



47th Ave Farm CSA for the week of July 1, 2013

It's hot. It's not going to get cooler for a while. Most of the items in the share are delicious in a salad or other raw/cold form. The fava burgers take a bit of cooking but they are worth it, completely! Cook your beets in the morning when it's still cool and then enjoy with toasted seeds and avocado and cilantro. Stay cool!

Grilled Spring Onions and Fava Beans

Fava Bean Burgers

Big Green Salad with Beans and Miso Dressing

Kohlrabi, Fennel and Cilantro Salad with Miso Dressing

Beet, Cilantro, Pumpkin Seed and Avocado Salad

Caesar Salad (again)

Buttered Greens and Potatoes with Indian Spices

Fava Bean Burgers

--adapted from Plenty by Yotam Ottolenghi

These are a little bit of work but so, so good and they deliciously combine three share ingredients this week.

Serves 4

1 bunch beet greens, washed, stems trimmed
3 tablespoons olive oil
About 2 ½ -3 cups shelled fava beans
3 medium potatoes, scrubbed and cut into small dice
1 small Serrano chile, seeded and finely chopped (optional – can use 1/8 – 1/4 teaspoon red pepper flakes instead)
2 garlic cloves, minced
3/4 teaspoon ground cumin
3/4 teaspoon ground coriander
1/4 teaspoon turmeric
Salt and freshly ground pepper
3 tablespoons chopped cilantro
6 tablespoons fine breadcrumbs
1 egg
Olive, sunflower or grapeseed oil for frying

Wilt the beet greens in a hot pan with 1 tablespoon of the olive oil. When cool enough to handle, squeeze out any liquid, then chop roughly and set aside.

Blanch shelled fava beans in boiling water for 3 minutes, drain and run under cold water and pinch skins of beans.

Cook the potatoes in boiling water for about 15 minutes, or until tender. Drain and put into a large mixing bowl. Immediately add the fava beans, spices, chile, garlic, remaining 2 tablespoons of olive oil and some salt and pepper. Use a potato masher to mash it all up roughly; don't worry if some beans are not totally crushed. You can alternatively quickly pulse in food processor.

Next, add the beet greens, chopped cilantro and breadcrumbs. Taste to check the seasoning. Lastly, mix in the egg.

Wet your hands and shape the mix into fat patties that are roughly 2 inches in diameter and 3/4 inch thick. Chill them for at least half an hour.

To cook, heat up the oil and pan fry the burgers on high or medium high heat for 5 minutes on each side, or until golden brown. Serve warm, with lemony yogurt sauce.

1/3 cup Greek yogurt
1 tablespoon good olive oil
about 1 teaspoon lemon juice
1 tablespoons chopped cilantro
Salt and pepper

Stir the above ingredients together and dollop on the burgers.

Grilled Spring Onions and Fava Beans

It's going to be so hot this week you might as well cook outside if you can. Even if your fava pods are on the bigger sides you can do this and if the pods are a bit tough, just shell them at that point and toss with a bit of the oil and herbs/garlic.

2 pounds small, tender fava beans in the pod
3-4 spring onions, use (if they're fairly fat, cut them in half or quarters lengthwise and trim them, leaving enough of the roots on so they stick together and trim some of the greens)
2 cloves garlic, finely minced
2 tablespoons fresh thyme
1/4 cup grape seed or olive oil
3 tablespoons balsamic vinegar
1 tablespoon sea salt

Freshly ground black pepper to taste

To remove the strings on either side of the fava bean, cut off the stem with a paring knife and pull it gently down one side of the pod; most of the thick string should come off. Do the same on the other side.

In a large bowl, whisk together the garlic, thyme, oil, and vinegar. Add the favas and onions, season with the salt and pepper, and toss well to coat.

Prepare a hot grill. Place the favas and onions on the grill in a single layer, in batches if necessary. Grill for 8 to 10 minutes, basting often with the marinade. The pods will char and become soft. Turn them over and cook on the second side for 6 to 8 minutes. Test a pod to see if it's chewy and if the beans inside are tender. Transfer to a plate and serve warm.

Big Green CSA Salad with Favas and Miso Dressing

--inspired by 101cookbooks.com

You could add some boiled, diced purple potatoes to this for the most beautiful, one-dish summer salad.

