



47th Ave Farm CSA for the week of September 2, 2013

So much gorgeous summer produce! Have fun!

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BLTs

You don't really need a recipe so think of this as more of a reminder. I made BLTs to take on a four-hour car trip this last weekend. We stopped midway—along the Columbia River and had BLTs with our feet in the water, the sun on our faces. It was perfection. Usually I just eat Grand Central Bakery's BLTs a few times each summer but they're easy to make.

Good bread (not seedy or whole wheat in this case—though I think Grand Central's Peasant Round is perfect for these)

Thick slices of tomato

Mayonnaise

Lettuce

Thick slices of bacon

Toast the bread, cook the bacon (leaving it on the softer side for easier eating and more flavor in my opinion) and then put it all together. Don't be shy with the mayo.

NOTE: I also make a variation with thinly sliced Walla Walla sweet and/or homemade mayo or aioli with minced jalapeno or some roasted anaheims or poblanos layered on the sandwich.

Cook-With-What-You-Have Ratatouille

I love this time of year when I can make ratatouille, eggplant, summer squash, sweet peppers and tomatoes are all at their peek. You don't have sweet peppers this week and you can still make this, even toss in some roasted poblanos or anaheims for a twist. I made a batch without pepper this last week and it was still divine.

Quantities are all easily adapted and the ratios are not critical so scale up or down as needed. It

is a rich, stew-like dish in which the vegetables all break down a bit. It is not beautiful but it is GOOD! Serve with some good crusty bread, another salad, a frittata or some such. It's even better the next day.

4 medium tomatoes, diced
1 large eggplant, diced (no need to peel)
1 onion, cut into large dice
2-3 summer squash, sliced or diced
2 roasted and peeled poblanos or anaheims (see headnote), seeded and diced
Olive oil
Basil, handful of torn leaves
1 clove garlic, minced
Salt

Heat some olive oil in two large skillet. Add the onions to one pan and the zucchini to the other. Sprinkle all with a bit of salt. Cook both on high heat for a few minutes, stirring frequently and then turn down to medium high and continue sautéing until softened and browning just a bit. When the zucchini is just about tender remove it from the pan and reserve. Add a bit more oil and add the eggplant and a bit more salt. You can keep the onions sautéing on medium while the eggplant cooks. When the eggplant is tender and browning, add half of it to the onion pan and divide the zucchini between the pans. Now add the, roasted peppers, if using, and the tomatoes to both and bring to a lively simmer and cook for about 10 minutes to marry the flavors. Add the garlic and basil and cook for 2 more minutes. Taste and adjust seasoning. Serve warm (but not hot) or at room temperature with a drizzle of good olive oil.

Eggplant Tomato Stacks

--adapted from Martha Stewart Living

18 eggplant rounds (each 1/4 inch thick and at least 3 inches in diameter; about 3 medium eggplants)
Coarse sea salt
olive oil
3 garlic cloves, very thinly sliced
4-5 tomatoes (about 1 1/2 pounds), coarsely chopped
1 tablespoon coarsely chopped fresh oregano
1/3 cup thinly sliced fresh basil
4 ounces fresh mozzarella, thinly sliced and torn into small pieces
3/4 cup freshly grated Parmesan cheese, plus shavings for serving

Preheat oven to 425 degrees.

Season eggplant with salt. Heat 2-3 tablespoons olive oil in a large skillet over medium-high heat. Working in batches, so as to not crowd the skillet, fry eggplant rounds, turning once, until soft and pale golden, 1 to 1 1/2 minutes per side. Add a bit of oil as needed.

Heat another 2 tablespoons oil in a large skillet over medium-high heat. Add garlic, and cook for just a few seconds. Add tomatoes and 1 teaspoon salt. Cook, stirring frequently, until tomatoes break down and are soft, 10 to 15 minutes. Stir in oregano and basil.

Place 6 slices of eggplant on a rimmed baking sheet. Top each slice with 1 tablespoon sauce and a few pieces of mozzarella, and sprinkle with 2 teaspoons Parmesan. Repeat layering twice.

Bake until heated through and cheese is bubbling, about 12 minutes. Serve immediately, garnished with oregano and Parmesan shavings.

Sweet Onion and Parsley Salad

--inspired by Saveur

This is so refreshing a delicious. Try it!

