



47th Ave Farm Winter CSA for the week of January 16, 2012

I've given you lots of onion recipes in case they've been piling up. Onions are so wonderfully versatile both as a subtle undertone and the main gig. Do try the Mojadra if you can. It's such a humble dish and even those averse to rice and bean kinds of dishes tend to like this. And the parsnip galette is a winner too!

And I've included a lot of Napa Cabbage recipes. They are fresh, bright, citrusy, and all quite quick to make.

Mojadra (Indian Lentils with Rice and Caramelized Onions)
Pizza with Stewed Onions
Potato, Carrot and Parsnip Hash
Collard Greens with Caramelized Onions
Parsnip Galette with Greens
Sesame Cabbage Sauté
Shredded Napa Cabbage and Chicken Salad
Cabbage, Peanut and Lime Salad
Roasted Beets
Quinoa with Beets and Cumin
Beets with Garlicky Greek Yogurt

Mojadra – Indian Lentils with Rice and Caramelized Onions

--adapted from Feeding the Whole Family by Cynthia Lair Serves 4-6 as an entrée

This is a wonderfully satisfying dish that uses the most basic staples to delicious effect. It's a great way to use lots of onions and they are the stars of the show, nicely caramelized. It's also a simple dish to create with little time. Cook the rice and lentils in the morning while your making breakfast and then quickly finish the meal in the evening with the onions and toppings from the pantry.

3 tablespoons butter or olive oil, divided
1 cup small French green lentils (or brown lentils)
1 cup long-grain brown rice
1 bay leaf scant
4 cups water
Kosher salt
Freshly ground black pepper
2 medium-large onions, sliced thin (about 4 cups sliced)
1 1/2 teaspoons ground cumin
1 teaspoon ground coriander
1/8 teaspoon cayenne
3 cloves garlic, peeled
1 cup full-fat plain yogurt or Greek yogurt
Harissa or hot sauce of your choice

Heat 1 1/2 tablespoons butter, ghee or olive oil in a 4-quart pot. Add rice and lentils and mix well. Sauté for a minute or two. Add bay leaf, water, and 1 teaspoon kosher salt. Bring to a boil. Lower the heat and simmer, covered, for 45 minutes or until both lentils and rice are very tender and all the water has been absorbed.

While the rice and lentils cooks heat the remaining oil or butter in a large skillet medium-high heat. Add onions and 1 teaspoon salt and sauté. When onions begin to soften, add garlic and spices. Continue cooking, stirring frequently, until well browned and significantly reduced in volume, about 20 minutes. (Add a splash or two of water if necessary to prevent sticking or burning.) Adjust seasoning with salt and pepper.

Remove the bay leaf from the rice and beans and serve them topped with caramelized onions and a generous dollop of yogurt and Harissa. The Harissa (a North African hot chili sauce) is not a classic accompaniment but it's really good but feel free to omit it and serve with your favorite hot sauce or none at all. Both Pastaworks and New Seasons carry, good jarred Harissa.

Stewed Onion Pizza, Crostini, etc.

Thinly slice 2 onions. Sauté in 1-2 tablespoons of butter or olive oil and several sprigs of thyme over medium heat, stirring occasionally. Add several generous pinches of salt as the onions break down. Continue cooking until beginning to caramelize. Add a splash of red wine vinegar or balsamic towards the end. You can cook them anywhere from 20-45 minutes.

Spread over your favorite pizza dough, dot/sprinkle with your cheese of choice (fresh goat, blue, or a good cheddar are all great options) and or some diced bacon or pancetta and bake until bubbly and crusty in a hot oven of 450 or 500. Grand Central Bakery has excellent pizza dough in their freezer section if you don't have time to make your own. (The whole wheat is as good or better than the white in my opinion and I'm a whole-wheat pizza dough skeptic!)

You can also spread the onion mixture on crostini for a snack or side or appetizer or toss it with pasta, adding a bit of hot pasta cooking water at the end to make it saucier.

Potato, Carrot, and Parsnip Hash

You may have purple potatoes in your share this go-around. I find that the purple ones fall apart easily when boiled so this a fun way to enjoy them and show off their lovely hue.

Cut potatoes, carrots and parsnips into small dice (1/2-inch or so), which is a bit hard to do with the parsnips and carrots to just aim for small chunks more or less that size.

Dice a couple of slices of bacon and half an onion in a tablespoon or so of olive oil. Sauté the bacon and onion in a large skillet. Add the root veggies after about five minutes and several generous pinches of salt. Stir well to coat and cook over medium/high heat, turning frequently until cooked and evenly browned. This shouldn't take more than about 10 minutes.

