



47th Ave Farm CSA for the week of October 15, 2012

Mostly Italian or Italian-inspired dishes with an onion soup inspired by the French thrown in for good measure. Buon Appetito!

Kale Ideas

Onion Jam

Onion and Fennel Soup with Cheesy Toast

Pepper and Potato Frittata

Spaghetti with Tomato Anchovy Sauce

Simple Italian Chicken with Peppers and Tomatoes

Roasted Carrots, Fennel and Potatoes

Roasted Veg Pureed Soup

Kale Ideas

You could simple sauté your kale with a little garlic in olive oil until tender. Then make a scramble with the kale and some of the onion jam below (added at the very end and not thoroughly mixed in) with a little goat cheese.

Saute kale like above, cook some penne pasta or some such. In a separate little skillet fry a couple handfuls of bread crumbs with some red pepper flakes. Toss pasta with kale, breadcrumb mixture, some grated parmesan and a bit of cooking water.

Sweet Onion Jam

This is delicious with roasted meats or with eggs, on pizza, thinned down as a pasta sauce with some red pepper flakes and a bit of parmesan, or added to a scramble with some sautéed kale, as noted above.

1 tablespoon unsalted butter
2 medium-large onions, cut into 3/4-inch dice
1/3 cup sugar
1/3 cup dry red wine
1/3 cup red wine vinegar
Salt

Melt the butter in a medium skillet. Add the onions and cook over moderate heat, stirring, until soft and just translucent, about 8 minutes. Add the sugar, wine and vinegar several pinches of salt. Cook over low heat, stirring, until the liquid thickens and coats the back of a spoon, about 35 minutes. Transfer the onion jam to a bowl and let cool.

The onion jam can be refrigerated for up to 5 days. Let return to room temperature before serving.

Onion and Fennel Soup with Cheesy Toast

Slice enough onions to make about 3 cups. Slice enough fennel, very thinly (after trimming the bulb) to make 2 cups and cook them both in a bit of olive oil along with some thyme (several sprigs or 1 teaspoon leaves, fresh or dried) until they were soft and translucent and getting pale brown in the pan. Add ½ cup or so of dry white wine to the onions and scrape the bottom and sides of the pan to get up all the brown bits. Simmer this for about 3-4 minutes and then add about 5 cups of good chicken stock let everything simmer for another 10 minutes. Taste and adjust seasoning. Depending on how salty your stock is you'll need more or less additional salt and pepper.

Meanwhile slice some good, crusty bread and spread the slices thinly with Dijon-style mustard and then heavily sprinkle the bread with a grated sharp cheddar, Gruyere or Emmental or the like. Put the bread on a baking sheet and set under the broiler until the edges are crisp and brown and the cheese is bubbling.

Portion the soup into wide, deep plates or bowls and top with a cheesy toast. Dig in!

Sweet Pepper and Potato Frittata

Serves 3 as an entrée 5-6 as a side.

Yes, another frittata. I just made this combination today with the last of the Jimmy Nardello's from my garden and it's just a winning combo. And if you have lots of people to feed or want to stretch the eggs you have you can always add ½ cup -3/4 cup (or more) milk or cream to the egg mixture.

1-2 tablespoons olive oil

1 cup onion, thinly sliced

4-5 Jimmy Nardellos or a mix of Jimmy Nardellos and 2 sweet yellow peppers or just the yellow ones, washed, seeded and thinly

3 medium potatoes, well-scrubbed (no need to peel) and cut into small (1/2-inch) chunks or dice

6-8 eggs (or whatever you have or want to use)

Grated hard cheese or your choice or feta or goat cheese (optional)

Salt, pepper

Heat the oil in a heavy sauté pan or well-seasoned cast iron pan or non-stick (if it's heatproof and can go in the oven). Add the onions, peppers and potatoes and a few generous pinches of salt and sauté them over med-high heat, stirring often so as not to burn, until the potatoes are tender when pierced with the tip of a knife, about 10 minutes.

Set your oven to broil.

