



## **47<sup>th</sup> Ave Farm Winter CSA for the week of April 15, 2013**

I've included two salads to which you can add cooked beans. I love greens and beans at room temperature in all sorts of variations. The dressings are quite different for the salads below and you can certainly use your favorite dressing here instead. It's no secret how much I love beans and Laura grows some of the very best. You can just cook them and have them plain with a bit of good olive oil and sea salt. They are such a treat. Or add them to a quesadilla or taco or soup. . . .

### **Hearty Spring Green Salad with Mizuna and Fava Greens and Miso Dressing Greens and Bean Salad**

**Fava Greens Note**

**Fava Green Pesto**

**Fava Green Pesto and Potato Frittata**

**Roasted Cauliflower and Hazelnut Salad**

**Cauliflower Pasta "Risotto"**

**Leek and Beef Meatballs**

**Purple Sprouting Broccoli Fritters**

### **Mizuna Note**

There are a couple of salad ideas below for the mizuna this week. I think it does well with strong dressings, like the two below. I also like it finely chopped and dressed with lemon and olive oil and stirred raw into a bowl of steaming rice or soup, maybe with a little feta. It's a wonderful fresh accent to many dishes.

### **Hearty Spring Green Salad with Mizuna and Fava Greens**

--loosely inspired by 101cookbooks.com

This is a fresh, delicious way to use many of the ingredients in this week's share. You could also add cooked beans and make a meal of it. Come to think of it you could serve this with roasted beets as well for a lovely color and flavor combination.

2 cups arugula, roughly chopped or torn  
2 cups mizuna, roughly chopped  
2 cups fava greens, roughly chopped  
½ cup toasted sunflower or pumpkin seeds  
1/2 small red onion, finely diced or thinly sliced  
2 cups steamed purple sprouting broccoli, chopped

**Creamy Miso Dressing:**

1 medium to large clove garlic, smashed  
1 tablespoon white miso  
1 1/2 tablespoons mirin (rice wine)  
1 ½ tablespoons rice vinegar  
½ teaspoon ground cumin

1/3 cup / 80 ml plain whole milk yogurt  
2-3 tablespoons heavy cream  
Salt and pepper to taste (the miso will likely be salty enough but taste and add salt if need be)

Mash the garlic to a paste with a little salt on a cutting board with the side of a chef's knife or in a mortar. In a small bowl stir in the remaining dressing ingredients and mix well.

Put all the salad ingredients in a large bowl. Add about two-thirds of the dressing and mix well, taste and add more to taste.

### **Greens and Beans Salad**

This is my go-to lunch salad. I use whatever greens, seeds, beans, herbs and cheese I have on hand.

2-4 cups of packed greens, roughly torn or chopped, of your choice  
1-3 cups cooked black or borlotti beans  
2 hard-boiled eggs, roughly chopped  
1/2 shallot or small chunk of red or yellow onion, slivered or diced  
1-2 ounces of cheese of your choice (feta, sharp cheddar, fresh goat's cheese. . . )  
Handful or two of raw or toasted nuts (walnuts, almonds, hazelnuts, pine nuts. . . )  
1/4 cup roughly chopped herbs (parsley, chives, tarragon, cilantro. . . )

#### **Dressing**

1/4 cup of good olive oil  
2-3 teaspoons lemon juice  
2 teaspoons reduced apple cider (optional) or 1 teaspoon honey  
salt and freshly ground pepper  
1/2 clove of garlic, minced

Place all salad ingredients in a large bowl. Mix dressing and drizzle over salad and toss well.

### **Fava Greens Note**

These tender greens are a lovely spring treat. You can add them to salads as in the two recipes above or you can turn them into pesto (see below). You can sauté them for literally 1 minutes with a little garlic and dress with a squeeze of lemon and drizzle of olive oil and eat on toast or with eggs or over pasta, etc. You can add them to stir fries or a soup at the very end.

### **Fava Green Pesto**

I made this pesto the other today for the first time. I did not blanch the greens but just washed them and processed them with other typical pesto ingredients. It was bright and fresh and creamy. I used it in a frittata right after I made which was a big success. I used the remaining half of the pesto the next day with pasta and did not enjoy as much. So I would recommend making a half batch with half a bunch of fava greens or making sure you have a way to use up a bigger batch. It lost its brightness the second day and became a little bitter.

1/2 bunch fava greens (see headnote) well washed and roughly chopped  
1 medium clove garlic, chopped  
3 tablespoons almonds, walnuts or pine nuts

1 ½ ounces parmesan cut into small chunks  
2 teaspoons lemon juice (or more to taste)  
1/3 cup good olive oil  
Sea salt and pepper

Process the nuts and cheese in a food processor until finely ground. Don't let it turn into a paste. Add the garlic and process a bit more, then add the greens and process until finely chopped. Add the oil, salt, pepper and lemon juice. Process until fairly smooth. Taste and adjust seasoning.

### **Fava Green Pesto and Potato Frittata**

Serves 4 as an entrée 6 or more as a side.

