



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

I've included the fava recipes again which include a variety of ways to prepare these fleeting treats. In one method you boil the whole pod and the individual beans just slip out and you don't need to peel each individual bean and in one you grill the whole thing, pod and all!

And if you like strongly flavored and spicy food by all means try the Black Pepper Tofu. It uses a whole bunch of spring onions which is why it's in the mix this week. It's from one of my favorite cookbooks (*Plenty* by Yotam Ottolenghi). I've altered the recipe a bit. The original calls for 5 tablespoons of cracked black pepper!

New Potato Notes

Rosemary Notes

Pasta with Collards and Chickpea and Rosemary

Quinoa Salad with Radish, Spring Onion, and Fennel

Citrus Collards with Raisins

Fennel and Onion Soffrito

Black Pepper Tofu

Fava Bean Notes

Fava Beans with Yogurt and Herbs

Ignacio Matta's Grilled Favas

New Potato Notes

Oh the new red potatoes are so creamy and perfect. Boil them gently and toss them with a simple dressing of Greek yogurt, minced or mashed garlic or some sliced spring red onions and plenty of salt and pepper and maybe a little olive oil. Heaven!

Or roast them in a hot oven tossed in a bit of olive oil and salt and rosemary scattered about.

Rosemary Notes

Rosemary is good with lamb, potatoes and chickpeas, as used in the recipe below. You can use rosemary branches, if they're sturdy enough, as skewers for vegetables and meat. It's a fun and fragrant trick. Use rosemary with restraint though. It's pretty strong and a little goes a long way.

Pasta with Chickpeas and Collards

--inspired by Jamie's Italy by Jamie Oliver

This is delicious, fast (if you have cooked chickpeas on hand or if you use a canned), easy and nutritious and a good use for a little of the rosemary this week. The rosemary, garlic and chili flakes are the flavor base here.

- 1 small onion, peeled and finely chopped (or 3-4 red spring onions, thinly sliced)
- 2 stalks of celery, trimmed and finely chopped (use carrot if you don't have celery or both or neither!)
- 3 cloves new garlic, peeled and minced

½ tsp. red pepper flakes (or more, to taste)

Olive oil

1 sprig of rosemary, leaves picked and finely chopped (about 1 ½ teaspoons chopped)

1 quart cooked chickpeas or 2 14-oz. cans of chickpeas, rinsed and drained

1 bunch collard greens, tough stems removed and leaves chopped

3 1/2 cups veggie bouillon or vegetable stock (or mix veggie bouillon into chickpea cooking liquid if you have it and top off with water)

5 ounces tubetti or ditalini (Barilla and DeCecco brands both have these. I've seen them at Safeway, Fred Meyer and New Seasons) or other small pasta. *5 oz is about one generous cup if you're using this kind of small pasta and don't have a scale and don't want to guess!*

Sea salt and freshly ground black pepper

Place a large skillet or soup pot over medium-high heat and then pour in just enough olive oil to coat the bottom. Add the onion and celery (and/or carrot if using) and sauté just until tender, about 6 minutes. Add the garlic, rosemary, and red pepper flakes. Sauté for 2 minutes, then add the chickpeas the collards and the bouillon/chickpea cooking liquid/broth. Bring to a boil, then lower heat to simmer and add the pasta and allow to cook until pasta and collards are tender, about 10-15 minutes.

Season to taste with salt and pepper and drizzle with some good olive oil.

Quinoa Salad with Radish, Spring Onion, and Fennel

--inspired by Tea and Cookies (blog)

This is a pretty loose recipe so taste and adjust as you go and feel free to vary to suit your taste. This makes a lot of salad so cut the recipe in half if you don't have lots of mouths to feed.

2 cups regular yellow quinoa cooked in 2 1/2 cups water until tender and fluffy

One large bunch radishes, chopped (2 cups, about 10 radishes)

1/2 cup red spring onion, chopped

¾ cup, fennel cut into small pieces (more or less like the radishes)

4-5 oz feta cheese, crumbled or cut in small cubes

½ cup or more chopped capers

Grated zest of a lemon

1 tablespoon each fresh oregano, thyme, and parsley, or according to taste

Salt and pepper

Dressing

1/4 cup Dijon-style mustard

1/3 cup red wine vinegar

scant 2/3 cup olive oil

Salt and pepper to taste

Cook quinoa and allow to cool. In a separate bowl, mix chopped vegetables, herbs, cheese. In a small bowl whisk mustard and vinegar until smooth. Slowly add oil while whisking until the mixture is smooth. Add salt and pepper to taste.

