



## **47<sup>th</sup> Ave Farm Winter CSA for the week of December 12, 2011**

You'll notice that in a good number of the recipes below you can substitute any number of the root veggies in your share—celeriac for rutabaga; kohlrabi for carrots, etc. Mix and match as you like and enjoy these treats. And if you didn't make the winter slaw earlier in the season (or want to make it again) you can retrieve that from the earlier packet use the cabbage (and rutabaga) and some carrot in that.

If you didn't make the broccoli, potato and egg salad last time around you should try it with the fingerling potatoes in this week's share and roast chunks of kohlrabi instead of the broccoli. It will be fantastic. I've included the recipe again below.

### **Rutabaga Notes/Tips**

Mashed Rutabagas

Winter Red Curry (with squash and rutabaga)

Root Veggie Hash with Poached Egg and Salsa Verde

Pimenton Roasted Kohlrabi

Warm Kohlrabi and Potato Salad with Parsley and Egg

Black Bean and Chorizo Soup with Carrot Relish

Grated Carrot and Seed Salad

Creamy Cabbage and Potato Gratin

Citrus Collards

Warm Celeriac and Lentil Salad

### **Rutabaga Notes and Tips:**

Rutabagas are full of Vitamin C, various minerals and have lots of fiber. They are a nutritional powerhouse this time of year and are sweet and delicious to boot. They also have powerful antioxidant qualities.

- They do well in soups, curries and stews and mashed with or without other root veggies or potatoes and roasted.
- Roasting tends to concentrate its flavor whereas boiling dilutes it.
- Rutabagas are also excellent raw as in the winter slaw from your packet a few weeks. If using them in a slaw, grate or finely slice and then toss with salt and let sit for up to an hour. Then rinse and dry. This removes some of the potential harshness.
- Nutmeg goes well with them, especially in a mash with some butter and/or cream (see below).
- Thyme and rosemary are also complementary flavors.
- Add them diced to a lentil soup (or any veggie soup) much like you would potatoes.

### **Mashed Rutabagas**

2 rutabagas, peeled and cut into 1-inch chunks

3 tablespoons butter

2-3 tablespoons cream (optional)

Salt and freshly ground pepper

¼ teaspoon nutmeg (or more to taste)

Cook the rutabaga chunks in salted, boiling water until very tender, about 20 minutes. Drain well and return to pan. Cook for a minute or two to dry them out a bit. Add the remaining ingredients and mash well. Taste and adjust seasoning.

### **Winter Red Curry with Rutabaga and Winter Squash**

Serves 4

I have made variations of this Thai-inspired curry for 15 years. It is not an authentic Red Curry but a tasty, quick adaptation. It is suitable to a wide variety of vegetables: asparagus, new potatoes and green onions in the spring; summer squash and peas in early summer; green beans and eggplant in late summer, and pumpkin, rutabaga, leeks and potatoes in the fall/winter. You can easily add chicken or tofu to it for an even heartier dish though it's wonderfully rich and satisfying without as well.

Rutabagas are delicious in this and pair well with the winter squash, as do turnips. Since you have an acorn squash in the share this time you might want to roast that separately and then cut it into bite-sized pieces since it's a pain to peel raw.

½ a large rutabaga, peeled and cut into ½-inch dice (or 1 turnip, diced)  
1-2 carrots, sliced into ½ -inch rounds (optional)  
1 ½ cups diced winter squash (any kind, either raw or cooked/roasted)  
1 – 2 inch knob of ginger, peeled and minced  
2 cloves of garlic, minced  
1 ½ - 2 heaping teaspoons (or to taste) red curry paste (Thai and True is a new local brand I've recently discovered at New Seasons and Pastaworks. Mae Ploy is also a readily available brand)  
2 teaspoons soy sauce  
2 teaspoons fish sauce (can omit to make it vegetarian/vegan)  
1 can coconut milk (full fat preferably)  
Juice of half a lime (optional)  
White or brown cooked Jasmine or other long grain rice

Parboil the rutabaga and carrots in salted boiling water for 5-7 minutes until almost tender. If you're using turnips instead of rutabaga in this you don't need to parboil them since they cook much more quickly and can cook directly in the curry.

