



## **47<sup>th</sup> Ave Farm CSA for the week of July 8, 2013**

In case you're short on time this coming week you could roast (a la Tamar Adler of *An Everlasting Meal*) much of this week's share except for the collards, arugula dill and lettuce. Use a couple of big sheet pans and cover them with the fennel, cut into wedges or slices, sliced carrots, diced potatoes, thickly sliced or quartered onions and thickly sliced squash. Drizzle the whole thing with olive oil and sprinkle with salt and roast at 400 – 425 degrees until the edges of the vegetables are deeply browned and they're tender when pierced with the tip of a knife

**Simple Summer Squash Sauté**  
**Savory Summer Squash Fritters**  
**Carrot and Seed Salad**  
**Green Salad with Spring Onions and Dill Buttermilk Dressing**  
**Sautéed Onions and Collards with Lemon**  
**Kohlrabi and Fennel Salad**  
**Basic Pizza Dough**  
**Potato and Spring Onion Pizza**  
**Potato and Kohlrabi with Creamy Dill Dressing**

### **Simple Summer Squash Sauté**

I either make this or the below pancakes when the first zucchini arrive each summer. This is not really a recipe, just a technique that I never tire of.

3-4 summer squash (however many you have/want to use)  
Olive oil  
Salt

Wash the squash and trim the ends. Cut them into 1/4-inch rounds at an angle and halve any large rounds. Heat 1-2 tablespoons of olive oil over high heat in the largest skillet you have (you don't want to crowd them too much as they'll steam instead of browning if you do). Add the zucchini and couple of pinches of salt. Toss them around in the hot oil a bit and then let them cook on high heat for just a few minutes and then turn the heat down to medium-high or a bit lower. You want to get a good bit of browning right away. Continue cooking and gently flipping/stirring occasionally until they're nice and tender. Adjust seasoning with salt, drizzle with a little more good olive oil if you'd like and enjoy. A good grating of Parmesan would not be amiss here either.

## **Savory Summer Squash Fitters**

I can't believe we already have zucchini. I include this recipe every year because it's the first thing I make when the zucchini or summer squash arrive.

Serves 4 as an entrée

3 medium zucchini or other summer squash  
1 ¼ teaspoons salt  
1 tablespoon chopped fresh dill  
1 ½ tablespoons chopped fresh oregano, dill, or basil  
½ a spring onion, white and some green parts, finely chopped  
2 cloves garlic, minced  
¼ teaspoon freshly ground black pepper  
2-3 ounces feta cheese, coarsely chopped or crumbled (or grated sharp cheddar or other cooking cheese)  
2 eggs  
3 tablespoons cornstarch or all-purpose flour  
Olive or sunflower oil, for pan-frying  
½ cup Greek yogurt (optional)

Grate the squash on the large holes of a grater onto a clean kitchen towel. Sprinkle with the salt and let it rest while you gather and prepare the remaining ingredients.

Wrap the squash in the towel and wring as much liquid out of it as possible over the sink. In a medium bowl, combine the zucchini, mint, other herbs, onion, garlic, pepper, and feta. Stir in the egg and flour and mix until well combined.

Add about 1 ½ tablespoons of oil to a large skillet and place the pan over medium-high heat. When the oil is shimmering add about ¼ cup of the mixture to the pan, fitting as may as you can in the pan without overcrowding. Cook until the pancakes are golden brown on each side, 4 to 6 minutes.

Transfer the pancakes to plates and garnish with a dollop of Greek yogurt and a sprinkle of dill.

## **Carrot and Seed Salad**

*—adapted from Breakfast Lunch Tea by Rose Carrarini*

Serves 6 as a side

I make a variety of carrot salads. They add bright and fresh flavors year-round. Carrot salads are the perfect foil for the cook-with-what-you-have approach. Cumin, coriander, chili flakes, serrano chilies, lemon, lime (juice and zest), rice vinegar, parsley, mint, cilantro, tarragon, and basil are all wonderful complements to the carrots. Toasted nuts and seeds of many kinds are good too.

You can add cooked white beans to this salad for a more robust version. Make a little extra dressing and you have a great lunch or light supper.

