



47th Ave Farm CSA for the week of September 9, 2013

If you get parsley this week by all means make the tabbouleh. It's the only recipe I make and bears little resemblance to what is typically called tabbouleh here—it's primarily herbs with very little bulgur.

Baked Kale, Tomatoes and Egg
Corn, Anaheim and Feta pizza
Southwestern Quinoa Salad, by Way of the Pantry
Tabbouleh
Shakshuka (Eggs Poached in Spicy Tomato Sauce)
Tzatziki
Savory Summer Squash Pancakes

Baked Kale, Tomatoes and Egg

--inspired by Food52

Serves 4

I included a version of this early in the season but now that you have fresh tomatoes it will be even better. This takes about 7 minutes to pull together and about 25-30 minutes to bake. Toast a little bread and you're set for dinner (or brunch).

1 bunch kale, well washed, trimmed of any tough stems and cut into 1/2-inch ribbons
2 small cloves garlic, minced
2 teaspoons balsamic vinegar
1 tablespoon olive oil
2 cups finely chopped tomatoes (juice and all)
½ teaspoon smoked Spanish Paprika (pimenton)
Salt and freshly ground pepper
4 - 6 eggs
More good olive oil for drizzling
Good, toasted bread

Preheat oven to 375 degrees F.

Put tomatoes in a baking dish (8 x 13 works and gives you room for six eggs) and stir in pimenton. In a large bowl, toss the kale ribbons with the vinegar, minced garlic, some salt and pepper and some olive oil. Stir this mixture into the tomatoes. Taste to make sure it seems well-seasoned and put in the oven and bake for about 20 minutes until bubbly. Remove the pan from the oven and make four (or six) indentations in the vegetables and crack the eggs into these. Season with sea salt and pepper and return to the oven. Bake until the eggs are cooked to your liking. Serve with good, crusty bread and a generous drizzle of the best olive oil you have. Enjoy!

Corn, Anaheim and Feta pizza

This pizza was a last minute creation last week and was a big hit. I grabbed some whole wheat pizza dough from Gran Central Bakery and used it—it was perfect. By all means make your own if you have time.

1 ball pizza dough
kernels from 3 ears of corn
2 tablespoons minced onion (optional)
3 anaheims, broiled until black and blistered, peeled and deseeded and finely chopped
½ cup crumbled feta
½ or so cup finely diced tomatoes
Olive oil
Salt

Preheat oven (or grill) to 500 degrees with a pizza stone if you have one.

Flour a pizza peel or the back of a cookie sheet. Stretch out your dough into a nice big round-ish shape and place on the peel. Working quickly brush the dough with a bit of olive oil and then evenly distribute the remaining ingredients. Sprinkle the whole thing with salt.

With a decisive but careful couple of jerks of your wrist transfer the pizza directly onto the hot stone. Bake for about 15 minutes or until the edges are browned and the toppings are beginning to brown as well.

Southwestern Quinoa Salad, by Way of the Pantry

--adapted from Food52

This can be adapted in any way you want. If you like spice by all means add more jalapenos or Czech Black peppers. Feel free to add lots of chopped cilantro and/or parsley.

Serves 4

1 1/2 cup quinoa
kernels from 2 ears of corn
1 teaspoon cumin seeds
1 1/2 cup black beans, cooked
2 cups diced tomatoes, drained if very juicy
1/2 cup feta, crumbled
3 green onions, sliced or a couple of tablespoons of minced regular onion or shallot
1/2 teaspoon smoked paprika
2 anaheim chiles, broiled until blackened then deseeded and peeled and chopped
1-2 hot peppers, deseeded and minced (use more or less depending on your desired spice level)
2 tablespoons olive oil
2 tablespoons lime juice
lots of chopped cilantro and/or parsley (optional)

Rinse the quinoa under cold water in a fine meshed sieve. Put in a pot with 2 cups water and a couple pinches of salt. Bring to a boil, reduce heat to simmer, cover and cook for about 15

minutes until all the water is absorbed and the quinoa is tender and turn out into a large salad bowl.

While the quinoa cooks, heat a heavy skillet on high, without adding oil. When the pan is hot, toss in the corn, stirring occasionally, until the kernels are singed. It should take at least five minutes, possibly as much as ten. When they are almost done, add the cumin seeds to the skillet and toast briefly. Then add both to the salad bowl.

To the same bowl, add the tomatoes, the cooked beans, the feta, the onions, the anaheims and hot peppers and the smoked paprika

Toss the salad together with the herbs, if using, lime juice and olive oil and add salt to taste. Taste again.

Tabbouleh

--adapted from David Lebovitz

Serves 6-8

3 tablespoons bulgur
3 medium firm ripe tomatoes, diced into small cubes
2 scallions, trimmed and very thinly sliced
1 large bunch parsley, most of the stalks discarded, leaves washed and dried
2 cups mint leaves (no stems), washed and dried
1/4 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/4 teaspoon finely ground black pepper
Salt to taste
juice of 1 lemon, or to taste
About 4-5 tablespoons olive oil

Put the bulgur in small bowl and cover with boiling water. Cover and steam for 10 minutes. Drain well and put in a large salad bowl. Stir it with a fork to help it fluff up.