2 tablespoons finely chopped mint
1 small to medium Walla Walla Sweet, halved and thinly sliced lengthwise
Sea salt and freshly ground black pepper, to taste
2 cups lightly packed flat-leaf parsley leaves
¼ cup salt-packed capers (or brined), rinsed and drained
¼ cup best olive oil you have
2 tablespoons fresh lemon juice
Zest from one lemon, finely grated on a micro-plane
Grilled crusty bread, to serve

In a medium bowl, toss together mint, onion, lemon juice and salt and pepper; let sit until onion softens, about 10 minutes. Add parsley, capers, oil and zest, and toss until evenly combined. Serve immediately with grilled or toasted bread.

Pasta with Sweet Corn Pesto

--adapted from *Bon Appétit*

To make this vegetarian, instead of the bacon you can sauté the corn in butter or olive oil and add 1-2 teaspoons of pimenton (smoked Spanish Paprika) and then add a few squeezes of lime juice at the very end.

3 bacon slices, cut lengthwise in half, then crosswise into 1/2-inch pieces
3-4 cups fresh corn kernels (cut from about 5 large ears)
2 large garlic cloves, minced
1 1/4 teaspoons coarse kosher salt
3/4 teaspoon freshly ground black pepper
1/2 teaspoon red pepper flakes
1/2 cup freshly grated Parmesan cheese plus additional for serving
1/4 cup almonds or pine nuts (I always use Almonds because that's what I have on hand)
1/3 cup extra-virgin olive oil
1 lb tagliatelle or fettuccine or penne
3/4 cup coarsely torn fresh basil leaves, divided

Cook bacon in large skillet over medium heat until crisp and brown, stirring often. Using slotted spoon, transfer to paper towels to drain. Pour off all but 1 tablespoon drippings from skillet (and reserve for future use or toss). Add corn, garlic, 1 1/4 teaspoons coarse salt, red pepper flakes, and 3/4 teaspoon pepper to drippings in skillet. Sauté over medium-high heat until corn is just tender but not brown, about 4 minutes. Transfer 1 1/2 cups corn kernels to small bowl and reserve. Pulse almonds until finely ground, add cheese, whiz again, then scrape remaining corn mixture into processor. With machine running, add olive oil through feed tube and blend until pesto is almost smooth. Set pesto aside.

Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid. Return pasta to pot. Add corn pesto, reserved corn kernels, bacon (if using) and 1/2 cup basil leaves. Toss pasta mixture over medium heat until warmed through, adding reserved pasta cooking liquid by 1/4 cupfuls to thin to desired consistency, 2 to 3 minutes. Season pasta to taste with salt and pepper. Transfer pasta to large shallow bowl. Sprinkle with remaining 1/4 cup basil leaves. Serve pasta, passing additional grated Parmesan alongside.

Gazpacho

There are many, many different version of gazpacho but I particularly like this one. The use of a little bread and the sherry vinegar are distinctively Spanish and are both important to the success of this, but most important are perfectly ripe tomatoes. It does need to chill for at least 3 hours so throw this together in the morning and have it waiting for you for dinner with some good bread or roasted fingerling potatoes or some kind of grilled beef.

½ slice of bread (good crusty bread not sandwich bread and not seedy or very whole grain),
crust removed
2 garlic cloves
1 teaspoon sea salt (more to taste)
Scant 2 tablespoons Sherry vinegar (or more to taste). If you don't have Sherry vinegar use half balsamic and half red wine or champagne vinegar
1/2 teaspoon ground coriander seeds (best if you can do this in the mortar and pestle with the garlic, otherwise pre-ground is fine)
2 ½ - 3 lbs tomatoes, cored and quartered
1/3 cup good tasting (not bitter—use the best oil you have) olive oil. The Spanish oil Unio (by Siurana is perfect and available at New Seasons and Pastaworks and is my standard good, oil)

For serving: Finely chopped cucumbers and chopped basil and possibly a little finely diced onion, if you'd like.

Briefly soak the bread in water and squeeze dry really well. Grind the coriander seeds in a mortar and pestle or grind with a spice grinder (or use pre-ground coriander). Add garlic and salt to the coriander in the mortar and pestle (or mince and mash garlic and salt with the side of a chef's knife) and work into a paste.

Put garlic coriander paste, bread, vinegar (and ground coriander if you didn't use whole seeds) and half of tomatoes in a food processor and process until tomatoes are very finely chopped. Add remaining tomatoes with motor running and, when very finely chopped, gradually add oil in a slow stream. You can either leave it a bit chunky or blend it until smooth. I like it fairly smooth. Some people will have you strain the whole thing but I never do.

Transfer to a glass container and chill, covered, until cold, about 3 hours. Taste and adjust seasoning with salt and vinegar. Serve topped with the chopped basil, cucumbers and a bit of onion, if using.

