



## 47<sup>th</sup> Ave Farm CSA for the week of June 17, 2013

**Mixed Veggie Japanese Pancakes**  
**Bok Choi and Mizuna Stir Fry (with or without tofu)**  
**Caesar Salad**  
**Bowties with Snap Peas and Ricotta (link)**  
**Pasta “Primavera”**  
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**Bruschetta with Ricotta and Fava Beans**

### Mixed Veggie Japanese Pancakes

I just made this variation of Okonomiyaki, the Japanese Cabbage Pancakes I rave about here frequently. These were even better. And they were a god send for using up various stray bits in the crisper. And this is just a template—mix and match as you wish. And my family of three eats this, and only this, for dinner when I’m short on time. A salad would be a great addition though.

Makes about 15-18 4-5-inch pancakes

2 cups of broccoli, finely chopped (like ¼-1/2-inch pieces), stems and florets  
2-3 red spring onions, thinly sliced or chopped, depending on how fat they are  
3-4 turnips, cut into matchsticks or grated on the large holes of a box grater  
¾ cup cilantro leaves and stems, chopped  
2-3 cups bok choy or mizuna or turnip greens, thinly sliced or finely chopped  
1 teaspoon soy sauce  
1 teaspoon toasted sesame oil  
4-5 eggs  
Scant ½ cup flour  
1 teaspoon salt  
Oil for pan frying

Sauce:

1/3 cup mayonnaise  
1 tablespoon Sriracha or other spicy chili sauce  
1 ½ tablespoons soy sauce

In a large bowl whisk the eggs with the flour, salt, sesame oil and soy sauce into a fairly smooth, thin batter. There may well be a few lumps but they will work themselves out so don’t worry about them.

Add all the vegetables and herbs and mix well. Taste for seasoning. You’d be surprised how much salt they need.

Heat 1 ½ tablespoons of oil in the largest skillet you have over medium high heat. I make my pancakes about 5 inches in diameter but make them as big or small as you like. You can one

very large one and then cut it into wedges. Cook about 3 minutes on either side until nicely browned and crisp. Proceed with the remaining batter. You can keep them warm in a 250 degree oven.

Mix together the mayonnaise, Sriracha and soy sauce and serve the pancakes topped with the sauce.

### **Bok Choi and Mizuna Stir Fry (with or without tofu)**

This is more of a technique than a recipe. Play around with it as you like.

**If you're going to use tofu, use firm tofu and pat it dry well. Cube it and pan-fry it in a little peanut oil, without disturbing for a 8 minutes or so. Gently turn and fry the other side. Set aside.**

Peanut oil  
2 clove garlic, minced  
chunk of ginger, minced  
2 spring onions, thinly sliced  
4 cups bok choy, sliced  
6 - 8 cups mizuna, chopped  
about 2 teaspoons toasted sesame oil  
about 1 1/2 tablespoon rice wine vinegar  
about 1 1/2 tablespoons soy sauce

Mix the sesame oil, vinegar and soy sauce in a small bowl.

In a large skillet or wok, heat 1 1/2 tablespoons or so of peanut oil over high heat. Add the garlic, ginger and spring onions and cook for about two minutes, keeping the ingredients moving the whole time. Add about half the oil and vinegar and soy mixture to the pan and the bok choy. Cook for another 2 minutes or so, then add the mizuna and the rest of the oil/vinegar mixture. Cook for another 2 minutes. If you're using tofu you can add it back in at this point and gently heat through. Adjust seasoning and serve immediately.

### **Classic Caesar Salad**

You have lots of romaine lettuce this week and this classic Caesar is really one of the best ways to use it. Double the dressing quantity and use is on other greens, the second head of romaine or steamed snap peas.

Serves 4-6 depending on appetites and what else is being served

1/2 cup grated Parmesan cheese  
2-3 tablespoons freshly squeezed lemon juice  
3 tablespoons good olive oil  
4-5 garlic cloves, finely chopped  
4-5 flat anchovy filets (or more to taste)  
1 egg yolk  
1/2 teaspoon sea salt (or more to taste)  
Freshly grated black pepper  
1/4 teaspoon dry mustard (optional)

1 large head of Romaine lettuce, washed, leaves cut in half lengthwise and then cut into 1 1/2 inch ribbons

3/4 - 1 cup croutons or toast a slice or two of good crusty bread and tear it into bite-sized pieces

You can either use a food processor or a mortar and pestle. If using the latter, put the garlic, anchovy, pepper and salt in it and pound it into a smooth-ish paste. Scoop the paste out of the mortar and put it into a bowl. Then whisk in the lemon juice and egg yolk and then slowly add the oil and finally the Parmesan. If using a food processor start with the garlic, anchovy, lemon juice and salt and then add the ingredients in the same order. Stir the parmesan at the end after you've removed the dressing from the processor.

Toss with Romaine lettuce, top with croutons and some more freshly grated Parmesan.

### **Bowtie pasta with Snap Peas and Ricotta**

Class, simple, delicious. <http://smittenkitchen.com/blog/2013/06/bowties-with-sugar-snaps-lemon-and-ricotta/#more-10244>

### **Pasta "Primavera" with Peas and Broccoli**

Pasta Primavera conjures awful, gloppy white sauced-pasta with poorly-cooked non-seasonal vegetables. However, spring (primavera!) vegetables do lend themselves beautifully to a simple, quick pasta dish.

