



47th Ave Farm CSA for the week of August 5, 2013

You have beautiful pole beans this week, wonderful for salads, stir fries, soups, veggie platters. . . **They are also perfect just cooked in a bit of butter and/or olive oil (or bacon fat), slowly until very tender and slightly browning. Salt is all you need.** And there's a little bit of a German theme this week with the *Zwiebelkuchen* and the potato and cucumber salad and the bacon-y beans qualify as well. Happy cooking!

Cook-With-What-You-Have Salade Nicoise
Potato and Cucumber Salad
Zwiebelkuchen (Onion Tart)
Carrot Miso Soup with Sesame
Bruschetta with Fresh Goat Cheese, Basil and Grilled Peaches
Summer Vegetable Curry
Zucchini Cake with Crunchy Lemon Glaze

Cook-With-What-You-Have Salade Nicoise

I take the *idea* of Salade Nicoise and adapt it all summer long, i.e. take fresh and/or cooked vegetables, good Oregon Albacore (usually canned), and barely hardboiled eggs, drizzled with an herby dressing, as a complete, fabulous dinner.

For this week's share you could use the beans, new potatoes, lemon cukes, some Walla Walla Sweets and basil or cilantro or dill (in the dressing). You could also grill some of the summer squash and add it to the mix and you can grill the onions or slice them very thinly and leave them raw.

Quantities are of course to be adapted to suit your needs and can be varied in all ways. You just want enough dressing for everything to scale that up if you're using more vegetables.

Serves 4

¾ lb beans, trimmed
¾-1 lb Potatoes, scrubbed and cut into thumb-sized chunks
Summer squash, sliced and broiled or grilled (see headnote)
4 eggs, hardboiled (but just barely –see note below)
¼ of a sweet onion, sliced thinly (or more onion, grilled—see headnote)
1-2 cans albacore (5-6 oz) or fresh if you have it, seared

¼ cup of finely chopped basil, dill or cilantro
1 clove garlic, minced
2 tablespoon red wine vinegar (more to taste)
1 teaspoon Dijon-style mustard
5 tablespoons good-tasting olive oil (more to taste)
2 tablespoons mayonnaise (or aioli if you happen to have some made) or Greek yogurt

Salt and pepper

My favorite way to hard-boil eggs is to bring the water to a boil and then immediately turn off the heat and set your timer for 8-9 minutes. Then drain the eggs and run under cold water. This will give you perfectly cooked eggs with firm but slightly creamy yolks—no chalkiness or gray lines in site. Eggs like this are perfect for this kind of a composed salad. Peel eggs and cut into quarters.

Bring a large pot of water to which you've added 1-2 tablespoons kosher salt to a rapid boil. Put in the beans and bring back to a boil as quickly as possible. Cooking really brings out the flavor in green beans and after 5-6 minutes you lose the "squeak" that you get if they're not quite done enough. Drain them after that amount of time and run under cold water. I don't bother with the ice-bath method but you certainly can.

Cook potatoes until tender.

Arrange the quartered eggs, beans, potatoes and onions and squash (if using) on a large platter. Put the tuna, broken up into pieces in the center. Mix all dressing ingredients together well and drizzle over everything. Serve with good crusty bread.

Potato and Cucumber Salad

--adapted from the Wednesdaychef.com

Serves 4 to 6

1 large cucumber, sliced as thinly as you can--I use the slicing blade on my box grater (or 2 lemon cucumbers)

Salt and freshly ground pepper

2 pounds potatoes, scrubbed

Pinch caraway seeds

Freshly ground black pepper

1/2 cup chicken stock

1/4 cup chopped onion

1 tablespoon Dijon mustard

1/4 cup cider vinegar

2 tablespoons extra virgin olive oil

1 tablespoon sunflower or olive oil

2 tablespoons sour cream, crème fraîche or plain yogurt

Put cucumber slices in bowl, toss with 2 teaspoons salt, and set aside.

Put potatoes in saucepan, cover with water, add generous pinch salt and caraway, bring to a boil, and cook until potatoes are just tender. Drain, peel, and slice into a bowl while still warm. Season with salt and pepper.

In a saucepan, bring stock and onion to a simmer. Add to potatoes, and toss gently until silky and lightly thickened. Fold in mustard, vinegar and oils.

Drain cucumbers well, squeezing out excess liquid. Fold cucumbers into potato salad. Add more salt, pepper and vinegar if needed. Add sour cream, crème fraîche or yogurt. Taste and adjust seasoning.

Zwiebelkuchen (Onion Tart)

This is the one more involved recipe in this packet and you may have made it last year. If you didn't I hope you try it this time around! It's wonderful for picnics or parties since it's great at room temperature and keeps and travels well. And it uses up a lot of onions so if you've accumulated some, this is a great way to use them.

This is a Southern German style tart/quiche/pizza is a mainstay in my family. This can easily be made vegetarian by omitting the bacon.

