



47th Ave Farm Winter CSA for the week of May, 21 2012

Try the Farçous (Swiss chard pancakes) if you have a chance this week. They are addictive, kid-friendly (typically) and such fun.

You'll notice that I reference homemade vegetable bouillon broth frequently. It's my homemade fresh veggie paste that is diluted with water to make instant stock for soups, stews and all kinds of things (you can use it in the braised turnips and the pea shoot risotto this week). I use it constantly in the cooler months but still reach for it often this time of year. You basically process lots of raw veggies (leeks, carrots, celeriac, onion) with herbs (parsley and cilantro) and lots of salt and then keep the resulting paste in the freezer and scoop out a teaspoon or two per cup of water to make broth when you need it. It's delicious, fresh, cheap and much more convenient than store-bought stocks once you have a batch in the freezer. Recipe included in this packet.

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Garlic Scape Notes

Garlic scapes are wonderfully brushed with olive oil and grilled until a bit charred and tender. They are also delicious, chopped up and sautéed in a little butter or olive oil and then added to any egg dish or scattered on a pizza or added to a risotto at the end. Have fun experimenting with them.

Garlic Scape Pesto

Garlic scapes are tender, sweet and a short-lived treat. They make a lovely pesto in combination with nuts and parsley, in this case, though both basil and oregano are good substitutes.

1 bunch (about 7-8) garlic scapes
Generous handful of toasted (or raw) hazelnuts or walnuts
1-2 ounces Parmesan or Asiago Stella
Zest of half a lemon, finely grated
3/4 cup (or more) of parsley
1/3 cups of good-tasting extra virgin olive oil
Salt, pepper

Roughly chop the garlic scapes, with or without the very top, flower part (See note in caption above). Process the nuts and cheese in a food processor. Add the remaining ingredients and process until smooth. Adjust seasoning to taste. Serve on toasted bread, with pasta, potatoes, eggs dishes other grains. . . .

Green Garlic Notes

I plant garlic in my own garden each fall so that I can exclusively use it as green garlic, in its immature state when it looks a bit like a green onion (scallion). I put it in just about everything—from salad dressings to pestos to egg dishes, and of course anywhere you would use a regular clove of garlic. Green garlic is sweet and milder than the mature cloves so you can use it generously. Depending on the size of the stalk you can basically use the whole thing, save the roots and outermost layer of the stalk. I usually cut the top few inches of green off but you'll be able to tell how much to cut off depending on how tender it is. If it seems fibrous trim it back a bit more.

Braised Green Garlic and Turnips

I'm made this dish for a catered dinner this weekend, though I added leeks to the turnips and green garlic too. It's simple though quite elegant. This would be a lovely side to any kind of meat or fish. I served it as a side to a bean dish topped with a poached egg. Also lovely with pasta.

1 bunch Hakuri Turnips
1 bunch green garlic
½ cup of dry white wine
½ cup of chicken stock or vegetable broth
1 ½ tablespoons butter
3-4 sprigs thyme or ½ teaspoon dried thyme
Salt and pepper to taste

Scrub and trim the turnips and cut them into quarters if the turnips are large or halves if quite small. Trim the green garlic stalks and cut them in half lengthwise unless they are very slender. Put the butter and wine and stock in a wide skillet and bring to a simmer. Add the vegetables and scatter the thyme over the vegetables and sprinkle generously with salt (if your stock isn't very salty). Bring to a rapid simmer again and cook, partially covered until the vegetables are tender, about 20 minutes. If there is a lot of liquid left in the skillet when the veggies are tender you can scoop them out and reduce the liquid until it's thickened and then spoon over the vegetables or just mop up the juices as is with some good bread. Adjust for seasoning. Serve hot.

Farçous (Swiss Chard Pancakes)

--adapted from Around my French Table by Dorie Greenspan

These are an absolute cinch to make if you have a food processor. It takes 5 minutes to make the batter and a bit longer to fry them but they are so addictive and so fun. These are made all over Southwest France and I'm sure with variations of herbs and greens, but most typically they are made with chard, parsley and chives. You can use a garlic scape instead of the chives and likely be no worse for wear.

They also keep and freeze well and make great snacks. You can also experiment with different flours and combinations of flours if you'd like. Half whole wheat flour works well and I imagine spelt flour would too.

This recipe makes a lot of pancakes so you can cut it in half or make the whole thing and just save some for lunch the next day. I promise you won't have trouble eating them up.

2 cups whole milk

2 cups all-purpose flour (or half all-purpose and half whole wheat)

3 large eggs

1 small-medium onion, chopped (or chunk of larger sweet onion)

1 stalk green garlic, trimmed of ratty ends and roots, finely 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 (or one garlic scape)

7-10 Swiss chard leaves (depending on size of leaves), washed, shaken dry and center rib and stems removed (can save for other use)

Salt and freshly ground pepper

Vegetable oil or olive oil for pan-frying

For optional topping: yogurt, lemon zest and juice or just plain Greek or whole milk yogurt

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 not need to be homogenous and is better with a bit of variation in size of the chard leaf pieces.

