



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

### **Rutabaga Note**

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**Rutabaga-Carrot Ginger Soup**

**Roasted Black Radish Coins**

**Wintery Cabbage Slaw**

### **Rutabaga Note**

For both the latkes and Rösti below you can use half grated rutabaga and half grated russet potatoes. In the case of the Rösti you do not need to cook it ahead like you do the potatoes and can just mix in grated, raw rutabaga if you'd like.

### **Crispy Latkes**

It is the season for latkes and they are best made with russet potatoes. It's dangerous for me to be around these as I will make myself ill eating them they're so addictively good. By all means increase the quantities below. This amount might feed 4 as a side if you're not as greedy as I am.

I prefer shredding the potatoes on the large holes of a box grater, but you can also use the large shredding disk of a food processor; cut the potatoes into 2-inch lengths first so you are left with short shreds. The trick for really crisp latkes is to remove as much liquid as you can before frying. And in somewhat unorthodox fashion I just pan-fry mine and don't use very much oil. Serve with applesauce and sour cream.

2 pounds russet potatoes, unpeeled, scrubbed, and shredded  
½ cup grated onion  
Salt and pepper  
2 large eggs, lightly beaten  
2 teaspoons minced fresh parsley (optional)  
Oil for frying

Place rimmed baking sheet on rack in the oven, and preheat to 200 degrees.

Toss potatoes, onion, and 1 teaspoon salt in bowl. Place half of potato mixture in center of dish towel. Gather ends together and twist tightly to drain as much liquid as possible into the sink. Transfer drained potato mixture to second bowl and repeat process with remaining potato mixture.

Add eggs and stir until smooth and then add parsley (if using), and freshly ground pepper and toss until evenly combined.

Generously coat the bottom of a large, heavy skillet and heat until hot but not smoking. Place 1/4-cup mound of potato mixture in oil and press with spatula into 1/3-inch-thick disk and continue until your pan is full but not too crowded. Cook until golden brown on bottom, about 3 minutes. Turn and continue cooking until golden brown on second side, about 3 minutes longer. Drain on paper towels and transfer to baking sheet in oven. Repeat with remaining potato mixture, adding oil as needed. Season with salt and pepper to taste, and serve immediately with sour cream and/or apple sauce.

### **Rösti**

--inspired by Saveur via Lottieanddoof.com

The Swiss classic. Complete and utter comfort food for me. It seems like an awful lot of salt but potatoes need a lot of salt. And it's worth the effort to precook the potatoes but you can go the raw route (but be sure to salt and let them rest for a while and then squeeze out any liquid through a dish towel—like for latkes above) if you do.

2¼ pounds russet potatoes (about 3 large)  
2 tablespoons lard or unsalted butter  
2 tablespoons olive oil  
1 scant tablespoon sea salt, plus more to taste

Place potatoes in a large saucepan, cover with cold water, and bring to a boil over medium-high heat; cook until tender, about 30 minutes. Drain potatoes, and set aside to cool for about 10 minutes. Peel potatoes, then refrigerate until chilled, at least 1 hour. Grate potatoes using the large holes on a box grater; set aside.

Heat lard or butter and oil in an 8" skillet (if you have a non-stick this is a good use for it) over medium-low heat. When lard has melted, add potatoes, sprinkle with salt, and mix well, coating potatoes with fat. (NOTE: this seems physically impossible to me. I poured the melted butter/oil, and salt over the grated potatoes in bowl and mixed before transferring to a pan. Not sure you can toss this huge amount of potatoes and oil in an 8-inch pan?! ). Using a metal spatula, gently press potatoes, molding them to fit the skillet. Cook, shaking skillet occasionally, until edges are golden brown, about 20 minutes.

Cover skillet with a large inverted plate, invert the rösti over onto plate, then slide it back into the skillet, cooked side up; cook until golden brown on the bottom, about 20 minutes. Transfer to a cutting board, sprinkle with salt, and cut into wedges to serve. [optional: serve with sour cream and scallions]

### **Winter Squash and Peanut Stew**

--Inspired by Gena Hamshaw via Food52

The original recipe uses yams or sweet potatoes but it's delicious with butternut squash or most any meaty winter squash. This stew is light yet substantial, nutrient dense, sweet, savory, and spicy and vegan. Garnish with green onions and crushed roasted and salted peanuts and lime juice to take it from fine to really good. And according to my five-year-old, it's better the second day and he's right!

You can also add carrots or substitute carrots for some of the squash. And I tossed in a bunch of chopped mustard greens a few minutes before it was done and kale would be equally good but would need a few more minutes too wilt.