Heat wok or large sauté pan over medium-high heat. Add ½ cup of coconut milk (use the thickest, part usually at the top of the can) and the red curry paste and bring to a boil. Stir occasionally for 2-3 minutes. The fat will start to separate out in to a thin translucent film, which is what you're after. Add the garlic and ginger and continue cooking for about 2-3 minutes until it's fragrant. Then add the remainder of the coconut milk plus ½ can's worth of water, soy sauce and fish sauce. Bring to a boil and then turn down to a simmer and add the diced winter squash (if raw) and the parboiled veggies and cook for about 10 minutes until all the veggies are tender. If you're using previously roasted or cooked winter squash add it at the very end just long enough to get heated through. Adjust seasoning with more soy sauce and/or fish sauce if needed and finish with a generous squeeze of lime juice, if using. Serve hot over rice.

## **Root Veggie Hash with Poached Egg**

If you still have parsley from the last share make a little salsa verde (recipe included in both previous packets) and top the hash with a poached egg and some of the salsa verde. Or skip the salsa verde and drizzle the hash with a little sherry or balsamic vinegar or lemon juice to cut the richness of the veggies.

You can dice your veggies instead of grating but grating is kind of fun (and if you have a food processor, very fast!) and the veggies cook so quickly. Also, use some celeriac instead of any of the veggies listed below. Mix and match as you please or based on what you need to use up.

3 medium carrots, scrubbed trimmed and grated on the large holes of box grater (or w/ food processor)

1 smallish rutabaga (or half a larger one), peeled and grated

1 kohlrabi, peeled and grated

½ onion, diced

olive oil

salt and pepper

handful of parsley, chopped, or 2 tablespoons chopped chives (optional—see note above)

4 eggs (or however many you want/need to use)

Heat 1-2 tablespoons of olive oil in a large, heavy-bottomed skillet over high heat. Add the onions and veggies all at once. Add a couple of pinches of salt and stir well. Cook on high heat for several minutes and then turn down to medium-high as the veggies start to brown. Cook for about 7-10 minutes until veggies are tender and a bit browned. Just before the veggies are done add the chopped herbs, if using. Adjust for salt and add freshly ground pepper.

## **Poaching Eggs**

Bring plenty of water to boil in a wide pot. Add about 2-3 tablespoons of white wine vinegar to the water. One at a time crack an egg into a small bowl and slide it gently into the boiling water. Continue until all eggs are in the water. Cook for about 4-5 minutes to get firm whites and runny yolks. Lift out of the water with a slotted spoon. You can trim the edges if they are really ratty.

Serve the hash topped with a poached egg and a tablespoon or so of Salsa Verde, see recipe above.

## **Pimenton Roasted Kohlrabi**

*--inspired by John Taboada of Navarre Restaurant in PDX*

Peel and cut kohlrabi into ½-inch dice. For about 4 cups of diced kohlrabi start with 1 teaspoon of kosher or sea salt and a scant teaspoon pimenton. In a small bowl mix salt, some pimenton (smoked Spanish paprika available at most stores and definitely at New Seasons and Pastaworks) and some freshly ground black pepper. Toss cubes with spice mixture and then with a tablespoon or two of olive oil. Roast in a single layer on a sheet pan at 400 degrees until tender.

## **Broccoli (or Kohlrabi) and Potato Salad with Parsley and Egg (Gribiche)**

*--adapted from Super Natural Every Day by Heidi Swanson*

*Substitute kohlrabi for the broccoli this time around.*

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 (kohlrabi, cut into large dice), 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 (kohlrabi) 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 kohlrabi 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.

## **Black Bean, Chorizo and Rice Stew with Pickled Carrots**

*--adapted from Food Matters by Mark Bittman*

Serves 4-6

The lightly pickled carrot garnish/relish adds a really nice, fresh element to this one-pot dinner. It's better the second day (just keep the carrots separate until you're ready to eat) and if you have already cooked beans on hand it's a pretty quick dinner.

