



## **47<sup>th</sup> Ave Farm Winter CSA for the week of May 27, 2013**

Salads, salads, salads—with noodles, barley, greens and steak. Enjoy!

**Indian-inspired Spinach and Potatoes**  
**Arugula and Garlic Frittata**  
**Barley Salad with braised Turnips (and their Greens)**  
**Flank (or Flatiron) Steak Salad**  
**Sesame Noodles with Snap Peas and Spring Onions**  
**CSA Salad with Garlic Dressing**  
**Carrot Top Pesto**

### **Indian-inspired Spinach and Potatoes**

--adapted (only very slightly) from Tender by Nigel Slater

Serves 2-3 as a main or 5 as a side

4 medium potatoes, Yukon or other waxy kind, scrubbed and cut into large-ish chunks  
2 tablespoons olive oil or butter  
1 medium onion, diced  
2 stalks/heads green garlic, trimmed of any tough layers and minced  
2 stalks garlic scapes, finely chopped  
1 1/2-inch chunk of ginger, finely chopped  
½ teaspoon brown mustard seeds  
½ teaspoon ground turmeric  
1 lb spinach (2 medium bunches), well-washed and chopped, stems and all  
Salt and pepper  
Fresh lemon juice  
Greek yogurt, for serving (optional)

Cook potatoes in salted water until tender (shouldn't take more than 6-7 minutes). Drain and set aside.

In a large skillet heat the oil or butter and sauté the onions until starting to brown. Add the garlic and garlic scapes, ginger and spices and stir well. Cook for a few more minutes until fragrant and a bit toasty. Add ½ cup or so of water and the reserved potatoes. Stir well and simmer for about 5 minutes. Add the spinach and stir well and cook for just a few minutes until wilted. If the spinach gives off a lot of liquid turn up the heat and cook most of it off. Season to taste with salt and pepper.

Finish with a squeeze of lemon juice. Top with Greek yogurt if you'd like.

## **Garlic and Arugula Frittata**

I don't usually use arugula in a frittata but made one this weekend with a bunch of the raw greens and they were a nice counterpoint to the sweet green garlic and garlic scapes I had sautéed slowly. I made a 6-egg frittata and had it with the Indian spinach and potatoes (above) for a hearty supper with enough leftover for breakfast for me.

1 tablespoon butter or olive oil (it's particularly good with butter)  
1 stalk/head green garlic, trimmed and minced  
4 or more garlic scapes, finely chopped  
2 cups, packed, chopped arugula  
6-8 eggs (or whatever you have or want to use)  
some crumbled feta or goat cheese or sharp cheddar (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 two kinds of garlic and cook gently for about 10 minutes, making sure not to burn.

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 pinches of salt and several grinds of pepper. Add the cheese, if using. Stir the arugula into the garlic and pour eggs over the garlic and arugula 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 or with the Indian spinach and potatoes, above.

## **Barley Salad with braised Turnips (and their Greens)**

--inspired by The Yellow House

You can use most any grain here—short-grained brown rice is good too, as is faro or quinoa. You can use as many turnips and greens as you want too. I like the salad with lots of vegetables.

Serves 4 as a side

1 cup hulled or pearled barley or other grain (see headnote)  
1 bunch salad turnips, scrubbed and washed (greens and all)  
4 stalks garlic scapes, finely chopped  
2 slices of bacon, diced (or 2 tablespoons olive oil)  
2 tablespoons cider vinegar  
1 teaspoon sugar  
Salt and freshly ground pepper  
½ teaspoon smoked Spanish paprika (pimenton) if not using bacon  
¼ cup feta, crumbled (optional)

Cook the barley (or other grain) in salted water until tender, drain well and put in a bowl.

Cut the turnips into thin wedges (no need to peel) and roughly chop the stems and leaves. Heat a skillet over medium-high heat and add the bacon, if using (if not, heat the olive oil) and cook until the fat is rendered and the bacon crisp. Remove the bacon, leaving the grease in the pan. Add the turnip wedges, garlic scapes and a sprinkling of salt and cook, undisturbed for about 4 minutes. Give them a good stir and cook for another 3 minutes or so. Now add the vinegar and sugar (it will spit and steam) and scrape up all the browned bits and cook for just another minute. Add the turnip greens and mix in well and turn the burner off.

Toss the vegetables with the slightly cooled (or cold) grains and be sure to scrape up all the bits out of the pan if there are any. Add the bacon, toss well and adjust season with salt, pepper and more cider vinegar if needed. Gently mix in the feta.

### **Flank, Skirt or Flatiron Steak Salad**

Serves 4

The beautiful fresh greens and spring onions and herbs this time of year pair well with a flatiron steak (also known as top-blade or flank or skirt steaks). For this dish you can either toss the thinly sliced steak with the greens and dressing or simply serve the sliced steak along side the salad.

Leftover steak salad makes a wonderful sandwich filling.

