



47th Ave Farm CSA for the week of June 24, 2013

Dill and Beet Notes

Kohlrabi and New Potatoes with Sour Cream and Dill

Quinoa Cakes with Beet Greens and Beet Salad

Roasted Broccoli (and Kohlrabi?) and Potatoes with Quick Peanut Sauce

Green Salad with Favas and Peanut Dressing

Salad of Fava Beans, Peas and Mint

Dill and Beet Notes

Dill is wonderful with new potatoes, beets and kohlrabi. You can add it to salads with any of those or use it in the kohlrabi and new potato dish below.

The beets and beet greens are tender and young and perfect. You can make the quinoa cakes below and use both the greens and the beets. For a simpler preparation you can simply roast or boil or steam the beets, sauté the greens, add the beets to the pan with the greens along with some minced garlic and a bit of butter or olive oil and cook for a few more minutes. Season well with salt and maybe a little splash of red wine vinegar and enjoy!

Kohlrabi and New Potatoes with Sour Cream and Dill

Growing up in Germany I ate a fair amount of kohlrabi, often dressed with sour cream and dill. It's a winning combination. For this dish you can either roast both the potatoes and the kohlrabi together or gently cook in salted water or pan fry in just a little olive oil. Choose your method. All are good.

2 medium kohlrabi, peeled and cut into $\frac{3}{4}$ -inch dice
5 medium potatoes, scrubbed and cut into $\frac{3}{4}$ -inch dice
1 tablespoon finely chopped spring onion or 1 garlic clove minced
1 small bunch dill, tough stems removed and finely chopped
 $\frac{1}{3}$ cup sour cream or full fat Greek Yogurt
 $\frac{1}{2}$ teaspoon white wine or cider vinegar
Salt and Pepper

Roast, sauté or boil (see headnote) the potatoes and kohlrabi until tender but still keeping their shape.

Meanwhile stir together the remaining ingredients. Make sure the mixture is generously salted and peppered. Let the vegetables cool a bit and then toss with the sour cream dressing. Enjoy warm or at room temperature.

Quinoa Cakes with Beet Greens and Beet Salad

--adapted from Vegetable Literacy by Deborah Madison

These cakes are really good, especially topped with the Tahini Yogurt Sauce. They are a bit of work but you can cook the quinoa ahead of time as well as the beets and beet greens and then the meal comes together very quickly.

Makes about 10 4-inch cakes

Beet greens from two large bunches, or less if you just have one, well washed and stems discarded

1 tablespoon olive oil

½ onion or 1 spring onion, finely diced

1/2 teaspoon each ground cumin and coriander (optional—I used some of the freshly toasted and ground mixture I had leftover from making the spice mixture for the roasted broccoli dish below)

1 ½ - 2 cups cooked quinoa (from about ¾ cups dry quinoa)

4 tablespoons cilantro, chopped

3 ounces feta cheese or grated sharp cheddar

Sea salt and freshly ground pepper

1-2 eggs

¼ to ½ cup breadcrumbs

Olive oil for pan-frying

Cooked beets, diced and tossed with lemon juice, olive oil and salt

¼ cup full fat Greek Yogurt

1 tablespoon tahini

1 small clove garlic, minced or mashed

Salt

Teaspoon or so of olive oil or water to thin it out a bit (optional)

Mix the yogurt, tahini, garlic and salt together well and set aside.

Cook the beet greens in the water clinging to their leaves in a covered pot until just wilted. When tender, drain and let cool and then squeeze out any remaining moisture and chop finely.

Boil or steam the beets (scrubbed and trimmed but not peeled) until tender. Slip off the skin and cut into small pieces and toss with salt, lemon juice and olive oil.

Sauté the onion in a little olive oil over medium heat for a few minutes until softened. Add the cumin and coriander, if using. Take the pan off the heat and add the cilantro and the cooked (and somewhat cooled) quinoa and crumble in the feta cheese. Add ½ teaspoon sea salt and the egg(s). Stir in the chopped beet greens. If the mixture seems too wet add some breadcrumbs and let them absorb some of the liquid. Taste the mixture and make sure it's well seasoned and add salt, if needed.

Form the mixture into patties, about 3-4-inches in diameter. Press them together well. Cook them 3 to 4 minutes on each side over medium to medium-high heat in about 1 tablespoon of oil. Don't overcrowd the pan as it will be hard to flip them. And don't be tempted to flip them too soon. They will hold together much better if you can wait the 4 minutes before flipping. Serve with the beet salad and a dollop of the tahini yogurt.

