



## 47<sup>th</sup> Ave Farm CSA for the week of August 19, 2013

### Tomato Notes

**Kohlrabi Slaw (for fish tacos?)**

**Cucumber Sesame Salad with Peanuts**

**Summer Squash Tian**

**Summer Squash with Tomatoes, Basil and Lemon**

**Quinoa with Black Beans and Tomato**

**Simplified Cook-With-What-You-Have Ratatouille**

**Green Curry with Eggplant and Basil**

### Tomato Notes

I doubt you need any more inspiration for the gorgeous Stupice tomatoes. I have been making tomato sandwiches (with homemade mayonnaise or aioli) and rings of sweet onion and basil and plenty of salt and pepper. And I actually made a caprese salad the other day with fresh mozzarella from Pastaworks. It is so ubiquitous it's almost a cliché but making it was a reminder of how good and simple it is.

### Kohlrabi Slaw

A favorite way to eat kohlrabi this time of year is simply to grate it on the large holes of a box grater. Then sometimes I mix it with grated carrot and always dress it with minced garlic, Greek yogurt, a splash of good olive oil, fresh lemon juice, plenty of chopped cilantro and salt and pepper. Add some minced **jalapeno** if you have some in your share. It's such a refreshing, quick slaw-like salad. I have also wrapped it in tortillas with some crumbled feta for a light lunch or snack. And it's perfect with fish tacos!

### Cucumber Sesame Salad with Peanuts

This is a very addictive, fun salad.

1 large cucumber, thinly sliced

1 jalapeno pepper, minced (Remove the seeds for a milder salad.)

1 clove garlic, finely minced

½ teaspoon fresh ginger, grated or finely minced

1 lime, zest and juice

1 tablespoon rice vinegar

½ teaspoon fish sauce

2 teaspoons sesame oil

1 teaspoon honey

1 teaspoon black sesame seeds (regular are just fine—the black ones look great but the flavor is very similar)

2 tablespoons salted and roasted peanuts, roughly chopped

Fresh basil, mint, or cilantro or a combination of them, chopped

Place the cucumber slices, radishes, and chile pepper in a large bowl, toss to mix. In a small bowl whisk together the garlic, ginger, lime zest and juice, rice vinegar, fish sauce, sesame oil, and honey. Drizzle the vinaigrette over the cucumbers and toss until thoroughly mixed. Refrigerate for 30 minutes to allow the flavors to deepen. Before serving add the sesame seeds, peanuts, and herbs and toss again

### **Summer Squash Tian**

--adapted from by Julia Child via Food52

This is a brilliant dish—it really is. Julia Child would have been 101 last week and in honor of her I made it again. It takes a little bit of time but is well worth it and uses a little over 2 lbs of summer squash. We had this for dinner with sliced tomatoes, basil and feta. Perfect summer food.

Serves 6

2 to 2 1/2 pounds zucchini or other summer squash, well washed (about 4 medium to large-ish squash)

1/2 cup long grain white rice

1 cup minced onions (or two leeks, well washed and thinly sliced into half rounds)

3 to 4 tablespoons olive oil

2 large cloves garlic, mashed or finely minced

2 tablespoons flour

About 2 1/2 cups warm liquid: zucchini juices plus whole milk, heated in a pan (watch this closely so that it doesn't curdle)

About 2/3 cups grated Parmesan cheese (save 2 tablespoons for later)

Salt and pepper

2 tablespoons olive oil

Preheat oven to 425.

If squash are large, halve or quarter them. Grate the squash on the large holes of a box grater into a large bowl that you've lined with a clean, cotton dish towel. Toss the grated squash with about 1 1/2 - 2 teaspoons of sea salt and let sit while you continue with the dish.

In a large (11-inch) ideally ovenproof (cast iron or All-clad) frying pan, cook the onions and rice slowly in the oil for 8 to 10 minutes until tender and translucent. The rice may brown a bit which is just fine. Raise heat slightly and stir several more minutes until lightly browned.

Now bring the ends of the towel together and twist and squeeze all the liquid you can out of the squash and into the bowl it's been resting in. You will get about 1- 1/2 cups of salted liquid. Add milk to make 2 1/4 - 2 1/2 cups liquid and warm gently in a saucepan. Don't boil.

Now stir the grated and dried squash and garlic into the onion and rice mixture. Toss and turn for 5 to 6 minutes until the zucchini is almost tender. Sprinkle in the flour, stir over moderate heat for 2 minutes, and remove from heat. Gradually stir in the hot liquid, being sure the flour is well blended and smooth. Return over moderately high heat and bring to the simmer, stirring. Remove from the heat again, stir in all but 2 tablespoons of the cheese.

Taste very carefully for seasoning. Now if you're skillet isn't oven proof turn the mixture into a buttered baking dish, top with remaining cheese and drizzle the olive oil over the cheese.

Bake in preheated 425-degree F oven until tian is bubbling and top has browned nicely. The rice should absorb all the liquid. Serve hot or at room temperature.

### **Summer Squash with Tomatoes, Basil and Lemon**

--inspired by Tender by Nigel Slater

This is a favorite summer squash dish. The addition of the lemon juice is critical.

3-4 medium squash, well washed and cut into thick fingers, homemade French-fry sized  
1 cup diced onion  
2-3 tablespoons olive oil  
2-3 medium to large tomatoes, roughly chopped  
Generous handful of basil leaves, roughly torn  
Salt and pepper  
½ a lemon

Heat the oil in a large skillet or sauté pan and add the onion and squash and cook, fairly undisturbed for 6-8 minutes over medium to medium-high heat until the vegetables begin to soften.