Top with a fried or poached egg or a sprinkling of parsley and drizzle of balsamic vinegar.

Collard Greens with Caramelized Onions

Olive oil, butter or bacon fat
2 onions, thinly sliced
1 bunch collards, tough ends removed but leave the rib in, washed
2-3 cloves garlic, minced
1/8 teaspoon cayenne, optional (or ¼ teaspoon red pepper flakes)

Caramelize the onions in a wide skillet with a bit of your choice of fat and a few pinches of salt and the cayenne. Stir occasionally and cook for about 15-20 minutes on medium to medium-high heat until very soft and starting to brown.

Meanwhile slice the collard leaves into thin strips and cook in salted, boiling water for 6-8 minutes. You want them to be tender but still bright green with a little texture. Drain well and add to the onions. Mix well and cook for another minute or two to marry the flavors a bit. Adjust seasoning to your taste.

Parsnip Galette with Greens

--adapted from Local Flavors by Deborah Madison

Parsnips are so sweet and are balanced here by the greens, walnuts and sage. This is really like a large crispy pancake and is fantastic both as a side or a main.

¾ pound parsnips, scrubbed and grated on the large holes of a box grater or in the food processor (about 3 cups)
4 cups greens (collards would be great with this), washed
2-3 eggs
2 tablespoons flour
1 teaspoon sea or kosher salt
Freshly ground pepper
1 tablespoon butter or olive oil
2 tablespoons chopped sage or oregano
½ cup finely chopped walnuts (optional but very good)
Oil for pan-frying

Cook the greens in salted boiling water for about 5 minutes. Drain, squeeze out as much liquid as you can and chop finely.

In a large bowl beat the eggs with the flour salt and pepper. Add the grated parsnips and the greens and mix well.

In a skillet heat the butter or oil and add the sage and walnuts. (If you don't have sage and are using oregano, add the chopped oregano to the batter and don't toast it with the nuts.) Cook the nuts and sage, stirring frequently until the nuts smell toasty, just a few minutes. Add the contents of the skillet to the parsnip mixture.

Add a bit more oil to the skillet. Now you can either cook two smaller galettes, one at a time or try to do it all in one, huge one. The big one is fun but hard to flip and keep intact. Whichever way you choose, add the parsnip mixture to the pan and flatten it out a bit with the back of a spatula. Cook over medium-high heat for about five minutes until golden and crisp. Flip and do the same on the other side. Repeat if you're doing it in two batches.

Sesame Cabbage Sauté

This is a quick, simple and delicious side dish.

2 tablespoons sesame seeds
1/2 head of Napa Cabbage, very thinly sliced
3 cloves garlic, smashed and finely chopped
Drizzle of toasted sesame oil
Olive oil
Salt

Toast the sesame seeds in a dry skillet over medium/high heat for a just a few minutes until they smell toasty and turn golden. This goes very quickly so don't walk away.

Heat a bit of olive or peanut oil in a large skillet with a few pinches of salt. Briefly sauté the cabbage with the garlic until the cabbage wilts. Add a little splash of water to speed things up and prevent scorching. Covering the pan makes this go more quickly too. When the cabbage is just tender stir in a teaspoon or two of toasted sesame oil and sprinkle with the toasted seeds, adjust for salt and serve.

Shredded Cabbage and Chicken Salad

This is a Vietnamese-inspired salad that is spicy, sweet, and delicious. You can omit the chicken and add more/other grated veggies, such as carrots, turnips or rutabagas instead if you'd like. You can use Napa, Savoy or green cabbage though it's particularly good with Napa though it doesn't hold up as long.

2 Serrano chilies, seeded (unless you like more heat) and finely chopped
3 cloves of garlic, minced
1-2 tablespoon sugar
1 tablespoon rice wine vinegar
3 tablespoons lime juice
3 tablespoons fish sauce
1 teaspoon soy sauce or tamari
3 tablespoons vegetable oil
¼ of a small onion (red or yellow or ½ bunch of scallions), thinly sliced
5 cups Napa cabbage, thinly sliced
2 cups shredded cooked chicken
1 medium carrot, grated
cilantro or mint, chopped

In a large salad bowl mix the chilies with everything except the cabbage, carrot and chicken. Let sit for a few minutes and make sure sugar dissolves. Add the veggies and chicken. Mix well, adjust seasoning and stir in cilantro or mint.

Cabbage, Peanut and Lime Salad

--inspired by 101cookbooks.com

This is a much quicker salad than the one above. The peanuts add heft and crunch and the apples a bit of sweetness to offset the chilies and lime. And this would be a great filling for fish tacos.

