



47th Ave Farm Winter CSA for the week of January 21, 2013

I've learned quite a bit about rutabagas these last few years of writing winter CSA recipes. They were not a vegetable I gravitated towards before. Now I do! The Gilfeather rutabaga that Laura grows has none of that sometimes sulfurous undertone that previously put me off of this nutrient-dense, hardy root. I love the Gilfeather—in any preparation. It's sweet, tender, rich and a total workhorse. You'll see below you can add to a hash, a curry, a mash, a slaw. . . you name it. Lots of fun squash recipes this week too. Happy Cooking!

Brussels Sprouts and Rutabaga Hash with (or without) Bacon

Simple Brussels Sprouts

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Brussels Sprouts and Rutabaga Hash with (or without) Bacon

This week's share contents are particularly well suited to a hash. This one uses rutabagas, Brussels sprouts, carrots and onions. You could use the black radishes instead of the rutabaga and substitute some diced squash for the carrots for color and more sweetness.

I make this for dinner with a fried or poached egg on top. And for lunch recently I actually stirred some leftover hash into a bowl of brothy chickpeas I'd heated up and it made a perfect lunch.

Quantities listed are just loose guidelines. Depending on how many you're feeding, how big your pan is and how many veggies you need/want to use you will I'm sure adjust these.

Olive oil

½ medium onion, diced

2 slices bacon, diced (optional)

1 medium-large rutabaga, trimmed, peeled and cut into ½- ¾-inch dice

½-¾ lb or so Brussels sprouts, well washed and trimmed, then cut in half lengthwise and then sliced crosswise into thin little ribbons (these goes much more quickly than it sounds)

2 carrots, cut into small dice

Salt and pepper

Heat about 2 tablespoons of olive oil in your largest skillet over medium high heat. Add the onion and bacon, if using, and sauté for just a couple of minutes. Add the carrots and rutabaga and stir in well and add several generous pinches of salt. Cook, stirring frequently to prevent burning for 5-7 minutes. You want to keep the heat as high as you can without burning the veggies so you get good browning and caramelization—you can cover the pan at this point to speed things up a bit if you want. You don't want to steam the veggies so don't crowd them too much. Use two pans if need be.

When the carrots and rutabaga are almost tender toss in the Brussels sprouts and another splash of olive oil if things are looking dry-which they probably are. Add a little more salt and cook for another 5 minutes until everything is tender but still has a little bite.

Adjust seasoning with salt and pepper and serve with an egg on top and a good drizzle of olive oil or just as is.

Simple Brussels Sprouts

Wash the sprouts well and trim off any brown or ratty edges. Cut them in half lengthwise. Heat a bit of olive oil or bacon fat in the largest skillet you have over medium high heat. Lay the sprouts cut side down, sprinkle with salt and cover and let cook undisturbed for about 5 minutes or until you begin to smell them. Check to see if they're getting too dark. You want a good browning but not scorching. Turn the heat down to medium and cover the pan and continue cooking for another 7-8 minutes until tender and nicely caramelized. Serve with a drizzle of olive oil and a grind of black pepper and more salt as needed. You can also add a squeeze of lemon juice if you'd like.

Kaikai Pumpkin Seed Note

If you happen to get a kaikai pumpkin in your share this week you can take advantage of the hullless and sweet pumpkin seeds. Separate them from the stringy membrane and rinse and then simply roast with a little salt and oil in a 350 degree oven until slightly golden and fragrant.

Winter Greens Pesto

I have used a variety of greens and combinations of greens and any combination of the following has worked well for me: Chard, kale, turnip tops, beet greens, etc.

It's a very adaptable recipe. I use the pesto as a sandwich spread (and on grilled cheese sandwiches), on quesadillas, as a dressing for pasta of course or for rice salads (be sure to loosen it with about 1/3 cup of hot pasta cooking water before tossing it with pasta). You can spread it on fish or meat before grilling or baking. You can mix it with goat cheese for a lovely little crostini. You can thin it down with a little water or more oil for a salad dressing for hearty green salads for roasted vegetables.

Like many of my recipes, the quantity of ingredients can be adapted to your taste and what you have on hand. This pesto keeps well in the fridge for 4-5 days so feel free to make a bigger batch if you have everything on hand.

