



47th Ave Farm Winter CSA for the week of April 1, 2014

You are getting a lot of greens in the form of raab and new, leafy greens, both kale or collard greens. It is such a treat and I just can't get enough of these lush, sweet vegetables. I keep meaning to do something really creative with them but am having a hard time getting past them simply cooked and finished with good olive oil and salt. They accompany most any dish well in that form and would once again make a lovely addition to cooked dry beans, in the form of the beautiful Jacob's Cattle bean this time around.

Arugula/Mizuna Note

Raab Notes

Simple Sauteed Raab

Braised and Broiled Jacob's Cattle Beans

Beans, Squash and Miso Broth

Leek and Goat Cheese Frittata

Pickled Onions

Braised Kale and Leeks (on a Galette or Pizza)

Roasted potatoes with Harissa Yogurt Sauce

Caldo Verde (Portuguese Kale and Potato Soup with Chorizo)

Spicy Red Onion Jam

Arugula/Mizuna Note

You may get this tender spring greens in your share. Just dress them lightly with lemon juice or your favorite vinegar, good olive oil, salt and pepper. Add some toasted sunflower or pumpkin seeds and maybe a few pickled onions (see recipe below) and have yourself a lovely, lovely salad.

Raab Notes

Today I had collard raab two ways and here are a few more ideas for all of your raab:

- 1) simply cooked in a skillet (I didn't even blanch them first they are so sweet) with ¼-inch or so of water and sprinkle of salt. Then finished with good olive oil and a little more sea salt with scrambled eggs and a warm biscuit courtesy of my biscuit-making husband.
- 2) I added the raab, cooked as in 1) and chopped up, to a quick sharp cheddar quesadilla to which I also added pickled red onions and a few cayenne flakes. Delish!
- 3) Blanch the raab in salted boiling water for just a minute or two. Drain and then roast, tossed with a little olive oil at 450 degrees until crisping and browning. Sprinkle with sea salt and eat!
- 4) Top a pizza with blanched raab alongside some spicy pork sausage and a good slick of olive oil and a cheese of your choice—Parmesan to feta or goat cheese.

Simple Sauteed Raab

I was lucky enough to cook with the raab this weekend and they are so tender and sweet and delicious. They're at once fresh and strong with a hint of bitterness, though mine have really not been bitter at all. Quickly blanch them in salted boiling water if they seem a bit strong and then sauté them you make.

I can eat a whole bunch by myself, cooked this way. You can serve it alongside a piece of fish or hearty salad or beans (see below) or eggs of course, or just a slice of good bread and cheese.

1 bunch (or more) kale or collard raab, washed and any tough stems removed and cut into 3-4-inch lengths
2 cloves garlic, minced
Olive oil
Salt

Bring a large pot of water to a boil and add a teaspoon or so of salt. Add the raab and cook for 2 minutes. Drain the raab.

Heat a bit of oil in a large skillet. Add the raab and the garlic and sauté until just tender. Taste and adjust seasoning.

Roasted Potatoes with Harissa Yogurt Sauce

This harissa recipe is adapted from Yotam Ottolenghi. I happened to have some roasted red peppers I froze last fall and made this fragrant and spicy sauce/paste. You can buy harissa in many grocery stores and my favorite brand is Mustafa's. You can use jarred roasted red peppers instead of fresh this time of year if you're making your own sauce. You'll have plenty of harissa left for other meals as you'll only use some for the potatoes.

1 large sweet red pepper or the equivalent roasted and jarred (see headnote)
½ teaspoon each coriander seeds, cumin seeds and caraway seeds
1 tablespoon olive oil
1 red onion, peeled and chopped
3 garlic cloves, peeled and chopped
1 cayenne, seeded and then soaked in a little hot water until softened and then drained
1 tablespoon tomato paste
2 tablespoons lemon juice
½ teaspoon sea salt

2 lbs red potatoes, scrubbed and cut into wedges or large chunks
Olive oil
Sea salt
1/3 – ½ cup Greek yogurt or full-fat plain yogurt

Put the pepper under the broiler until blackened all around. Transfer to a bowl, cover and leave to cool, then peel and discard the skin and seeds. Place a dry frying pan on a low heat and toast the coriander, cumin and caraway for two minutes. Transfer to a mortar and grind to a powder. Heat the oil in a frying pan and fry the onion, garlic over medium heat until dark and smoky - six to eight minutes - then process with all the paste ingredients.

Preheat oven to 400 degrees.