Roasted Broccoli (and Kohlrabi?) and Potatoes with Quick Peanut Sauce

I pulled together this dinner (which included the below salad with a peanut dressing, using the same peanut sauce) in about half an hour for my hungry family after being out of town for the day. It once again goes to show that having a decently stocked pantry (I had spices, peanut butter, ginger, a lime, plain roasted peanuts and rice on hand) in combination with some fresh produce, can make for a wonderful, quick meal. And you can use a combination of vegetables. You could by all means use kohlrabi here as well.

If you have time to toast whole spices and pound in a mortar or quickly grind a spice grinder by all means do so. The dish will be extra flavorful.

Preheat oven to 450 degrees.

4 cups broccoli florets and stems (peeled if the stem seems fibrous), cut fairly small
4-5 green onions, trimmed and cut into 1-inch lengths, greens too (or on onion, sliced into half-moon if you don't have spring onions)
1 large or 2 medium kohlrabi, peeled and cut into small dice (about ½-inch)
4-5 medium potatoes, scrubbed and cut into small (1/2-inch dice)
1 ½ teaspoons ground cumin (or 1 teaspoon whole seeds, briefly toasted, cooled and ground)
1 ½ teaspoons ground coriander (or 1 teaspoon whole seeds, briefly toasted, cooled and ground)
2-3 tablespoons olive oil
1 1/2 teaspoon salt
Rice for serving

Mix the cumin, coriander and salt in a small bowl. Toss the vegetables with the spice mixture and the olive oil and spread evenly on a large sheet pan and put in the oven and roast, stirring occasionally for about 30 minutes until the vegetables are browning and tender.

Meanwhile cook rice (either brown or white). And make the peanut sauce, below.

Quick Peanut Sauce

1/3 cup smooth peanut butter
2 tablespoons boiling water
2 tablespoons fresh lime juice
1 1/2 tablespoon peanut oil
¼ teaspoon red pepper flakes (or more or use a chili sauce you like)
1 teaspoon finely grated ginger
2 teaspoons soy sauce
Pinch or two of salt, if needed

Stir all the above ingredients together until smooth. Taste and adjust seasoning with more lime juice and/or salt or water if needed. You want it to be fairly thin as it doubles as a salad dressing below.

When the vegetables are tender, serve over rice and topped with a generous drizzle of peanut sauce.

Green Salad with Favas and Peanut Dressing

I had a green salad dressed with a light peanut sauce at Smallwares (a restaurant in NE PDX) this week and was inspired by that when I developed this one over the weekend. I've never tossed a green salad with this kind of dressing and was delighted to discover the combination.

About 6 cups romaine, well washed, dried and torn or chopped into bite-size pieces
1 small spring onion, trimmed and thinly sliced (greens too)
1 cup shelled, cooked fava beans
Handful of mint leaves, torn or roughly chopped
Handful of basil leaves, torn or roughly chopped
1/3 cup dry roasted peanuts
About 3 tablespoons of the above peanut sauce

Toss everything but the peanut sauce in a salad bowl. Add the sauce and toss very well. If the sauce seems a bit thick thin it with a little more peanut oil or water or lime juice (if it's needs a bit more acidity). Enjoy!

Quick Peanut Sauce

4 tablespoons smooth peanut butter
1-2 tablespoon boiling water
2 tablespoons fresh lime juice
1 tablespoon peanut oil
¼ teaspoon red pepper flakes
1 teaspoon finely grated ginger
2 teaspoons soy sauce
Pinch or two of salt, if needed

Salad of Fava Beans, Peas and Mint

--adapted from Tender by Nigel Slater

This is to me a perfect salad. You're lucky enough to have both favas and snap peas in this week's share so this is the week to make it.

1 ½ cups shelled fava beans
2 cups trimmed and chopped snap peas (cut peas into thirds)
3 small slices of good, crusty bread
A little olive oil
5 cups washed, dried lettuce torn or cut into small pieces
Handful of mint leaves
2-3 ounces aged pecorino or Parmesan, shaved with a vegetable peeler into thin shavings

For the dressing:

Juice of one lemon
Salt and freshly ground pepper
About 4 tablespoons of the best olive oil you have
About a teaspoon of balsamic vinegar

Bring a pan of salted water to a boil. Add the shelled fava beans and cook for about 4 minutes (if they're really small cook for more like 2 minutes). Remove them with a slotted spoon and run under cold water. Add the peas to the water and cook those for about 4 minutes and then drain and rinse under cold water as well. You can either now shell the individual fava beans or leave the skins on. I tend to leave them on if they're fairly tender but either way is delicious.

Whisk together the dressing ingredients. Toast the slices of bread and tear them into small bits and drizzle with a little olive oil and sprinkle with a little salt.

Now toss the lettuce and mint with the dressing, then add the peas and beans and the cheese and the bits of bread and toss again. Enjoy!