



47th Ave Farm CSA for the week of September 16, 2013

As it gets cooler I'm cooking more and not feeling the need to spend every possible minute outside. The recipes this week reflect a little more time on the stove or in the oven and the results are just much more fall-like. There are some quick recipes here too but stuffed peppers and the roasted vegetables in the tian are worth the time. As usual I'm using lots of herbs, in addition to the dill in your share, so find some mint and cilantro and thyme if you can. Happy cooking and almost fall!

Austrian Crescent Potato Notes and Ideas

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Sweet Pepper and Potato Frittata

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Onion and Sweet Pepper Tian

Jimmy Nardello, Onions and Sausage Pizza

Stuffed Peppers

Austrian Crescent Potato Notes and Ideas

These potatoes are a treat—firm fleshed and flavorful.

- One of my favorite things to do with them is to steam or boil until almost tender, then slice and sauté in a little butter and serve with plenty of good salt and chopped, fresh dill. A dollop of sour cream or Greek yogurt would not be amiss either.
- Scrub the potatoes and dry them. Cut in half lengthwise and again into quarters lengthwise if they're pretty fat/big. Toss with olive oil and sea salt and spread in one layer on a baking sheet. Roast at 425 degrees until browned and crisp and tender. If you happen to have homemade aioli on hand or feel like making some, indulge yourself and dip them in aioli.

Potato Salad with Green Sauce

--adapted from Amanda Hesser

Serves 4

2 pounds potatoes

Sea salt

1/2 cup packed mint leaves

1/4 cup packed basil leaves

3 tablespoons sliced chives

(1-2 tablespoon capers, rinsed)

6 tablespoons extra-virgin olive oil

Freshly ground black pepper

1-2 tablespoons white wine or cider vinegar, to taste

Scrub potatoes and spread in base of a large pan. Cover with water, seasoned generously with salt. Bring to a simmer and cook until potatoes are just cooked through, but not really soft, about 20 minutes. Drain and transfer to a bowl. Let cool.

Meanwhile, chop mint, basil, chives and capers in a food processor with a pinch of salt, or by hand. With motor running, begin pouring olive oil through feed tube. Process about 1 minute, to a bright green puree.

Slice potatoes into chunks and pour over the green sauce, seasoning with a few grinds of pepper. Add vinegar and fold together so potatoes are well-dressed. Serve warm or at room temperature.

Sweet Pepper and Potato Frittata

Serves 3 as an entrée 5-6 as a side.

I just made this combination today with sweet peppers from my garden and it's just a winning combo. And if you have lots of people to feed or want to stretch the eggs you have you can always add ½ cup -3/4 cup (or more) milk or cream to the egg mixture.

1-2 tablespoons olive oil
1 cup onion, thinly sliced
4-5 Jimmy Nardello peppers washed, seeded and thinly sliced
3 medium potatoes, scrubbed (no need to peel) and cut into rounds or half-rounds (depending on how big they are)
6-8 eggs (or whatever you have or want to use)
Grated hard cheese or your choice or feta or goat cheese (optional)
Salt, pepper

Heat the oil in a heavy sauté pan or well-seasoned cast iron pan or non-stick (if it's heatproof and can go in the oven). Add the onions, peppers and potatoes and a few generous pinches of salt and sauté them over med-high heat, stirring often so as not to burn, until the potatoes are tender when pierced with the tip of a knife, about 10 minutes.

Set your oven to broil.

Lightly whisk the eggs until they're just broken up—no need to get them frothy or really well mixed. Add a few more pinches of salt and several grinds of pepper. Pour eggs over the vegetables and tilt the pan to evenly distribute the eggs. Sprinkle the cheese over the top of the eggs, if using. Cover and cook on medium heat for a few minutes. When the eggs are beginning to set take the pan off the heat and set under the broiler until the eggs are cooked and slightly puffed and golden.

Let sit for a few minutes before cutting and serving. It will come out of the pan much more easily that way and is more flavorful. Serve with a slice of good, crusty bread and salad.

