



47th Ave Farm CSA for the week of October 7, 2013

By all means make the enchiladas this week if they sound good to you. I use my green tomatoes for this sauce every year and certainly have plenty for it this year. And you get my son's favorite vegetable: Romanesco! Enjoy it with a zippy sauce of anchovies, garlic and olive oil. Happy fall!

Fall Gratin

Green Tomato Enchiladas

Kohlrabi Notes

Kohlrabi Salad

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Roasted Delicata Slices

Roasted Romanesco—Two Ways

Fall Gratin

I made a version of this, this weekend and it was a crowd pleaser. The variations are endless—use broth or milk; add bacon, use different herbs and/or spices, etc.

5 or so potatoes, scrubbed
4-5 roma tomatoes (or more, or less)
2 small onions, thinly sliced
3 cloves garlic
1 bunch cilantro (or half a bunch), well washed
Milk or broth/stock
Grated cheese (optional) cheddar, Parmesan, . . .
1 teaspoon sea salt and freshly ground pepper
2 teaspoons ground cumin
1-2 tablespoons flour (optional)

Preheat oven to 400 degrees F.

Slice the potatoes as thinly as you can. I use the slicer on my box grater. Place the sliced potatoes in a large bowl. Slice the tomatoes into thin rounds as well and set aside separately with the sliced onions.

Finely mince the garlic and chop the cilantro, stems and all. In a small bowl mix the salt, pepper, cumin and flour (if using).

Toss the spice mixture with the potatoes and mix as well as you can. Toss in the cilantro and garlic and mix again. Spread half of the potato mixture evenly over the bottom of a 9 x 13 baking dish (or similar oven proof container). Layer the tomato and onion slices over the potatoes and

sprinkle with salt and a bit of grated cheese, if using. Spread the remainder of the potatoes over the tomato/onion layer and top with a little more grated cheese, if using. Pour milk or broth in the dish about 1/3 way up the sides of the vegetables. It doesn't really matter how much. Cover the dish tightly with foil and bake for 40 minutes. Uncover and bake for 15- 20 more. Test for doneness. You want the potatoes to be nice and soft but still keeping their shape.

Green Tomato Enchiladas with Beans and Winter Squash

--inspired by FOODDay many years ago

Sauce

Olive oil

½ an onion, diced

2 cloves garlic, minced

½ cup roasted, chopped peppers (poblano, Anaheim or the like)

1 ½ lbs green tomatoes or a mix of red and green, chopped

1 teaspoon ground cumin

2 teaspoons dried or fresh oregano

½ teaspoon salt

1 cup vegetable broth

½ cup water

½ cup chopped cilantro

Filling

Olive oil

½ onion, diced

1 clove garlic, minced

2 cups diced delicata squash (no need to peel)

½ cup water

1 teaspoon ground cumin

minced hot pepper or ¼ teaspoon red pepper flakes

½ teaspoon sea salt

2 cups cooked black or pinto beans (or 1 can, rinsed)

10 corn tortillas

1 cup grated cheese of your choice

Preheat oven to 375

For the sauce, heat a little oil in a large skillet over medium high heat. Add onions and sauté for 5 minutes, add garlic and sauté for 1 more minute. Stir in roasted peppers, tomatoes, cumin, oregano, salt, broth and water. Bring to a simmer and cook for about 10 minutes until it becomes sauce. Put the sauce in a blender and pure until smooth.

You can use the same skillet to make the filling. Add a bit more oil then add onion and cook for a few minutes. Then add garlic, hot pepper or flakes and then the squash and cumin and cook for a few minutes. Then add salt, water and cumin and stir things around well and scrape up any brown bits, cover and simmer until squash is tender—10 minutes or so. Add the beans and ½ cup of the sauce and heat through.

Wrap the tortillas in foil and put in oven until warm and pliable—about 5 minutes. Ladle $\frac{3}{4}$ cup sauce in the bottom of a 9 x 13 baking dish. Spoon $\frac{1}{4}$ cup of filling onto each tortilla, then top with some grated cheese. Roll up tortilla and place seem-side down in the pan. Cover enchiladas with the remaining sauce and cheese. Bake until hot and bubbling, about 30 minutes.

Kohlrabi Notes

In addition to the salad below you can grate the kohlrabi and make a lovely, fresh slaw with it. You can use rice vinegar and toasted sesame oil and ginger and lime juice and minced jalapeno or use cider vinegar, olive oil and ground cumin and chili flakes. . . You can mix in grated beets and/or carrots (though all will go pink!).

You can also roast wedges or chunks of kohlrabi, tossed in olive oil and salt. You can cook and mash it like mashed potatoes, adding butter, salt, pepper and dill if you have any.