Serves 4

1 tablespoon olive oil  
1 onion diced  
2 cloves garlic, crushed  
1 1/2 tablespoon ginger, minced  
2 pounds winter squash cut into chunks (you can always roast a whole or half squash, seeds strings and all, for 20 minutes or so in a 400-425 oven and then remove it and peel and dice which is easier than doing it raw and then proceed with the recipe)  
A couple of carrots (see headnote), scrubbed and cut into rounds  
1/2 cup red lentils, rinsed and drained  
2 cups canned tomatoes, juice and all  
1 teaspoon ground cinnamon,  
2 teaspoons ground cumin  
1/2 teaspoon ground turmeric,  
Dash of cayenne pepper (to taste)  
1/2 teaspoon sea salt (or to taste)  
4-5 cups Vegetable stock + extra as needed (I use homemade veggie bouillon as you might imagine☺)  
1/4 cup creamy peanut butter  
1 bunch kale, well washed and finely chopped (optional –see headnote)  
1/4 cup green onion, thinly sliced  
1/4 cup roasted and salted peanuts, chopped  
1 lime, cut into wedges, for serving

Heat olive oil in a large pot set on medium heat. Add the onion and begin sautéing till onion is getting translucent (about 3 minutes). Add the garlic and ginger, and continue to sauté for another 3 minutes, until garlic is fragrant. Add the squash, the red lentils, the tomatoes, the cinnamon, cumin, turmeric, and cayenne and give it all a good stir to combine.

Add 4 cups vegetable stock and bring mixture to a boil. If there isn't enough broth to cover everything but at least 1 inch, add another cup of stock. When soup boils, reduce to a simmer and cook for 40-45 minutes, or until squash and lentils are very tender. If you need more broth as the mixture cooks, add it.

Add peanut butter and stir well. Using an immersion blender, blend soup till about half of it is pureed and the other half still has texture. The soup should appear creamy, but chunks of squash potato can be visible.

Season to taste, adding more salt and pepper as needed. 5. Serve, topped with a tablespoon each of green onion and crushed peanuts and a generous squeeze of lime juice.

### **Spiced Squash and Lentil Salad**

*--loosely adapted from Bon Appetit*

This is my idea of a perfect winter dish. It's best if you have some arugula or watercress or spinach or parsley or some other flavorful green to toss in at the end. Alternatively a couple of thinly sliced scallions would be a good addition.

Serves 6-8 as a side

¾ cup French green lentils

2 pounds butternut squash, peeled, seeded, and cut into 1-inch pieces (or other squash—and you can always roast a different kind of squash for 20 minutes or so in a 400-425 oven and then remove it and peel and dice which is easier than doing it raw and then proceed with the recipe)

3 teaspoon olive oil, divided

1 teaspoon ground cumin

1 ½ teaspoons smoked Spanish paprika

1 teaspoon kosher salt

3-4 cups arugula or other green, torn or roughly chopped (optional - see headnote)

2-3 ounces feta or soft goat cheese, crumbled

1 – 1 ½ tablespoons red wine vinegar

Preheat oven to 375°F. Place squash on a baking sheet and toss with 2 tablespoons oil, cumin, paprika, and salt. Roast 20 minutes. Turn squash over. Roast until tender, about 10 minutes. Cool.

Meanwhile cook lentils in boiling salted water until tender but firm, about 30 minutes. Drain and rinse under cold water. Drain again.

Combine lentils, squash, and oil from baking sheet with whatever green you're using, half of the cheese, vinegar, and 1 tablespoon good olive oil. Season with salt and pepper. Sprinkle remaining cheese over.

### **Warm Butternut Squash and Chickpea Salad with Tahini**

*--Adapted from Casa Moro (via [www.Orangette.com](http://www.Orangette.com))*

Serves 4 as main or 6 as side

This is a hearty strongly flavored dish. It keeps well and is an all-around winner if you like these flavors/ingredients.

For salad:

1 medium butternut squash (about 2 to 2 ½ lb.), peeled, seeded, and cut into 1-inch pieces

1 medium garlic clove, pressed

½ tsp. ground allspice

2 Tbsp. olive oil

Salt

2 cups chickpeas, (drained and rinsed if using canned)

¼ of a medium red onion, finely chopped

¼ cup coarsely chopped cilantro leaves

For tahini sauce:

- 1 medium garlic clove, mashed with a pinch of salt
- ½ teaspoon sea salt
- 3 ½ Tbsp. lemon juice
- 3 Tbsp. well-stirred tahini (sesame seed paste)
- 2 Tbsp. water
- 2 Tbsp. olive oil, plus more to taste

Preheat the oven to 425 degrees.

In a large bowl, combine the butternut squash, garlic, allspice, olive oil, and a good pinch or two of salt. Using a large spoon or your hands, toss until the squash pieces are evenly coated. Turn them out onto a baking sheet, and bake for 15 to 25 minutes, or until soft. Remove from the oven and cool.