1 large bunch of kale
1-2 cloves garlic
1 good-sized handful of hazelnuts, almonds, walnuts or pine nuts
2 oz of hard, aged cheese such as parmesan or asiago stella
1/3 cup extra virgin olive oil (or more)
salt, pepper
squeeze of lemon juice (not a lot just a touch)

Wash and stem kale (if stems are tough which they probably aren't). Bring a large pot of salted water to a boil. Add greens and cook for a 2- 3 minutes. Drain, let cool and squeeze out all the water with your hands. Place cheese and nuts in food processor and process until finely chopped, add greens and garlic and salt & pepper, process until well integrated. Drizzle in the oil and periodically check for consistency and flavor. Add a little lemon juice, to taste. Adjust for salt – it takes a good amount of salt!

Roasted Cabbage Wedges with Vinaigrette

--from The Yellow House

The cabbage gets tender on the inside and caramelized and crispy on the outside and is so simple and delicious this way. If you have a large head of cabbage this will probably be more than you can eat in one sitting like this but the roasted cabbage is so good that I would suggest roasting the whole thing and using any leftover wedges in other ways later in the week.

1 head savoy cabbage

1-2 tablespoons olive oil
Sea salt

For the vinaigrette:

5 tablespoons olive oil
3 tablespoons sherry vinegar
1 teaspoon Dijon-style mustard
Sea salt
Fresh ground black pepper

Pecorino Romano or Parmesan for serving

Preheat the oven to 450 degrees.

Using a large, sharp knife, quarter the cabbage. Depending on the size of your cabbage, these quarters may be good size already. If they seem too large for one plate, halve each of the quarters so you have eight cabbage wedges, or more if they're still quite large. Trim away any very pithy or brown ends of the core, but leave the core intact. The core will hold the wedges together while roasting.

Arrange the cabbage wedges on a baking sheet. Drizzle the cabbages with the olive oil, and then sprinkle liberally with sea salt.

Transfer the baking sheet to the oven. Roast the cabbage for 30 minutes, flipping the wedges at 15 minutes so they brown evenly. At the conclusion of roasting, the cabbages may have some blackened, crispy outer leaves. If you don't want this, feel free to take them out a few minutes early, but note that the inside of the cabbage may be less tender than if you had left it in longer.

While the cabbage is roasting, make your vinaigrette by whisking together olive oil, sherry vinegar, and mustard. Taste the vinaigrette and season with salt and pepper to taste. When the cabbage is tender, serve the wedges, drizzled with vinaigrette, and a good grating of cheese over the top. Serve immediately, while the cabbage is still hot.

Honey or Reduced Cider-Braised Rutabagas

--from Roots by Diane Morgan

This new cookbook by local star Diane Morgan is worth every penny and if you're looking for a new cookbook, it is a great resource for any year-round CSA member.

This is a simple, delicious braise that could accompany any roast meat or be part of simple supper with a salad or two or maybe a frittata or bean dish. I've adapted Diane's recipe by using the reduced apple cider syrup I've shared here before (recipe again below) which gives it a bit more tang and is less sweet than the honey. Both are delicious.

3 tablespoons unsalted butter
2 lbs (about 3 medium) rutabagas, ends trimmed, peeled and cut into ¾-inch cubes

2 cups chicken stock (homemade if you have it)
3 tablespoons honey or apple cider syrup (see headnote)
1 teaspoon sea salt
¼ teaspoon freshly grated nutmeg
Freshly ground pepper

In a large sauté pan, melt the butter over medium-high heat and swirl to coat the bottom of the pan. Add the rutabagas, stock, honey and salt and bring to a boil. Reduce the heat so the liquid just simmers, cover, and cook, stirring occasionally, until the rutabagas are fork-tender but not falling apart, about 20 minutes.

Uncover the pan, increase the heat, and boil the braising liquid, stirring occasionally, until it reduces to a syrup consistency and coats the rutabagas, about 10 minutes. This last step works better if you pour off the liquid into another skillet and reduce by itself from my experience. It is an extra step and is certainly not necessary but try if you like. Pour the reduced liquid back over the rutabaga if you reduced it separately. Stir in the nutmeg and season with pepper.