For the Salad:

½ small bunch Italian parsley, washed, leaves picked from stems and left whole  
3 cups arugula, well washed, dried and roughly chopped  
2 cups lettuce, well washed, dried and roughly chopped  
2 spring onions, trimmed of roots and any ragged tops, washed, and thinly sliced into rounds (greens and all)

Dressing:

3 tablespoons good olive oil  
1 teaspoon Dijon-style mustard (optional)  
1 ½ tablespoons red wine vinegar  
2 sprigs thyme, finely chopped  
½ teaspoon sea salt (more to taste)  
Freshly ground black pepper

1 1/4 lbs flatiron steak (about 1 ½ inches thick)  
Salt

Put the greens, herbs and spring onions in a large salad bowl or platter. Stir the dressing ingredients together in a small bowl.

Pat the beef dry with paper towels and sprinkle generously with sea salt. Heat a heavy-bottomed skillet or cast iron pan over medium-high heat. When the pan is hot add the meat and cook, undisturbed for about 3 ½ minutes. Flip the meat with tongs and cook for 3

½ to 4 more minutes. This should give you a medium rare steak if the steak is about 1 ½ inches thick.

Remove the steak from the pan and let rest on a cutting board for at least 5 minutes. Slice the steak thinly across the grain. You can either leave it in long strips or cut it into smaller pieces and then toss with the greens and the dressing. You can also just dress the greens and serve the sliced steak on the side or on top of the salad. Taste and adjust seasoning with salt and/or pepper.

### **Sesame Noodles with Snap Peas and Spring Onions**

-inspired by Bon Appetit, June 2013

I love green/spring onions and especially the greens so I use them liberally here. You can cut back if you're not as much of a fan. The chili oil, of which you'll have some leftover, is wonderful on any salad or meat or roasted veggie.

This makes a lot! You can only dress 2/3 of the noodles and save the rest of the noodles for something else and just have a bigger veggie to noodle ration (which I prefer).

I also made a version with canned Oregon Albacore which was delicious—definitely a meal in itself.

5 spring onions, whites and greens separated, thinly sliced  
1/2 cup vegetable oil  
scant 1 tablespoon crushed red pepper flakes (less if you don't like a lot of heat)  
2 teaspoons sesame seeds  
¼ teaspoon freshly ground black pepper  
1 lb thin spaghetti (de Cecco is my favorite brand)  
1 cup snap peas, trimmed and cut into thirds on the diagonal  
2 cups arugula, chopped  
Sea salt  
1/4 cup tahini  
1/4 cup unseasoned rice vinegar  
3 tablespoons soy sauce  
2 teaspoons toasted sesame oil  
1 teaspoon sugar

Cook spring onion whites, vegetable oil, red pepper flakes, sesame seeds, and pepper in a small saucepan over low heat, stirring occasionally, until oil is sizzling and scallions are golden brown, 12–15 minutes; let chili oil cool in saucepan.

Meanwhile, cook noodles in a large pot of salted boiling water. About 2 minutes before the noodles are until al dente add the snap peas, cook for a few more minutes; drain. Rinse under cold water and drain well and put in a big bowl. Toss with a little of the chili oil to keep noodles from sticking.

Whisk tahini, vinegar, soy sauce, sesame oil, sugar, and 2–3 tablespoons chili oil (depending on desired heat) in a large bowl; season with salt. Add noodles, peas, arugula, and onions tops and toss to coat. I found tossing the salad with my hands was by far the most effective technique to get the thick dressing well distributed. Makes a mess but it's quick and easy.

## **CSA Salad with Garlic Dressing**

Serves 4 generously

The avocado adds richness and creaminess to both the dressing and the salad itself. If you don't have an avocado on hand, substitute Greek yogurt or mayonnaise and a little Dijon-style mustard.

Garlicky Dressing:

2 stalks green garlic, trimmed and minced (peel away any tough layers)

1/4 teaspoon sea salt, plus more to taste

2 tablespoons fresh lemon juice

1/3 cup good olive oil

2 tablespoons ripe avocado (see headnote)

1 teaspoon honey, or to taste

Fresh pepper to taste

Lots of lettuce, (about 8 cups), well washed and torn or cut into bite-sized pieces

About 2 cups arugula, well washed and chopped or torn

4 small carrots, very thinly sliced

Handful of snap peas, chopped

2 salad turnips, halved or quartered and very thinly sliced

1 garlic scape, finely chopped (optional)

1 avocado, cut into small cubes (use more nuts or add feta or goat cheese if you don't have an avocado)

a big handful of almond slices, toasted (or toasted sunflower or pumpkin seeds)

Make the dressing by using a hand blender or food processor to puree the green garlic, salt, lemon juice, olive oil, avocado, honey, and pepper until smooth. Taste, and adjust with more salt, or honey, or lemon juice.

Before you're ready to serve, combine the greens with about half of the dressing in a large bowl and work the dressing in well. Taste, and add the last of the dressing if needed. Add the avocados and almonds and give one last gentle toss.

## **Carrot Top Pesto**

Our local cookbook author Diane Morgan has put carrot tops on people's radar in her new book *Roots*. Here's a link to her Carrot Top Pesto recipe recently posted on Culinate.com.

[http://www.culinate.com/books/collections/all\\_books/roots/carrot\\_top\\_pesto](http://www.culinate.com/books/collections/all_books/roots/carrot_top_pesto)