Crust:

Scant 2 cups all-purpose flour (I've also used half whole-wheat pastry flour and half all-purpose and feel free to play around with other flour combinations)

1 teaspoon baking powder

½ tsp Kosher salt

3 tablespoons olive or vegetable oil

2 tablespoons water

½ cup sour cream or plain, whole-milk yogurt

1 egg

Topping:

2 lbs, or slightly more onions, sliced into ¼-inch half rounds

Olive oil

3 ounces bacon, diced (or ½ cup of chopped parsley –added to the custard mix right before baking, see headnote)

4 ounces grated sharp cheddar, Emmental, etc.

2 eggs

½ cup sour cream or plain, whole-milk yogurt

Salt and pepper to taste

Preheat the oven to 350 degrees.

For the crust, in the medium bowl beat the egg with the oil, water and sour cream (or yogurt) until just mixed. In another bowl mix the flour, salt and baking powder and stir into the wet ingredients with a fork or wooden spoon. Mix well – you may want to use your hands at this point—until it's smooth. Place the dough in a 13 x 18 rimmed baking sheet (sheet pan) and roll it out to fit the pan. You may have to stretch it a bit with your hands to get it into the corners. It does not need to come up the sides at all.

For the filling, slice the onions in half and then into ¼ thin half rounds. Thinly coat a large sauté pan or pot with olive oil and heat it over med-high heat. Add the bacon and cook for a few minutes until the fat is partially rendered. Add the onions and a few generous pinches of salt. Cover and stir occasionally (and adjust heat if onions stick and brown) until the onions are quite soft and some of the liquid they've released has cooked off. This will take between 15 to 25 minutes depending on your onions. Ideally they don't brown but no harm done if they do.

In a large bowl, beat the eggs with the sour cream (or yogurt), a few grinds of pepper. Add the grated cheese and the onion bacon mixture. Spread on the crust and bake for 35 to 45 minutes until the top is golden and the edges are starting to brown.

Eat warm or at room temperature. This is even better reheated the next day in a hot cast iron pan in a little bit of olive oil.

Carrot Miso Soup with Sesame

--inspired by smittenkitchen.com

2 tablespoons olive oil
2 pounds carrots, peeled, thinly sliced
1 Walla Walla Sweet, finely chopped
4 garlic cloves, chopped
1 tablespoon finely chopped or grated ginger, or more to taste (it could easily be doubled)
4 cups vegetable broth
1/4 cup white miso paste

To finish

Drizzle of toasted sesame oil
2 tablespoons of minced onion
2 tablespoons of finely chopped cilantro

Heat oil in heavy large saucepan over medium heat. Add carrots, onion and garlic sauté until onion is translucent, about 10 minutes. Add broth and ginger. Cover and simmer until carrots are tender when pierced, stirring occasionally, about 30 minutes.

Puree soup in batches in blender, or all at once with an immersion blender. In a small bowl, whisk together the miso and a half-cup of the soup. Stir the mixture back into the pot of soup. Taste the soup and season with salt, pepper or additional miso to taste.

Ladle into bowls and garnish each with a drizzle of sesame oil and the onions and cilantro.

Bruschetta with Fresh Goat Cheese, Basil and Grilled Peaches

Peaches and basil are a great combination and it's simple, gorgeous and delicious.

Serves 5 as a side/starter

5 good crusty slices of bread, toasted or grilled
3-4 ounces fresh goat's cheese (or fresh ricotta or some other mild, spreadable cheese)
Handful or two of whole basil leaves
1-2 large peaches, washed but not peeled
Salt and freshly ground pepper
Good olive oil
A little balsamic vinegar or lime juice

Set your oven to broil or turn on/light your grill. Slice the unpeeled peaches into 1/4-inch thick slices, working your way around the peach vertically. Spread the peach slices on a cookie sheet and broil for about 5 minutes until browning in a few spots. You don't want them to fall apart or burn so watch closely. Alternatively grill on foil on a grill.

Cut your slices of toasted bread in halves or thirds. Spread generously with goat cheese and cover cheese with slices of grilled peaches. Salt and pepper the bruschetta at this point and drizzle with a little good olive oil. Then top with the basil leaves and a very light drizzle of balsamic vinegar. Enjoy!

Summer Vegetable Curry

--adapted from 101cookbooks.com

Quick, adaptable and delicious.

1 14-ounce can coconut milk (full fat preferably)
1 onion, finely chopped
1-2 tablespoons green curry paste depending on your taste and desired heat level (Thai and True is a great local brand) or you can make your own, recipe below.
1/2 teaspoon sea salt
1/2 pound green beans, trimmed and cut into thirds
1 carrot, halved lengthwise if thick and sliced thinly into half-rounds
1 summer squash, trimmed and cut into 1/2-inch dice or 1/4-inch half rounds
8 ounces extra firm tofu, cut into 1/4 inch cubes
1 lime, halved or quartered
Small handful of basil leaves, torn

Spoon a few tablespoons of thick coconut cream from the top of the coconut milk, place it in a large pot over medium-high heat and bring to a simmer.