Yes, another frittata. I this combination two weeks ago with the first fava greens I saw at the farmers' market. I used a generous amount of pesto and loved it in combination with the potatoes.

1-2 tablespoons olive oil  
½ an onion, diced  
3 medium potatoes, well-scrubbed (no need to peel) and cut into small (1/2-inch) chunks or dice  
1 batch of fava green pesto made with half a bunch of fava greens above (or less if it some like too much. I'm not sure how big your bunches will be)  
6-8 eggs (or whatever you have or want to use)  
some crumbled feta (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 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. Gently stir in the pesto. Do not whisk, just partially/loosely incorporate into the eggs. Add the feta, if using. Pour eggs over the potatoes and tilt the pan to evenly distribute the eggs. 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.

### **Roasted Cauliflower and Hazelnut Salad**

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

The original recipe calls for ½ a pomegranate worth of pomegranate seeds. While I'm sure they're delicious and gorgeous in this salad I never have pomegranates on hand. I instead added a couple of tablespoons of very thinly sliced shallots I had sitting in red wine vinegar that I regularly keep in the fridge. I thought it was delicious and have written the recipe with this addition.

1 head cauliflower, broken into small florets and stems/core cut into small pieces  
5 tablespoons olive oil  
2 medium stalks celery, sliced into thin slices at an angle  
½ cup **toasted** hazelnuts, roughly chopped  
1/3 cup fresh parsley, chopped  
1 – 2 tablespoons thinly sliced onion marinated in red wine vinegar for a few minutes and then chopped up a bit more  
1 tablespoon sherry or red wine vinegar  
1 ½ teaspoons maple syrup  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground allspice  
Salt and freshly ground black pepper

Preheat the oven to 425 F

Spread the cauliflower on a baking sheet, drizzle with 2-3 tablespoons of the olive oil and sprinkle with some salt and pepper. Roast until it turns golden brown, about 30 minutes. Transfer to a large mixing bowl and set aside to cool down.

In a small bowl, whisk together 2 tablespoons olive oil, vinegar, maple syrup, cinnamon and allspice. Set aside.

When the cauliflower has cooled a bit add all the remaining ingredients and stir well. Taste and adjust seasoning with salt, pepper and/or vinegar or a splash of lemon juice.

Serve at room temperature.

### **Cauliflower Pasta “Risotto”**

*–inspired by Around my French Table by Dorie Greenspan*

Serves 3-4

I included my Brussels Sprout and bacon version of this dish this winter. The cauliflower version was my first variation on this technique and remains my favorite. As Dorie notes, “this is risotto” the way that finely sliced apples are carpaccio, which means not at all. . .” but the technique is just enough reminiscent of risotto that I appreciate the reference and continue to use it.

1 small head cauliflower, washed, trimmed and cut into very small pieces  
1 medium onion, diced  
2 tablespoons olive oil or 1 tbs butter and 1 tbs olive oil  
1 1/3 cup tubetti (or ditalini or other small pasta)  
4 cups flavorful vegetable broth (homemade veggie bouillon-recipe below) or chicken stock  
1/2 cup heavy cream  
1/2 cup grated Parmesan or other hard, grating cheese (Asiago Stella is a good, cheaper alternative)  
Salt  
Lots of freshly ground black pepper  
Generous grating (about 1/4 teaspoon) fresh nutmeg

The fastest way to prepare the cauliflower is to slice the head into 1/2- 3/4-inch slabs, top to bottom, and then proceed to cube those. Some pieces will crumble off but that's just fine. Use as much of the heart/stem as you can if it doesn't seem too tough.

Heat the olive oil, or oil and butter, in a large skillet over medium-high heat. Add the onion and a few pinches of salt and cook for 7 to 8 minutes until soft and turning golden, stirring often. You may need to reduce the heat a bit. Now add the broth or stock and bring to a boil. Add the pasta, stirring well and then simmer for about 10 minutes uncovered. Now add the cauliflower, stir well to incorporate and then cover and cook for another 7 or 8 minutes until the cauliflower is tender. At this point add the cream and a generous amount of freshly ground black pepper. Cook uncovered for about 3 minutes until it thickens slightly.

Stir in the Parmesan and the nutmeg and adjust salt and pepper to taste. The cauliflower should be soft but not falling apart. It should not be al dente for this dish. Serve immediately.

### **Purple Sprouting Broccoli Parmesan Fritters**

*--inspired by smittenkitchen.com*

These are terribly addictive. They're perfect with a fried egg on top or just with some Greek (or whole milk yogurt) that you've doctored with a little minced garlic, salt and lemon juice and/or some finely chopped parsley. I think they're good with the slightly bigger purple sprouting broccoli towards the end of its season. The purple color cooks away but they're so sweet and bright green.

About 10 2.5-inch fritters

12-16 ounces broccoli (about 4 cups chopped), well washed and cut into small florets and stems and leaves cut into 1/2-inch lengths

2 -3 eggs

scant 1/3 cup all-purpose flour

1/3 cup finely grated Parmesan cheese (or other grating cheese—sharp cheddar is fine too)

2 tablespoons finely chopped parsley

1 clove garlic, minced

1/2 teaspoon sea salt, plus more to taste

A pinch of red pepper flakes and several grinds of black pepper

Olive or vegetable oil for frying

Cook the broccoli in a pan with 1/2-inch or so of water for 5-6 minutes until tender but not mushy or steam it. Drain and let cool slightly.

