



## **47<sup>th</sup> Ave Farm Winter CSA for the week of November 18, 2013**

I've included some fancier, more involved recipes since this IS the time of year to spend some more time at the stove. And there are plenty of simple ones too. Two of my favorites below are the Stuffed Roasted Pumpkin and the Celery Root soup. Enjoy the gorgeous produce and happy cooking!

### **Carrot Puree with Dukkah**

**Faro Risotto with Celery Root, Celery, Bacon and Red Wine**

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### **Carrot Puree with Dukkah**

*--adapted from Ana Sortun's Spice: Flavors of the Eastern Mediterranean*

This is good and the Dukkah (the spice and nut mixture below) is delicious sprinkled on most anything—roasted vegetables, salads, grilled meats, you name it. And you know about harissa, the Moroccan spice paste I've used several times before, and how delicious it is.

The way to serve this is to take good bread or baguettes and dip or brush with olive oil, sprinkle with dukkah and spread with carrot puree. It could be part of a simple supper, lunch or a snack or a Thanksgiving appetizer.

2 pounds carrots, well scrubbed and cut into 2-inch lengths

6 tablespoons extra virgin olive oil, plus more for dipping

3 tablespoons white wine vinegar

5 teaspoons harissa (or much less depending on how spicy your version is—they vary widely so taste first or just add a teaspoon or two at a time and taste again)

3/4 teaspoon ground cumin

1/2 teaspoon ground ginger

Kosher Salt and pepper to taste

In a large saucepan over high heat, cover the carrots with water and bring to a boil. Reduce the heat to medium and simmer until tender, about 20 minutes. Drain the carrots and return them to the dry saucepan. Cook the carrots for 30 seconds or so over medium heat to dry them out. Remove the pan with the carrots from the heat and coarsely mash them with a fork or whisk. You want a coarsely ground carrot puree, not a smooth puree.

Stir in the olive oil, vinegar, harissa, cumin and ginger and then season the mixture with salt and pepper.

### **Dukkah**

*--adapted slightly from Ana Sortun's Spice: Flavors of the Eastern Mediterranean*

This is a little bit of a project, timing the toasting of the spices and then letting them cool but it's well worth it and it makes enough for several dishes/meals.

1/2 cup almonds  
3 tablespoons coriander seeds  
2 tablespoons cumin seeds  
3 tablespoons sesame seeds  
1/4 cup unsweetened dried shredded coconut  
3/4 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper

In a medium skillet over medium heat, toast the almonds until golden, about 4 minutes. Transfer the almonds to a work surface to cool, and then finely chop them.

Put the coriander and cumin seeds in the same skillet and toast, stirring until fragrant, about 2 minutes. Transfer the seeds to a spice grinder and allow them to cool completely before coarsely grinding.

In a medium bowl, combine the almonds with the ground spices.

Put the sesame seeds in the same skillet and toast them over medium heat, stirring until golden, about 2 minutes. Transfer to the spice grinder.

Toast the coconut in the skillet over medium heat, stirring constantly until golden (be careful not to burn!), about 2 minutes. Add the toasted coconut to the grinder and let it cool completely.

Grind the sesame seeds and coconut to a coarse powder. Combine with the almond and spice mixture and season with salt and pepper.

### **Faro Risotto with Celery Root, Celery, Bacon and Red Wine**

This is a rustic, delicious "risotto" that is a bit chewier thanks to the faro and perfect for this blustery weather. You could certainly use Arborio rice or barley instead of the faro if that's what you have on hand.

Feel free to make other changes too, add a clove of garlic, use romano instead of parmesan, use white wine instead or skip the wine.

Serves 4

5 cups vegetable stock or broth (I use homemade veggie bouillon)  
2 tablespoons olive oil  
1/2 medium onion, diced  
1 teaspoon fresh thyme or 3-4 sprigs (or 1/2 teaspoon dried)  
2 slices bacon, diced

2 stalks celery and a handful of celery leaves, finely chopped  
2 cups (or more) diced, peeled, celery root (you want about 1/3-inch dice)

1/2 cup red wine (see headnote—you can also use white)

1 cup faro (**if you have whole, not pearled faro, par boil it for 10 minutes, drain and then proceed with the recipe**)

1/2 cup freshly grated Parmesan, grated

1 tablespoons butter

Salt and freshly ground pepper

In a medium saucepan, bring the veggie borth to a simmer over moderately high heat. Reduce the heat to low and keep warm.

