



47th Ave Farm CSA for the week of August 26, 2013

More cukes! If you didn't try the refrigerator pickles from two weeks ago or the sesame and peanut cucumber salad by all means try those. Or try the classic German braised cucumber dish below. It uses a lot of cukes and is a revelation—and one of my favorite childhood dishes.

Schmorgurken (German Braised Cucumbers)

Anaheim Notes

Green Rice (with Parsley and Stuffed Anaheim Peppers)

Roasted Tomato Soup with Fresh Corn Salsa

Farçous (Swiss Chard Pancakes)

Corn pudding with Two kinds of Peppers

Zucchini Fingers

Schmorgurken (German Braised Cucumbers)

There are many variations of this dish in Germany and I grew up with this simple, sweet and sour vegetarian one. Often ground beef or small meat balls are added to the mix and sometimes also tomato. I don't know of any cooked cucumber dishes in the states but having grown up with this one it doesn't seem odd to me and is well worth a try.

Olive oil

3 cucumbers, peeled and cut in half lengthwise and seeds removed with a teaspoon

½ cup sour cream

1 tablespoon white wine or cider vinegar

2 teaspoons sugar

Salt and lots of freshly ground pepper

2-3 tablespoons chopped fresh dill (you can substitute parsley but dill is best)

Cooked rice for serving.

Put your rice on to cook—we grew up eating this over long grain white rice but you could by all means use brown as well.

Cut the halved cucumbers into ½-inch half rounds. In a large, heavy skillet sauté the cucumber slices in a bit of olive oil over medium to medium-high heat, stirring frequently. They will release quite a bit of liquid, which is great. It will add to the sauce. When they are translucent and softening (about 10 minutes) add the sour cream, vinegar, sugar, salt and pepper. Simmer for about 5 minutes more until the cucumbers are completely tender and the sauce has thickened a little. Add the dill, taste and adjust for salt and pepper and serve hot over rice.

Anaheim Notes

I would suggest roasting all your peppers at once and then you'll have them on hand to add to salsa, sauces, salads (with corn and tomatoes, sweet onions and roasted squash and parsley would be perfect) or use them in the Green Rice below. I roast mine under the broiler, turning them regularly to evenly blacken all sides. Then you can set them in a bowl and cover them to steam a bit more. This also loosens the skin a bit. Then peel and deseed and you're ready to go. I find Anaheims vary in their heat level so taste a little and see and then judge how much to use.

Green Rice

This is the week of childhood favorite dishes that I have incorporated into my own repertoire though I still love eating this at my mother's and since she grows all the Anaheim it's a regular dish. Make a simple cucumber salad and call it dinner. I don't know where she originally got the idea but it's an unusual and wonderful dish. She makes it with a whole bunch of parsley.

2 tablespoons olive oil
2 cloves of garlic, minced
1 onion, finely diced
1 large bunch parsley, rinsed well and bottom half of stems removed. Chop the remaining stems and leaves fairly finely
2 cups long grain white (or brown—will take longer to cook) rice
4 cups milk (2% or whole – not skim)
6 Anaheims (you can use fewer too), roasted over a gas burner until black and blistered or under the broiler
6 ¼-inch thick slices of sharp white cheddar (to fill each pepper)
Salt

Heat olive oil in a large pot or Dutch oven over medium-high heat. Add the rice to the pan and stir well to coat with oil and cook for 2-3 minutes, stirring occasionally. Add onion, garlic and parsley and mix well and sauté for 2-3 more minutes. Add the 4 cups of milk and a generous 1 ¼ teaspoon of salt (you may still need more—it takes quite a bit) and bring to a boil but be careful, milk boils over easily and makes a big mess so stay close by. Turn down to very low and cook, covered for 12- 15 minutes.

Carefully peel the peppers, remove the stem and cut down one side of the pepper to remove the seeds. Try to keep the peppers as intact as possible—not a big deal if you don't but easier to manage if you do. Lay the peeled, deseeded peppers on a cutting board and place a slice of cheese inside each one.

After the rice has been cooking for about 20 minutes (if you're using white rice otherwise 35 minutes) and much of the milk has been absorbed, use a large spoon to lift up some of the rice and place the stuffed pepper in the spot you've made and recover with rice. Continue until you've more or less evenly placed all the peppers in the rice. Cover and cook for another 5-10 minutes until the rice is tender and the peppers heated through and the cheese melted. I like to turn the heat up again at the very end to create a bit of a crust on the bottom of the pan. This is a bit risky since you don't want to burn the rice. Serve hot, making sure everyone gets a pepper.

Roasted Tomato Soup with Fresh Corn Salsa

--from DavidLebovitz.com from The Bonne Femme Cookbook by Wini Moranville

I don't think I've ever made something from this wonderful food blog (former Chez Panisse Pastry Chef David Lebovitz) that I didn't love and same goes for this one. And it uses, parsley, hot peppers, tomatoes, corn and onion from your share this week.

This soup, while intended to be served warm, tasted delicious cold as well. If you have a lot of tomatoes on hand, I would recommend making a big pot of this soup and freezing it for a few months.

