



## **47<sup>th</sup> Ave Farm Winter CSA for the week of January 2, 2012**

You'll see a number of recipes with grated veggies in this week's packet, and quite a few salads. Maybe it's my post-holiday craving for fresh things. . . . Grating root veggies is an excellent way to add variety to your preparation of these winter workhorses. They take well to herbs and spices in this format; cook quickly; and are delicious raw in some preparations.

You'll also notice a lot of references to Greek yogurt, which is regular yogurt, which has been strained of some of its liquid whey, which makes it thicker and richer. It's a critical pantry item in our house. It pairs really well with all kinds of veggies fritters/pancakes and with many Indian dishes. Buy the full-fat kind if possible.

### **Parsnip Notes**

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Carrot Cake with Maple Cream Cheese Frosting

### **Parsnip Notes**

I think this might be the first of the parsnips for the year. They're sweet, starchy, quick cooking and fabulous. They are so fresh that you can use the whole root, including the core that you sometimes have to cut out when you buy them at the store.

I love to just slice them thinly (after you scrub them well but no need to peel unless they seem really fibrous) and sauté them in a heavy skillet in olive oil until caramelized around the edges and tender. Finish with a drizzle of good olive oil and a little sea salt. You can also substitute them for the carrots in the below "latke" recipe; add them to soups, gratins (see scalloped potatoes below) or any mix of roasted veggies. Or cook them with a handful of potatoes and make a chunky mash with some butter and milk (or cream) and a touch of nutmeg and black pepper or lots of herbs or hot pepper and cumin.

## **Rutabaga and Carrot “Latkes”**

This is more of an idea/technique than a recipe and it's not an authentic latke. Be that as it may it's a great, great way to enjoy winter (especially root) veggies. You can also include or substitute turnips, celery root, sweet potatoes or potatoes.

The quantities listed are approximations and can be adjusted based on what you have on hand, your taste, etc. For the below recipe you want about six cups of packed, grated veggie.

1 smallish or half a larger rutabaga, peeled and grated on the large holes of a box grater or shredded with a food processor  
3-4 medium carrots, scrubbed and grated (same as rutabaga)  
½ a medium onion, finely diced  
2 tablespoons chopped fresh parsley (or oregano, mint or chives or about a teaspoon of chopped sage or thyme, fresh or dried) optional  
2 eggs  
¼ cup flour  
½ - 2/3 cup of cream or whole milk  
Salt (at least 1 teaspoon kosher)  
Freshly ground pepper  
A few tablespoons of oil for pan-frying  
Greek yogurt or sour cream for serving

Let the grated veggies rest, sprinkled with a little salt, in a large bowl while you prepare the batter. In a smallish bowl whisk the egg(s) with the flour and cream (if using), salt and pepper. Squeeze out any excess liquid from the veggies with your hands, a big handful at a time. Return to the bowl; add the onion and herbs and finally the batter. Mix well. Taste for seasoning before you start frying. Under salted latkes are no fun.

Heat a large skillet over medium-high heat with a tablespoon or so of olive oil. Scoop large spoonfuls of the mixture into the hot pan. Flatten each one a bit with a spatula. Leave them alone for a few minutes until the sides start getting crispy and golden. Flip carefully and continue cooking until both sides are nicely browned. Eat hot topped with Greek yogurt or sour cream.

## **Carrot and Rutabaga Remoulade**

I'm really enjoying the combination of these two veggies. This is a classic preparation for Celeriac (Celery Root) but I think it's also wonderful with carrots and rutabagas. If you have any turnips or celeriac left over from the previous share by all means add it here too.

A classic Celery Root Remoulade uses mayonnaise in the dressing, which is good but I suggest Greek yogurt for a slightly tangier and fresher flavor here but by all means use mayonnaise if that's what you have.

And again, quantities are approximations so adjust depending on the number of people you're feeding, etc.

2 carrots, scrubbed and grated on the large holes of a box grater or with the coarsest blade on a food processor  
1 small to medium rutabaga, peeled and grated in the same fashion as the carrot  
1/3-1/2 cup of Greek yogurt or mayonnaise (see headnote)

2 tablespoons lemon juice  
2 teaspoons whole grain mustard  
2 teaspoons Dijon-style mustard  
A little white wine or cider vinegar  
Salt and freshly ground pepper

Place the grated veggies in a large bowl and sprinkle with half the lemon juice and about 1 ½ teaspoons of kosher or sea salt and mix well. Let sit for about 15 minutes.

Whisk the remaining ingredients in a small bowl and pour over the veggies. Mix well and adjust seasoning.

If you have parsley or oregano or chives lying around by all means add a couple tablespoons of chopped herbs for a different twist.

### **Caldo Verde (Cabbage and Potato Soup with Chorizo)**

*—adapted very slightly from Tender, by Nigel Slater*

Savoy or Napa cabbage is very good in this but regular old green cabbage or any kind of kale works just as well. One chorizo is really plenty 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 beauty contests.

Serves 4

Olive oil  
1 medium onion, diced  
2 cloves garlic, thinly sliced  
3 -4 medium waxy potatoes  
2 bay leaves  
1 chorizo sausage (about 4 oz.), cut into thin rounds  
4 cups Napa cabbage (or other, see headnote), 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 cabbage and cook for a few minutes until tender. Add the chorizo, adjust for salt and serve the soup drizzled with good olive oil and another grind of pepper.

## **Delicata Squash Fritters**

*--adapted from the Kelly Meyers collection on Culinate.com*

These are related to the “latkes” above but have a different batter and spice mixture. Both illustrate how good grated veggie pancakes are. You can easily double this recipe. I doubt there will be any left!