In a large, deep skillet, heat the olive oil. Add the onion, celery, celery leaves and thyme and cook over moderate heat, stirring occasionally, until the onion is softened, about 6 minutes. Add bacon and celery root and cook for 5 more minutes. Now add the faro and cook, stirring, for 2 minutes. Add the wine and cook, stirring until absorbed, about 2-3 minutes. Add 1 cup of the warm stock and cook, stirring, until nearly absorbed. Continue adding the stock 1/2 cup or so at a time and stirring every couple of minutes. Keep going until the stock us used up and the faro is tender. It takes a bit longer than rice so be patient. Finally stir in the 1/2 cup of cheese and the butter and season with salt and pepper. Let sit covered off the heat for 5 minutes at least, then serve, passing more cheese at the table if you'd like.

### **Red Lentil Dhal Stuffed Sweet Dumpling Squash**

The dhal itself is wonderful and I've included it in a packet previously. I've always added chunks of winter squash to the dhal itself but I changed it up a bit for this preparation (however by all means make the below recipe and add up to 3 cups of cubed raw or already baked winter squash of any kind and add it to the dhal when you add the lentils and don't bother with stuffing the squash). You make the dhal (a bit thicker than usual) and then fill Sweet dumpling squash with it and bake it until tender. That way you get the squash in each bite as you scoop it out of its lovely squash "bowls"! It's great fun and very pretty. I made this dish with three Sweet Dumplings and fed 4 people generously as a main course. And you'll have lots of dhal leftover and it freezes beautifully and is even better the next day.

Despite the long list of ingredients the dish comes together quite quickly. If you use veggie bouillon you'll need much less salt than the recipe below calls for. It's delicious with the homemade bouillon so by all means use it if you have it.

#### **For the squash:**

2 or 3 Sweet Dumpling squash. Cut off the top to make a lid and then scoop out the seeds and strings.

Now you want to bake the squash as is for about 30 minutes in a ban with a few tablespoons of water in the bottom at 375-400 degrees. You want it just about tender so when you fill them with the dhal and put them back in the oven you're just finishing them off.

#### **For the filling:**

1 tablespoon olive or vegetable oil

2 tsp. cumin seeds

2 tsp. black or brown mustard seeds (can omit in a pinch)  
1 medium onion, finely diced  
1 ½ inches of fresh ginger, peeled and minced  
2 garlic cloves, minced  
1 jalapeno chili, seeded, finely chopped (can omit and just use more chili flakes)  
1 ½ tsp. curry powder  
2 tsp. ground cumin  
1 tsp. turmeric  
¼ tsp. chili flakes  
Salt – about 2-3 tsp. kosher salt (it takes more salt than you might think unless you're using veggie bouillon or other salty stock or broth)  
2 cups red lentils  
4 1/2 cups veggie bouillon or water  
1 15-oz. can coconut milk  
Juice of 1 lemon  
½ a bunch of mint, chopped (can omit in a pinch)  
½ a bunch of cilantro, chopped (can omit or substitute parsley)

Heat just enough oil to coat the bottom of a large pan and add the mustard and cumin seeds. As soon as they begin to pop (only takes about 30 -90 seconds) add the onion, turn down the heat to medium, and cook until softened – about five minutes. Add the ginger, garlic, minced jalapeno, curry powder, cumin, turmeric, and chili flakes and fry for 3 minutes.

Add the lentils and stir to coat with the oil and spices. Add salt, water, and coconut milk. Bring to a boil, then reduce the heat so the dhal is at a simmer. Cover partially and cook, stirring occasionally so it doesn't stick to the bottom, until the lentils and squash have partially lost their shape and are soft – about 20-25 minutes. Add the chopped herbs. Cook for a minute or two then season with more sea salt and add the lemon juice to taste.

Now fill your squash bowls with the dhal to the brim, drizzle with a little olive oil and sprinkle with a little sea salt and bake in a 400 degree oven for about 20 minutes until bubbling and slightly browned on top. Let rest for 10 minutes before serving, if you have the time.

### **Stuffed and Roasted Pumpkin**

*–adapted from Dorie Greenspan's Around my French Table*

I included this last fall but it's just too good not to remind you of again.

This is the most delicious, beautiful fall dish. It's perfect for a regular old dinner (though it does take almost 2 hours to bake so maybe a weekend dinner) or a Thanksgiving treat. But it's so easy and so adaptable that you should add it to your regular repertoire. It's wonderful with cooked rice instead of bread (gets almost a risotto-like texture), additions of cooked spinach or chard, cooked sausage or ham chunks, with peas (straight from the freezer),. . .