2 tablespoons olive oil  
4 ounces fresh or smoked chorizo, chopped (I use Pastaworks or New Seasons ones)  
1 medium onion, diced  
1 red bell pepper (optional), diced  
2-3 cloves garlic, minced  
1 cup dried black beans (soaked for 6-8 hours) or 3 cups already cooked or canned black beans  
4 carrots, grated  
salt  
1 Serrano or Jalapeno, minced (with seeds for flavor and spice)  
1 teaspoon ground cumin  
juice of 2 limes  
½ cup long or short grain brown rice (or white if you're in a hurry and have already cooked beans)  
black pepper  
fresh cilantro, chopped (or parsley)

Put oil in a large pot over medium-high heat. Add the chorizo, onion, bell pepper and garlic and cook, stirring occasionally until the chorizo is browned and the vegetables begin to soften, 5-10 minutes.

If you're using already cooked beans, add both the beans and the rice at this time along with 5 cups of liquid: water, bean cooking liquid, or veggie bouillon broth (or a combination). Cook for 30-40 minutes until the rice is tender, stirring occasionally.

If you're using soaked, dried beans that aren't yet cooked, add the beans and 7 cups of bouillon or water and simmer, covered, for about 20 minutes and then add the rice, 1/2 teaspoon kosher salt and cook for another 30-40, stirring occasionally.

Meanwhile, put the carrots in a colander. Add 1/2 teaspoon salt and toss well. Let them sit in a bowl for 20-30 minutes. Toss them with the lime juice, minced chilies and cumin.

When the rice and beans are tender, adjust seasoning, add freshly ground pepper, mix the chopped cilantro in with the carrots and top each bowl with couple of spoonfuls of carrot relish.

## **Carrot and Seed Salad**

*—very slightly adapted from Breakfast Lunch Tea by Rose Carrarini*

Serves 6 as a side

I make a variety of carrot salads. They add bright and fresh flavors year-round. Carrot salads are the perfect foil for the cook-with-what-you-have approach. Cumin, coriander, chili flakes, serrano chilies, lemon, lime (juice and zest), rice vinegar, parsley, mint, cilantro, tarragon, dill, and basil are all wonderful complements to the carrots. Toasted nuts and seeds of many kinds are good too.

With a simple frittata and a piece of good bread, this makes a lovely dinner. I can eat half of this whole dish in one sitting by myself. It is rather addictive.

1 cup sunflower seeds (or pumpkin seeds)  
1 tablespoon sunflower or olive oil  
2 generous pinches of kosher salt  
8 medium carrots, grated  
1 handful chopped chives (or whatever you have on hand)

Dressing:

1/2 cup lemon juice  
1 teaspoon kosher salt, plus possibly more to taste  
1/2 teaspoon ground black pepper  
1 tablespoon sugar or 2 teaspoons honey  
about 3 tablespoons good olive oil

Preheat oven to 350.

Toss the sunflower seeds with the tablespoon of oil and several pinches of salt and roast on a baking sheet for about 15 minutes, turning frequently, until they are crisp and golden. Set aside to cool.

Place the grated carrots in a serving bowl. To make the dressing whisk together the lemon juice, salt, pepper and oil. Pour the dressing over the carrots and mix well. Sprinkle with the chives (or other herbs) and the seeds, mix again, and adjust seasoning and serve.

## **Creamy Cabbage and Potato Gratin**

Serves 6-8

You could add lots of chopped parsley (or oregano or chives) to the dish as you're assembling it, before baking. You could use other vegetables. I imagine diced kohlrabi or rutabaga (or winter squash) instead of the potatoes would be fabulous too. Sausage, bacon or any kind of leftover meat would be good. You can vary the cheeses, omit entirely, and so on and so forth! This makes a lot and is excellent the next day. The béchamel (cream sauce) is really pretty quick to make so don't be put off by it. It brings it all together.