Cucumber Dill Salad (with Salmon)

Cucumbers and dill are a classic combination. And if you have some smoked salmon, or salmon of any kind, this is the perfect side. **In fact just pan-fry some salmon fillets seasoned with nothing but salt and pepper, skin side down in a hot cast iron pan or other heavy skillet**

in just the tiniest bit of oil. Flip and finish on the other side. This will only take 4-5 minutes on the first side and another 2 or 3 on the other, but will depend on the thickness of the fillet.

1 large cucumber, scrubbed, halved lengthwise and then sliced into very thin 1/2 rounds
3 tablespoons chopped dill
1 1/2 tablespoons lemon juice (or to taste)
Salt and freshly ground pepper
1/3 cup Greek yogurt or sour cream

Toss the cucumbers with the remaining ingredients. Taste and adjust seasoning.

Tomato Tarte Tatin

--slightly adapted from 101cookbooks.com

This is ridiculously good and very simple. You can add chopped fresh basil if you like or some red pepper flakes, different kinds of cheese or none at all.

Serves 6

1 medium – large onion, diced
2 tablespoons olive oil
1 1/2 pounds tomatoes, cut into wedges
1/2 – 1 teaspoon sea salt (to taste)
1 – 1 1/2 tablespoons balsamic vinegar
1 tablespoon flour
1/4 cup grated cheese or diced mozzarella (optional)
Zest of one lemon

1 pie crust (use your favorite recipe –most don't call for sugar so any old crust is fine, though I prefer all butter and the one below is very easy to work with and includes an egg)

Preheat the oven to 400F

While the oven is warming, use a large skillet over medium heat to sauté the onions (and summer squash is using some) and a couple pinches of salt in the oil. Cook, stirring regularly, until the onions are deeply golden and caramelized, 10-15 minutes. Remove from heat.

Add the tomatoes to the caramelized onions along with the sea salt and balsamic vinegar and cook for just a minute or two. Transfer to a 10 or 11-inch cast iron skillet (I used my 11-inch cast iron skillet for the whole thing from start to finish and it worked great) or equivalent deep pie dish. If you get the sense that your tomatoes are quite juicy, and might release a lot of liquid, you can toss the mixture with a tablespoon or two of flour at this point. Sprinkle mixture with lemon zest. Sprinkle over cheese, if using.

Roll out your pie dough, and use it to cover the tomato mixture - tucking in the sides a bit. Cut a few decorative slits in the crust, and bake in the top third of the oven until the crust is deeply golden and the tomatoes are bubbling a bit at the sides, 25 - 30 minutes.

Preheat the oven to 400F

Tart Dough

--adapted from David Lebovitz

1 1/2 cups all purpose flour (or 3/4 cup apf and 3/4 cup whole wheat pastry flour)
4 1/2 ounces, about 9 tablespoons unsalted butter, chilled, cut into cubes
1/2 teaspoon salt
1 large egg
2-3 tablespoons cold water

Make the dough by mixing the flour and salt in a bowl. Add the butter and use your hands, or a pastry blender, to break in the butter until the mixture has a crumbly, cornmeal-like texture.

Mix the egg with 2 tablespoons of the water. Make a well in the center of the dry ingredients and add the beaten egg mixture, stirring the mixture until the dough holds together. If it's not coming together easily, add the additional tablespoon of cold water.

Gather the dough into a ball and roll the dough on a lightly floured surface, adding additional flour only as necessary to keep the dough from sticking to the counter.

Once the dough is large enough so that it will cover the pan, roll the dough around the rolling pin then unroll it over tomato mixture in the pan.

Onion and Sweet Pepper Tian

--adapted from Vegetable Literary by Deborah Madison

Oh my goodness this is good. All you need is some time. The preparation is dead simple but it takes 90 minutes to bake. It's just as good or better the next day so you could make it one night while you're making something else for dinner and then have it the next day.

1 large Walla Walla or 1 1/2 smaller ones
5-6 Jimmy Nardello sweet peppers
2 medium-sized ripe heirloom or slicer tomatoes (not romas)
1 to 2 tablespoons olive oil
5 to 6 thyme branches or several pinches of dried
6 small garlic cloves, peeled and left whole
salt
freshly ground pepper
balsamic vinegar

Preheat the oven to 350F. Peel the onions(s) and cut them into eighths, leaving the base intact so they stay together. Halve the peppers both crosswise and lengthwise, remove the seeds and veins, and cut them into pieces roughly 1/2 inch wide. Remove the core from the tomatoes and cut them into sixths.