Mashed Rutabagas and Potatoes with Greek Yogurt and Parsley

I included a version with turnips in last week's packet but Diane's original recipe is for rutabagas and potatoes and it's really lovely—sweet, fluffy and creamy. This is inspired by a recipe in Diane Morgan's fabulous new book *Roots*. She uses sour cream and dill instead of the Greek yogurt and parsley but I think this combination is delicious as well.

2 medium rutabagas, peeled and cut into 1-inch chunks
2 red potatoes, scrubbed and cut into small chunks
3 tablespoons butter
½ cup Greek yogurt (preferably whole milk)
Salt and freshly ground pepper
2 tablespoons chopped, fresh parsley

Cook the rutabaga and potato chunks in salted, boiling water until very tender, about 20 minutes. Drain well and return to pan. Cook for a minute or two to dry them out a bit. Add the remaining ingredients and mash well. Taste and adjust seasoning.

Borlotti /Pinto Bean Mole with Roast Winter Squash

--adapted from 101cookbooks.com

This dish takes a while to make (it braises slowly in the oven for 2 hours after the initial prep) but has wonderfully deep, rich flavor and texture. Chiles can vary in heat, so if you are sensitive, start with less, you can always add more later on in the cooking process if you like. You can serve this mole with tortillas, polenta, mashed potatoes/rutabagas, or potato cakes.

4 cups cooked pinto or borlotti beans
2 cups winter squash
olive oil
5-6 big leaves of kale, cut into ¾-inch ribbons
2 tablespoons butter

1 medium onion, chopped
2 jalapeno chiles, halved, seeded, and chopped
2 garlic cloves, chopped
1 14-ounce can crushed tomatoes
½ cup bean cooking liquid, broth or water
2 teaspoons paprika
1 ounce of almonds, dark roasted and finely ground
1 ½ ounces dark 70% dark chocolate, broken into pieces
Salt

Preheat oven to 350F.

Cut the squash into good-sized chunks, about ¾-inch squares, place them in a roasting pan and toss with olive oil. Roast them in the oven for about 20 minutes until caramelized on the outside but still firm. Reduce the oven temperature to 250.

Melt the butter into an oven-proof casserole dish (pot) and fry the onion and chilies gently over a low to medium heat for 20-30 minutes, until caramelized. Add the garlic and fry for three minutes more. Add the tomatoes, bean cooking liquid (or broth or water) and paprika, bring to a boil, reduce the heat and simmer gently for 15 minutes. Add the ground almonds, chocolate, squash, beans, kale, and a teaspoon of salt. Stir until the chocolate has melted. Cover the casserole and put it in the oven to cook gently for 2 hours.

Winter Squash Coconut Milk Curry

It is a bit of a pain to seed and peel a raw winter squash but the flavor is awfully good when you cook the raw pumpkin with spices and other vegetables and then add some coconut milk. If you prefer to bake the pumpkin (cut in half and seeded) for a bit to make it easier to peel you can certainly do that.

1 2lb (or so) winter squash or pumpkin
2 tablespoon neutral oil (peanut, sunflower, etc.)
1 medium onion
2-3 cloves garlic, minced
1 tablespoon finely chopped ginger
2 carrots, well scrubbed and cut into thin rounds on the bias (optional)
½ a large rutabaga, trimmed and cut small, bite-sized chunks
1 ½ teaspoons ground coriander
1 teaspoon ground turmeric
1-2 serrano chiles, minced (seeds and all) or ½ teaspoon red pepper flakes
1 cup broth or water
1 can coconut milk (full fat preferably)
chopped cilantro (optional)
1Lme wedges

Cut the squash in half and scrape clean. Now you can either bake it for a while to soften it a bit and then cut it into bite-sized pieces or do so with a sharp knife and with care in its raw state.

Heat the oil in a large pot. Sauté the onion for a few minutes until it softens a bit and becomes translucent. Add the garlic, ginger and spices and hot pepper and sauté over medium high heat, stirring often for about 2 minutes. You don't want the mixture to brown. Add the rutabagas and

carrots and cook for a few more minutes. Add a little oil if it's too dry. Then add the squash and broth or water and bring to a gentle simmer. After about 10 minutes add the coconut milk and some salt and cook until all the vegetables are tender but not falling apart.