For Béchamel:

4 Tablespoons butter  
4 Tablespoons flour  
Generous 2 cups of whole milk (2% can work in a pinch)  
Salt & pepper  
Bay leaf  
1/2 teaspoon chili flakes (or more to taste, 1/2 teaspoon is very mild in this dish)

1 teaspoon Dijon-style mustard  
Pinch of ground nutmeg or cloves  
Fresh minced thyme, parsley, chives, etc. (optional)

Melt butter in a medium-sized saucepan over med/low heat. When melted, whisk in flour. Continue cooking the roux for 2 -3 min, whisking frequently. Meanwhile heat milk until it's scalding. Whisk hot milk into roux and add several pinches of salt, grind in some pepper, add chili flakes (or omit if you'd like), add mustard and a bay leaf and a grating or two of nutmeg. Stir well and cook over med/low heat for about 10 minutes until thickened and bubbling. Add some grated cheese (sharp cheddar, Gruyere, Emmentaler, etc.) and fresh, chopped herbs if you'd like at this point.

For the Gratin:

3-5 potatoes (depending on size) and cut into thumb-sized chunks  
1/2 medium to large napa or green cabbage (or a whole small one), cored and cut into 1-inch pieces  
Salt  
Bread crumbs (optional)  
Grated cheese (sharp cheddar, Gruyere, Emmentaler, . . .)

Put potatoes in a large pot with lots of water and two teaspoons of kosher salt. Bring to a boil. When the potatoes are almost tender add the cabbage to the pot. Cover and cook for another few minutes until the cabbage is tender. Drain.

Spread the vegetables in a large baking dish. Pour the béchamel over the top and mix in a bit. Sprinkle with breadcrumbs and extra cheese (if you'd like) and bake at 400 until bubbly and crisp on top (I broil it at the end for a few minutes).

### **Citrus Collards with Raisins**

-- *from* Vegan Soul Kitchen *by* Bryant Terry

This is a delicious and a bit unusual way to use collards. I love this as is as a side dish or in a quesadilla with some grated sharp cheddar. I'm not a big fan of raisins in savory dishes but it works really well here.

1 large (or 2 smaller) bunch collard greens, ribs removed, cut into a chiffonade (fine ribbons), rinsed  
Coarse sea salt  
1 tablespoon extra-virgin olive oil  
2 garlic cloves, minced  
2/3 cup raisins  
1/3 cup fresh orange juice (apple cider works too if you don't have orange juice)

Bring a large pot of salted water to boil over high heat. Add the collards and cook, uncovered, for about 4-5 minutes, until softened. Remove the collards from the heat, drain. Run cold water over greens to stop the cooking and set the color of the greens. Drain.

In a medium sauté pan over medium heat, warm the oil. Add the garlic and sauté for 1 minute. Add the collards, raisins and a 1/2 teaspoon salt. Sauté for 3 minutes, stirring frequently. Add orange juice and cook for an additional 15 seconds. Season with additional salt to taste if needed and serve immediately. (This also makes a tasty filling for quesadillas.)

## **Celeriac and Lentil Salad**

*--adapted from Plenty by Yotam Ottolenghi*

This dish is substantial enough to make a light main course. The earthy flavors of the nuts and the lentils are balanced by the sharpness of the vinegar and the fresh mint. Don't skimp on the salt - lentils need a lot of it. You can serve this warm at room temperature.

Serves 4

1/3 cup hazelnuts, roasted and roughly chopped (optional but very good)  
1 cup small French green lentils (these hold up well when cooked and are thus good for salads—don't use the larger, brown lentils as they'll get too mushy)  
3 cups water  
2 bay leaves  
sprigs fresh thyme  
1 small celeriac, peeled and cut into 3/4-inch x 1/4 -inch chips (more or less)  
Salt and pepper  
4 tbsp olive oil  
3 tablespoons red wine vinegar  
4 tablespoons fresh mint, roughly chopped (can use parsley instead)

Put the lentils, water, bay leaves and thyme sprigs in a small saucepan. Simmer for about 20 minutes, or until the lentils are tender but a bit al dente, then drain in a sieve. Remove and discard the bay leaves and the thyme sprigs.

Meanwhile, in a large saucepan, bring plenty of salted water to a boil, drop in the celeriac, along, and simmer for 8-10 minutes, or until just tender. Drain.

In a large bowl, mix the hot lentils (make sure they don't cool down - lentils soak up flavors much better when they're hot) with the olive oil, the vinegar, a few grinds of black pepper and plenty of salt. Add the celeriac, stir, taste and adjust the seasoning as necessary. Add the mint and hazelnuts and stir again.