Toss with cooked quinoa and drizzle on the dressing (taste while adding dressing and stop when you've reached the desired level of saturation).

Salt and pepper to taste.

Citrus Collards with Raisins

-- from *Vegan Soul Kitchen* by Bryant Terry

This is a delicious and a bit unusual way to use collards. I love this as is as a side dish or in a quesadilla with some grated sharp cheddar. I'm not a big fan of raisins in savory dishes but it works really well here.

1 large bunch collard greens, ribs removed if tough, cut into a chiffonade (fine ribbons), rinsed
Coarse sea salt
1 tablespoon extra-virgin olive oil
2 cloves new garlic, minced
2/3 cup raisins
1/3 cup fresh orange juice (apple cider works too if you don't have orange juice or lemon juice mixed with a just a little honey)

Bring a large pot of salted water to boil over high heat. Add the collards and cook, uncovered, for about 4-5 minutes, until softened. Remove the collards from the heat, drain. Run cold water over greens to stop the cooking and set the color of the greens. Drain.

In a medium sauté pan over medium heat, warm the oil. Add the garlic and sauté for 1 minute. Add the collards, raisins and a 1/2 teaspoon salt. Sauté for 3 minutes, stirring frequently. Add orange juice and cook for an additional 15 seconds. Season with additional salt to taste if needed and serve immediately. (This also makes a tasty filling for quesadillas.)

Fennel and Onion Soffrito

This is a delicious garnish/condiment/side for fish, roasted vegetables, etc.

Olive oil
1 ½ cups thinly sliced fennel
1 ½ cups thinly sliced onion
¾ cup canned tomatoes, drained and chopped
2 cloves garlic
red wine vinegar to taste
salt and pepper

In the largest skillet you have heat about 2 tablespoons of olive oil. Add the onions and fennel all at once and cook, stirring occasionally over medium heat until starting to brown and quite soft. Add the garlic and the tomatoes, a couple of generous pinches of salt and some pepper and cook until the liquid has evaporated. Finally add a little vinegar, you'll probably want at least 2 teaspoons and plenty of black pepper. Taste and adjust seasoning.

This is delicious with a bunch of chopped parsley and black olives too.

Black Pepper Tofu

--adapted from *Plenty* by Yotam Ottolenghi

This dish takes some work but if you like strongly flavored spicy food it's definitely worth it. Ottolenghi calls for three different kinds of soy sauce. I've made it with just plain old sauce and it was just fine. I now have the sweet soy sauce (kecap manis) and it does add something but really don't worry about purchasing all three kinds.

1 3/4 lbs firm tofu
Vegetable oil for frying
Cornstarch to dust the tofu
4 tablespoons butter
12 small shallots (12 ounces in total) or as much regular onion or more spring onions, thinly sliced
3 Serrano chiles (deseeded unless you want it REALLY hot), finely chopped
10 garlic cloves, crushed
3 tbsp chopped fresh ginger
3 tbsp sweet soy sauce (kecap manis)
3 tbsp light soy sauce
4 tsp dark soy sauce
1 tablespoon sugar
2-3 tbsp coarsely crushed black peppercorns (use a mortar and pestle or a spice grinder)
8 spring red onions, greens and all, cut into 1 1/4-inch segments

Start with the tofu. Pour enough oil into a large frying pan or wok to come 1/4 inch up the sides and heat. Cut the tofu into large cubes, about 1 x 1 inch. Toss them in some cornstarch and shake off the excess, then add to the hot oil. (You'll need to fry the tofu pieces in a few batches so they don't stew in the pan.) Fry, turning them around as you go, until they are golden all over and have a thin crust. As they are cooked, transfer them onto paper towels.

Remove the oil and any sediment from the pan, then put the butter inside and melt it. Add the shallots (or onions), chilies, garlic and ginger. Sauté on low to medium heat for about 15 minutes, stirring occasionally, until the ingredients have turned shiny and are totally soft. Next, add the soy sauces and sugar and stir, then add the crushed black pepper.