With a simple frittata and a piece of good bread, this makes a lovely dinner.

1 cup sunflower seeds (or pumpkin seeds)  
1 tablespoon olive oil  
2 generous pinches of kosher salt  
6 medium carrots, grated  
2-3 tablespoons finely chopped dill

Dressing:

3-4 tablespoons lemon juice  
1 teaspoon kosher salt, plus possibly more to taste  
1/2 teaspoon ground black pepper  
2 teaspoons honey or sugar  
about 3 tablespoons sunflower or olive oil (I used a good olive oil)

Preheat oven to 350.

Toss the sunflower seeds with the tablespoon of oil and several pinches of salt and roast on a baking sheet for about 15 minutes, turning frequently, until they are crisp and golden. Set aside to cool.

Place the grated carrots in a serving bowl. To make the dressing whisk together the lemon juice, salt, pepper and oil. Pour the dressing over the carrots and mix well. Sprinkle with the dill and the seeds, mix again, and adjust seasoning and serve.

### **Green Salad with Spring Onions and Dill Buttermilk Dressing**

This is a simple, fresh salad perfect for either red leaf or butter lettuce.

However much lettuce you want/need to use

However much arugula you want/need to use

½ large or 1 small spring onion, very thinly sliced and soaked in ice water for 10 minutes

Dressing:

1/2 cup buttermilk

1/3 cup mayonnaise, sour cream or Greek yogurt

Good squeeze of lemon juice or splash of white wine or champagne vinegar

2 tablespoons chopped fresh dill

1 teaspoon sea salt

½ clove garlic, finely minced or mashed

Freshly ground pepper

Drain the onion and pat dry and put in a large salad bowl with the lettuces.

Whisk the dressing ingredients together and toss the salad with some of it. Add more as needed and adjust seasoning

### **Sautéed Onions and Collards with Lemon**

Wash and cut collards in half lengthwise and then into 1-inch ribbons

Slice up as many spring onions as you'd like.

Heat some olive oil in a large skillet and add the onions and a few pinches of salt and sauté for a few minutes until softened. Add the collards and ½ cup of water or chicken stock or broth and bring to a simmer and cook, covered for about 15 minutes. If there is any liquid remaining at this

stage remove the lid and cook a little longer until it's pretty dry. Taste and salt if needed. Serve with a drizzle of good olive oil and fresh lemon juice.

### **Kohlrabi and Fennel Salad**

*--inspired by Plenty by Yotam Ottolenghi*

This salad is one of my favorite ways to use kohlrabi. The original calls for cabbage too but I've substituted fennel (albeit not as much) and while a different twist, very good as well.

The original recipe call for dried sour cherries and I've always used golden raisins instead.

Since it is the peak of cherry season I wonder how fresh cherries would work. Texture and flavor would be substantially different but try it if you'd like and report back!

2 medium kohlrabi, peeled and cut into matchsticks about 2 inches long and 1/8 – 1/4 inch wide

2 medium fennel bulbs, trimmed, halved or quartered and sliced as thinly as you can

1 bunch dill, roughly chopped

1 cup dried, whole sour cherries 1 cup golden raisins (or fresh sour cherries—see headnote)

Grated zest of 1 lemon

3 tablespoons lemon juice

2-3 tablespoons good olive oil

1 garlic clove, minced or mashed with some salt on a cutting board with the side of a chef's knife into a paste

Salt and freshly ground pepper

Put all ingredients in the large mixing bowl and using your hands massage everything together really well. Let sit for 10 minutes. Taste and adjust seasoning. You need quite a bit of salt to counteract the lemon. Then lift salad into a serving bowl leaving much of the juice behind, and serve.

### **Basic Pizza Dough**

*--adapted from Jim Lahey*

I made this again the other day after having gotten lazy and switched to the fantastic Grand Central Bakery pizza dough for a couple years. I was reminded of just how easy and delicious this homemade dough is. Just be sure you have good yeast. I found the dry yeast that Pastaworks carries is especially good.

Pizza dough freezes beautifully. So if you're only going to use half of it or want to make a double batch and save some for future use, just lightly oil a 1 qt freezer bag and put 1/2 a recipe worth of pizza dough in. Thaw it thoroughly and bring it to room temperature before using. Then handle exactly the same as fresh dough.