Meanwhile, make the tahini sauce. In a small bowl, whisk together the garlic and lemon juice. Add the tahini, and whisk to blend. Add the water and olive oil, whisk well, and taste for seasoning. The sauce should have plenty of nutty tahini flavor, but also a little kick of lemon. Add more olive oil if the tahini or lemon are too strong.

To assemble the salad, combine the squash, chickpeas, onion, and cilantro in a mixing bowl. Add tahini sauce to taste, and toss carefully. You can alternatively serve the salad undressed, with the tahini sauce on the side. Serve, with additional salt for sprinkling.

### **Winter Vegetable and Barley Soup**

--Adapted from Great British Food, by Cass Titcombe, Patrick Clayton-Malone, and Dominic Lake via Orangette

I used homemade chicken stock to make this soup, but you could also use good-tasting store-bought chicken or vegetable stock.

- 3 tablespoons olive oil
- 1 large onion, diced
- 3 or 4 stalks celery, diced (reserve a handful of chopped leaves if you have them)
- 3-4 medium carrots, well scrubbed and cut in to thin rounds or diced
- 2 cups rutabaga, peeled and cut into dice
- 2 cups black radish, peeled and cut into dice or wedges
- 3 large garlic cloves, chopped
- Leaves from a few sprigs of fresh thyme
- About 6 cups chicken or vegetable stock or homemade veggie bouillon broth (see below)
- Sea salt
- 1/3 – 1/2 cup uncooked pearl barley or hulled barley that you've cooked for 20 minutes or so (you can then finish it in the soup)
- Freshly ground black pepper
- Good olive oil for serving

Warm the olive oil in a Dutch oven or soup pot. Add the onion, celery and carrots and stir to coat with oil. Cook, stirring occasionally, for about 15 minutes, or until softened. Add the garlic and thyme leaves and rutabaga and radish and cook for a few minutes more. Then add the stock and a couple of good pinches of salt and the partially cooked hulled barley (if using that, more whole grain version). Bring to a boil, lower the heat to maintain a gentle simmer, and cook for 10 minutes. Then stir in the pearl barley (if that's what you're using), and simmer gently for 20

minutes, stirring occasionally. Taste, and add salt as needed. Serve hot, with freshly ground black pepper and a generous drizzle of good olive oil and/or some freshly grated Parmesan.

### **Lentil Stew with Rutabaga and Kale**

It might seem odd to add rutabaga to lentil soup flavored with cumin, ginger and turmeric but I think it's lovely.

1 Tablespoon olive oil  
1 onion, diced  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon freshly grated ginger  
1/4 teaspoon chili flakes (or to taste)  
1 teaspoon turmeric  
1 teaspoon salt (omit if you're using salted stock or bouillon)  
black pepper  
1 carrot, chopped  
1 1/4 cups French green lentils (or regular brown ones if that's what you have)  
5 cups water or homemade veggie bouillon or other vegetable stock  
2 cups peeled, diced rutabaga  
1 bunch kale, washed and fairly finely chopped  
1 tablespoon soy sauce (or to taste)  
squeeze or two of lemon juice or dash or two of vinegar (cider, champagne, red wine. . .)

Heat olive oil in a 4-quart pot on medium to medium-high heat. Add onion and carrot and sauté until softened. Add all spices and sauté a few more minutes. Add lentils and water (or stock/bouillon). Bring soup to a boil. Reduce heat and simmer, covered for 30 minutes until the lentils are almost tender. Add the celeriac and the kale and cook for about 10-15 more minutes until the lentils and vegetables are tender. Taste for salt and adjust to your taste and/or stir in soy sauce. Finish with a squeeze or two of lemon juice. If you have Greek yogurt or sour cream on hand, garnish each bowl with a dollop.

### **Pan-Roasted Rutabagas with Paprika and Poppy Seeds**

--adapted from *Molto Italiano* by Mario Batali by Chef Kathryn Yeomans, The Farmer's Feast  
<http://thefarmersfeast.wordpress.com/>

Serves 4

The local culinary wizard Kathryn Yeoman's of The Farmer's Feast mentioned this recipe to me the other day.

In Friuli, a region of northern Italy whose cuisine is flavored with Slavic influences, this dish is made with turnips. Rutabaga make a fine substitute. Rutabagas tend to be sweeter, denser, and creamier than turnips, which enhances the preparation.

2 pounds rutabagas, cleaned and cut into 1-inch cubes  
Salt and freshly ground pepper, to taste  
4 tablespoons butter  
2 tablespoons poppy seeds  
1 tablespoon paprika (smoked or sweet)  
4 tablespoons red wine vinegar

In a 10 to 12 inch sauté pan, heat the butter over medium-high heat until it melts & begins to brown. Add the rutabaga, season with salt & pepper, and toss well to coat. Sauté until the rutabaga cubes are golden brown. Add the poppy seeds & continue to cook for several more minutes, reducing the heat if the rutabaga threatens to brown too quickly (total time, about 8-10 minutes – the rutabaga should be tender but not mushy)

Stir the paprika into the rutabaga cubes. Add the vinegar. Bring to a boil and cook until the vinegar has evaporated. Check the seasonings and serve hot.