Lightly whisk the eggs until they're just broken up—no need to get them frothy or really well mixed. Add a few more pinches of salt and several grinds of pepper. Pour eggs over the vegetables and tilt the pan to evenly distribute the eggs. Sprinkle the cheese over the top of the eggs, if using. Cover and cook on medium heat for a few minutes. When the eggs are beginning to set take the pan off the heat and set under the broiler until the eggs are cooked and slightly puffed and golden.

Let sit for a few minutes before cutting and serving. It will come out of the pan much more easily that way and is more flavorful. Serve with a slice of good, crusty bread and salad.

Tomato and Anchovy Sauce

Serves 2 or 3

1 clove garlic, minced
3 tablespoons olive oil
5 flat anchovy fillets
3 cups chopped tomatoes
2 tablespoons chopped parsley

Heat the oil in a skillet and gently brown the garlic over low heat. Add the anchovies and, stirring constantly, allow the anchovies to melt into the oil.

Add the tomatoes and bring the sauce to a low simmer. Let simmer, uncovered, for 20 to 25 minutes. Taste for seasoning. In the meantime, bring a pot of salted water to the boil and cook enough spaghetti for two or three people, about 12 ounces in my household. Drain the spaghetti, toss with the sauce and sprinkle with parsley. Serve immediately.

Simple Italian Chicken with Peppers and Tomatoes

--adapted from the Silver Spoon

Serves 4

Simple, delicious!

3-4 sweet yellow peppers
2 tablespoons olive oil
2 garlic cloves, minced
1 chicken, cut into pieces
¾ cup dry white wine
1- 1 ½ lbs tomatoes, diced
Salt and freshly ground pepper

Preheat the broiler. Roast the peppers, turning until all sides are blackened and blistered. Remove from oven and put in a bowl, covered by a plate to steam. When cool enough to handle, peel and seed and cut into strips.

Heat the oil in large, deep skillet. Add the chicken pieces, working in batches if you need to, and cook, turning to brown all sides. Season with salt and pepper, add the garlic and the wine and cook until most of the wine has evaporated. Stir in the tomatoes and peppers and simmer for about 20 minutes, stirring occasionally until the chicken is tender and cooked through.

Serve with some chopped fresh parsley if you have it.

Roasted Veggies

Roasting brings out the sweetness in vegetables. You can use this technique with many vegetables and this week the potatoes, onions, carrots and fennel are well suited to it. Quantities are just suggestions. Use however much of each veggie you want.

1-2 onions, peeled and cut in half and then cut into thin wedges or thick slices

4 carrots, sliced into ½-inch rounds
4 potatoes, scrubbed and cut into bite-sized chunks
2 fennel bulbs, trimmed and sliced like the onions
Olive oil and salt
Branch or two of rosemary (optional)
Chopped fresh herbs, a squeeze of lemon juice and minced garlic for serving (optional)

Preheat oven to 425.

Toss all the veggies with 1-2 tablespoons of olive oil and at least a teaspoon of kosher or sea salt. Spread out on a sheet pan, add rosemary, if using, and roast until everything is tender and beginning to brown around the edges, about 30 minutes. Turn the heat down to 400 if things are browning too quickly. Discard herb stems and toss veggies in a bowl or on a platter with some the chopped parsley, some lemon juice or vinegar and a little minced garlic, if you like. Adjust seasoning and serve either warm or at room temperature.

Roasted Veggie Soup

Roast veggies as described above. Use about half to make a lovely pureed soup. Put the veggies in a food processor (or blender) with half milk, half veg or chicken stock. Process until smooth. Add more liquid if too thick. You might start with 2 cups each milk and stock but it will really depend on how many veggies you are using so start conservatively—you can always thin it more.

Put the puree in a pot and bring to a simmer. Taste and adjust seasoning. Add lemon juice or cider vinegar or a splash of soy sauce if it needs a kick. Garnish with croutons or fresh herbs or crumbled fresh cheese or finely chopped fresh fennel dressed with lemon juice and olive oil. .
..you get the idea!