1 pie pumpkin, about 3 lbs (just adjust the amount of filling if your pumpkin is smaller or larger)  
Salt and freshly ground pepper  
3 cups stale bread, sliced and cut into ½-inch chunks  
1/3 lb cheese, such as sharp cheddar, Gruyere, Emmenthal or a combination, cut into ½ chunks or grated  
3 garlic cloves, finely chopped  
2-4 strips bacon, cooked until crisp, and chopped  
¼ cup snipped fresh chives or sliced scallions

1 tablespoon minced fresh thyme  
1-2 tablespoons chopped fresh parsley or 1 teaspoon chopped parcel  
½ cup of cream or half and half  
½-¾ cup milk  
¼ teaspoon freshly grated nutmeg

Preheat oven to 350F. You can use a baking sheet, a pie pan, or a Dutch oven with a diameter that's just a tiny bit larger than your pumpkin. If you bake the pumpkin in a casserole, it will keep its shape, but might stick to the casserole, so you'll have to serve it from the pot, which is fine too.

Using a sturdy knife cut a cap out of the top of the pumpkin. Cut a big enough cap that it's easy to hollow out the inside. Clear away the seeds and strings from the cap and the inside of the pumpkin. Rub the inside of the pumpkin generously with salt and pepper and put it on the baking sheet, pie pan or in a pot.

In a large bowl toss the bread, cheese, garlic, bacon, and herbs together. Season with pepper—you probably have enough salt from the bacon and cheese but taste to be sure—and pack the mix into the pumpkin. The pumpkin should be well filled—you might have a little too much filling, or you might need to add to it. Stir the cream, milk and nutmeg with a bit of salt and pepper and pour it into the filled pumpkin. You don't want the ingredients to swim in the liquid, but you do want them nicely moistened with liquid about halfway up the cavity. It's hard to go wrong though. Better a little wetter than too dry.

Put the cap in place and bake the pumpkin for about 2 hours—check after 90 minutes—or until everything inside the pumpkin is bubbling and the flesh of the pumpkin is easily pierced with the tip of a knife. Remove the cap for the last 20 minutes or so of baking to brown the top and let any extra liquid evaporate. Transfer very carefully to a serving platter if you baked it on a sheet. Serve, scooping out plenty of pumpkin with each serving or serve it in slices.

### **Mashed Potato Tips**

I make mashed potatoes once a year, at Thanksgiving. I'm not sure why I don't make them more often. They are wonderful. If you are making mashed potatoes, I'm a bit of purist and think they're best made with a mixture of whole milk or cream—you can decide the ratio!:) and butter. Be sure to have your milk, cream and butter all melted together and good and hot when you are ready to mash. Don't skimp on the salt and don't worry about getting them too smooth. Mashed potatoes get gluey quickly (never put them in a food processor—they'll turn into a lump of glue) so just quickly mash them by hand. They also absorb much more liquid than you might think so, again, don't skimp on the milk/cream.

### **Herbed Stuffing**

--from epicurious.com

This is a flavorful stuffing recipe. I would make a few changes: use your own cubed bread and fresh herbs rather than prepared and dried respectively. It's perfect for your share as it calls for celery leaves as well stalks, parsley, and rosemary.

**<http://www.epicurious.com/recipes/food/views/Farmhouse-Herbed-Stuffing-240446>**

## **Roasted Broccoli (and/or Brussels Sprouts) with Tahini Lemon Sauce**

Cauliflower is usually the cruciferous vegetable that's roasted but broccoli responds well to the treatment, as do Brussels Sprouts! For a creamier sauce whisk in some Greek yogurt as well.

Preheat oven to 400 degrees F.

Wash, trim and cut up as much broccoli as you want. It does seem to shrink more when roasted so make plenty

Wash, trim and halve Brussels Sprouts

Olive oil

Sea salt

3 tablespoons tahini (sesame paste)

1 clove garlic, crushed and minced or mashed to a paste with some salt

Sea salt

Juice of 1 lemon (start with a bit less and add more if needed)

Toasted sesame seeds

Toss the broccoli and/or Brussels Sprouts with a little olive oil and salt and spread on a sheet pan and roast until browning around the edges and tender—about 30 minutes. Toss them occasionally.

Meanwhile mix the remaining ingredients except for the toasted sesame seeds.