I didn't remove the skins but if you want, you can slip them off easily after they're roasted. But they blitzed away to nothing in the blender. For the salsa, I used chipotle chili powder because I like the smokiness. You'll have some leftover salsa, which makes a nice dip for tortilla chips.

This soup serves four, although there won't be enough for seconds. It can easily be doubled, tripled, or quadrupled.

For the soup

2 pounds tomatoes
6 cloves garlic, peeled
2 tablespoons olive oil
salt and freshly ground black pepper
2 cup (500ml) water
1 teaspoon minced fresh thyme or summer savory
1 tablespoon sugar

For the salsa

2 cups fresh corn kernels (from about 3 ears)
1 tablespoon olive oil
1 small tomato, diced
1/4 Walla Walla Sweet, diced
1/2 sweet pepper, diced (optional)
1 small fresh jalapeno, seeded and chopped
1/2 cup chopped parsley
generous pinch of ancho or chipotle chili powder
juice of 1 to 2 limes
salt

Preheat the oven to 400°F (200°C).

Cut the tomatoes in half horizontally and squeeze out the seeds. Toss the tomatoes with the olive oil and garlic on a baking sheet, seasoning them with salt and pepper. Turn the tomatoes so they are all cut side down, and bake for 20 to 30 minutes, until the tomatoes are completely soft and beginning to char on the bottoms.

Warm the water in a saucepan with the roasted tomatoes, garlic (and any juices on the pan), and thyme or savory. Once warm, simmer for 10 minutes. Remove from heat and let cool to

room temperature, then blend the tomatoes with the water or stock, and the sugar. (At this point, you can chill the tomato soup for up to 2 days.)

Make the corn salsa by warming the corn kernels in a skillet with the olive oil until slightly soft, about 2 minutes. (If you have a grill, you can char them there instead.) Scrape the kernels into a bowl and mix in the diced tomatoes, onions and peppers, if using, as well as the chopped chile, parsley, chili powder, the juice of 1 lime, and some salt. Stir together and taste, adding additional lime juice and salt if desired.

Warm the soup in a saucepan and divide into bowl, adding a generous heap of the corn salsa in the center. Note that you want to warm the soup pretty well so that the heap of salsa doesn't cool it down.

One-Pan Farro with Tomatoes

--adapted from smittenkitchen.com which as inspired by Martha Stewart Living

Below is smittenkitchen's farro note which I thought I'd include here:

One a Farro 101 note, the trickiest thing in writing this recipe was considering the different types of farro (from an Italian wheat strain known as emmer) available — as well as misconceptions, such as the notion that it can be used interchangeably with spelt. (It cannot, as spelt can take hours.). Farro comes whole/unpearled, semi-pearled (semi-perlato) and pearled (perlato); pearling describes how much of the exterior bran is removed, but packages are not always labeled. If your package says it will cook in less than 15 minutes, it's probably pearled; if it takes around 30 minutes, it's probably semi-pearled. And if it takes 60 to 80 minutes, it is whole or unpearled. [To make it even more confusing, I've been using the Rustichella d'Abruzzo brand, which labels it as "whole farro" but it is indeed semi-pearled, which is why cooking times are the best way to decipher which kind you have.] This recipe will work for all three versions (there are multiple comments below noting results for each, as well as quinoa, couscous, and even rice, just do a word search [Cntrl + f] to find the grain you're looking to swap) but I've defaulted to semi-pearled below, which I find most frequently in stores. In all cases, if your package gives you a different cooking time than the 30 minutes suggested below, default to it instead.

I used farro from the New Seasons bulk bin and let it soak in the water I'd eventually cook it in for several hours. Then it took 65 minutes and an extra 1 cup water to get tender. I'm not sure all the soaking cut down on the eventual time—par-boiling for 10 minutes would probably vastly speed things up so try that if you're short on time and have the "whole" farro.

Serves: 4 as a side, 2 as a hearty main

2 cups water (or more – see above)
1 cup semi-pearled farro or whole farro (see Note above for farro types)
1/2 large onion, cut in half again and thinly sliced into quarter moons
2 cloves garlic, thinly sliced
10 ounces tomatoes, cut into thin wedges or large dice (about 2 cups)
1 1/4 teaspoons sea salt
½ - 1 jalapeno, deseeded (to taste), minced
1 tablespoon olive oil, plus extra for drizzling
Handful of basil leaves, cut into thin ribbons
Grated Parmesan, for serving

Place water and farro in a medium saucepan to presoak (I find just 5 to 10 minutes sufficient) while you prepare the other ingredients. Adding each ingredient to the pot as you finish preparing it, onions, garlic, pepper. Add salt and 1 tablespoon olive oil to pan, and set a timer for 30 minutes. Bring uncovered pan (no lid necessary) up to a boil, then reduce to a gentle simmer, stirring occasionally. When the timer rings, the farro should be perfectly cooked (tender but with a meaty chew), seasoned and the cooking water should be almost completely absorbed. If needed, though I've never found it necessary, cook it for 5 additional minutes, until farro is more tender.