½ a small to medium head of Napa Cabbage, very thinly sliced
1 – 1 1/2 cup peanut unsalted, raw peanuts
½ a small jalapeno or 1 serrano chili, seeded (unless you want it spicier and then leave in the seeds), and finely chopped
1 large apple, grated on the large holes of a box grater
½ cup cilantro or 3 tablespoons mint, chopped
3 tablespoons lime juice
Zest of half a lime
2-3 teaspoons sugar (optional)
Salt
Olive oil

Toast the peanuts in a large skillet over medium heat (or in a 350 oven) for about 8-10 minutes until toasty and golden. Remove from pan and let cool a bit.

Mix chilies, limejuice and zest, sugar (if using) oil and salt in a large bowl. Add the cabbage, apples and herbs and mix well. Finally stir in the peanuts and adjust seasoning.

Roasted Beets

Beets take a while to cook and a little goes a long way with beets. This winter I've been roasting a big bunch of beets at once and then using a bit here and there in different preparations the following days. I like the flavor of roasted beets best though boiled is quicker and good too.

Preheat oven to 425 degrees.

However many beets you want to use, trimmed of stems and scrubbed but not peeled. If they're large I cut the beets in halves or quarters to reduce cooking time.

Place the beets in a baking dish and sprinkle with a little water and then cover the dish tightly with foil. Roast for about 45 minutes (depending on size of your chunks of beet). A tester should easily pierce the beet.

Remove from oven and let cool. Now the skin will come off easily. Peel beets. If you'd like toss them when still warm with a little red wine or sherry vinegar and a bit of salt. Beets do well with a little acidity and if you toss them in oil first the vinegar won't get absorbed. Use in the moment and/or store in the fridge (for up to a week) and use in salads or other dishes.

Quinoa with Beets, Cumin and Garlicky Yogurt

—adapted from Ancient Grains for Modern Meals by Maria Speck

This quick, room temperature dish uses raw, grated beets. The original recipe also calls for sumac, the powder from a red berry found and used all over the Middle East. It has a tart flavor so I substitute a bit of lemon juice (which she also suggests), which works well.

1 tablespoon olive oil
Teaspoon whole cumin seeds
1 cup quinoa, well rinsed and drained
1 ½ cups water
¾ teaspoon salt
½ teaspoon sumac (optional, see note above)
¾ cup plain whole milk or Greek yogurt
1 garlic clove, minced
tsp. sumac, for sprinkling, or 1 tsp. freshly squeezed lemon juice
1¼ cups shredded raw beets (about 1 medium-sized beet, rinsed and peeled)
1 to 2 tablespoons freshly squeezed lemon juice
1 to 2 pinches cayenne pepper

Heat the olive oil in a medium saucepan over medium heat until shimmering. Add the cumin seeds (they will sizzle) and cook, stirring, until the seeds darken and become fragrant, 30 seconds. Stir in the quinoa and cook, stirring frequently, until hot to the touch, about 1 minute. Add the water, salt (and sumac if using), and bring to a boil. Decrease the temperature to maintain a simmer, cover, and cook until the liquid is absorbed, 15 to 20 minutes.

Meanwhile mix the yogurt and the garlic in a small bowl until smooth. Sprinkle with the sumac (if using) and set aside.

To finish, remove the saucepan from the heat. Stir in the shredded beets, cover, and steam for 3 to 5 minutes. Stir in 1 tablespoon of the lemon juice and the cayenne. Taste, adjusting for salt and lemon juice, and serve with the yogurt topping.

Beets with Garlicky Yogurt

1 bunch of beets, (4-5 medium beets) or whatever you have on hand
3 small cloves of garlic, divided and minced
1/2 medium onion, finely chopped
½ cup of Greek yogurt or plain, full fat yogurt
1 teaspoon lemon juice plus an extra squeeze or two
Olive oil
Salt and freshly ground pepper

Scrub the beets well and cut into wedges. Put the beets in a small pan and cover with water. Bring to a boil and cook covered for about 15-20 minutes until beets are tender when pierced with a fork. (Alternatively roast the beets, which will take longer but will be even more delicious.) Drain well and toss with a little lemon juice and salt. Meanwhile sauté the onions in a little olive oil over medium high heat until soft. Add one clove of garlic, minced, and a few pinches of salt and sauté gently for just a minute or two. In a small bowl mix the yogurt with the remaining garlic, a pinch or two of salt and the teaspoon of lemon juice. Stir in the beet wedges heat thoroughly and then serve with a generous dollop of the yogurt.