Kohlrabi Salad

--adapted from Jerusalem by Yotam Ottolenghi and Sami Tamimi

1 large kohlrabi, peeled and cut into $\frac{2}{3}$ -inch dice
1 tablespoons mint leaves, torn
 $\frac{1}{2}$ cup of cilantro leaves and stems, barely chopped

Dressing:

$\frac{1}{2}$ cup Greek yoghurt
3 tablespoons sour cream
1 small garlic clove, finely grated or mashed
1 tablespoon fresh lemon juice
1 tablespoon good olive oil
 $\frac{1}{4}$ teaspoon sea salt (or more to taste)
freshly ground black pepper to taste

$\frac{1}{4}$ teaspoon sumac, for serving

Place the diced kohlrabi in a large mixing bowl.

Mix the dressing: place the yoghurt, sour cream, garlic, lemon juice, and olive oil in a small bowl. Add the salt, black pepper, and other seasonings, and whisk together until smooth. Add the dressing to the kohlrabi and stir to combine well. Place in a serving bowl and gently toss with herbs and sprinkle with sumac, and serve.

Spicy Braised Kale

This is not really a recipe but just a technique for cooking greens like kale or collards. The heat from the red pepper flakes brings out the sweetness in the kale and sets it off.

1 large bunch kale (or however much you have on hand/want to use)
2 cloves garlic (or to taste), mashed with the side of a knife and roughly chopped
2 tablespoons olive oil, divided

¼ - ½ teaspoon red pepper flakes (depending on how spicy you like it)
Salt and Pepper

Wash the greens and cut off any tough stems. You can usually leave the main rib running through the leaves as it will get tender with the greens. Cut the greens into 1" ribbons or roughly chop. Don't worry about the water clinging to the leaves, it will be useful in cooking it so don't dry them. Heat 1 tablespoon of olive oil in large sauté pan. Add the greens and cook over high heat for just a minute or two until they begin to wilt. Turn the heat down to medium-high, add a few pinches of salt, chili flakes and the garlic. Stir well. At this point if the greens look dry you can add about ¼ cup of water. Cover and let simmer for about 15- 25 minutes. Most greens will be tender. You can cook them for as long as 45 minutes and they'll be delicious but they're also good, just tender with still a little more body. So cook as long as you like, really. When ready to serve, drizzle with the remaining olive oil, adjust seasoning with salt.

Raw Kale Salad with Chickpeas and Tahini Dressing

This salad is so surprisingly good, quick, hearty and adaptable. You can add grated carrot and some toasted sunflower seeds.

1 bunch kale
2 cups cooked chickpeas
½-1 garlic clove (depending on size and your taste)
¼ teaspoon sea salt or to taste
3 tablespoons tahini (sesame paste)
2 tablespoons Greek yogurt
1 tablespoon olive oil
Freshly squeezed juice of one lemon
1/8 – 1/4 teaspoon red pepper flakes

Trim the bottom few inches off the kale stems and discard. Slice the kale into ½-inch ribbons. You should have 5-6 cups. Place the kale in a large bowl.

Use the side of a chef's knife, pound or mince the garlic and ¼ teaspoon of salt into a paste or grate the garlic on a micro-plane. Transfer the garlic to a small bowl. Add the tahini, yogurt, the oil, lemon juice, pinch of salt, pepper flakes and whisk to combine. Pour the dressing over the kale and toss very well (the dressing will be thick and need lots of tossing to coat the leaves) or work it in with your hands. Then add the chickpeas. Let the salad sit for 5 minutes or more to soften.

Roasted Delicata Slices

This is certainly the ubiquitous treatment for delicata squash but it's so good it bears mentioning.

Preheat oven to 425 degrees F.

Halve the squash lengthwise and scoop out seeds and strings. Lay the squash halves cut side down on a cutting board. Using a sharp knife cut them into ¼ - 1/3-inch half moons. Toss the slices in a little olive oil, salt and any other spices you'd like—ground cumin, pimenton, chili powder, etc.

Spread the slices on a baking sheet and bake, turning once until starting to brown and tender.

Roasted Romanesco—several variations

As above with the delicata, roasting the Romanesco in a hot oven is delicious. Break the romanesco into florets and chop the stems and core in similar sized chunks. Toss everything with some olive oil and salt and spread in one layer on a baking sheet. Roast in a hot oven (I do 425), tossing once or twice, until browning around the edges and tender. Toss with some chopped parsley and a bit of grated parmesan to fancy it up. Perfect as is though too.

You could also make a dressing with some mashed anchovies, mashed garlic, salt, black pepper and olive oil and toss roasted or steamed romanesco with that. Delish!