Meanwhile lightly beat the egg in a mixing bowl. Add the flour, cheese, garlic, salt and pepper. Then, add broccoli and, using a potato masher, mash it up a bit. You want to keep the bits recognizable, but small enough (1/4- to 1/2-inch chunks) that you can press a mound of the batter into a fritter in the pan. Once mashed a bit, stir or fold the ingredients together the rest of the way with a spoon. Adjust seasonings to taste.

Heat a large, heavy skillet over medium-high heat. Once hot, add a tablespoon or two of oil. Once the oil is hot (you can test it by flicking a droplet of water into it; it should hiss and sputter), scoop a two-tablespoon-size mound of the batter and drop it into the pan, then flatten it slightly with your spoon or spatula. Repeat with additional batter, leaving a couple inches between

each. Once brown underneath, about 2 to 3 minutes, flip each fritter and cook on the other side until equally golden, about another 1 to 2 minutes.

You can keep them warm in a 200 degree oven if you're not eating them right away. Repeat with remaining batter, adding more oil as needed. Serve with some of the suggestions listed in the head notes, above.

### **Leek and Beef Meatballs**

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

And here is another adaptation from one of my current favorite cookbooks. These meatballs are light, unusual and delicious. They're a bit of work but the recipe makes a good amount and we enjoyed these for three meals and they were just as good or better on the second and third day.

The original recipe calls for 6 large leeks. I only had 4 I think and supplemented with a large onion with excellent results.

4 medium to large leeks plus 1 onion or 6 leeks (see headnote)

½ pound ground beef

scant 1 cup bread crumbs (I only had fairly roughly torn, whole wheat bread crumbs with crust which worked fine)

2 large eggs

2 tablespoons olive oil for frying the meatballs

¾ - 1 ¼ cups vegetable or chicken stock (I used homemade veggie bouillon broth)

Juice of 2 medium lemons

1/3 cup Greek yogurt, a couple of tablespoons finely chopped parsley stirred in

Salt and black pepper

Trim the leeks and cut in half lengthwise and clean well. Cut into ¾-inch slices. If supplementing with an onion, trim and slice into half rounds. Steam the leeks (and onion, if using) for about 15-20 minutes until very tender. Drain and let cool and press out any excess liquid you can. Then chop the leeks (and onion) fairly finely and put in a mixing bowl with the meat, eggs, bread crumbs, 1 ¼ teaspoon salt and 1 teaspoon black pepper. Mix well and form into about 10 patties. Let patties chill in the fridge for about 30 minutes—they'll hold together better if you do this.

Heat the oil in your largest skillet over medium-high heat. Sear the patties on both sides, about 2-3 minutes per side, until golden brown. Do this in batches if they don't all fit in your pan at once. Put all the meatballs back into the skillet if you did them in batches. You can overlap them slightly if need be. Add the broth and lemon juice and a little salt if your broth is not very salty and bring a boil. Then turn down to a simmer, cover and gently cook for 30 minutes. Remove the lid and cook for a few more minutes until all the liquid has evaporated. Remove meatballs from the pan to let a cool a bit. Serve with the yogurt parsley topping.

### **Basic Dry Bean Soaking/Cooking Instructions**

If you aren't in the habit of soaking and cooking dry beans here are the basic steps. The flavor of the beans is very good this way and they are much cheaper than cans. Once in the habit, it's not much work. I always soak and cook more than I need for any given recipe and freeze the rest in some of the cooking liquid.

3-4 cups dried beans (garbanzo, white, black, pinto. . . ) Rinse beans if they look dusty and pick out any stones. Usually I don't find anything like that. Place in a large bowl covered by about 4 inches of cold water. Soak over night or 6-8 hours. Drain and rinse beans.

Place soaked beans in a large pot and cover with cold water by several inches. Add a few whole, peeled garlic cloves, a bay leaf and a chunk of peeled onion. Bring to a boil, turn down to a simmer and let cook covered until the beans are tender, stirring occasionally (this helps prevent some beans from softening before others.) I've had good luck salting at the beginning of the cooking process but know that sometimes it can prevent beans from cooking properly, so salt mid-way through or at the end if you'd like. When you do add salt, be generous, as in at least 3 teaspoons kosher salt to start if you're cooking 4 cups or so of dried beans. They'll probably need more still. The time it takes for the beans to cook will vary depending on the kind of bean and the freshness of the dried beans. Garbanzos take the longest, usually about 45 minutes. Black, white and pinto can be done in 20-40 minutes. Let beans cool in their liquid (if you're not in a rush) for several hours or overnight. No need to refrigerate at this point. It really deepens their flavor. Then use, freeze, etc. If you're freezing some, fill your container with the beans and then ladle in the cooking liquid until the beans are almost covered. Cooked beans also keep in the fridge for 5-6 days.