



47th Ave Farm Winter CSA for the week of May 13, 2013

Oh the greens! It's an exciting time of year. So many of the greens in your share this week can be combined and enjoyed in the simplest preparations.

And in my house it's time to start making homemade aioli or mayonnaise. Eggs this time of year are incredible and greens and herbs and eggs and garlic just all go together so well.

Tis also the season of those sweet, crisp Japanese turnips with their lush greens. This early part of the season I tend to eat the turnips themselves raw, grated, in wedges, whole as snack. Later on I'll start braising them or adding them to spring soups where I can use their greens in the same dish. You can use their greens in the red lentil dish below instead of or in addition to the mustard greens and in the bean dish.

Green Garlic Notes

Garlic Scape Notes

Garlic Scape Pesto

Homemade Mayonnaise/Aioli

Egg Salad with Green Garlic and Mustard Greens

Green Salad with Egg and Capers

Red Lentil, Mustard and/or Turnip Greens and Coconut Milk

Turnip and Radish Slaw with Peanuts

Garlicky Mustard Greens with Beans

Fava Green with Walnuts and Onions

Green Garlic Notes

I grow garlic so I can exclusively use it in its green form. I've been cooking with it daily for the last 6-8 weeks and it's such a treat. I use a lot of the green part, much like a scallion. Depending on how thick/tough the stalks are you'll want to peel away a few of the outer layers and then mince the whole thing. I sue it anywhere I would use regular garlic but more generously. I like to cook it slowly in a little butter or olive oil or a combination and then add it or begin most any dish with it. Specific ideas below.

Garlic Scape Notes

Garlic scapes are wonderfully brushed with olive oil and grilled until a bit charred and tender. They are also delicious, chopped up and sautéed in a little butter or olive oil and then added to any egg dish or scattered on a pizza or added to a risotto at the end. Have fund experimenting with them.

Garlic Scape (and Fava Greens) Pesto

Garlic scapes are tender, sweet and a short-lived treat. They make a lovely pesto in combination with nuts and parsley, in this case, though both basil and oregano are good substitutes. You could also substitute fava greens for the parsley in this pesto

1 bunch (about 7-8) garlic scapes
Generous handful of toasted (or raw) hazelnuts or walnuts
1-2 ounces Parmesan or Asiago Stella
Zest of half a lemon, finely grated
3/4 cup (or more) of parsley or 1 cup of chopped fava greens
1/3 cups of good-tasting extra virgin olive oil
Salt, pepper

Roughly chop the garlic scapes, with or without the very top, flower part (See note in caption above). Process the nuts and cheese in a food processor. Add the remaining ingredients and process until smooth. Adjust seasoning to taste. Serve on toasted bread, with pasta, potatoes, eggs dishes other grains. . . .

Red Lentil, Mustard and/or Turnip Greens and Coconut Milk

This is quick, delicious and easy to vary/adapt. It's even better the next day. It's quick enough to make in the morning before you leave the house if you don't have a hectic schedule and you'll get the "next day" effect at dinner that evening.

I like the spicy mustard greens in combination with the richness and mellowness of the lentils and coconut milk. You can stretch this dish and serve it over rice but it's wonderful just plain.

Serves 4 or more

1 tablespoon olive oil, ghee, coconut oil
1 teaspoon brown mustard seeds
1 teaspoon cumin seeds (or more ground cumin)
1 medium onion, diced
2 stalks green garlic, trimmed (see above) and minced
1 teaspoon ground cumin
½ teaspoon ground turmeric
1 teaspoon (more to taste) salt
½ teaspoon red pepper flakes (optional or more/less to taste)
1 cup red lentils
1 can coconut milk (full fat preferably)
3 cans (I use the coconut milk can to measure) water or vegetable broth (you can use more if you want it thinner – this makes a fairly thick dish which is what I prefer)
1 large bunch mustard greens or mustard greens and turnip greens, well washed and chopped
Juice of ½ a lemon (optional)

Put the oil, mustard and cumin seeds in a large pot and heat over medium-high heat until seeds begin to pop. Immediately add the onion and garlic and stir well. Turn down the heat a bit if things brown quickly. Sauté for about 5 minutes. Add the ground cumin, turmeric, red pepper flakes and salt and cook for another minute or two. Add the lentils, coconut milk and water or broth and bring to a boil. Turn down and cook for about 15 minutes. Add the greens and cook for about 10 minutes more or until the lentils have fallen apart. Adjust seasoning to taste with salt and lemon juice.

Turnip and Radish Slaw with Peanuts and Mustard Greens

I tossed this salad together tonight and liked it enough include here.

Grate washed (but not peeled) turnips and radishes on the large hole of a box grater or cut into match sticks (need to do this with the radishes anyway since they're too small for the grater). Put vegetables in a small-ish salad bowl. Add about 1 cup's worth of mustard greens cut into ribbons and about 1/3 cup of chopped, roasted peanuts and a little thinly sliced onion.

Dress with rice wine vinegar, peanut oil, salt and pepper. Taste and adjust seasoning. If it needs more acidity add a bit of lemon or lime juice.