1 tablespoon butter and 1 tablespoon olive oil (the butter add a lot so use it if you can)

2 cups broccoli stems and florets cut into small pieces (3/4-inch square or so)

3 turnips, scrubbed and diced (3/4-inch or smaller)

1 cups snap peas, trimmed and cut into small pieces on the diagonal

1 cup fava beans, blanched and peeled (or less)

2 red spring onions, chopped

2 cloves garlic, minced

1/3 cup heavy cream

Zest of about 1/4 of lemon

2 tablespoons chopped basil (if you have some—great without too)

Salt and freshly ground pepper

About 2/3 lb penne pasta or bowties or other similar pasta

In a large skillet heat the butter and olive oil over medium high heat. Add the garlic, onion, broccoli and peas all at once with several pinches of salt. Cook on medium-high, stirring often for 2 minutes or so. Turn the heat down to medium, cover the pan and cook the vegetables slowly for about 5 more minutes, checking occasionally to make sure the vegetables aren't browning.

Bring a large pot of salted water to a boil. Cook the pasta until al dente. Reserve 1/2 cup of hot pasta cooking water right before you drain the pasta.

Right before the pasta is done, add the cream to the vegetables and simmer for just a minute. Stir in the lemon zest and the herbs and toss with the pasta and the reserved water. Taste and adjust seasoning. Serve immediately.

## **Fava Bean Notes**

Fava beans are a treat and can be a bit labor intensive but completely worth it. Typically people take the beans out of their squishy pods and then blanch the beans in boiling water for five minutes or so and then pinch the skin off each individual bean. I often split up the prepping, shelling the beans right when I get them and then cooking them later and pinching them out of their skins.

The above method results in delicious, tender, bright green beans and you can eat them as is with some olive oil and salt, add them to pasta or risotto or soup, etc. Or you can use the Middle Eastern method described below where you cook them in heavily salted water in their big, squishy pods and don't shell each bean. It's much less work and also delicious though a very different kind of dish. Experiment and see what you like.

## **Bruschetta with Ricotta and Fava Beans**

This is a beautiful and delicious dish. And it's a nice way to stretch those precious beans that always seem so few after you've shelled them.

Shell enough favas to measure 1 ½ cups of beans and cook them in salted boiling water for about 5-6 minutes. Drain and rinse under cold water. Pinch the skins off each bean and set beans aside.

1 ½ cups cooked, shelled fava beans (see above)  
1 clove garlic, minced  
½ an onion, diced finely  
1 slice bacon, diced (optional)

2/3 cup whole milk ricotta (Calabro is a good brand)  
1 tablespoon good olive oil  
Salt and freshly ground pepper  
1 teaspoon lemon juice  
A bit of grated lemon zest from about ¼ of a lemon (you just want a little, just to give a stronger hint of lemon)

Good bread, thickly sliced and toasted

In a medium skillet cook the bacon in a little olive oil with the garlic and onion for about 5 minutes until the bacon is rendered and the onion is softening. Add the cooked, shelled fava beans and a few pinches of salt and cook for about 3 minutes to marry the flavors.

Meanwhile, toast some slices of good, crusty bread. Spread the toast with ricotta and top with the fava bean mixture.

## **Fava Beans with Parsley and Yogurt**

Serves ~4 as a side

A local farmer (Carol Boutard of Ayers Creek Farm) taught me about this method of cooking fava beans which eliminates the time consuming step of peeling each individual bean. This is a Persian/Iranian way of cooking favas that is not only easy but also very nutritious since many of

the nutrients are in the fava bean skins. This dish is good with parsley, basil, mint or cilantro or a combination.

2 pounds fava beans in their pods (or however much you have)  
2-3 tablespoons kosher salt (yes, this is the right quantity, not a misprint)  
1/3 cup Greek yogurt or plain, whole milk yogurt (or more if you want it saucier)  
1/3 cup finely chopped parsley  
1 -2 teaspoons lemon juice (to taste)  
zest of one lemon, finely grated  
1 medium clove garlic, minced (optional)  
1 tablespoons olive oil  
salt & freshly ground black pepper to taste

Bring a six-quart (or larger) pot of water, to which you've added the salt, to a boil. Put the whole fava bean pods into the boiling water and bring back to a boil. Reduce the heat so the water stays at a rapid simmer and cook covered, until the pods start falling apart, between 20 and 30 minutes. Taste an individual fava bean after 20 or so minutes. If the skin on the bean is still a little tough keep cooking. If you have the time you can let the fava beans cool in the water once they're tender. That further softens the skins. If not, drain off of the hot water fill pot of beans with cold water to speed the cooling. Remove beans from pods without peeling each bean. The skin should be tender and the beans perfectly seasoned. Toss beans with the remaining ingredients. Adjust seasoning to your liking. Enjoy as a side dish or with crusty bread or tossed with cold pasta for a hearty salad.

Fava beans cooked this way (and without the dressing) are delicious with pasta and a bit of Parmesan, with boiled potatoes and parsley. I've added them to Israeli couscous with some mint and grated, hard cheese.