1 ½ cups cooked fava beans (shelled then cooked for about 4 minutes in boiling water and then peeled)
3 purple potatoes, boiled (be sure not to overcook), cooled and diced
8 cups (or so) red romaine, well washed and dried and cut into 1-inch ribbons
1/3 cup toasted pumpkin, sunflower seeds or almonds (roughly chopped)
1 spring onion, finely chopped
1 fennel bulb, trimmed and very thinly sliced
3-4 tablespoons cilantro, chopped

Creamy Miso Dressing:

1 medium clove garlic, smashed
1 tablespoon white miso
1 tablespoon mirin (rice wine)
1 ½ tablespoon brown rice vinegar
½ teaspoon ground cumin
1/3 cup plain whole milk Greek or regular yogurt
2 tablespoons heavy cream, or to taste (or more olive oil)
1 tablespoon olive oil
Freshly ground pepper

In a large bowl combine all the salad ingredients. Make the dressing by smashing the garlic into a paste in a mortar and pestle (or alternately, with a knife). Stir in the miso, then add the mirin, and vinegar, and combine until it all comes together. Add the cumin and the yogurt, and stir again before finishing with the heavy cream and olive oil. Taste, and adjust the dressing if needed.

Before serving, add half of the dressing to the salad and toss well. Keep adding more dressing until it is to your liking.

Kohlrabi, Fennel and Cilantro Salad with Miso Dressing

The above dressing is just lovely on a salad of thinly sliced fennel, kohlrabi (and turnips if you have them) cut into matchsticks, some sliced spring onion and tossed with heaps of barely chopped cilantro.

Roast or boil some purple potatoes on the side and hard boil a couple of eggs and call it dinner or lunch or leftover for breakfast.

Classic Caesar Salad (again)

You've already had this recipe this year but I do think it's the best thing to do with romaine and it will be beautiful with the red romaine.

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.

Beet Salad with Toasted Pumpkin Seeds, Avocado and Cilantro

As you know I'm a fan of cooking all your beets at once and then having them on hand to do a variety of things so if you already have them cooked this salad comes together very quickly.

Be sure to toast extra pumpkin seeds since they are a wonderful snack and addition to most any salad or nice alternative to croutons in soups as well.

6 or so beets
1 spring onion, thinly sliced or diced depending on how big they are. Use some of the green as well.
4 cups red romaine, washed, dried and chopped or sliced into pretty small pieces
1/3 – 1/2 cup pumpkin seeds (or sunflower seeds though pumpkin are superior in this dish)
1/2 cup or more cilantro, roughly chopped (stems and all)
1 avocado, diced
3 tablespoons olive oil
2 tablespoons sherry, red wine or balsamic vinegar
1 teaspoon Dijon-style mustard
Salt & freshly ground pepper

Scrub the beets and cook them in plenty of water until tender. Drain, peel them and cut into 3/4-inch dice. Toss the warm beets with half of the vinegar and some salt and let cool to room temperature. Whisk the remaining vinegar with the oil, mustard, salt and pepper and set aside.

Toast the pumpkin seeds in a dry, heavy skillet over medium heat, shaking often, until they are golden and fragrant and nice and puffed. This will take about 10 minutes. Cool.

Add the greens, spring onion and pumpkin seeds to the beets and toss with the dressing. Finally add the avocado and toss gently and adjust seasoning.

Buttered Greens and Potatoes with Indian Spices

You can use more greens than the below recipe calls for. Just adjust accordingly.

1 pound potatoes, peeled and cooked and cut into dice
1 bunch collard leaves, washed and very coarse stems removed (likely won't need to remove much if anything) and thinly sliced
1 bunch beet greens, washed, stems removed and sliced
2 tablespoons each butter and olive oil
3 spring onions, sliced
1 -15 ounce can of diced tomatoes
1 teaspoon cumin seeds
1/2 teaspoon turmeric
1 teaspoon ground coriander
2 teaspoons grated fresh ginger
3 garlic cloves, minced
salt to taste

Heat oil and butter in large skillet and brown the cumin seeds until they turn fragrant (just about 30 -60 seconds—be careful not to burn them). Then add onions sauté for 5 minutes add tomatoes and cook until they start falling apart, then add garlic and ginger. Add the spices, and a little water if necessary. Cook for a few minutes, then add greens and a 1/2 cup of water bring to boil reduce heat, add the potatoes and mix well then cover and simmer gently until ready, stirring once or twice to prevent sticking about 10 minutes.

It's done whenever the greens are cooked to your liking. This is very good served with whole milk or whole milk Greek yogurt and basmati rice.