Taste and adjust seasoning. Serve over rice with a squeeze of lime juice and chopped cilantro.

Roasted Squash and Onions with Lemony Tahini Sauce

--slightly adapted from Jerusalem by Yotam Ottolenghi and Sam Tamimi

Any of the winter squashes/pumpkins in the share this week will work for this recipe. If you're loathe to peel and trim the squash raw you can bake the whole squash, seeds and all for about 20 minutes at 400 degrees and then remove it, let cool a little and then peel and cut—a bit easier to handle this way.

1 large winter squash (2 1/4 lb. more or less), cut into 3/4 by 2 1/2-inch wedges
2 onions, cut into 1 1/4-inch wedges
3 1/2 Tbsp. olive oil
3 1/2 Tbsp. tahini (sesame paste)
1 1/2 Tbsp. lemon juice
2 Tbsp. water
1 small clove garlic, crushed
3 1/2 Tbsp. pine nuts
1 Tbsp. za'atar (optional – I found it at People's co-op the other day)
1 Tbsp. coarsely chopped parsley
sea salt and freshly ground black pepper

Preheat the oven to 475 degrees F.

Put the squash and onion in a large mixing bowl, add 3 tablespoons of the oil, 1 teaspoon salt, and some black pepper and toss well. Spread on a baking sheet and roast in the oven for 30 to 40 minutes, until the vegetables have taken on some color and are cooked through. Keep an eye on the onions as they might cook faster than the squash and need to be removed earlier. Remove from the oven and leave to cool. To make the sauce, place the tahini in a small bowl along with the lemon juice, water, garlic, and 1/4 teaspoon salt. Whisk until the sauce is the consistency of honey, adding more water or tahini if necessary.

Pour the remaining 1 1/2 teaspoons oil into a small frying pan and place over medium-low heat. Add the pine nuts along with 1/2 teaspoon salt and cook for 2 minutes, stirring often, until the nuts are golden brown. Remove from the heat and transfer the nuts and oil to a small bowl to stop the cooking.

To serve, spread the vegetables out on a large serving platter and drizzle over the tahini. Sprinkle the pine nuts and their oil on top, followed by the za'atar, if using, and parsley.

Black Radish Notes

There are a few good techniques for the black radish:

- Thinly sliced and roasted (from last week's packet)
- Grated and used in a winter slaw with cabbage and carrots—I particularly like a creamy yogurt or mayo or sour-cream based dressing with some mustard and plenty of vinegar and a little reduced apple cider syrup (recipe below) for this combo of veggies
- Made into Kraut (recipe below)
- Finely diced and added to a hash (see Brussels sprout hash above) or stir fry

Black Radish and Carrot Kraut with Caraway

--adapted from Roots by Diane Morgan

Another Roots recipe! I need to stop doing this and suggest, again, you all go by the book since it's a great resource and a delicious treat. I adapted Diane's recipe to use black radishes instead of turnips. It works beautifully and is a refreshing condiment with the sweeter, heavier dishes this time of year.

1 lb black radishes (about 3-4 small-medium), peeled and cut in half and coarsely grated on the large holes of a box grater

1 medium carrot, well scrubbed, grated on large holes of a box grater

2 ½ teaspoons kosher or sea salt

½ teaspoon toasted caraway seeds (toast in a dry skillet for just about 90 seconds to 2 minutes until fragrant)

Mix the grated vegetables with the salt and toasted caraway seeds in a bowl and then put the vegetables in a large glass, straight-sided container. A wide-mouthed 1-quart glass canning jar worked fine for me. Push down on the vegetables with a wooden spoon and mash them down as best you can. They'll start giving off liquid quite quickly and soon the liquid will cover the grated vegetables which is what you want.

Now partially fill a small zip lock bag with water. Make sure it doesn't have any holes! And then weight down the veggies with the water-filled zip-lock, making sure that the veggies are covered in liquid. Place the jar in a cool dark place and cover with a dish towel.

Every day remove the bag and press down on the vegetables to make sure they're still submerged in brine. After about a week it should be ready to eat. If per chance mold forms on the surface just scrape it off. The kraut will still be fine.

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 90 minutes – 2 hours but start checking after about 70 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, or in the braised rutabagas above, etc.