Toss the potatoes in olive oil to lightly coat. Spread on a sheet pan and sprinkle generously with salt. Roast potatoes, turning once, until crisped and browning and tender.

In a small bowl mix the yogurt with 1-2 tablespoons harissa (depending on taste). Serve potatoes with sauce.

Braised and Broiled Jacob's Cattle Beans

Jacob's Cattle beans are a beautiful kidney-shaped, white bean with maroon splashes and speckles. It has a meaty and creamy flavor. It originated in Main with the Passamaquoddy tribe and is on the Slow Food Ark of Taste <http://www.slowfoodusa.org/ark-item/jacob-s-cattle-bean>.

They keep their shape well when cooked, even for long-periods of time.

I cooked up this braise/gratin on the spot and it was very satisfying, thanks mostly to the delicious beans themselves. You can certainly skip the baking step at the end and it will be plenty delicious but the crunch from the bread crumbs is fun.



Olive oil

2 cups dry Jacob's Cattle beans (or a kidney or cranberry type bean), cooked and drained but cooking liquid reserved (about 4 cups cooked beans)

2-3 stalks green garlic, minced (or 3 clove regular garlic, minced)

1 stalk celery, chopped (optional)

1 slice bacon, diced (optional)

3 tomatoes (I use roasted/frozen ones in the winter) or a 14-ounce can, if that's what you have

2 teaspoons chopped fresh or dried sage
1 teaspoon summer savory (optional), chopped
2 cups (or more) bean cooking liquid
Salt
½ -¾ cup coarse bread crumbs (optional—see headnote)
More olive oil

Gently sauté the (green) garlic, celery and bacon, if using, for about 10 minutes over medium heat in a bit of olive oil in an ovenproof skillet. Add the tomatoes and herbs and cook for another 5 minutes until reduced a bit. Add the beans and the cooking liquid and some salt and bring to a lively simmer. Cook uncovered for about 7-10 minutes to reduce the liquid a bit. Taste and adjust seasoning. You can cook it down more or less depending on your taste.

If you're using the bread crumbs, set your oven to broil. Sprinkle the bread crumbs evenly over the beans and drizzle with a bit more olive oil and sprinkle with salt. Place the skillet under the broiler and cook for 5 or so minutes, keeping a close eye on it as it can easily scorch, until browned and bubbling.

Beans, Squash and Miso Broth

If you're not making the above bean dish, here's a simple, delicious alternative.

3 cups beans & their cooking liquid
3 cups diced, roasted winter squash
1 tablespoon (or more, to taste) red or yellow miso
2 green onions, thinly sliced or alternatively a bit of red onions, thinly sliced
Chopped, fresh cilantro (optional)

Heat the beans in their cooking liquid until simmering. Scoop out about ½ cup of liquid and whisk the miso into it. Return the miso broth to the beans and stir in the roasted squash as well. Taste and adjust seasoning. Remove from heat and serve, garnished with onions and cilantro.

Basic Dry Bean Soaking/Cooking Instructions

Place dry beans in a bowl covered by about 4 inches of cold water. Soak overnight or 6-8 hours. Drain and rinse beans.

Place soaked beans in a large pot and cover with cold water by several inches. Add a few whole, peeled garlic cloves, a bay leaf and a big chunk of peeled onion. Bring to a boil, turn down to a simmer and let cook covered until the beans are tender, stirring occasionally (this helps prevent some beans from softening before others.) I add salt towards the end of the cooking time and when you do add salt, be generous, as in at least 1 teaspoon sea salt to start if you're cooking 1 ½ cups or so of dried beans. They'll may need more still. The time it takes for the beans to cook will vary depending on the kind/size of bean and the freshness of the dried beans. I'm guessing the borlotti will take about 30-35 minutes. Let beans cool in their liquid (if you're not in a rush) and then use, freeze, etc. If you're freezing some, fill your container with the beans and then ladle in the cooking liquid until the beans are almost covered. Cooked beans also keep in the fridge for 5-6 days and for several months in the freezer.

Pickled Onions

Time for another jar of onions in red wine vinegar. These are still my favorite condiment this winter/spring. I put them on most anything, from eggs, to the above hash to enchiladas. . I add them to salads and I put them on sandwiches. This time of year especially I crave acidic/bold flavors to counter the sweetness of winter produce and cooking. They will take the above hash from sweet and sort of boring to lively and fun.