Transfer to a wide serving bowl. If there's enough leftover cooking liquid to be bothersome, simply use a slotted spoon to leave the amount you wish to behind. Drizzle farro lightly with additional olive oil, scatter with basil and parmesan. Eat immediately. Repeat tomorrow.

Farçous (Swiss Chard Pancakes)

--adapted from Around my French Table by Dorie Greenspan

These are an absolute cinch to make if you have a food processor. It takes 5 minutes to make the batter and a bit longer to fry them but they are so addictive. These are made all over Southwest France and I'm sure with variations of herbs and greens, but most typically they are made with chard, parsley and chives.

They also keep and freeze well and make great snacks. You can also experiment with different flours and combinations of flours if you'd like. Half whole wheat flour works well and I imagine spelt flour would too.

This recipe makes a lot of pancakes so you can cut it in half or make the whole thing and just save some for lunch the next day. I promise you won't have trouble eating them up.

2 cups whole milk
1 1/2 cups all-purpose flour (or half all-purpose and half whole wheat)
3 large eggs
1/2 cup chopped onion
1 clove garlic, finely chopped
1/2 cup chopped parsley
2 tablespoons of chives, chopped (optional)
10 Swiss chard leaves, washed, shaken dry and center rib and stems removed (can save for other use)
Salt (these need a lot of salt! Start with 1 teaspoon kosher or sea salt. Taste the first pancake and add more if they're bland. They really need salt to lift up the flavors of the herbs and greens)
Freshly ground pepper
Vegetable oil or olive oil for pan-frying
For optional topping: yogurt, lemon zest and juice or just plain Greek or whole milk yogurt

Preheat oven to 250 degrees and place a baking sheet in the oven.

Put milk, flour, eggs, garlic, herbs, salt and pepper in a food processor or blender. Mix until smooth. Taste for seasoning and add salt and pepper as needed. Add the chard leaves to the batter (little by little if you don't have a lot of space) and blend, but don't over blend. The mixture

does not need to be homogenous and is better with a bit of variation in size of the chard leaf pieces.

You can make these pancakes large, like crepes (and use a crepe pan if you have one) or smaller, like regular pancakes. Pour about 1 tablespoon of oil into your pan (less if it's a crepe/non-stick pan) and heat over medium-high heat. Add the batter to the pan for whatever size pancakes you're making and cook until for a few minutes until the edges begin to brown and curl. Flip them over and cook them for a couple more minutes until evenly browned. Place in warm oven while you make the remainder of the pancakes.

These are wonderful with a dollop of yogurt (especially Greek yogurt) to which you can add a bit of lemon zest and little lemon juice and a salad for lovely dinner.

Corn pudding with Two kinds of Peppers

You can easily halve the recipe if you don't have enough corn.

4 cups corn kernels (from about 5 ears), divided
1 teaspoon sea salt
½ cup finely diced onion
2 Anaheims, roasted and chopped (see Anaheim Notes above)
1 jalapeno or Czech black chili, minced (seeds and all if you like heat)
3 tablespoons all-purpose flour
1 1/2 cups grated sharp cheddar, divided
5 large eggs, room temperature
2/3 cup whole milk
2 tablespoons unsalted butter

Preheat oven to 350 degrees. Puree 2 cups corn in a food processor. Transfer to a large bowl, and stir in remaining corn, the salt, onions, chiles, flour, and 1/2 cup cheese. In a separate bowl, whisk together eggs and milk just until combined. Stir into corn mixture.

Place butter in an 8-inch square baking dish, and place in oven until butter is melted. Pour batter into hot baking dish, and sprinkle top with remaining 1 cup cheese. Place a baking sheet on lower rack to catch any drips, and bake until puffed and bubbling and cheese is golden brown, 45 to 50 minutes. Let cool 30 minutes before serving.

Serve with Tomato, cuke and onion salad dressed with a simple vinaigrette of red wine vinegar, olive oil, salt and pepper and a bit of finely chopped parsley.

Zucchini Fingers

You need a big, heavy duty skillet for this and plenty of heat. You'll be rewarded with a very delicious side dish that may trump your main dish.

However many zucchini or summer squash you have/want to use. Wash and trim them and then cut them in to finger-like pieces, about 3-inches long.

Coat the bottom of your pan with olive oil and heat over high to medium-high heat. Add the squash in a single layer, if you can, they can be packed tightly together. Sprinkle with a little salt and cook undisturbed for about 5 minutes or until you smell them or peak at the undersides and

see that they're nicely browning. Turn the pieces over and let the other side (I realize there are four sides to each of these but browning 2 of them suffices) brown as well.

Meanwhile, finely chop some oregano and basil—more or less is fine. I used about 3 tablespoons of chopped herbs for three medium squash. Mince and mash a clove or two of garlic with some coarse sea salt. Mix the herbs, garlic and another splash of olive oil in a small bowl. Add some minced jalapeno or a pinch or two of red pepper flakes if you'd like, as well as some black pepper. Toss this mixture gently with the browned squash and serve, topped with finely grated Parmesan.