Add the onion and saute until it softens a bit, 2-3 minutes. Stir in the curry paste and salt, and cook for another minute or two. Have a taste, and decide if you want to adjust the flavor - adding more curry paste or salt if needed.

Add the rest of the coconut milk to the pot along with the potatoes (if using) and carrots, cover, and simmer until they are just starting to get tender - about 10 minutes. At this point add the beans or eggplant, squash and tofu. Let simmer for a about 6 more minutes or until all the vegetables are tender. Add the basil and remove from the heat.

Serve with a squeeze of lime juice and enjoy as is or over rice or rice noodles.

Home made Green Curry Paste

There's good store bought green curry paste to be found in town (Thai and True) but homemade is still a notch above and with your beautiful cilantro this week you might give it a go.

This makes quite a lot of paste and you'll likely only use about 2-3 tablespoons of it for the curry above.

In a food processor combine:

1 stalk lemongrass (trimmed of the outer, fibrous layers and roughly chopped),
1 or 2 hot chili peppers (jalapenos or serranos-leave seeds in for more heat, reduce amount of chilies and remove peppers for a milder version),
1/4 cup minced onion
4 cloves garlic,
1-inch chunk peeled ginger
1 1/2 cups cilantro stems and leaves and roots (washed and roughly chopped. Make sure you get the dirt out of the stems where they come out of the root—dirt tends to get stuck in there)
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander

3 Tablespoons fish sauce or soy sauce or a combination
2 Tablespoons lime juice
Zest of 1 lime
1 teaspoons brown sugar
3-4 tablespoons coconut milk or water (enough to blend ingredients together)

Process everything until it forms a paste—it doesn't have to be perfectly smooth. I would use about 2-3 tablespoons in the above recipe.

Zucchini Cake with Crunchy Lemon Glaze

--Adapted from Dolce Italiano: Desserts from the Babbo Kitchen by Gina DePalma via David Lebovitz

Serves 12-16

This is hands down the best zucchini cake I've ever had. I've made it many times with zucchini or yellow crookneck squash. It's a bit of work but it's worth it. And it uses up three good sized squash!

This is not a terribly sweet cake and I do think the glaze adds a lot so I wouldn't recommend skipping that step. It takes just a minute to make.

I grate the zucchini by hand; on the finer holes of my box. Luckily summer squash is very quick and easy to grate. It's also really easy to squeeze the grated squash over the sink in your hands and remove a lot of liquid.

The best way to invert the cake is to lay the cooling rack over the top of the cake pan, then grasping both the cake pan and the rack simultaneously (if it's too hot, wear oven mitts), flip them both over at once. Lift off the cake pan, then liberally brush the glaze over the warm cake

For the cake:

1 cup almonds, pecans, or walnuts
2 cups flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon kosher or sea salt
2 teaspoons ground cinnamon
1/2 teaspoon freshly ground nutmeg
3 large eggs, at room temperature
1 1/4 cups sugar
Grated zest of one lemon
1 cup extra-virgin olive oil
2 teaspoons vanilla extract
2 1/2 cups finely grated zucchini (squeezed out over the sink—see headnote) I used about three medium to large squash the other day and after squeezing it out it made a generous 2.5 cups.

For the lemon glaze:

1/4 cup freshly squeezed lemon juice
1/3 cup granulated sugar
1 cup powdered sugar

Preheat the oven to 350°F.

Grease a 10 cup (2.5l) bundt or tube cake pan* with butter, dust with flour, then tap out any excess.

Pulse the nuts in a food processor until finely chopped.

In a medium bowl, sift together the flour, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg. Set aside.

In the bowl of a stand mixer with the paddle attachment or in a bowl with a whisk, beat the eggs, 1 ¼ cups sugar, lemon zest and olive oil for 3 minutes on medium speed, until light and fluffy. Stop and scrape down the sides of the mixer, then add the vanilla.

Mix in the dry ingredients, scraping down the sides of the mixer bowl to make sure everything is mixed in well, and then beat on medium speed for 30 seconds, or continue by hand. I've always done this by hand and it's been great.

Stir in the chopped nuts and zucchini. Scrape the batter into the prepared cake pan, smooth the top, then bake the cake for 45 to 50 minutes, until the toothpick inserted into the center comes out clean and the cake has begun to pull away from the sides of the pan.

During the last few minutes of the cake baking, make the glaze by whisking together the lemon juice, 1/3 cup granulated sugar, and powdered sugar.

Let the cake cool for 10 minutes, then carefully invert it onto a cooling rack. Drizzle or brush the glaze over the cake and let the cake cool completely. The glaze may run off the sides and drip off but you can brush on another layer of the "lost" glaze a few minutes later and it will stick or not use it all.

*If you don't have a bundt or tube pan you can use a regular round cake pan with good results. This cake batter could also be baked in two loaf pans.