



47th Ave Farm Winter CSA for the week of November 28, 2011

In this week's packet I'd like to make note of the Onion and Kale Panade and the Broccoli and Potato dish—both favorites of mine, as is the Cauliflower Mac N'Cheese. They all involve a couple of steps but come together easily and in the case of the panade, much of the time is unattended.

I'm not spending a lot of time on kale today. It's early in the season and I for one can't get enough of it. Simply braised with a little garlic and finished with good olive oil and salt it's perfect. Add it to any soups and even salads, thinly sliced and raw. More on kale in future packets!

You'll notice that I reference veggie bouillon broth frequently. It's my homemade fresh veggie paste that is diluted with water to make instant stock for soups, stews and all kinds of things (you can use it in both the panade and cauliflower mac). I use it constantly this time of year. You basically process lots of raw veggies (leeks, carrots, celeriac, onion) with herbs (parsley and cilantro) and lots of salt and then keep the resulting paste in the freezer and scoop out a teaspoon or two per cup of water to make broth when you need it. It's delicious, fresh, cheap and much more convenient than store-bought stocks once you have a batch in the freezer. Recipe included in this packet.

Roasted Root Veggies
Kale and Onion Panade
Warm Broccoli and Potato Salad with Parsley and Egg
Cauliflower Mac n' Cheese
Parsley Tips
Salsa Verde
Parsley Pesto
Beef Turnip, and Kohlrabi Stew
German Kohlrabi Salad
Celeriac Soup
Veggie Bouillon Paste

Roasted Root Veggies

Roasting is a favorite winter veggie cooking technique. Roasting sweetens most anything and concentrates the flavors. The onion adds a really nice contrast in flavor and texture here.

1 large turnip, peeled and cut into 3/4-inch chunks
½ a celeriac, peeled and cut into 3/4-inch chunks
1 kohlrabi, peeled and cut into 3/4-inch chunks
1 onion, peeled and cut into thin wedges or thickly sliced (optional)
3-4 carrots, sliced into ½-inch rounds (optional)
Olive oil and salt
Herbs of choice (rosemary, thyme, ...) (optional)
Chopped parsley, lemon juice and minced garlic

Preheat oven to 425.

Toss all the veggies with 1-2 tablespoons of olive oil and at least a teaspoon of kosher or sea salt. Spread out on a sheet pan, sprinkle with herbs, if using, and roast until everything is tender and beginning to brown around the edges, about 30 minutes. Discard herb stems and toss veggies in a bowl or on a platter with some the chopped parsley, some lemon juice or vinegar and a little minced garlic, if you like. Adjust seasoning and serve either warm or at room temperature.

Onion and Kale Panade

This is wonderful winter 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 (either kind you have in your share will be excellent), 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 1/2 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 (1/4in) 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.

Broccoli and Potato Salad (Gribiche)

--adapted from Super Natural Every Day by Heidi Swanson

This is a wonderful dish with bold flavors. When tarragon is in season it's most wonderful with a bit of that but it's perfect this time of year just with the parsley and capers or just parsley if you don't have capers. If you don't have capers but have anchovies, mash a couple up and add them to the dressing instead.

It's practically a meal in one with the hard-boiled egg, potatoes, and broccoli but would be wonderful with grilled meat or fish or other veggies or some crusty bread and a simple green salad. And you can use cauliflower if you don't have broccoli.

Preheat oven to 400 degrees

1 ½ lbs potatoes (any firm-fleshed potato such as Yukon gold, fingerling or red), scrubbed but not peeled, and cut into thumb-sized pieces
scant ¼ cup plus 2 tablespoons olive oil
kosher salt
¾ lb of broccoli, cut into small florets and stems sliced into ½ inch pieces
4 hard-boiled eggs, peeled
2 tablespoons red wine vinegar
1 teaspoon Dijon-style mustard
1 tablespoon capers, rinsed and chopped
small piece of red onion, very thinly sliced
2 tablespoons chopped parsley
1 tablespoon chopped, fresh tarragon (optional but wonderful if you have it)
black pepper

Toss the potato chunks with 1 tablespoon of the olive oil and several generous pinches of salt and spread onto a baking sheet. Roast for about 30 minutes until they are tender and starting to brown. Toss the broccoli (or cauliflower) with 1 tablespoon of olive oil and more salt and spread on a second baking sheet and slide into the oven as well. You want the broccoli and potatoes to be done at just about the same time.

To make the dressing, mash one of the yolks of the hard-boiled eggs in a medium bowl. Slowly add the remaining oil, whisking constantly to create an emulsion. Add the vinegar and mustard and whisk until smooth. Then stir in the capers, herbs, ¼ teaspoon salt and some freshly ground black pepper. Coarsely chop the remaining eggs and egg white and add to the dressing. Gently toss the dressing with the warm potatoes and broccoli. Adjust seasoning.