In Jim Lahey's original recipe he has you bake the pizzas on a sheet pan. I do that sometimes, especially for the potato pizza because there's so much topping, but I frequently bake them right on a pizza stone with makes them wonderfully crisp. If you're using a pizza stone you don't need any oil and just place the stretched out piece of dough onto a well-floured pizza peel (or the back of a cookie sheet if you don't have a peel) and after you've added the toppings you slide it right onto the hot stone.

I have tried this recipe with half whole wheat flour and half white. It turns out fine but is a bit of a different animal—not as crisp a bit nuttier and chewier—as you might expect.

500 grams bread flour (3 3/4 cups)  
2 1/2 teaspoons instant or active dry yeast (10 grams)  
3/4 teaspoons table salt (5 grams)  
3/4 teaspoon sugar, plus a pinch (about 3 grams)  
1 1/3 – 1 1/2 cups room temperature water  
extra-virgin olive oil for pans

In a medium bowl, stir together the bread flour, yeast, salt and sugar. Add the water and, using a wooden spoon or your hand, mix until blended, at least 30 seconds. The dough should be able to contain all of the flour, if it seems dry or if there is excess flour at the bottom of the bowl, add water a tablespoon at a time.

Cover the bowl with a tea towel and let sit at room temperature until the dough has doubled in volume, about 2-3 hours.

### **Pizza Patate**

--adapted from Jim Lahey's My Bread

If you don't have time to make your own pizza dough I've had great success with Grand Central Bakery's frozen pizza dough available at all their bakeries. Just make sure you give yourself enough time to thaw it.

As Jim writes, "Potato pizza is another Italian classic you don't see very often in the United States. While my rendition is pretty traditional, I soak the potatoes in salted water first, which actually extracts about 20 percent of their moisture. That causes them to cook more quickly and makes them firmer. It's a little trick I learned from cooking potato pancakes." I've made this pizza with and without the pre-soaking trick. They both work but especially if you don't have a mandolin (like me) and your potatoes aren't quite as thinly sliced, I do think it helps cook more quickly and evenly.

1 quart lukewarm water  
4 teaspoons (table salt  
6 to 7 (1 3/4 lbs) medium potatoes  
1 cup sliced spring onion  
1/2 teaspoon freshly ground black pepper  
1 teaspoon kosher salt  
About 1/4 cup extra virgin olive oil, + 1 1/2 tablespoons (for the sheet pan)  
1/2 recipe Basic Pizza Dough  
About 1 tablespoon fresh rosemary leaves

Preheat the oven to 500 F with a rack in the middle.

In a medium bowl, combine the water and salt, stirring until the salt is dissolved. Use a knife or the slicer on a box grater or mandolin to slice the peeled potatoes as thinly as you comfortably can, and put the slices directly into the salted water so they don't oxidize and turn brown. Let soak in the brine for 1-1/2 hour (or refrigerate and soak for up to 12 hours), until the slices are wilted and no longer crisp. (Note: I cut the soaking time to 30 minutes and the results were still good.)

Drain the potatoes in a colander and use your hands to press out as much water as possible, then pat dry. In a medium bowl, toss together the potato slices, onion, pepper, salt and olive oil.

Spread the potato mixture evenly over the dough, going all the way to the edges of the pan; put a bit more of the topping around the edges of the pie, as the outside tends to cook more quickly. Sprinkle evenly with the rosemary. Bake for 30 to 35 minutes, until the topping is starting to turn golden brown and the crust is pulling away from the sides of the pan. Serve the pizza hot or at room temperature.

### **Potato and Kohlrabi with Creamy Dill Dressing**

Scrub however many potatoes you want to use and cut into thumb-sized chunks. Peel however much kohlrabi you want to use and cut into large dice. Steam, boil or roast potatoes and kohlrabi until both are tender. Let cool to room temperature.

Make a dressing of whole milk regular or Greek yogurt or a sour cream, lots of chopped dill, salt, pepper and a bit of minced spring onion and a bit of olive oil. Toss the potatoes and kohlrabi with the dressing. Taste and adjust seasoning.