Homemade Mayonnaise and Aioli

Omit the green garlic if you just want plain mayonnaise. Aioli is basically garlicky mayonnaise. Green garlic lends itself very well to this technique since it's milder and sweeter than mature garlic. Traditionally it's made with mature garlic. Homemade aioli takes about 5 minutes to make and keeps well for a week. I've always made it by hand but I know it works fine in the food processor too (though it has a stiffer consistency when made this way) so by all means use that if you want. It's so delicious and endlessly useful and adaptable. Potato salad, deviled eggs, egg salad (below), sandwiches, spread for grilled fish, dressing for anything.

2 eggs yolks

2-3 stalks green garlic

Salt and pepper

1 teaspoon Dijon-style mustard

3 teaspoon lemon juice or more to taste

About 1 ½ cups oil. I use a combo of two-thirds neutral oil like Sunflower and one-third good tasting olive oil. If you use all olive oil it tends to be too bitter and strong.

Mince 2-3 stalks of green garlic (the tender parts—trim off anything that seems at all fibrous) as finely as you can with a sharp knife or mince in a food processor.

Whisk the garlic into the eggs yolks with the lemon juice, mustard and salt and pepper. Then very slowly start adding the oil, almost drip by drip for a bit until you things get nice and emulsified. Then you can start adding the oil in a thin stream, whisking all the while (or do the same in the food processor).

Traditionally aioli is served as a dip with raw and steamed vegetables. This week it could be carrots and turnips and radishes – raw or quickly blanched or steamed. It's good with chickpeas, potatoes, asparagus, etc. It's also wonderful with grilled foods, in a sandwich or spooned in soup or pasta or used instead of mayonnaise in deviled eggs or used in the salad dressing, below.

Egg Salad Sandwiches with Mustard Greens and/or Arugula

Rich egg salad is perfectly balanced with spicy greens like mustard greens or arugula.

4 barely hardboiled eggs, chopped (I cover eggs in cold water, bring to a boil, turn off heat and let sit in hot water for 8-9 minutes, then rinse in cold water and peel)

3 tablespoons homemade aioli (see above) or regular store-bought mayonnaise

2 teaspoons Dijon-style mustard

Salt and pepper to taste (you won't need much since the aioli is well seasoned)

Any chopped fresh herbs you have on hand (optional- chives, thyme, parsley, tarragon, oregano are all wonderful)

Arugula and/or mustard greens, cut into thin ribbons

Good, crusty bread

Stir the aioli/mayonnaise and mustard together then fold in eggs, seasonings and herbs, if using. Taste and adjust seasoning.

Toast bread if on the older side or if you just like it that way (as I do). Spread generously with egg salad and top with lots of chopped greens. Eat open faced or not. Drizzle with a little olive oil and a little salt (for the greens) if you'd like. Enjoy!

Green Salad with Capers and Egg

The salad is begging for adaptations. Use whatever combination of greens you want , fava greens, arugula, lettuce mix. . . You could add canned tuna for an even heartier version and omit the seeds.

6 cups or more tender greens, washed and dried well and roughly torn

1 tablespoon capers, rinsed and roughly chopped

2 hardboiled eggs, chopped

1 green garlic stalk, trimmed and minced

½ cup toasted sunflower seeds (optional)

Juice of half a lemon or 2 red wine or champagne vinegar

3 tablespoons or bit more olive oil

1 teaspoon Dijon-style mustard

Salt and Pepper

Put the lettuce, eggs, capers, green garlic and seeds in a salad bowl. Mix the dressing ingredients in a small bowl and then toss well with the lettuce, etc. Taste and adjust seasoning

Fava Greens with Walnuts, Onions and Sherry Vinegar

This is quick and delicious. You can serve it as a side to meat or fish or top pasta or rice or other grains with it

1 bunch fava greens, washed and chopped

1/3 - ½ cup of chopped walnuts (or almonds or filberts)

Olive oil

1 onion, thinly sliced (or several shallots)

2 teaspoons sherry vinegar (or to taste)

Salt and pepper to taste

Heat a little olive oil in a large skillet and add the nuts. Toast over medium heat until they start smelling toasty and darken a bit. Add the onions and a couple of pinches of salt and sauté for about 5 minutes. Make sure not to burn the nuts. Toss in the fava greens and stir well and cook, moving the greens around a bit so they wilt evenly. If things are too dry add just a tablespoon or so of water. Cook just until the greens have lost some of their volume but are still nice and bright. Stir in the vinegar and adjust seasoning with salt and pepper. Finish with a little more good olive oil.

Garlicky Mustard Greens with Beans

I love the spiciness of the mustard greens with the creamy richness of the beans. Bacon would certainly not be amiss here but it's delicious as is. I most love this with pinto beans. It's a wonderful burrito filling with a little hot sauce and cheese.

3-4 cups cooked or canned beans (white, pinto, borlotti, black or even chickpeas), or however many you want/have to use

3 stalks green garlic, trimmed and minced (see Green Garlic Notes above)

Lots of Mustard Greens (and or turnips greens), washed and leaves cut lengthwise in half and then cut in to ribbons

Olive oil

Salt

Heat a bit of olive oil in a large skillet over medium heat. Add the green garlic and sauté for a few minutes until starting to soften. Add the mustard greens and cook for a just a couple of minutes until wilted. Gently stir in the beans and a bit more oil. Season with salt and pepper and cook until the beans are heated through. Serve with another drizzle of olive oil.

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.