### **Rutabaga-Carrot Ginger Soup**

--from Chef Kathryn Yeomans, The Farmer's Feast

<http://thefarmersfeast.wordpress.com/>

Kathryn can be found at both the Saturday Portland Farmers' Market and the Sunday Hillsdale Market with the good mushroom folk at Springwater Farm where Kathryn serves up delicious, warming soups all winter long. I eat and love everything she makes and trust her instincts and style. Enjoy!

Serves: 6-8

2 tablespoons vegetable or coconut oil

5 cups peeled and thinly sliced carrots (about 1 1/2 pounds)

1 medium – large onion, diced

3-4 stalks celery, diced

2 -3 medium potatoes, diced

1 large rutabaga, peeled and diced

2 large cloves garlic, minced

Salt & freshly ground pepper

6 cups vegetable or chicken broth (plus more broth or water to thin the soup if needed)

2 tablespoons freshly grated ginger

In a large soup pot, warm the oil over medium heat. Add the carrots, onion, celery, potatoes, rutabaga and garlic. Sauté for about 5 minutes, stirring frequently, until the vegetables soften slightly. If the vegetables begin to brown, reduce the heat. Season with salt & freshly ground pepper and cook for another minute or two.

Add the broth. Bring the soup to a simmer. Cook gently for about 20 minutes, until the vegetables are very tender. Stir in the ginger. Adjust seasonings to taste with salt and pepper. Puree the soup until smooth in a blender, food processor, food mill, or with a handheld immersion blender. Serve hot.

This soup freezes beautifully.

## **Roasted Black Radish Coins**

This is another simple preparation from John Taboada (of Navarre and Luce) I once ate.

All he did was slice the peeled radishes into thin coins. I use the slicer on my box grater but you can do it by hand if you're extra talented or use a food processor or mandolin.

Then toss the slices with a bit of olive oil and sprinkle salt. Spread on a sheet pan and roast in a hot, 400-degree oven until they're browning around the edges and tender throughout. They may take on a slightly rubbery consistency but I mean that in a good way ☺!

Serve sprinkled with chopped, fresh parsley and a squeeze of lemon juice if you'd like and adjust seasoning with salt and pepper.

## **Wintery Cabbage Slaw**

I love salads like this this time of year. They benefit from sitting for a while before eaten and I love them the next day when the veggies have really softened and absorbed all the flavors. They are a lovely, fresh counterpoint to the sweeter, richer foods this time of year. And again, quantities are approximations so adjust to your needs.

In the fall I reduce apple cider into a thin syrup and add it to salad dressings all winter long. It's a very simple process (directions below) and adds a really lovely, sweet yet tart flavor to many dishes in fact. A few teaspoons really elevate this salad. A jar of the syrup keeps for months in the fridge so grab a gallon of apple cider at the store next time and give yourself the gift of perfect dressings for week or months to come.

½ small head red cabbage, very thinly sliced  
½ bunch of kale, any tough ribs removed and very thinly sliced  
1 carrot, grated on large holes of box grater (optional but fun)  
Small chunk of onion, very thinly sliced  
A few tablespoons of chopped cilantro, mint, parsley or chives (optional)

Dressing:

1-2 teaspoons Dijon-style mustard  
1 clove of garlic, minced  
1 teaspoon fresh or dried thyme, minced (optional)  
3 teaspoons apple cider syrup (see note above and recipe below) or 1 ½ teaspoons honey  
2 tablespoons lemon juice or cider or champagne vinegar (more to taste)  
¼ cup good olive oil  
Sea salt and freshly ground pepper

Place all the veggies in a large bowl. In a small bowl whisk all the dressing ingredients and then pour over veggies. Mix really well. Taste and adjust seasoning with more lemon or vinegar, salt, pepper, and/or sweetener.

## **Apple Cider Syrup**

Bring 1 gallon of cider to a boil in a large pot. Uncover the cider and cook on high heat until the cider has reduced to about 2 - 3 cups. You'll want to check it periodically to see if it's getting syrupy and viscous. It will depend on your pan and your stove as to how long this takes. My guess is somewhere between 50 – 90 minutes but start checking after about 45 minutes. If you cook it too long you get a wonderful apple cider caramel if you stir in a bit of cream and a tablespoon or so of butter.

When the syrup is cool pour into glass jars and keep in the refrigerator or freezer (for back up). Use a couple of teaspoons in salad dressing or drizzle over Greek yogurt, or on your hot cereal, etc.

## **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.