



47th Ave Farm CSA for the week of October 8, 2012

There are a lot of strong flavors in the packet this week. Not that I tend to serve up flavorless pap but this one might take the cake. Enjoy!

Cilantro and Toasted Pumpkin Seed Sauce

Salsa Verde

Tomatillo Notes

Green Chilaquiles With Chicken and Squash

Quinoa, Toasted Bread and Tomato Salad

Baked Tomatoes with Chilies and Coconut

Fresh Shell Beans

Cornbread

Mint, Apple, Napa and Fennel Slaw

Cilantro and Toasted Pumpkin Seed Sauce

I may say this often but, at least for now, this is my favorite sauce—to put on pretty much anything. We had it on simple fish tacos (pacific snapper cooked with just salt in a bit of olive oil until crisp on the outside and still moist on the inside in a cast iron skillet) with this sauce, green onions, diced avocado and feta.

The next night we had it on baked brown rice with diced tomatoes, diced avocado, more green onions and feta.

1-2 jalapeno chilies, roasted until blacked directly over your gas burner or under the broiler, peeled and seeded (you can use an Anaheim or poblano here as well)

3-4 tablespoons roasted pumpkin seeds or roasted sunflower seeds (you can do this in 300 degree oven in about 15-20 minutes or in a dry skillet much more quickly –just be careful they don't burn)

1 1/2 cups packed fresh cilantro leaves and stems, well-washed

1 large garlic clove, chopped

1/4 teaspoon fresh ground black pepper

1/4 teaspoon or more salt

1/3 cup good olive oil

2 tablespoons red or white wine vinegar

1 tablespoon fresh lime juice

1/2 cup Greek or plain whole milk yogurt

2-3 tablespoons water

1/4 teaspoon ground cumin

Add all ingredients to the food processor or blender and blend until smooth. Taste and adjust seasoning. You can add more water to thin it if it's too thick. It will thicken up a bit in the fridge too. The flavor improves after sitting for a while so try to make an hour before using but don't let that stop you from making it if you don't have the time.

Tomatillo Note

Make guacamole and add a cup or so of the below salsa.

Salsa Verde

This is a slightly different version than the one from a few weeks ago. The tomatillos are briefly cooked in water instead of roasted.

You can simple eat this with chips or add to tacos or quesadillas or cook pork shoulder in it slowly or serve it with grilled flank steak or shrimp. Can't really go wrong with this.

8-10 tomatillos (about 1lb), husked and washed
¼ of an onion, chopped
1 garlic clove, chopped
½ cup cilantro, leaves and stems
2 jalapenos, cut in half lengthwise (remove seeds and membranes if you don't like much heat)
¼ - ½ teaspoon salt

Put the tomatoes in a small saucepan and just barely cover with water. Bring to a simmer and cook for about 5 minutes until tender but not falling apart. Drain and reserve water

Put jalapenos, cilantro, garlic, onion and 1/2 cup of the cooking water in a blender and blend until a paste is formed. Add the tomatillos a few at a time with a bit more cooking liquid until you have the consistency you want. Season with salt.

Green Chilaquiles With Chicken and Squash

--adapted from Martha Rose Shulman

The original recipe calls for summer squash but it's equally delicious with winter squash, if you have any. You could certainly use potatoes or some carrots and cabbage (using this week's veggies). I imagine it would be great though you'd want to cut the carrots fairly small so they cook quickly enough.

1 medium boneless, skinless chicken breast (6 to 8 ounces), poached and shredded
1 recipe Salsa Verde (above)
1 tablespoon olive oil
2 1/2 cups chicken or vegetable stock
2 medium summer squash, diced (a mixture of green and yellow is pretty)
8 corn tortillas, toasted in an oven and broken into small pieces
1/2 cup Greek yogurt or crumbled queso fresco

Poach the chicken breast, shred or cut into small dice and set aside.

Heat the oil in a large, heavy skillet over medium-high heat. Drizzle in a drop of oil to test the heat. If it sizzles and sputters immediately, the oil is hot enough. Add the salsa verde and stir constantly until it thickens and begins to stick to the pan, about five minutes. When you run your spoon down the middle of the pan it should leave a canal. Stir in the stock, bring to a simmer and simmer 10 minutes, stirring often. Add the summer squash and simmer, stirring often, until tender, about 10 minutes. The sauce should coat the front and back of your spoon. Stir in the

chicken and heat through. Taste and adjust seasoning. Just before serving bring to a simmer and stir in the tortilla chips. Garnish with the yogurt or cheese and chopped cilantro. Serve at once.

Quinoa, Toasted Bread and Tomato Salad

--adapted from Plenty by Yotam Ottolenghi

This is hearty and delicious and a perfect way to celebrate what's close to the last of the tomatoes. Use your heirlooms for this dish.

¼ cup quinoa
4 sliced good, crusty bread (like Grand Central Levain or some such)
scant 1/3 cup plus olive oil plus more for brushing on the bread
Salt
4 medium tomatoes, cut into ¾-inch diced
1 green pepper, cut into small dice or thin slices
½ small red onion, very thinly sliced
4 tablespoons chopped cilantro
1 ½ tablespoons chopped mint
2 tablespoons chopped parsley (optional)
1 tablespoon lemon juice
2 teaspoon red wine vinegar (more to taste)
2 small garlic cloves, crushed
Pepper

Preheat the oven to 350 degrees F. Put the quinoa in a small sauce pan with boiling water and cook for 9-10 minutes or until tender. Drain in a fine sieve, rinse under cold water and let dry.