You can make these pancakes large, like crepes (and use a crepe pan if you have one) or smaller, like regular pancakes. Pour about 1 tablespoon 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 bit of lemon zest and little lemon juice and a salad for lovely dinner.

Shortcut (or Regular) Risotto with Pea Shoots

I've been experimenting with eliminating the adding-broth-slowly-and-stirring-frequently step to make a traditional risotto and have made the "risotto" by adding all the hot broth at once and covering until almost cooked, then adding pea shoots (or spinach) towards the end and then the parmesan and butter. It works well though is not as creamy as real risotto. If you have the time to let the finished dish sit for 10 minutes it gets creamier and thicker as it sits and is really a good substitute. Though stirring occasionally (I don't watch risotto like a hawk) and adding the hot broth at regular intervals is not much more work and does result in a better dish.

Serves 4-6

1 bunch pea shoots, chopped
5 1/2 cups vegetable or chicken stock or veggie broth (made with homemade bouillon—recipe below)
2 slices of bacon, diced (optional but very good)
1 medium onion, finely chopped
3 tablespoons olive oil
1 3/4 cups Arborio rice
1/2 cup dry white wine (optional)
1/2 cup freshly grated Parmesan or other hard cheese
2 tablespoons butter
Freshly ground black pepper
1-2 teaspoon lemon juice (optional)
1/2 teaspoon lemon zest (optional)

In a saucepan bring your stock or broth to a boil. If you're using homemade veggie bouillon, add about 8 teaspoons of bouillon base to the 5 1/2 cups water, taste the broth to make sure it's not too salty. Dilute if it is, add more if it's too mild. Bring it to boil.

In a large sauté pan cook onion and bacon (if using) in oil over medium heat, stirring, until softened. Stir in rice, stirring until each grain is coated with oil and cook for 2 minutes. Add wine (if using) and cook, over medium-high heat, stirring, until wine is absorbed. Add all of the broth, stir well to integrate everything then turn down to medium heat (just a nice gentle simmer) and cover. Cook for about 12 minutes then check to see if the rice is almost tender. If it is, add the pea shoots and stir well, cover again and cook for 2-3 minutes. If it's not quite there yet cook for a few more minutes before adding the shoots.

Alternatively, add the broth a ladleful or two at a time until you've used up the broth and the rice is just tender. Add the pea shoots a few minutes before the rice is tender.

A few minutes after you've added the shoots, stir in the butter and cheese and black pepper to taste. Mix well and remove pan from heat. Let rest for 5-10 minutes, covered, before serving. Add the lemon zest and juice right before you serve.

Sesame Pea Shoots

I made these this week and tossed them with Udon noodles. They would be great over rice or as a side to fish.

1 tablespoon coconut or olive oil
1 bunch pea shoots, washed and chopped
1 teaspoons (or to taste) soy sauce or tamari
1 teaspoon toasted sesame oil
1 tablespoon toasted sesame seeds
Green garlic
Salt

Heat the oil in a large skillet over medium high heat. Add the pea shoots and toss well and cook for about a minute. Add the soy sauce and sesame oil and cook for another 2 minutes or so until the shoots are tender but still have a bite. Adjust seasoning with more soy or salt and serve sprinkled with the toasted sesame seeds.

Composed Salad with Turnips and Hardboiled Egg

Quantities are all approximate. Depending on how many people you have to serve and how prominent a part of the meal it is. . . adjust accordingly. I start my eggs in cold water and bring them to a boil and then turn off the burner immediately. I let them sit in their hot water for 8-10 minutes for firm whites (depends a bit on size of egg, pan, etc.) and yolks that are set but not dry. I like them this way for salads. If you want to turn this dish into more of a main dish, add some good quality canned albacore (preferably from Oregon!) or some cooked chickpeas or other beans.

Lettuce, torn into bite-sized pieces
Turnips, scrubbed, trimmed and cut into thin wedges
Hardboiled eggs, cut into quarters
Some scallions or red onions, very thinly sliced
¼ cups of parsley leaves

For the dressing:

A stalk green garlic, trimmed and minced
1 teaspoon Dijon-style mustard
Juice of half a lemon (or more)
Good olive oil
Salt and pepper

Mix the dressing ingredients well. Taste it. You want it to be very bright, quite salty and strong.

On a platter or in a wide bowl, toss the parsley, lettuce and turnips together with some of the dressing. Arrange the eggs and tuna or beans, if using, around the edge of the greens and drizzle generously with more of the dressing.

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.