



47th Ave Farm Winter CSA for the week of March 4, 2013

Chard and Onion Panade

Chard Patties

Chickpeas with Winter Squash, Lemongrass and Coconut Milk

Pureed Beets with Yogurt and Za'atar

Savoy and Carrot Slaw with Shallots

Potato and Quinoa Chowder with Winter Squash and Chard

Mashed Squash with Cumin and Fried Shallots

Squash and Rice Fritters

Chard and Onion (or Shallot and Leek) Panade

--Inspired by the Zuni Café Cookbook

I've included panades here before and this a particularly winning combo. It takes quite a while to bake so it might be a better weekend dish or prep it in the morning and then put in the oven the minute you get home (if you work away from home that is if not this is a great weeknight dish too). Just make it!

Serves 4 as a main course or 8 as a side dish

1 1/2 pounds thinly sliced yellow onions or use 3-4 shallots and 4 leeks

Up to 1/3 cup mild-tasting olive oil

6 cloves garlic, thinly sliced

Salt

1 pound Swiss chard (thick ribs removed), cut into 1-inch-wide ribbons

10 ounces day-old chewy peasant-style bread cut into rough 1-inch cubes

Up to 4 cups chicken or good vegetable stock

6 ounces Gruyère or sharp cheddar, coarsely grated

Place the onions or leeks and shallots in a deep 4-quart saucepan and drizzle and toss with oil to coat, about 3 tablespoons and sauté over medium high heat for 5 minutes or so until they begin to collapse, stirring regularly. When they begin to color reduce the heat to low and stir in the garlic and a few pinches of salt. Stew, stirring occasionally, until the vegetables are a pale amber color and tender but not mushy, another 20 minutes or so. If at any point the onions look as if they may dry out, cover them to trap some of the moisture in the pan. Taste for salt. You should get about 2 1/4 cups cooked onions or leeks.

Preheat the oven to 350 degrees.

Wilt prepared chard in batches in a skillet with just a little water over medium high heat. The water clinging to the leaves after washing might be enough. Use a big skillet and add a couple of pinches of salt. Stir to help chard collapse quickly. Leaves should be uniformly bright green, the veins pliable which should take 3-5 minutes.

Toss and massage the cubed bread with a few tablespoons of olive oil, a generous 1/4 cup of the stock and a few pinches of salt, to taste.

Choose a flameproof, 3-quart enameled cast-iron Dutch oven. Assemble the panade in layers, starting with a generous layer of onions, followed by a loose mosaic of bread cubes, a second layer of onions, a blanket of chard, and a handful of the cheese. Repeat, starting with bread, the onions and so on, until the dish is brimming. Aim for 2 to 3 layers of each component, then make sure the top layer displays a little of everything. Irregularity in the layers makes the final product more interesting and lovely. Drizzle with any remaining olive oil.

Bring the remaining 3 3/4 cups stock to a simmer and taste for salt. Add stock slowly, in doses, around the edge of the dish. For a very juicy, soft panade, best served on its own, like a soup or risotto, add stock nearly to the rim; for a firm but succulent panade, nice as a side dish, fill to about 1 inch below the rim. Wait a minute for stock to be absorbed, then add more to return to the desired depth. The panade may rise a little as the bread swells.

Set panade over low heat and bring to a simmer; look for bubbles around the edges (heating it here saves at least 30 minutes of oven time; it also means every panade you bake starts at the same temperature, so you can better predict total cooking times). Cover the top of the panade with foil. Place a sheet pan to catch any drips on the rack below the panade.

Bake until the panade is piping hot and bubbly. It will rise a little, lifting the foil with it. The top should be pale golden in the center and slightly darker on the edges. This usually takes about 1 1/2 hours, but varies according to shape and material of baking dish and oven. (You can hold the panade for another hour or so; just reduce the temperature to 275 degrees until 20 minutes before serving.)