Add the tomatoes, the basil, salt and pepper, and a good squeeze of lemon juice. Stir and then cover with a loose fitting lid and let simmer for 10 -12 minutes until the squash is completely tender. Adjust seasoning and serve with good crusty bread to mop up the juices.

### **Quinoa with Black Beans and Tomato**

This dish is wonderful. The lime zest and juice sets it apart and the tomatoes this week will be perfect here. And if you don't have black beans, pinto, kidney or cranberry are all good choices too. If you use the optional cheese it's a light, one-dish meal in my book. Quinoa is a complete protein and in combination with the beans is very balanced nutrient-wise.

Grated zest of one lime  
2-3 tablespoons fresh lime juice  
3 Tbs olive oil  
1 cup quinoa  
2 cups cooked black beans, drained (or 1 14- to 15-ounce)  
2 medium tomatoes, diced  
1 small jalapeno, minced (deseed if you want a milder dish)  
Corn kernels from two ears of corn, quickly cooked and then cut off the cob  
3 tablespoons red onion diced and thinly sliced onion tops  
1/4 cup chopped fresh basil  
2 oz. feta, crumbled (optional)  
Salt & pepper

Whisk together lime zest and juice, oil, 1/2 teaspoon salt, and 1/4teaspoon pepper in a large bowl. Place quinoa in a fine mesh strainer and thoroughly rinse under cold, running water or place strainer with quinoa in a large bowl of water and swish around and change water several times. Drain well and put quinoa in a medium pot with 1 ¼ - 1 ½ cups water and 1 tsp salt. Bring to a boil, turn down and cover and simmer for about 20 minutes or until the water is absorbed and the quinoa is tender and fluffy.

Add warm or room temp quinoa to dressing and toss until dressing is absorbed, then stir in remaining ingredients and salt and pepper to taste.

### **Padron Pepper Notes**

Padrons are a treat and the theory goes that one in seven is spicy. From my non-scientific testing this seems about right to me. The only way I ever prepare them (and have ever eaten them out) is simply pan fried in hot olive oil and sprinkled with plenty of good, coarse sea salt. You eat the whole thing, seeds and all, though you can use the stem as your utensil and don't need to eat that. You want to fry them until they're browning and blistering in places.

### **Simplified Cook-With-What-You-Have Ratatouille**

It's almost time for the real ratatouille, when sweet peppers, eggplant, summer squash and tomatoes are all at their peek. With the squash, potatoes (not authentic but good) eggplant, tomatoes and onions in your share this week you can do a quick version (for the real thing I cook most of the vegetables separately and then combine them all with the tomatoes for a final simmer which is worth the time) but for now, this works well.

Dice potatoes, tomatoes, eggplant, squash and onions all roughly the same size. In your largest skillet, heat 2 tablespoons of olive oil and start with the onions and potatoes. Cook over fairly high heat, stirring occasionally until the onion softens and the potatoes begin to brown. Add the eggplant and squash and another splash of oil and 1 teaspoon or more of salt and cook for about 10 minutes, stirring often and turn the heat down if things start to scorch. Finally add the tomatoes and cook, covered for another 10 minutes. Add finely minced garlic and freshly chopped basil at the very end. Adjust seasoning and serve drizzled with good olive oil and good crusty bread.

### **Thai Green Curry with Eggplant and Basil**

I've included this dish earlier in the season but am doing so again because it's wonderful with eggplant and it's best with lots of fresh basil. It is not quite an authentic Green Curry but a tasty, quick adaptation. You can easily add chicken or tofu to it for an even heartier dish though it's wonderfully rich and satisfying without as well.

Serves 4 (generously)

2 carrots, well scrubbed (but no need to peel) and sliced thinly on the bias  
2 eggplant, sliced into 1/3-inch half-rounds or cubed  
1 – 2 inch piece of ginger, peeled and minced  
2 cloves of garlic, minced  
1 1/2 heaping teaspoon (or to taste) green curry paste (Thai & True is a great local brand and Mae Ploy is also readily available brand)  
4-6 Kafir Lime leaves (optional) (New Seasons, Whole Foods and most Asian markets have them and they freeze beautifully so if you happen to see some buy lots and freeze-they add an incomparable fragrance to this dish though it's certainly good without too)  
2 teaspoons soy sauce (more to taste)  
2 teaspoons fish sauce (can omit to make it vegetarian/vegan) (more to taste)  
1 can coconut milk (full fat preferably but light will work too)  
1/3 cup basil, packed and roughly torn  
Juice of half a lime (optional)

White or brown cooked Jasmine or other long grain rice

Heat wok or large sauté pan over medium-high heat. Add ½ cup of coconut milk (use the thickest, part usually at the top of the can) and bring to a boil. Stir occasionally for 2-3 minutes. Add the curry paste, garlic, ginger and carrots and fry it all for about 3-4 minutes until the paste is fragrant. Then add the remainder of the coconut milk plus ½ can's worth of water, soy sauce and fish sauce. Bring to a boil and then turn down to a simmer and add the eggplant and basil and simmer for about 10 minutes until the vegetables are tender. Adjust seasoning with a bit of salt or more soy sauce and/or fish sauce if needed and finish with a generous squeeze of lime juice, if using. Serve hot over rice.