhile, cut parsnips in small chunks, toss with olive oil and salt and roast in a 400-degree oven until tender and caramelized a bit. If you're using beets, cut into chunks and roast with a splash of water in a baking dish tightly covered with foil until tender.

When the lentils are tender, drain well and toss with some red wine vinegar and some salt. Add the roasted parsnips/beets, a bunch of chopped parsley and some sliced scallions (if you have them). If you have walnut or hazelnut oil, use it, otherwise, finish with good olive oil and some freshly ground pepper. And if you have some feta or goat cheese toss that in as well. Adjust seasoning to your taste.

Farçous -- Swiss Chard Pancakes

--adapted from Around my French Table by Dorie Greenspan

These are made all over Southwest France and I'm sure with variations of herbs and greens. It's a great recipe to practice the cook-with-what-you-have method. This recipe makes a lot of pancakes. They do keep and reheat well and you can even freeze them.

This recipe has you use a food processor but you can chop all the greens and onions by hand, as finely as you can, with excellent results.

2 cups whole milk
2 cups all-purpose flour (or half all-purpose and half whole wheat)
3 large eggs
1 small onion, chopped
2 garlic cloves, peeled and roughly chopped
¼ cup of chopped parsley (about 10-12 sprigs worth) or more or less to taste
2 tablespoons of chives, chopped, or more or less to taste (optional)
5 large or 10 small Swiss chard leaves, washed, shaken dry and center rib and stems removed (can save for other use)
1 teaspoon or more kosher salt (this recipe needs a lot of salt. Taste the first one you fry and add more if needed—I'm always amazed by how salt this one needs.)
Freshly ground pepper
1/3- ½ cup sunflower or olive oil for frying
For optional topping: yogurt, lemon zest and juice

Preheat oven to 250 degrees and place a baking sheet in the oven.

Put milk, flour, eggs, garlic, herbs, salt and pepper in a food processor or blender. Mix until smooth. Taste for seasoning and add salt and pepper as needed. Add the chard leaves to the batter (little by little if you don't have a lot of space) and blend, but don't over blend. The mixture does need to be homogenous and is better with some strands of chard.

You can make these pancakes large, like crepes (and use a crepe pan if you have one) or smaller, like regular pancakes. Pour about 2 tablespoons of oil into your pan (less if it's a crepe/non-stick pan) and heat over medium-high heat. Add the batter to the pan for whatever size pancakes you're making and cook until for a few minutes until the edges begin to brown

and curl. Flip them over and cook them for a couple more minutes until evenly browned. Place in warm oven while you make the remainder of the pancakes.

These are wonderful with a dollop of yogurt (especially Greek yogurt) to which you can add a few scrapes of lemon zest and little lemon juice and a salad for lovely dinner.

Mashed Parsnips and Potatoes

Serves 6

2 large garlic cloves, peeled

2 pounds parsnips, peeled and cut into 1-inch pieces

12 ounces yellow potato, peeled and cut into slightly larger pieces than the parsnips

4 to 6 cups chicken stock (homemade or low sodium)

Salt

3/4 cup crème fraîche, Greek yogurt or sour cream

2 tablespoons unsalted butter, softened (or good-tasting olive oil)

Large pinch freshly grated nutmeg

Lots of freshly ground black pepper

Combine the garlic, parsnips, potato and enough stock to cover the vegetables in a large saucepan. Add a generous pinch of salt and bring to a boil over high heat. Reduce the heat and simmer for about 20 minutes, until the vegetables are quite tender.

Scoop out about a cup of the hot stock and set aside. Drain the vegetables and return them to the pot. Mash with the crème fraîche and butter, leaving the mixture slightly chunky. (You can use a food mill or a ricer if you prefer a smooth puree.) If the mash seems at all dry, stir in some of the leftover stock, and keep the rest for just before serving.

Stir in the nutmeg and season with salt and pepper to taste. Keep warm and covered, reheating over medium-low heat just before serving and adding a little more stock if necessary. This can be made a day or two ahead of time and refrigerated.

Deviled Eggs with lots of Parsley

I like lots of fresh herbs in my deviled eggs and preferably homemade mayonnaise, which really is quite simple to make. You can scale this recipe however you'd like. You want a creamy consistency for the filling so just start adding and adjust and taste as you go.

6 hardboiled eggs

1-2 teaspoons Dijon-style mustard

3 tablespoons homemade (or store bought) Mayo

1/2 teaspoon fresh, minced thyme (or dried)

2 tablespoon finely chopped fresh parsley

1/2 tablespoon chopped fresh chives (optional)

Salt and freshly ground pepper

Slice eggs in half lengthwise. Scoop out yolks and put into a bowl. Mash with a fork and add the remainder of the ingredients until well mixed. Adjust seasoning to your liking. Fill mixture back into egg halves with a teaspoon. Decorate with a bit of the chopped herbs if you like.

Note on hard boiling eggs: Cover eggs generously with cold water and bring to a boil. As soon as the water is boiling turn off the heat. For eggs where you want the yolk firm but not dry, leave in hot water for 10 minutes. Drain and fill pot with cold water to stop cooking. For eggs that have

solid yolks but have a slightly creamier interior (for salads, Salad Nicoise, etc.) take out of hot water after 8-9 minutes.

Homemade Mayonnaise

Homemade Mayonnaise takes about 5 minutes to make and keeps well for 4-5 days. It's delicious and endlessly useful and adaptable. As a dip for perfectly steamed broccoli or cauliflower; as part of a dressing for potato salad, in deviled eggs, egg salad, on sandwiches, spread for grilled fish, dressing for anything.

2 egg yolks (organic or from a local farm if possible)

1 -2 teaspoons lemon juice (plus possibly a bit more to taste at the end) or white wine vinegar

Couple of pinches of kosher salt

Freshly ground pepper

About 3/4 cup, more or less, sunflower, safflower oil or canola or some neutral vegetable oil

About 1/4 cup good quality extra virgin olive oil

Whisk egg yolks with lemon juice and salt and pepper. Then very, very gradually start pouring in the oil in a very thin stream, whisking as you go. After you've incorporated about 1/4 cup of oil you can start speeding things up a bit. Continue until you have a consistency you like. It will get thicker and stiffer the more oil you add. Adjust salt and/or lemon juice if it needs more tang.

Note: if you just use olive oil the mayonnaise will be too bitter and strong. And if you are using a higher percentage of olive oil (than listed above) make sure it's fairly light and fruity and not too strong.