Uncover panade, raise temperature to 375 degrees, and leave until golden brown on top, 10 to 20 minutes. Slide a knife down the side of the dish and check the consistency of the panade. Beneath the crust, it should be very satiny and it should ooze liquid as you press against it with the blade of the knife. If it seems dry, add a few tablespoons simmering chicken stock and bake for 10 minutes longer.

Chard Patties

The patties are great topped with either sour cream or Greek yogurt or any kind of tomato relish or jam or tomato sauce. My mother used to serve these for dinner with rice and tomato sauce.

2 small or one large bunch chard

2 eggs

½ – 1 cup grated cheese (cheddar, Swiss, Gouda, Asiago, Parmesan (use the smaller amount if you're using a hard cheese like Parmesan, etc.)

¾ cup bread crumbs or (or if you don't have bread/bread crumbs you can use 3-4 Tablespoons of cornmeal in the batter instead)

A pinch or two of red paper flakes (optional)

1/4 teaspoon nutmeg (optional)

Salt and pepper

Oil for pan-frying

Wash and coarsely chop the greens. Cook them in ½ cup or so of water in a large sauté pan or pot for a few minutes until they are just tender. Drain well and squeeze out most of the moisture

and chop the greens quite finely. Beat the eggs in a large bowl, add salt, pepper, chili flakes and nutmeg (if using), grated cheese and breadcrumbs. Mix in greens. Taste for salt.

Heat a cast iron or other large skillet with a tablespoon or so of olive or safflower oil. When hot spoon large spoonfuls of the mixture into pan and pat down with a spatula to flatten. Flip after a few minutes when the underside is golden brown. Cook a few minutes more and serve. They keep warm and hold up nicely in a 250-degree oven.

Chickpeas with Winter Squash, Lemongrass and Coconut Milk

—slightly adapted from Tender by Nigel Slater

If you don't have whole cardamom pods you can use 1/4 teaspoon ground cardamom and add it when you add the ground coriander and turmeric. Whole green cardamom pods are a good thing to have in your spice drawer since they stay fresher much longer than the pre-ground spices.

The squash in your share this week is too hard to peel raw so I suggest cutting it in half, scooping out the seeds and strings baking it in a 400-degree oven for about 30 minutes. It should be easier to peel then and chop into chunks to add to this Indian-flavored stew.

1 1/2 cups dried chickpeas soaked for six or more hours, drained
2 medium-sized onions, finely chopped
2 tablespoons peanut, coconut or olive oil
4 cloves of garlic, peeled and chopped
Thumb-sized piece of ginger, peeled
3 large stalks of lemongrass, root end trimmed and several tough outer layers removed, roughly chopped
2 teaspoons ground coriander
1 1/2 teaspoons ground turmeric
6 green cardamom pods, crushed (or ground cardamom—see headnote)
2 Serrano chilies, finely chopped and seeds removed (or keep seeds if you want it spicier)
4 cups winter squash cut into bite-sized pieces (see headnote)
1 1/2 cups vegetable stock or chickpea cooking liquid seasoned with 2 teaspoons of homemade veggie bouillon base
1 1/2 cups coconut milk (full fat if at all possible)
1 tablespoon brown or yellow mustard seeds
1 cup chopped cilantro

To serve

Cooked basmati rice
Lime wedges

Drain the chickpeas and bring them to the boil in deep, unsalted water. Let them simmer for 40 to 50 minutes till tender.

Pour the oil into a deep pot and add the onions, letting them cook over a moderate heat till soft and translucent. Meanwhile make a rough paste of the garlic ginger and lemongrass in a food processor. The lemongrass won't break down all the way and will still seem very fibrous but process for quite a while. The fibers will soften in the stew and practically disappear. Stir the

paste into the softened onion and continue to cook. Add the ground coriander and turmeric, then add the crushed cardamom pods.

Add them, together with the fresh chillies, seeded and finely chopped. Keep the heat fairly low and don't allow to brown (though nothing dreadful will happen if you do).

