



## **47<sup>th</sup> Ave Farm CSA for the week of July 15, 2013**

It's going to be a hot week so lots of salads and quick dishes this week. In addition to this week's cilantro, some of the recipes call for basil and mint so pick up (or harvest) some of those if you can.

**Grilled Onions, Fennel and Potatoes with Lettuce and Sausages**  
**Perfectly Cooked Green Beans**  
**Green Beans, Potatoes and Mint**  
**Summer Squash and Basil Soup**  
**Summer Squash and Potato Quesadillas**  
**Tropea Onion Notes**  
**Tropea Onions Roasted under Salt**  
**Fennel, Tropea Onion and Radish Salad (with Fish)**  
**Grated Carrot Salad with Cilantro and Onion**

### **Grilled Onions, Fennel and Potatoes with Lettuce and Sausages**

If you can bare turning the oven on this week I would suggest roasting (at 400-425 degrees) a pan of fennel and tropea onion wedges alongside some potatoes, all lightly coated in olive oil and sprinkled with salt. When tender and a bit caramelized, toss in a mustardy, vinegary dressing (whole grain mustard, red wine vinegar, olive oil, salt and pepper) and serve over some lightly dressed lettuce. Grill some sausages and you've got a substantial dinner.

### **Perfectly Cooked Green Beans**

Perfectly-cooked-green-beans is a rather subjective thing. My idea of a perfectly cooked green bean for most preparations—to use in the Bean and Potato dish below or simply to dip in homemade aioli—is to cook them in lots of generously salted, rapidly boiling water for about 5-6 minutes. Cooking really brings out the flavor in green beans and after 5-6 minutes you loose the “squeak” that you get if they're not quite done enough. You want a big pot of water so the water returns to a boil right after you add the beans and it's important to salt the water well, about 1 ½ tablespoons of kosher salt for a 6 quart pot of water. Drain them after 5-6 minutes and run under cold water. I don't bother with the ice-bath method but you certainly can. Put out onto a dry dishtowel and pat dry.

### **Green Beans, Potatoes and Mint**

I include some version of green beans and mint every year. I ate beans like this in Italy 20 + years ago and it's still a favorite combination.

However many green beans you want to use, tipped and tailed and cut in thirds or half  
4 medium good, waxy potatoes such as Yukon gold or red, scrubbed  
small handful of mint leaves, torn or roughly chopped

Good olive oil, the best you have, about 2 tablespoons—you want plenty of oil  
Sea salt

Cook the potatoes whole, until just tender. Remove from the water and let cool, then cut into bite sized pieces

Cook the beans as described above. You want them nice and tender and with no “squeak” left but still nice and bright. Drain them well. Toss them with the potatoes, oil and salt. Taste and adjust seasoning. You can add a splash of red wine vinegar if you’d like but I tend not to.

### **Summer Squash and Basil Soup**

--adapted from Elizabeth Minchilli

Serves four as first course, two as main

4 medium summer squash/zucchini, washed, trimmed and chopped  
1 medium onion, chopped or 2 leeks, washed well, trimmed and thinly sliced  
2 tablespoons olive oil  
1 teaspoon salt  
1 bunch of basil (about 2 cups of leaves)  
Juice of one lemon  
1 medium additional squash/zucchini, for garnish (optional)  
Grated Parmesan, for garnish

Put oil into a large pan and add onions. Cook over medium heat until softened. Add zucchini and salt and cook until the zucchini begin to break down. Add water to cover by one inch. Bring to simmer, cover, and let cook for about 15 minutes.

Cut the other zucchini into small, 2-inch batons, and steam or gently sauté for just about 4 minutes to barely cook. Take off heat and set aside.

Turn off heat and let cool. Using an immersion blender, blender or food processor, blend the soup until smooth. Just before serving, add basil and lemon juice and blend again. Taste and adjust for seasoning.

To serve, ladle soup into individual bowls and top with some of the steamed zucchini, a few basil leaves and sprinkling of Parmesan. If you’d like, you can also drizzle with yogurt or a dollop of sour cream or a drizzle of balsamic vinegar.

### **Summer Squash and Potato Quesadillas**

I made these this weekend with yellow crookneck squash from my garden and they were delicious. If you’re using your cilantro for something else and have fresh oregano (or parsley, basil or marjoram), use one or more of those instead.

Olive oil  
1 tropea onion, diced  
1 clove garlic, minced  
3 medium summer squash, trimmed and cut into very small dice (they don’t need to be uniform but they do need to be small, like ¼-inch if you can)  
2 medium Yukon gold potatoes, scrubbed and cut into very small dice as well

1/3 cup chopped cilantro  
1 cup grated sharp cheddar or the like  
Salt and pepper  
Red pepper flakes or minced Serrano pepper or hot sauce or salsa (optional)  
Large flour tortillas (I use whole wheat)

Sauté the onion, garlic, red pepper flakes or Serrano pepper (if using) and potatoes in some olive oil in a large skillet over high or medium-high heat for about 7-8 minutes until the onion is soft. Add the summer squash and a splash more oil if it seems dry and a few pinches of salt cook for another 5 minutes or so until the squash and potatoes are tender. If they fall apart a bit that's perfectly fine. Stir in the herbs and taste and adjust seasoning.

Remove the vegetable mixture from the skillet and add another little splash of oil. Sprinkle a thin layer of grated cheese on one half of one tortilla and top with some of the vegetable mixture and top with a bit more cheese. Fold over the other half of the tortilla into a half-moon and press down gently and cook in the skillet until nicely browned on both sides and the cheese is melted all is warmed through. Enjoy with salsa and/or more chopped cilantro.

### **Tropea Onion Notes & Tropea Onions Roasted under Salt**

This delicious crisp sweet onions are from Southern Italy. They are wonderful grilled simply with olive oil and salt. They are also delicious made into an onion jam, cooked slowly and then finished with a little balsamic or sherry vinegar. They would also be delicious on a burger or any sandwich or salad.

I found this fun blog post (<http://cookingwithrosetta.com/?p=2806>) and cooking technique while brushing up on these wonderful onions. I haven't tried this method but it sounds wonderful.

### **Fennel, Tropea Onion, and Radish Salad with Feta (with Fish)**

This salad is a perfect accompaniment to some very simply grilled or pan-fried fish of your choosing.

2 small-medium fennel bulbs, trimmed, halved and sliced as thinly as you can  
1 Tropea onion, trimmed, halved and sliced as thinly as you can  
4 radishes, trimmed, halved and sliced thinly  
2 ounces feta  
2 teaspoons capers (optional), chopped up a bit  
Juice of 1 lemon  
Good olive oil  
Salt and pepper

Put the sliced vegetables in a large bowl. Toss with lemon juice, olive oil, salt and pepper and optional capers. Taste and adjust seasoning remembering that the feta will add saltiness. Add feta, gently toss and taste again.

## **Grated Carrot Salad with Cilantro and Onion**

A grated carrot salad like this is good and refreshing on a hot summer night.

Grate as many well-scrubbed carrots as you'd like and put in a salad bowl. Add lots of roughly chopped cilantro (stems and all) and some sliced tropea onion and a bunch of toasted pumpkin or sunflower seeds (use more seeds than you think you should!). Dress with olive oil, lemon or lime juice and salt and pepper. Taste, adjust, eat!