Cauliflower Mac & Cheese

--adapted from Food Matters by Mark Bittman

Veggies can make for great comfort food and this recipe proves it and if you love Mac & Cheese (or your children do) you'll love this too. If you don't want to bother with the blender or food processor you can just mash the cauliflower in the pot in which you cooked it. You won't get as smooth of a texture but it's just as delicious. Wonderful additions to this dish are: chopped fresh herbs such as parsley, thyme, and chives. If you are tempted to use whole wheat pasta I would recommend you not do so in this dish. Whole wheat pasta disintegrates too easily in this preparation.

Serves 6 (generously)

2 tablespoons olive oil
2 ½ cups veggie bouillon broth or chicken stock
1 medium-large cauliflower, cored and separated into pieces
1lb pasta (ziti, elbow, penne, rotini and corkscrew all work well)
¾ - 1 cup grated cheese (sharp cheddar, gruyere . . .)
3 teaspoons Dijon mustard, to taste
¼ - ½ teaspoon chili flakes (to taste)
¼ teaspoon nutmeg, freshly grated is best
Black pepper
¼ cup grated Parmesan or other hard cheese
½ cup or more bread crumbs (optional)

Heat the oven to 400 F. Bring a large pot of salted water to boil. Cook the cauliflower in the boiling water until very tender, about 15 minutes. Scoop the cauliflower out of the water with a slotted spoon and transfer to a food processor or blender. Add the pasta to the boiling water and cook until still somewhat chalky inside and not quite yet al dente, about 5-6 minutes. Drain the pasta and put it in a 9 x 13 baking dish or other similar casserole dish.

Carefully process the cauliflower with 2 cups of the veggie bouillon or stock, 2 tablespoons olive oil, the cheddar, mustard, chili flakes, nutmeg and a sprinkling of salt and pepper. (You may have to work in batches.) If the sauce seems to thick add the remaining ½ cup of stock. Taste and adjust seasoning. Pour the sauce over the pasta, toss, and spread mixture evenly in dish. (You can make the dish to this point, cover, and refrigerate for up to a day) Sprinkle the top with the Parmesan and breadcrumbs, if using them. Bake until the pasta is bubbling and the crumbs turn brown, about 20 minutes. Pass under broiler if you need to.

Parsley Tips

- This time of year I tear off lots of whole leaves and add them to salads, using it more like a salad green than an herb.
- Also good liberally added, roughly chopped, to bean salads.
- It's wonderful in soups both added early on in the cooking process and used as a garnish.
- Finely chopped and stirred into some Greek or plain whole-milk yogurt with a little minced garlic, salt and olive oil is wonderful garnish for soups or roasted veggies.

Salsa Verde

This recipe was included with the last share but if you didn't make it then, now's your chance. This is a great way to use up LOTS of parsley and it's good with/on almost anything. You can toss it with the above roasted veggies or garnish the above soup with it. More suggestions for use below.

This is a versatile, zippy sauce. I often just make it with parsley garlic, lemon juice, oil and salt but the addition of capers, onions and egg make it even better. I use the simpler version over fried or poached eggs over a veggie hash of any kind—root vegetables or winter squash in the winter or new potatoes, peas, zucchini or corn in the summer. It's a wonderful dressing for a pasta or rice or quinoa or lentil salad. It's wonderful with meat and fish that's been roasted or grilled. I put it on sandwiches or mix a little into the egg yolks for a twist on deviled eggs or egg salad.

You can make this very quickly in a food processor or with a little more effort by hand. You don't want to totally uniform texture so be careful not to over process.

1 1/2 cups finely chopped parsley (about one medium bunch)
Grated zest of 1-2 lemons
1 shallot or chunk of onion, finely diced (optional)
2-3 tablespoons capers, rinsed (optional)
1-2 small garlic cloves, minced
3/4 cup extra virgin olive oil
2-3 tablespoons fresh lemon juice or white or red wine vinegar
Salt and freshly ground pepper
1 hard-boiled egg (optional)

Combine all the ingredients except the egg, salt, and pepper. Mash the egg yolk until smooth, adding a little of the sauce to thin it. Finely chop the white. Stir the yolk and the white back into the sauce, season with salt and pepper and adjust lemon/vinegar as needed.

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 1/4 -1/3 cup grated Parmesan or other hard cheese
1/4 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 1/4 cup of hot pasta-cooking water before tossing with cooked pasta. Top with extra cheese.

Beef and Root Veggie Stew

Serves 6 generously

You could use some of your celeriac here instead of either the turnip or kohlrabi.