Brush the bread with a little oil and sprinkle with salt. Lay the slices on a baking sheet and bake for about 10 minutes, turning them over halfway through. The bread should be completely dry and crisp. Remove from the oven and allow to cool down, then break into different-sized pieces by hand.

Put all the ingredients in a bowl and gently but thoroughly toss. Taste and adjust seasoning.

Mint, Apple and Napa Cabbage Slaw

Fresh, quick and good . . . if you're having any kind of grilled meat, this would be perfect or part of a dinner of other salads.

½ a napa cabbage, sliced thinly (about 3-4 cups)
1 large tart, crunchy apple, peeled and cored and cut into matchsticks
1 green pepper, trimmed and sliced as thinly as you can
3 tablespoons mint, cut into thin strips
2 tablespoons basil or Thai basil (if you happen to have it in your garden) sliced thinly
2 green onions, greens and all very thinly sliced or a small chunk of a red onion thinly sliced
2 tablespoons mayonnaise or Greek yogurt
2 tablespoons champagne or cider vinegar
Salt and freshly ground pepper

Mix everything together well. Taste and adjust seasoning.

Baked Tomatoes with Coconut

--adapted from Tender by Nigel Slater

This dish smells and tastes deliciously aromatic. It may curdle a bit-but don't let that worry you. I serve this with lentils and/or rice.

2 garlic cloves, thinly sliced
2 jalapenos, seeded (or leave seeds in if you like heat), and very thinly sliced
ginger-a piece about the size of your thumb
3 tablespoons olive oil
½ teaspoon red pepper flakes (or less if you don't want it very spicy)
1 teaspoon ground coriander
1 teaspoon ground turmeric
1/2 teaspoon cumin seeds
6 green cardamom pods (New Seasons bulk spice section has these)
12 medium tomatoes (more or less)
½ cup of the thick top layer of full fat coconut milk (Don't shake the can and just scoop off the thick, firm layer that's usually at the top to make ½ or so)
1/3 cup chopped cilantro

Warm the oil in a deep frying pan, then add the garlic, jalapenos and ginger, letting them soften, but not color over medium heat.

Stir in the red pepper flakes, ground coriander, turmeric, and cumin seeds, then pop the cardamom out of their pods, crush the seeds lightly and stir them in. Once the spices have warmed through, chop 4 of the tomatoes, stir them into the spices and pour in 2/3 cup water. Bring to a boil, then slice each of the remaining tomatoes horizontally in half and lay them cut side down in the sauce. Leave to cook for 7-8 minutes, until they are starting to soften. Turn each tomato over, and continue to cook for a few minutes, till they are thoroughly tender. Add the coconut milk in small chunks, stir in gently with a spoon. From this point on the sauce should not boil, just simmer very gently until it is thick and the tomatoes are soft. Once the tomatoes are tender to the point of collapse, they are ready. Serve with the chopped cilantro and eat with a little rice or bread to mop them up!

Fresh Shell Beans (with Tomatoes and Cornbread)

Fresh shell beans (or shellie's) are such a treat. They're mature beans that haven't been dried yet and thus cook much more quickly and have a fresh, creamy taste and texture that's wonderful.

1 lb beans in their pods, shelled (results in about 2 ½ - 3 cups of shelled beans)
1 bay leaf
2 carrots, scrubbed and diced
2 slices bacon, diced (optiona)
2 cloves of garlic, thinly sliced
3 sprigs or so of thyme (or about 1 teaspoon)
½ an onion, diced
Salt and freshly ground pepper
Olive oil

Sliced fresh tomatoes and cornbread for serving.

Just barely cover the beans with water in a saucepan and add the bay leaf. Bring to a simmer and cook for about 15 – 20 minutes until tender and not the least bit chalky. I'm not sure exactly how long these beans will take so check early and often. Drain and discard the bay leaf

While the beans are cooking, sauté the onion, carrots, bacon (if using), several generous pinches of salt and thyme in a large skillet over medium high heat for about 7 minutes until the onions are soft. Add the garlic and cook for a few more minutes. Then add the beans and another splash of olive oil if things seem dry and cook for about 10 minutes to marry the flavors. Taste adjust seasoning with salt and pepper.

Serve the beans with warm cornbread and sliced fresh tomatoes dressed with salt and olive oil.

Alternatively you can add 2 cups of diced tomatoes when you add the beans to the onions and carrots, and cook that down for about 10 minutes. Also very delicious.

Cornbread

--adapted from Fields of Plenty by Michael Ableman

I make this for dinner regularly and it's lovely with the fresh shell beans this week and some sliced tomatoes. It's very quick and nothing beats warm cornbread with honey for dinner and/or dessert. It's really best within a few hours of baking but it never lasts long around here. And you can toast it for breakfast the next day.

5 ½ Tbs butter, divided
1 ½ cups cornmeal (I use a fairly coarse/polenta grind but medium grind is fine too)
½ cup all-purpose flour
2 Tbs sugar
2 ½ tsp baking powder
1 tsp kosher salt
1 egg
1 ¼ cups milk

Preheat oven to 400 degrees. Melt 4 Tbs butter and let cool slightly. Combine cornmeal, flour, baking powder, salt, and sugar in a medium bowl. Whisk the egg and milk together in a small bowl. Add melted butter and milk mixture to dry ingredients and stir quickly. Do not over mix. Heat a 9 or 10-inch cast iron frying pan over med-high heat. Add the remaining 1 ½ Tbs butter to the pan. When the butter is melted and foaming pour the batter into the skillet. Bake until the corn bread is golden and a knife inserted in the middle comes out clean, between 15 and 20 min. Serve hot out of the oven with butter and honey or just plain.