1 medium red onion, peeled, cut in half lengthwise and then cut into thin half rounds, slice them as thinly as you safely can. You can also cut the onions into quarters and then slice if they are large.

Red wine vinegar

Pint canning jar or something similar with a tight fitting lid

Put the sliced onions in the jar, press down a bit and cover with vinegar. Voila! You can use them basically right away—give them 30 minutes if you can—and then just keep them in the fridge and use them for weeks. The onions will collapse quite quickly so you don't need to generously cover them with vinegar. Just shake it up well.

I just add new onions to the vinegar when I run low and after a while start over but vinegar of course keeps forever!

Leek and Goat Cheese Frittata

The cheese nicely offsets the sweetness of the leeks in this frittata as do the herbs, if you have some. Cut in wedges at room temp it makes a great snack and is even heartier as a sandwich filling.

2-3 leeks, washed and cut in half length-wise and cut into ½ inch half-rounds

1 -2 tablespoons butter (or olive oil or some of each)

1- 2 tablespoons chopped fresh parsley, chives, etc. (optional)

6-8 eggs (or whatever you have or want to use)

2-3 oz goat cheese or feta, crumbled

Salt and freshly ground pepper

Melt the butter or heat the oil in a heavy sauté pan or well-seasoned cast iron pan or non-stick (if it's heatproof and can go in the oven). Add leeks and a few pinches of salt and sauté them over medium to medium-high heat until they're soft, about 15 minutes.

Set your oven to broil.

Lightly whisk the eggs until they're just broken up—no need to get them frothy or really well mixed. Add the chopped herbs if using, a few more pinches of salt and several grinds of pepper. Pour eggs over the potatoes and tilt the pan to evenly distribute the eggs. Sprinkle the cheese over the top of the eggs. Cover and cook on medium heat for a few minutes. When the eggs are beginning to set take the pan off the heat and set under the broiler until the eggs are cooked and slightly puffed and golden.

Let sit for a few minutes before cutting and serving. It will come out of the pan much more easily that way. Serve with a slice of bread and salad.

Variations: Add bacon, sausage, leftover pasta, most any other veggie (sautéed leeks or onions, raab or kale, . . .)

Braised Kale and Leeks (on a Galette or Pizza)

I included these ideas in January but I don't tire of this combination, in either a tart or on a pizza, so here it is again. You can serve this as a side dish fry some eggs in one side of the pan and call it dinner. Or you can spread it on buttery crust and bake a savory galette or spread it on pizza dough and sprinkle with a little Parmesan and have yourself a lovely, hearty pizza. I think it's particularly good on Grand Central Bakery's wholewheat pizza crust.

1 large bunch kale, well washed, trimmed and cut into thin ribbons and stems finely chopped
2 medium leeks, well washed and cut into thin half-moons
1 tablespoon butter and 2 tablespoons olive oil
Salt
1/8 teaspoon red pepper flakes (optional)
1/4 - 1/2 cup grated Parmesan or Gruyere or sharp cheddar (if you're making a galette or pizza)

In a large skillet heat the olive oil and butter over medium-high heat. Add the leeks and stir well and sauté for 2-3 minutes. Add a bit of salt, the red pepper flakes (if using) and the kale, stir well and cook, covered for about 10-15 minutes until all is tender. Stir occasionally and make sure things aren't browning or drying out. Turn down the heat and/or add a little water if that's the case. Taste and adjust seasoning.

For a Galette pastry:

1 1/4 cups all-purpose flour
1/2 teaspoon salt
8 tablespoons (1 stick) unsalted butter, cut into pieces
1/4 cup Greek or whole milk plain yogurt
2 teaspoons fresh lemon juice
1/4 cup ice water

To make the pastry dough, combine the flour and salt in a bowl. Cut the butter into the flour mixture using a pastry blender or pulse a few times in the food processor, until the mixture resembles coarse meal with some pea-sized pieces too. In a small bowl, whisk together the sour cream, lemon juice and water and drizzle mixture over flour and butter and using a fork, quickly stir it to combine. The mixture will turn into lumps, which you want to quickly pat into a ball; do not overwork the dough. Cover with plastic wrap and refrigerate for 1 hour or up to 48 hours.

Preheat oven to 400 degrees F.

On a floured work surface, roll the dough out into a 12-inch round. Transfer to an ungreased baking sheet. Spread kale and leek mixture over the dough, leaving a 1 1/2-inch border. Fold the border over the vegetables, crimping the dough slightly as you go.