Add the squash to the pan, along with cooked chickpeas and the stock or chickpea cooking liquid. Bring to the boil, then turn down to a simmer and continue to cook at a gentle simmer till the squash is tender, about 25 minutes. Stop as soon as the flesh is yielding to the point of a knife – you don't want it to collapse.

Stir in the coconut milk and continue to simmer. Put a splash of oil into a pan and add the mustard seeds. As soon as they start to pop add them to the pot, together with the chopped cilantro. Serve with the rice and the limes wedges.

Pureed Beets with Yogurt and Za'atar

--from Jerusalem by Yotam Ottolenghi and Sam Tamimi

This is a gorgeous, easy to make and elegant dish. I just eat it by the spoonful and spoon it into warm pita bread. It makes quite a bit so halve the recipe if you'd like but go ahead and roast all 6 beets while you're at it and use half for something else.

6 medium beets (1 1/2 pounds), trimmed and scrubbed
2 small garlic cloves, minced
1 small red chile, seeded and minced
1 cup plain whole-milk Greek yogurt
3 tablespoons extra-virgin olive oil
1 1/2 tablespoons pure maple syrup
1 tablespoon za'atar (middle-eastern spice mix including hyssop and sesame seeds—I found it at People's co-op recently). You can substitute a mixture of dried thyme and toasted sesame seeds.
Salt
1/4 cup roasted skinned hazelnuts, chopped
2 tablespoons goat cheese, crumbled
2 scallions, thinly sliced

Preheat the oven to 350°. Put the beets in a small roasting pan and add 1/4 cup of water. Cover with foil and bake for about 1 hour, until tender. Let cool slightly.

Peel the beets, cut into wedges and transfer to a food processor. Add the garlic, chile and yogurt and pulse until blended. Add the olive oil, maple syrup and za'atar and puree. Season with salt. Scrape into a wide, shallow bowl. Scatter the hazelnuts, goat cheese and scallions on top and serve with bread.

Carrot and Savoy Cabbage Slaw

A simple, fresh slaw. It's great with tacos, particularly fish tacos.

2-3 carrots, scrubbed and julienned or grated on the big holes of a box grater
1/2 savoy cabbage
1 bunch fresh chives or 3 scallions, thinly sliced

3 limes
1/2 cup rice wine vinegar
1 teaspoon sugar
1/4 teaspoon red pepper flakes
3 tablespoons olive oil
salt to taste

Remove the outer layers of the cabbage if damaged, core and chop finely. In a small sauce pan combine the juice of 2 limes, rice vinegar, sugar, red pepper flakes, and salt to taste, and heat until the sugar and salt dissolve. Pour over the chopped cabbage, mix, and allow the cabbage to pickle for a few minutes while you prepare the carrots.

Combine the carrot with chopped chives or scallions, juice from one lime, olive oil, and salt to taste. When you are ready to serve the slaw, stir the carrots into the cabbage. Adjust seasoning to taste.

Potato and Quinoa Chowder with Winter Squash and Chard

--inspired by DanaTreat.com

Serves 4

Olive oil
3 leeks, trimmed, well washed and cut in half, then thinly sliced
Chard stems, finely chopped
2 medium potato, scrubbed and cut into 3/4-inch cubes
1 large carrot, scrubbed and cut into small dice
1/2 - 1tsp fresh or dried thyme
6 cups vegetable broth
1 cup cooked quinoa
2 1/2 cups cubed roasted, squash (see below)
1/2 bunch chard leaves, well washed and roughly chopped
Kosher or sea salt and freshly ground black pepper

Place a large-ish soup pot over medium-low heat. Drizzle in enough olive oil to coat the bottom of the pot, then add the chard stems and leeks along with a large pinch of salt. Stir frequently until they start to soften, about 4 minutes. Be careful with them as they can burn easily. Add the potato and carrots and allow to cook for another 5 minutes, stirring occasionally. Add the thyme, cook for another minute, then pour in the broth. Bring to a boil, then lower the heat to a lively simmer and cook until the potato and carrot are very tender, about 20 minutes.

