



## 47<sup>th</sup> Ave Farm CSA for the week of July 9, 2012

It's certainly not classic soup weather but the red lentil soup this week is fairly quick to make—you could possibly make it early in the morning before work—and it's delicious and fairly light and wonderful with the mustard greens. Plenty of salads to round out the repertoire this week.

The fresh, uncured garlic you have this week is sweet and tender and bright. You can use a bit more than when using cured garlic. It makes wonderful aioli. I know you've already seen this recipe this season but the carrots and spring onions this week, quickly roasted or grilled are divine, dipped in some aioli.

### Notes

1. Roast carrots and spring onions in a 400 degree oven (or grill) tossed with just a little olive oil and salt until tender – dip in aioli with fresh garlic (recipe below)
2. Toss roasted carrots and onions, at room temperature, with roughly chopped arugula and/or mizuna and little of the basic vinaigrette below for a hardy salad. Serve some barely set hard-cooked eggs and/or some canned Oregon Albacore on the side with more dressing.
3. Both arugula and mizuna are perfect with beef. Grill or cook in a piping hot cast iron pan some flank or skirt steak. Slice thinly and toss with greens, some blue cheese and a bit of the dressing below.
4. Top most any homemade pizza with fresh arugula and a drizzle of good olive oil when it comes out of the oven.

### Carrot Harissa and Feta Salad

--adapted from smittenkitchen.com

This salad is addictive. It calls for a bit of harissa which can be tricky to find. You can make your own (<http://mideastfood.about.com/od/dipsandsauces/r/harissa.htm>) or go to Pastaworks or Citymarket or the International Food Supply store on SE 76 and Stark. I also hear that Market of Choice carries it.

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 (I used seeds but ground them first)  
3/4 teaspoon cumin seeds or about half as much, ground (I used the seed but ground them first, again)  
1/2 teaspoon paprika  
3/4 - 1 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 an hour and add the feta before eating.

### **Butter Lettuce and Arugula (or Mizuna) Salad**

These two greens are lovely together, the pepperiness of the arugula (or mizuna) complements the sweet, tenderness of the lettuce. And this is my favorite, everyday vinaigrette. And the fresh garlic you have in your share is perfect here. Double (or triple) the dressing recipe for quick salads later in the week.

Wash and dry (I like to roll up the wet lettuce in a dish towel and let it sit for a few minutes) as much lettuce and arugula as you want to use. I think a 2 to 1 ratio of lettuce to arugula/mizuna is about right but by all means adjust to suit your taste.

Tear the butter lettuce and arugula into pieces. If you're using mizuna cut it into 1-inch ribbons.

2 spring onions, thinly sliced, greens and all

2-3 tablespoons toasted sunflower seeds

Vinaigrette

2 teaspoons Dijon-style mustard

juice of half a lemon

1-2 teaspoons red wine vinegar (to taste)

1 medium to large garlic clove, minced and then mashed into a paste with the side of a chef's knife with some coarse sea salt (or pressed in a garlic press)

3-4 tablespoons good olive oil

Mix all ingredients well. Taste and adjust seasoning to your liking. You want it really strong and bright since it's going to get spread out over lots of greens

### **Homemade Aioli with Fresh Garlic**

Aioli is basically garlicky mayonnaise. This uncured garlic lends itself very well to this technique since it's just a bit milder and sweeter than cured garlic. Homemade aioli takes about 5 minutes to make and keeps well for a week. I've always made it by hand but I know it works really well in the food processor too so by all means use that if you want. It's so delicious and endlessly useful and adaptable. Potato salad, deviled eggs, egg salad, sandwiches, spread for grilled fish, dressing for anything.

2 eggs yolks

3-4 medium – large cloves garlic

Salt and pepper

1 teaspoon Dijon-style mustard

3 teaspoon lemon juice or more to taste

about 1 ½ cups oil. I use a combo of two-thirds neutral oil like Sunflower and one third good tasting olive oil. If you use all olive oil it tends to be too bitter and strong.

Mince the garlic or mash it with the side of a chef's knife on your cutting board with salt or use a mortar and pestle to mash the garlic into a paste with some coarse sea salt.

Whisk the garlic into the eggs yolks with the lemon juice, mustard and salt and pepper. Then very slowly start adding the oil, almost drip by drip for a bit until you things get nice and emulsified. Then you can start adding the oil in a thin stream, whisking all the while (or do the same in the food processor).

Traditionally aioli is served as a dip with raw and steamed vegetables. This week I think it would be best with roasted or grilled carrots and spring onions. You could also add a few teaspoons to the salad dressing above for a creamier, richer dressing.

### **Red Lentil Soup with Mustard Greens**

This is a perfect quick, weeknight dish that also freezes well so make extra and save yourself some time/work. And it's even better the next day so double the recipe if you'd like. And if you haven't cooked with red lentils before now might be the time. They are quicker cooking than any other lentils and are delicately flavored. You can find them in most stores and in the bulk bins at New Seasons.

1 ½ tablespoons coconut, peanut or olive oil  
1 medium onion, finely diced  
1 ½ teaspoons ground cumin  
1 teaspoon ground coriander  
1 teaspoon black mustard seeds (optional)  
1 teaspoon whole cumin seeds (optional)  
1 cup red lentils  
3 tablespoons white Jasmine or Basmati or other rice (not brown rice unless you have more time and can cook the soup longer)  
6 cups vegetable broth (or homemade veggie bouillon broth)  
1 bunch mustard greens, well washed and roughly chopped  
Juice of 1 lemon  
Salt to taste  
Greek yogurt mixed with minced garlic and a bit of salt (optional but delicious)

Heat the oil in a large pot over medium-high heat. Add the onion and cook for 7-8 minutes until softened but not brown. Add the spices and stir well and cook for another 2 minutes. Add the lentils, rice and stock or broth. Bring to a boil and then turn down to a simmer and cook for 20-30 minutes until everything is tender. Puree with an immersion blender (or in a food processor or blender) or leave it a bit chunkier. Add the mustard greens and cook for another 5 minutes or so until tender but still bright. Adjust seasoning –if your broth was well seasoned it may not need much more. Finish with the lemon juice and top with a good dollop of Greek yogurt mixed with some minced garlic and sea salt.

### **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.

## **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)  
¼ cup 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 a bit less parcel, cilantro or mint)  
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.

Fava 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 Mattos'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

[www.cookwithwhatyouhave.com](http://www.cookwithwhatyouhave.com)

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.