3/4 cup all-purpose flour with a big pinch of salt and pepper
1 1/4 pound stew beef, cut into 1-inch chunks
About 1/4 cup olive oil
1 medium yellow onion, coarsely diced
2 cups thickly sliced carrots (optional)
1 large turnip, peeled and cut into 1/2 - 3/4 -inch dice
1 kohlrabi, peeled and cut into 1/2 - 3/4 -inch dice
1/4 of a celeriac, peeled and cut into 3/4-inch dice (about 2 cups worth)
4 cloves of garlic, minced
3 tablespoons tomato paste
1/2 cup beer (not Guinness, use something medium to light) (optional)
4 cups beef broth (more if you'd like it more soupy) or other broth or stock
1 bay leaf
3 teaspoons fresh thyme leaves, coarsely chopped
1 tablespoon Soy or Tamari sauce
Salt and pepper to taste

Rice or couscous and lots of chopped parsley to serve.

In a large brown paper bag, place flour, salt, and pepper. Add diced beef. Close the bag. Hold it tight and shake. Open bag and make sure that all of the beef is lightly coated in flour and seasoning. Set aside.

In a large Dutch oven (or big soup pot), heat 2 tablespoons of olive oil over medium heat. Add as much beef as will fit along the bottom of the pan in a single layer. Cook, browning on all sides. The beef doesn't need to be cooked through, just browned. Once all of the beef is cooked, remove from the pan and place on a plate. Set aside.

In the same Dutch oven, heat the remaining 2 tablespoons of olive oil. Add onions and carrots, if using, and cook until onions are translucent, about 5 minutes. Add garlic and cook for another 3 minutes. Add tomato paste and heat through. Deglaze the pan with the beer, scraping the browned bits from the bottom of the pan as the beer steams.

Add bay leaf, thyme, and Soy sauce. Add beef and generously cover with broth or stock. Turn heat to low and let gently simmer for 25 minutes. Add the veggies and cook for another 20 minutes or so until the vegetables are cooked through. Taste add salt, and pepper as necessary.

Serve over couscous or rice with a sprinkling of fresh parsley.

German Kohlrabi Salad

Germans often use cream (whipping cream) in their salad dressings. This works particularly well with kohlrabi.

2 cups of very thinly sliced kohlrabi
¼ cup cream (or alternatively sour cream thinned with a little olive oil)
2 teaspoons lemon juice
Salt and lots of freshly ground pepper

Mix everything together well and let stand for 10 minutes to let flavors marry. Adjust seasoning. This would make a nice side to either the roasted root veggies or roasted root veggie soup, above.

Celeriac Soup

--adapted from 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 (or 2 leeks, cleaned and chopped)
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 (or leeks) 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.

Homemade Veggie Bouillon

--adapted from 101cookbooks.com

This bouillon paste that you dilute with water (about 1 ½ teaspoons per cup of water) has become my go to stock for everything from risotto to chicken noodle soup. I cook rice and quinoa in it instead of water as it adds so much flavor. It's basically a fresh, instant stock. None of the vegetables or herbs is cooked. They are just processed in the food processor into a paste that keeps perfectly in the freezer for months and because of its salt content it does not freeze solid making it very easy to use. Don't be put off by the quantity of salt. Once you dilute it with water it tastes perfect and is still lower in salt content than commercially available bouillon cubes. And this is much cheaper!

This recipe requires a food processor. I have an 8-cup / 2 liter / 2 quart model, and need every cubic inch of it. I found the best approach if you are tight for space in your food processor is to add a few of the ingredients, then pulse a few times. The ingredients collapse and free up more space for the next few ingredients. If you don't find yourself using much bouillon, I will suggest making a half batch of this.

NOTE: You can also just make this with what you have. Onions, celery, carrots and parsley are enough. Use the proportions that make sense to you. Use 1/3 cup salt for each 2 cups of finely blended veggies/herbs.

5 ounces / 150 g leeks, sliced and well-washed (about 1 medium)

7 ounces / 200g carrot, well scrubbed and chopped (about 3 medium)

3.5 ounces / 100 g celery (about 2 big stalks)

3.5 ounces / 100g celery root (celeriac), peeled and chopped (a piece about 3" x 4")

1 ounce / 30g sun-dried tomatoes (about 6 dried tomatoes)

3.5 ounces / 100g onion or shallots, peeled (about half a small-medium onion)

1 medium garlic clove

6 ounces / 180g kosher salt (scant 1 cup)

1.5 ounces / 40 g parsley, loosely chopped (about 1/3 of a big bunch)

2 ounces / 60g cilantro (coriander), loosely chopped (about ½ bunch)

Place the first four ingredients in your food processor and pulse about twenty times. Add the next three ingredients, and pulse again. Add the salt, pulse some more. Then add the parsley and cilantro. You may need to scoop some of the chopped vegetables on top of the herbs, so they get chopped. Mine tended to want to stay on top of everything else, initially escaping the blades. You should end up with a moist, loose paste of sorts. Freeze the bouillon paste. Because of all the salt it barely solidifies making it easy to spoon directly from the freezer into the pot before boiling.

Start by using 1 1/2 teaspoons of bouillon per 1 cup and adjust from there based on your personal preference.