Add the quinoa, squash, and kale to the soup pot and bring the heat up so the soup really simmers. Allow to cook for 10 minutes so that the added ingredients warm up and the flavors of the soup really meld together. Taste and season with salt and pepper and a little sherry vinegar if bland.

To make roasted squash:

Preheat oven to 425°F. Split squash down the middle and scrape out the seeds. Slice each half into thick wedges and lay them out on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt. Roast in the oven for 15 minutes. Remove and turn all the slices over. Roast for another 15 minutes. Remove and allow to cool enough to handle then peel and cut into bite-sized pieces

Mashed Squash with Cumin and Fried Shallots

Bake halved and deseeded squash in a 425-degree oven until very tender. While the squash is roasting, thinly slice 2-3 shallots, depending on size. Saute them with 2-3 tablespoons of olive oil and ½-1 teaspoon ground cumin. Cook until nicely browned. Add a splash of red wine or sherry vinegar at the end and cook down a bit more.

Scoop the squash out of the skin and roughly mash the squash seasoning with salt, pepper and mashing in a bit of butter or olive oil. Serve topped with the shallots and another drizzle of good olive oil and/or a splash of vinegar or squeeze of lemon or lime juice to balance the sweetness.

Squash and Rice Fritters

The second fritter/patty recipe this week. This is a wonderful combination and is a perfect cook-with-what-you-have dish you can adapt to the spices and/or herbs you have on hand.

Quantities are just suggestions. Use what you have/need to use up and trust your judgment. The squash works as a good binder and keeps the fritters together well, especially in combination with an egg.

2 cups mashed squash
2-3 cups cooked rice
½ large onion or 1-2 shallots, finely chopped
1 large egg
Salt, freshly ground pepper
Chopped parsley or oregano or sage or pretty much any herb you have
Pinch or two of red pepper flakes
½ - ¾ cup grated cheese of your choosing (optional)
Olive or other oil for pan-frying

Beat the egg and add the salt, pepper and any herbs and/or spices your using. Mix in the squash, onion and rice and incorporate everything really well using a wooden spoon or your hands.

Shape the mixture into 3-inch patties. Heat 2 tablespoons of oil in the largest, heaviest skillet you have and fry the patties until crispy and golden on both sides, about 3 minutes per side.

Beets with Horseradish

I bought a chunk of horseradish at the Hillsdale farmers market the other day (from Ayers Creek Farm) and have been enjoying it with lots of different things. It's wonderful combined with sweet roasted beets. If you can't find fresh you can use prepared horseradish.

1 pound red beets, stemmed, scrubbed and dried
2 tablespoons olive oil
1 teaspoon kosher salt
¼ teaspoon freshly ground black pepper

2 tablespoons apple cider vinegar
1 tablespoon Dijon-style mustard
¾ teaspoon eas salt, plus more to taste

Freshly ground pepper
3 tablespoons good olive oil
3 teaspoons fresh, grated horseradish (on the small holes of a box grater) or prepared horseradish
2 green onions or fresh chives (I used about a dozen), thinly sliced

Preheat the oven to 400°F. Place the beets in a small baking dish and toss them with the oil, salt and pepper. Cover the dish tightly with foil and bake for 60-75 minutes, or until the beets are tender and easily pierced with a knife. Remove the foil and set the beets aside until cool enough to handle. When cool, remove the skin from the beets and cut them into 1/2-inch cubes. Transfer the cubed beets to a medium-sized bowl.

Make a dressing by whisking together the apple cider vinegar, mustard, salt, pepper, horseradish and olive oil. Pour the dressing over the beets and toss to coat them. Taste and adjust seasoning. Serve at room temperature, or cold.