Simplest Tomato Sauce

Tomatoes, olive oil, salt. That's it. When the tomatoes are good it's honestly all you need. And I make sauce with slicer and heirloom tomatoes all the time. It takes longer to cook down because they're so juicy but with a little patience and high heat it's perfect.

I made this the other day, in about 15 minutes and I topped pizza dough with it and some mozzarella and basil and had the perfect dinner.

Dice as many tomatoes as you want to use. Add them to a wide skillet to which you've added a generous splash of olive oil. Cook at a lively simmer until it's thickened to your liking. Salt to taste. If the sauce seems too acidic or not quite perfect add a tablespoon or two of butter. Butter is THE "perfecter" of tomato sauce.

Greek Salad

Again, this is just a classic combination of ingredients and you can adjust the quantities and proportions to your liking.

Tomatoes, cut into large dice
Cucumber, cut into smaller dice
Wall Walla Sweets, thinly sliced or diced
Plenty of torn Basil
Plenty of good feta, crumbled
Handful of black olives, pitted
Red wine vinegar
Olive oil
Salt and Pepper

Gently mix and taste and adjust seasoning. Serve with good bread to mop up the wonderful dressing/juice.

Summer Squash or Real "Baba Ganoush"

--inspired by davidlebovitz.com

Baba ganoush is the smoky eggplant puree that I find terribly addictive. You can also use the same technique and seasonings with zucchini or any summer squash. It's a little more delicate and very good. Typically you would use parsley or mint but basil works well too though is not authentic.

Sometimes I add a pinch of ground cumin. If you do, please just add just a bit as it can quickly overwhelm.

3 medium to large summer squash, sliced in half lengthwise
or 2 small to medium eggplants, cut in half lengthwise
1/3 cup tahini (sesame paste)
1 teaspoon sea salt
2 ½ tablespoons lemon juice
2 cloves garlic, peeled and smashed
1/8 teaspoon chile powder
1 tablespoon olive oil
½ cup chopped basil

Preheat the oven to 400F

Place the summer squash or eggplant on a baking sheet and roast in the oven for 30 minutes or more, until they're completely soft; you should be able to easily poke a paring knife into them and meet no resistance. Remove from oven and let cool.

Puree the squash in a blender or food processor with the other ingredients, except the basil, until smooth. If using eggplant, scoop flesh out of skin and proceed as with zucchini.

Taste, and season with additional salt and lemon juice, if necessary and stir in the basil. Serve drizzled with olive oil with crackers or toasted bread or toasted pita chips for dipping.

Anaheim and Poblano Notes

I would suggest roasting both your Anaheim and poblano peppers at once and then you'll have them on hand to add to salsa, sauces, salads 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.

Poblanos are a bit fleshier than Anaheims and a bit smokier in flavor. They pair beautifully with eggs, potatoes, creamy dishes and of course tomatoes.

Roasted Poblano and Onion Tacos

This is a variation on the Mexican dish *Rajas*. It's delicious, smoky and easily varied. I've included a meat (beef) and vegetarian (potato) option below. You could also add some corn sliced off the cob to this as well.

3 poblano peppers
1 medium onion, thinly sliced
olive oil
6 oz skirt or flank steak (optional), sliced thinly against the grain
3 potatoes (optional) cut into small dice
1 teaspoon ground cumin
Salt & pepper,
1/3 cup of heavy cream (or sour cream)
8-10 small corn tortillas
Chopped cilantro and lime wedges for topping (optional)

Roast the peppers under the broiler or directly over the gas flame on the stovetop, until they're black and blistered all around. Set in a bowl to cool and cover with a plate or towel. They are easier to peel if you let them steam a bit like this. When cool, peel and seed the peppers and cut them into 1/2-inch wide strips.

Heat olive oil in a large, heavy-bottomed skillet over high heat. When the oil is hot add the flank steak strips in a single layer, if using, sprinkle generously with salt and sear on both sides for about 1 minute each. It cooks really quickly and gets tough quickly so do not overcook. Remove from pan onto a plate.

Add the onions to the same skillet with a little more oil and the cumin. Sauté until beginning to brown and soften. If you are using potatoes (instead of or in addition to the beef) add the diced potato and cook on medium-high heat, stirring often until the potatoes are tender.

Add the poblano strips and heat them through, then add the meat back in (if using), and then add the cream and a few grinds of black pepper and quickly bring to a boil.

Serve the mixture on warmed tortillas with a little fresh cilantro and a squeeze of lime juice.

Green Rice

Including this again since you're getting parsley and anaheims this week again and it's such a winning combination. 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.