Add the tofu to warm it up in the sauce for about a minute. Finally, stir in the green onions. Serve hot, with steamed rice.

Fava Bean Notes

Fava beans are a treat and can be a bit labor intensive. Typically people take the beans out of their squishy pods and then blanch the beans in boiling water for a few minutes and then pinch the skin off each individual bean. I did that for years and they are delicious that way—you can eat them as is with some olive oil and salt, add them to pasta or risotto or soup, etc. Or you can use the Middle Eastern method described below where you cook them in heavily salted water in their big pods and don't shell each bean. It's much less work and equally delicious though a very different kind of dish. Experiment and see what you like. I've almost exclusively switched to the latter method because it's just so easy and delicious. And then there's the grill-the-whole-thing and eat-the-whole-thing method as well. . . even less work!

Fava Beans with Yogurt and Herbs

Serves ~4 as a side

A local farmer (Carol Boutard of Ayers Creek Farm) taught me about this method of cooking fava beans which eliminates the time consuming step of peeling each individual bean. This is a Persian/Iranian way of cooking favas that is not only easy but also very nutritious since many of the nutrients are in the fava bean skins. This dish is good with parsley, basil, mint or cilantro or a combination.

2 pounds fava beans in their pods (or however much you have)
2-3 tablespoons kosher salt (yes, this is the right quantity, not a misprint)
1/3 cup Greek yogurt or plain, whole milk yogurt (or more if you want it saucier)
1/3 cup finely chopped parsley (or basil or cilantro or mint or a combo)
1 -2 teaspoons lemon juice (to taste)
zest of one lemon, finely grated
1 medium clove garlic, minced (optional)
1 tablespoons olive oil
salt & freshly ground black pepper to taste

Bring a six-quart (or larger) pot of water, to which you've added the salt, to a boil. Put the whole fava bean pods into the boiling water and bring back to a boil. Reduce the heat so the water stays at a rapid simmer and cook covered, until the pods start falling apart, between 20 and 30 minutes. Taste an individual fava bean after 20 or so minutes. If the skin on the bean is still a little tough keep cooking. If you have the time you can let the fava beans cool in the water once they're tender. That further softens the skins. If not, drain off of the hot water fill pot of beans with cold water to speed the cooling. Remove beans from pods without peeling each bean. The skin should be tender and the beans perfectly seasoned. Toss beans with the remaining ingredients. Adjust seasoning to your liking. Enjoy as a side dish or with crusty bread or tossed with cold pasta for a hearty salad.

ava beans cooked this way (and without the dressing) are delicious with pasta and a bit of Parmesan, with boiled potatoes and parsley. I've added them to Israeli couscous with some mint and grated, hard cheese.

Ignacio Matta's Grilled Favas

-- from Food52.com

This recipe is brilliant. I first tried whole grilled fava beans (including the pods) at the Gathering Together Farm booth at a farmers' market this season. Then I found this recipe, which is incredibly good. You can also just grill them with olive oil and salt and a squeeze of lemon with the same method. But all the extra goodies are worth it. And it seems like a lot of anchovies but it is well balanced. And if you don't have a grill, a smoking hot cast iron pan works too—just turn your fan on high and open the windows.

Serves 4 to 6

1 pound fresh fava beans in their pods, the younger/smaller the better
1 teaspoon sea salt
1 teaspoon ground chile pepper
1 teaspoon picked rosemary
3 to 4 cloves chopped garlic
1/4 cup good olive oil, plus more to finish
2 tablespoons water
1 lemon
6 canned anchovies in oil, chopped finely
1 handful toasted bread crumbs (optional)
Mix first 7 ingredients together in a large bowl. Toss to coat the fava pods, then place them on the grill over medium-high heat.

Grill favas for several minutes, until charred, then flip them over and char the other side, cooking until the pods seem about to open.

Remove pods from grill, return them to the mixing bowl, and squeeze the lemon over them. Toss the pods to coat. Check the seasoning, and add salt if necessary. Add the anchovies to the bowl, mixing well.

Place the pods on a serving platter, drizzle to taste with olive oil, and sprinkle the bread crumbs on top, if using. Serve hot or at room temperature; eat with your hands or with forks and knives, depending on how messy you want to get.