Brush a film of olive oil over the bottom of a gratin dish, scatter the thyme over it, and add the vegetables, including the garlic and arrange nicely in the dish. Brush the remaining oil over the vegetables, being sure to coat the onions and peppers. Season with salt and pepper.

Cover the tian and bake for 1 1/2 hours. The vegetables should be very soft, the tomatoes melting into a jam. Remove it from the oven and carefully pour the liquid that has collected into

a small saucepan. Add a teaspoon of vinegar, bring the liquid to a boil, and reduce until it is thick and syrupy. Taste for vinegar and salt; then pour or brush this syrup over the vegetables.

Serve with slices of grilled polenta or piled on top of grilled bread that has been spread first with a layer of garlic mayonnaise.

Serve hot or at room temperature.

Grilled Eggplant with Tahini Yogurt sauce and Fresh Dill

Whether or not you make this tahini yogurt sauce for the eggplant you might grill all of your eggplant in rounds just to have it and snack on or use however you see fit. It's delicious in myriad ways.

Slice the eggplant into about ½-inch rounds. Brush both sides with a bit of olive oil and sprinkle with salt and grill, fry or roast until tender and browning on both sides, about 5-8 minutes per side, give or take. I tend to use a cast iron pan but sometimes broil. I don't have a gas grill so tend not to go that route though it is easy and delicious grilled.

Sauce (from Deborah Madison's Vegetable Literacy):

½ cup whole milk or Greek yogurt
3 tablespoons tahini (sesame paste)
1 small clove garlic, minced and mashed into a paste with a little salt on your cutting board with the side of your chef's knife

Chopped, fresh dill

Drizzle or dollop the warm eggplant slices with the tahini sauce and garnish with plenty of chopped dill.

Stuffed Peppers

--inspired by Tender by Nigel Slater

2 green bell peppers, halved, remove seeds and ribs
1 cup Israeli couscous, or use quinoa or any grain you have
olive oil
½ cup minced onion
1/2 teaspoon paprika or smoked paprika (pimento)
1 garlic clove, minced (save half for the yogurt sauce below)
1 lemon, zest and juice (half goes in the yogurt sauce below)
3 tablespoons chopped mint, handful chopped, (reserve some for yogurt sauce)
½ cup chopped cilantro (reserve some for yogurt sauce)
2 cups very finely chopped kale
1/4 cup pine nuts, toasted, chopped (optional)
Pinch of red pepper flakes
Salt, pepper, to taste

yogurt sauce:

½ cup full-fat yogurt, regular or Greek

remainder of 1/2 clove minced garlic from above
remaining 1/2 lemon juice and zest from above
pinch of paprika
chopped herbs, reserved from above
salt, pepper, to taste

Preheat oven to 350

Cook couscous (or quinoa or whatever grain you're using until tender) in a pot of salted boiling water until al dente (about 8-10 minutes). When it's tender, drain and set aside. Toss it in a bit of olive oil so the little pearls don't stick together.

Prep all ingredients, mix yogurt sauce together and set aside in the fridge until ready to serve.

Place peppers cut side up on a baking sheet and drizzle with olive oil and salt, bake for 15 minutes or until they begin to soften.

In a large skillet over medium heat, pour a few splashes of olive oil, toss in onions, paprika, garlic, salt and pepper. Stir a bit, then add lemon zest and kale. Stir some more, let kale wilt down a bit. Add a big squeeze of lemon juice, stir in herbs, toasted pine nuts, and red pepper flakes. Add the couscous. Mix together until herbs and greens are just wilted and everything is combined. Taste and adjust seasonings.

Fill the peppers. If all of the filling doesn't fit, it's ok, just set the remainder aside and scoop it on top at the end.

Bake, covered, for about 20 minutes or until every thing is hot and the peppers are tender to your liking.

Remove peppers from oven. Spoon on any of the remaining couscous mixture. Top with the yogurt sauce, and any extra herbs.