Bake until golden brown, 30 to 40 minutes. Remove from the oven, let sit for 5 minutes, then slide the galette onto a serving plate. Cut into wedges and serve hot, warm or at room temperature.

For a pizza:

Preheat oven to 500 degrees F with a pizza stone on the bottom wrack of the oven if you have one.

Roll or stretch out the pizza dough and brush a little good olive oil on the dough. Evenly spread the kale and leek mixture over the dough and sprinkle with cheese. Bake until the crust is browning and the topping bubbling.

Caldo Verde (Portuguese Kale and Potato Soup with Chorizo)

—adapted slightly from Tender, by Nigel Slater

I've included this dish several times over the years, but usually using savoy or green cabbage, though it is more traditionally made with kale so this week's kale or collards and potato bounty calls for this version. One chorizo is enough to flavor this soup well but if you've got meat lovers at the table feel free to toss in another. If you'd like to make this without the meat, I would add a teaspoon or two of smoked Spanish paprika (Pimenton) and another clove or two of garlic at the beginning. This soup is even better the next day even though it's not going to win any beauty contests.

Serves 4

Olive oil

1 medium onion, diced

2 cloves garlic, thinly sliced

3 -4 medium potatoes

6 cups broth or water

2 bay leaves

1 chorizo sausage (about 4 oz.), cut into thin rounds (see headnote)

5 cups kale or collard greens, washed cut into thin strips

Salt and pepper

Good olive oil for drizzling

Sauté the onion and garlic over medium-low heat in a large pot in a bit of olive oil until soft, about 10 minutes. Add the potatoes and cook for a few more minutes before adding the water (or broth), bay leaves and salt and pepper. Bring to a boil, then turn down and simmer for about 20 minutes or until the potatoes are quite soft. Meanwhile fry the slices of chorizo in a small pan until they are crisp and the fat has been rendered.

Mash the potatoes in the pot with a fork or potato masher until partially broken down. You want the potatoes to thicken the soup but also leave plenty of lumps. Add the greens and cook for about 7 more minutes until tender. Add the chorizo, adjust for salt and serve the soup drizzled with good olive oil and another grind of pepper.

Onion and Kale Panade

This is wonderful cool-weather comfort food made with the simplest of ingredients. It's also a good way to use up stale bread, but fresh can be used as well. Just make sure it's a hearty rustic loaf with a good crumb and crust.

2-3 large yellow or red onions

8 springs thyme

1 bunch kale, washed and cut into ½-inch ribbons. You can cut off the rough stem ends but no need to remove the rib.

½ a medium loaf of bread, cut into cubes (about 4 cups)

1 packed cup (more or less) cheese (sharp cheddar, gruyere, aged-asiago; parmesan, etc.), grated

3 ½ cups vegetable or chicken stock (I use homemade veggie bouillon—recipe below)

Preheat oven to 400F

Cut onion in half lengthwise. Peel, then slice into half moons about 5mm (¼in) thick. Heat 3 tablespoons olive oil in a large frying pan. Cook onion with thyme sprigs (no need to pick off the leaves) stirring occasionally until soft and golden brown, about 20 minutes. No need to caramelize. Add the kale and a little water and stir into the onions and cook for 10 more minutes just to soften the kale.

In a medium heatproof dish layer about a third of the onions and kale. Sprinkle over some of the bread and cheese. Repeat until all the ingredients have been used. You want to be able to see a little of each on the top. Bring stock to a simmer and taste to make sure it's well seasoned. Adjust if necessary. Pour over the onion dish.

Cover and bake for 30 minutes. Remove cover and bake for another 20 – 30 minutes or until the top is golden and crunchy and the stock has been absorbed by the bread. Run under the broiler for a few minutes if it's not crispy enough. If it's a bit soupy let it sit for a few minutes. It will firm up a bit as it cools.

Spicy Red Onion Jams

I promise it will not be hard to find ways to enjoy these savory jams!

Thinly slice at least two large red onions (add more if you have them since they reduce a lot in the cooking and you can add any other kinds of onion or shallot as well) and cook them in olive oil until very soft. Add crumbled cayenne pepper, to taste, and a splash of sherry or red wine vinegar and cook until the onions thicken and brown.

Onion Jam with Bourbon: Thinly slice at least two large red onions (add more if you can and add any other kinds of onion or shallot since it will reduce significantly in the cooking) and cook in olive oil with a little chopped bacon (just a) until soft. Add a little bourbon and brown sugar and cayenne to taste and cook until the jam thickens.