Arrange the roasted vegetables on a platter and drizzle with the tahini sauce and sprinkle with sesame seeds.

## **Parsley Pesto**

This makes enough for a light coating on 1 lb. of pasta. Add some diced, boiled potatoes to the pasta and pesto for a heartier dish.

1/2 a large bunch of parsley, large stems chopped off but no need to carefully pick off the leaves

Handful of walnuts, toasted or raw (or hazelnuts or almonds)

1 small glove garlic

About ¼ -1/3 cup grated Parmesan or other hard cheese

¼ cup good-tasting olive oil

Salt and pepper

Squeeze of lemon juice (optional)

Process everything in a food processor adding oil last. Adjust seasoning to your liking.

To use with pasta, dilute with ¼ cup of hot pasta-cooking water before tossing with cooked pasta. Top with extra cheese.

## **Celery Root Soup**

--adapted from [www.davidlebovitz.com](http://www.davidlebovitz.com)

8-10 Servings

This is delicious, elegant and easy to make. If your celeriac is smaller or you want to make a smaller batch just adjust everything accordingly.

2 tablespoons butter  
2 tablespoons olive oil  
1 onion, diced  
Sea salt  
2 garlic cloves, peeled and thinly sliced  
One large celeriac (about 3-pounds), peeled and cubed  
3 cups chicken or veggie stock  
3 cups water  
1 to 1 1/2 teaspoons freshly ground pepper  
Scant 1/8 teaspoon chile powder

In a large pot, melt the butter with the olive oil. Add the onion and cook for about five minutes, stirring frequently. Add the garlic cloves and season with salt, and continue to cook until the onions and garlic are soft and translucent.

Add the celery root and stock. (Or use all water.) Bring to a boil, then reduce to a strong simmer. Cook, with the lid to the pot ajar on top, until the celery root pieces are soft and easily pierced with a paring knife, about forty-five minutes.

Add pepper and chile powder, then purée using an immersion blender, or let the soup cool to a bit and whiz in a blender until smooth. Taste, and season with additional salt and pepper if desired. If the soup is too thick, it can be thinned with water or stock.

You can vary the soup by adding some pieces of crisp bacon as a garnish or a dollop of sour cream or some heavy cream can be stirred in. Chives or parsley would be a nice garnish. But a nice drizzle of good olive oil is perfect too.

## **Chez Pim Pie Crust**

Well, after years of making a certain all-butter pie crust (inspired by the Chez Panisse galette crust) I have 100% switched this recipe and technique. I find it completely unbeatable and while it includes one extra step, I don't think twice about it anymore. Some of you may have adopted this technique ages ago so I may be late to the game. Better late than never. I'm making more pies than ever before☺!

<http://chezpim.com/bake/how-to-make-the-perfect-pie-dough>

## Pumpkin Pie

This is fairly classic pie, with the exception of the sour cream and optional rum.

1 9-inch single crust Pie shell, chilled (not partially baked using ½ of above recipe)  
1 ¾ cups pumpkin puree (1 15-oz can or home cooked)  
2 large eggs, at room temperature  
¾ cup (packed) light brown sugar  
1 cup whole milk or cream  
1/3 cup sour cream or Greek yogurt (which is what I use)  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
Pinch of ground cloves  
Pinch of freshly grated nutmeg  
Pinch of salt  
2 tablespoons dark rum (optional)  
2 teaspoons pure vanilla extract  
Lightly sweetened lightly whipped cream, for topping

Center a rack in the oven and preheat the oven to 450°F. If you have a pizza stone, put it on the rack you're going to use and then preheat. Setting the pie pan directly on the pizza stone helps the crust bake nicely and not get soggy, especially since we're not pre-baking the crust.

Roll out your pie dough and place it in pan and crimp edges as described in apple pie recipe above, though your just crimping a single layer of crust, the technique is the same. Chill pie shell in the fridge while you make the filling.

Put all of the filling ingredients in a food processor and process for 2 minutes, stopping to scrape down the sides of the bowl once or twice and pour the filling into the chilled pie shell. Alternatively whisk all the ingredients well in a bowl.

Bake for 15 minutes at 450, then reduce the oven temperature to 350°F and continue to bake for 35 to 45 minutes longer or until a knife inserted close to the center comes out clean. (If you don't want to create a slash in your masterpiece, tap the pan gently—if the custard doesn't jiggle, or only jiggles a teensy bit in the very center, it's done.) Transfer the pie to a rack and cool to room temperature.

Serve the pie with lightly sweetened whipped cream