



47th Ave Farm CSA for the week of October 14, 2013

Braised Red Cabbage with Juniper and Cider Vinegar
Baked Acorn Squash with Salsa Verde
Cabbage Salad with Apples and Walnuts
Garlicky Potato and Parsley Cake
Chicken, Potato and Anaheim Soup
Fig, Prosciutto and Fennel Salad
Chard or Collard Patties

Braised Red Cabbage with Juniper and Cider Vinegar

--adapted from Tender by Nigel Slater

This is a classic preparation for red cabbage and it's a good one. And it's just as good or better the next day so make plenty. It's of course wonderful with pork or chicken.

1 small-ish red cabbage, quartered, cored and sliced thinly
2 tablespoons olive oil
8 juniper berries
3 tablespoons cider vinegar
Salt

Heat the oil in a large pot. Add the cabbage and toss well and add a few pinches of salt. Cook for about 5 minutes. Gently crush the juniper berries with the side of a chef's knife on a cutting board. Add those and 2 ½ tablespoons of the cider vinegar and cook, covered, gently for about 20 minutes or more until the cabbage is nice and tender. You don't want any crunch left. Taste and adjust seasoning with more cider vinegar and salt if needed.

Roasted Winter Squash with Salsa Verde

I taught this dish in the very first cooking class I ever taught. I'm very fond of it for that reason and because it's just a nice combination of warm roasted squash and bright, fresh acidic parsley sauce.

Halve an acorn squash and scrape out the seeds and strings. Cut into about 2-inch thick wedges. Sprinkle the cut sides generously with salt and drizzle with olive oil. Place cut side down on a baking sheet and bake at 400 degrees until tender when pierced with a fork.

When cool enough to handle, scoop flesh out of skin and place in a bowl, generously drizzle with salsa verde.

Salsa Verde

Yes, I write about this sauce all the time but I love it so! There are many variations of this simple sauce. Vary it as you like but start with a couple of handfuls of parsley, finely chopped. Add salt,

pepper, lemon juice, minced garlic and olive oil to desired consistency and taste. It should be strongly seasoned since it is used with mild dishes. You can add chopped capers or anchovies as well but for the squash the simpler one is best I think.

This sauce is also wonderful over fried or poached eggs over a hash of veggies and /or potatoes, with fish or beef.

Cabbage Salad with Apples and Walnuts

-loosely adapted from Chez Panisse Fruit

1 small red cabbage (or half a medium), outer leaves removed, quartered, heart removed and very thinly sliced
1/3 cup walnuts, toasted and roughly chopped
2 tablespoons cider vinegar
1 tablespoon lemon juice
Salt and pepper
1/3 cup olive oil
3 tablespoons creme fraiche or heavy cream or sour cream or Greek yogurt
2 crisp apples
½ cup crumbled blue cheese (optional)

Preheat the oven to 375°F.

Toast the walnuts in the oven for 8 minutes. While they are still warm, first rub them in a clean dishtowel to remove some of the skins, then chop or coarsely crumble them.

To prepare the dressing, mix the vinegar with the lemon juice, some salt, and a generous amount of pepper.

Whisk in the olive oil and then the creme fraiche or cream. Taste and adjust the acid and salt as desired.

Quarter, peel, and core the apples. Slice the quarters lengthwise fairly thin and cut these slices lengthwise into a julienne. Toss the cabbage, apples, and walnuts (and blue cheese, if you're using it) with the dressing and an extra pinch of salt. Let the salad sit for 5 minutes, taste again, adjust the seasoning as needed, and serve.

Garlicky Potato and Parsley Cake

This is a four ingredient dish—potatoes, butter, parsley and garlic and salt but that doesn't count. Slicing the potatoes thinly is very important. You can scale this up or down however you want.

6-7 potatoes, scrubbed and sliced as thinly as you can on the box grater, mandolin or by hand
4 cloves garlic, minced
½ bunch parsley, washed, dried and finely chopped
5 tablespoons butter, melted
Salt

Preheat oven to 425 degrees F.

Use a cast iron pan or a round oven proof baking dish. Spread a bit of melted butter on the bottom of the pan. Cover with potato slices and sprinkle on garlic, salt and parsley (about 1/3 of the total). Then drizzle with more butter. Then repeat until you've used up everything. Don't forget to salt each layer. Press down a bit and bake for about 45 minutes until the potatoes are tender. Let rest for a few minutes before serving.