Put the diced tomatoes in a bowl and set aside while you prepare the herbs.

Using a razor-sharp knife, grab as much of the parsley and mint as you can handle in a bunch, and slice them very thin, to end up with nice, crisp slender strips.

Drain the tomatoes of their juice and add to the bulgur. Add the spring onion and herbs. Season with the cinnamon, allspice and pepper. Add salt to taste. Add the lemon juice and olive oil and mix well. Taste and adjust the seasonings if necessary. Serve immediately.

Shakshuka (Eggs Poached in Spicy Tomato Sauce)

--adapted from Saveur via smittenkitchen.com

This makes quite a bit so reduce the amount if you want. It's all very scalable and adjustable. This recipe actually does not have you roast and peel the peppers first so it saves you a step.

Serves 4 to 6

3 tablespoons olive oil
5 Anaheim and/or Numex chiles or 3 jalapeños, stemmed, seeded, and finely chopped (I was nervous and only used 2 Anaheims; I would go for 3 or 4 next time for a more moderate but still gentle kick)
1 small onion, chopped
5 cloves garlic, crushed then sliced
1 teaspoon ground cumin
1 tablespoon paprika
4 cups chopped tomatoes, juice, seeds and all
Salt, to taste
6 eggs
1/2 cup feta cheese, crumbled
1 tablespoon chopped parsley
Bread or pita for serving

Heat oil in a 12-inch skillet over medium-high heat. Add chiles and onions and cook, stirring occasionally, until soft and golden brown, about 6 minutes. Add garlic, cumin, and paprika, and cook, stirring frequently, until garlic is soft, about 2 more minutes.

Put tomatoes and their liquid to skillet along with 1/2 cup water, reduce heat to medium, and simmer, stirring occasionally, until thickened slightly, about 15 minutes. Season sauce with salt.

Crack eggs over sauce so that eggs are evenly distributed across sauce's surface. Cover skillet and cook until yolks are just set, about 5 minutes. Using a spoon, baste the whites of the eggs with tomato mixture, being careful not to disturb the yolk. Sprinkle shakshuka with feta and parsley and serve with bread or pitas, for dipping.

Tzatziki

This cool, creamy Greek side/spread/dip is one of my all time favorite foods. I pile it on toasted bread and I add it to pita or regular sandwiches. I eat it with boiled potatoes or thinly sliced broiled beef and this morning I piled it on toasted baguettes (sliced the length of the loaf) rubbed with garlic and layered with tomatoes and sprinkled with salt and then topped off with tzatziki.

2 medium cucumbers, peeled, seeds scooped out and fairly finely chopped
2 cups Greek yogurt or plain whole milk yogurt strained in cheese cloth of 2-3 hours to remove the whey and make it dense and richer
2 cloves garlic, minced
2 tablespoons olive oil
2 tablespoons chopped dill
1 tablespoon white wine, cider or champagne vinegar (or lemon juice)
Salt and freshly ground pepper

Scooping out the cucumber's seeds may seem silly but you want to remove as much moisture as possible for this dish and keep the firm, fleshed part. Sprinkle with a little salt and set in a strainer over a bowl and let drain for 20 minutes if you have the time.

Mix all the ingredients together. Taste and adjust seasoning. Chill for at least an hour if you can. It keeps well for about 3 days and gets a bit stronger (from the garlic) as it sits.

Savory Summer Squash Pancakes

--Adapted from Michael Symon's Live to Cook

These are pan-fried (so not very greasy at all) and absolutely delicious. They come together quickly and don't be put off by grating the zucchini onto a dishtowel and wringing out the liquid. It's easy and even fun to do and makes the fritters so much better.

3 medium zucchini or any kind of summer squash
1 ¼ teaspoon kosher salt
1 tablespoon chopped fresh basil or mint (optional but wonderful)
1 ½ tablespoons chopped fresh dill
2 tablespoons finely diced onion
2 teaspoons minced garlic
¼ teaspoon freshly ground black pepper
2-3 ounces feta cheese, coarsely chopped or crumbled (or grated sharp cheddar or other cooking cheese)
Grated zest of ½ a lemon (optional)
2 eggs
3 tablespoons cornstarch or all-purpose flour
Olive or Safflower oil, for pan-frying
½ cup Greek yogurt and more dill for topping (optional, but excellent!)

Grate the zucchini/squash on the large holes of a grater onto a clean kitchen towel. Sprinkle with the kosher salt and let it rest while you gather and prep the remaining ingredients. Wrap the zucchini in the towel and wring as much liquid out of it as possible, discarding the liquid. In a medium bowl, combine the zucchini, mint, dill, scallion, garlic, pepper, feta and zest. Stir in the egg and flour (or cornstarch) and mix until well combined.

Add a scant tablespoon of oil to a large skillet. Place the pan over medium-high heat. Spoon about 3 tablespoons (about a ¼ cup) of batter into the pan. Depending on the size of your pan you should be able to fry about 3-5 at once. Flatten them a bit with the back of a spatula and cook until the fritters are golden brown on each side, 4 to 6 minutes.

Transfer the fritters to plates and garnish with a dollop of Greek yogurt seasoned with salt and more chopped dill.