Chicken, Potato and Anaheim Soup

This is simple and good. You can add chard or collards to this as well and also some cooked white beans if you'd like.

6 Anaheim chiles, blackened on burner or under broiler, set to steam in a covered dish for 10 minutes and then peeled, seeded and chopped
1 tablespoon peanut or olive oil
3 chicken hind-quarters (leg and thigh)
1 onion, diced
4 garlic cloves, minced
5 cups chicken or vegetable broth
2 1/2 teaspoons ground cumin
4 potatoes, scrubbed and diced
3 tablespoons all-purpose flour
1 teaspoon salt
3 tablespoons sour cream and or grated cheese and/or tortilla chips for serving
Lots of chopped cilantro or parsley
1 lime cut into wedges

Heat oil in a large Dutch oven over medium-high heat. Add chicken; cook 4 minutes on each side or until browned. Remove chicken from pan. Add onion and garlic, and sauté 5 minutes or until browned, stirring frequently. Return chicken to pan. Add potatoes, broth, and cumin; bring to a simmer. Cook 20 minutes or until chicken is done. Remove chicken; cool slightly. Remove chicken from bones; cut meat into bite-sized pieces. Discard bones. Add chicken back to pan; stir in chopped chiles and simmer for a few more minutes.

Serve topped with sour cream or Greek yogurt or grated cheese, tortilla chips and cilantro or parsley and a generous squeeze of lime juice.

Fig, Prosciutto and Fennel Salad

--adapted from Culinate.com (recipe by Carrie Floyd)

Simple, elegant, delicious!

Dressing

1 Tablespoon lemon juice
2 tablespoons balsamic vinegar
1 teaspoon honey
1 garlic clove, minced
1/3 cup good olive oil
Salt and freshly ground black pepper

Salad

About 6 ripe figs

5 thin slices prosciutto di Parma, cut into strips (as many as there are fig halves)
4 to 6 cups lettuce, washed and dried
1 fennel bulb, thinly sliced

Make the dressing: In a small bowl, whisk together the lemon juice, balsamic vinegar, honey, and garlic. Slowly add the olive oil, whisking all the while, until the ingredients are well blended. Season to taste with salt and pepper and set aside.

Cut the figs in half and wrap each half in a piece of prosciutto. In a large heavy sauté pan, fry the prosciutto-wrapped figs over medium heat, turning after about a minute, until the prosciutto is crispy and browned. Remove from the pan and set aside.

In a large bowl, toss the lettuce with half of the dressing, then divide the tossed greens among four plates. Place the sliced fennel over the greens, then distribute the figs among the plates. Drizzle with the remaining dressing and season with a pinch of salt and a grind of fresh black pepper.

Chard (or Collard) Patties, aka Daddy Patties

They were named by my niece I believe because my brother can eat about 20 of these in one sitting.

These originated with chard but can be made with most any sturdy, leafy green. The patties are great topped with either sour cream or Greek yogurt or any kind of tomato relish or jam or tomato sauce. My mother used to serve these for dinner with rice and tomato sauce.

2 small or one large bunch chard or collards, chard stems removed and saved for another purpose (could add them to the onions in the potato pepper soup)

2 eggs

½ – 1 cup grated cheese (cheddar, Swiss, Gouda, Asiago, Parmesan (use the smaller amount if you're using a hard cheese like Parmesan, etc.)

¾ cup bread crumbs or (or if you don't have bread/bread crumbs you can use 3-4 Tablespoons of cornmeal in the batter instead)

A pinch or two of red paper flakes (optional)

1/4 teaspoon nutmeg (optional)

Salt and pepper

Oil for pan-frying

Wash and coarsely chop the greens. Cook them in ½ cup or so of water in a large sauté pan or pot for a few minutes until they are just tender. Drain well and squeeze out most of the moisture and chop the greens quite finely. Beat the eggs in a large bowl, add salt, pepper, chili flakes and nutmeg (if using), grated cheese and breadcrumbs. Mix in greens. Taste for salt.

Heat a cast iron or other large skillet with a tablespoon or so of olive or safflower oil. When hot spoon large spoonfuls of the mixture into pan and pat down with a spatula to flatten. Flip after a few minutes when the underside is golden brown. Cook a few minutes more and serve. They keep warm and hold up nicely in a 250-degree oven.