### **Batter**

1 large egg  
½ cup cold water  
¼ cup flour  
1/3 cup cornstarch  
about 1 teaspoon kosher salt  
freshly ground pepper  
Your oil of choice for pan-frying

### **Veggies**

1 medium delicata squash, cut in half lengthwise, seeds scooped out (no need to peel) and grated either on large holes of box grater or in food processor  
¼ of an onion, minced  
1 tsp of cumin  
½ teaspoon red pepper flakes (or more or less depending on how much spice you like)  
chopped herbs such as chives, parsley, mint (optional)

Crack egg into a small bowl. Add water, flour, cornstarch, salt, and pepper. Whisk together until batter is smooth. Put grated squash and onions and spices and herbs, if using, into a medium size bowl. Add batter and stir mixture well.

Heat a wide skillet with 1-2 tablespoons oil over medium high heat until the oil is very hot but not smoking.

Add 2 heaping tablespoons of fritter mixture to skillet and flatten with the back of a spatula until fritter resembles a pancake. Repeat, leaving room between the fritters. Cook for about 2 minutes each side, or until fritters are golden brown. Use a spatula to remove fritters from skillet onto a plate lined with paper towels. Continue cooking the fritters in batches. Add additional oil as needed. Fritters may be held in a warm oven but are at their best when served freshly fried.

## **Easy Scalloped Potatoes**

I used to carefully layer the potatoes (or celery root or rutabaga or thinly sliced cabbage or kale . . .) with spices and cheeses, etc. Now I just toss everything in a big bowl and spread it into the baking dish—so much quicker with the same results (maybe not quite as beautiful but that’s negligible).

You can also add cooked, diced bacon or sliced sausage to this or lots of herbs or a bunch of minced garlic. . . It’s really a very adaptable dish.

Scrub and thinly slice (by hand, slicer on a box grater, or food processor) about 2 1/2 – 3 lbs of waxy potatoes and put in a large bowl. In a small bowl mix about 1/4 cup of flour, 2 + teaspoons of kosher salt, a few grinds of black pepper and whatever other seasonings you like. I like 2 teaspoons each ground cumin and [pimenton](#) (smoked Spanish paprika) and 1/2 teaspoon chili

flakes. Grate some sharp cheddar, Gruyere or other cheese of your choice. Finely dice a small onion.

Mix the flour spice mixture with the potato slices and toss well with your hands. Add the grated cheese and onions, toss again. Spread mixture in a 9 x 13 baking dish, pat down a bit with a spatula. Pour milk (or broth/stock of some kind) about half way up the potatoes. Sprinkle the top with a bit more grated cheese and bake at 400 degrees until potatoes are tender and easily pierced with a fork about 45 minutes. Finish under the broiler for a minute or two if the top isn't well browned.

### **Spicy Braised Kale**

This is not really a recipe but just a technique for cooking greens like kale, collards, and mustard greens. The heat from the red pepper flakes brings out the sweetness in the kale and sets it off.

1 large bunch kale (or however much you have on hand/want to use)  
2 cloves garlic (or to taste), mashed with the side of a knife and roughly chopped  
2 tablespoons olive oil, divided  
¼ - ½ teaspoon red pepper flakes (depending on how spicy you like it)  
Salt and Pepper

Wash the greens and cut off any tough stems. You can usually leave the main rib running through the leaves as it will get tender with the greens. Cut the greens into 1" ribbons or roughly chop. Don't worry about the water clinging to the leaves, it will be useful in cooking it so don't dry them. Heat 1 tablespoon of olive oil in large sauté pan. Add the greens and cook over high heat for just a minute or two until they begin to wilt. Turn the heat down to medium-high, add a few pinches of salt, chili flakes and the garlic. Stir well. At this point if the greens look dry you can add about ¼ cup of water. Cover and let simmer for about 15- 25 minutes. Most greens will be tender. You can cook them for as long as 45 minutes and they'll be delicious but they're also good, just tender with still a little more body. So cook as long as you like, really. When ready to serve, drizzle with the remaining olive oil, adjust seasoning with salt.

### **Raw Kale Salad**

This salad is so surprisingly good, quick, hearty and adaptable. You can add grated carrot and some toasted sunflower seeds. You can toss it with cooked, little green lentils instead of or in addition to the bread. You can add chopped, hard-boiled egg, etc.

1 bunch kale  
2 slices good, crusty bread, or two handfuls good, homemade coarse breadcrumbs  
½-1 garlic clove (depending on size and your taste)  
¼ teaspoon kosher salt or to taste  
⅓ cup (or small handful) grated Parmesan or pecorino cheese, plus additional for garnish  
3-4 tablespoons extra-virgin olive oil, plus additional for garnish  
Freshly squeezed juice of one lemon (scant ¼ cup or ~50ml)  
⅛ - ¼ teaspoon red pepper flakes  
Freshly ground black pepper to taste

Trim the bottom few inches off the kale stems and discard. Slice the kale into ½-inch ribbons. You should have 5-6 cups. Place the kale in a large bowl.

If using the bread, toast it until golden brown on both sides and dry throughout. Tear into small pieces.

Using a mortar and pestle or a knife, pound or mince the garlic and 1/4 teaspoon of salt into a paste or grate the garlic on a micro-plane. Transfer the garlic to a small bowl. Add 1/4 cup cheese, the oil, lemon juice, pinch of salt, pepper flakes, and black pepper and whisk to combine. Pour the dressing over the kale and toss very well (the dressing will be thick and need lots of tossing to coat the leaves) or work it in with your hands. Then add the torn bread or breadcrumbs. Let the salad sit for 5 minutes, then serve topped with additional cheese and a little more oil if needed.

### **Wintery Cabbage and Kale Slaw**

I love salads like this this time of year. They benefit from sitting for a while before eaten and I love them the next day when the veggies have really softened and absorbed all the flavors. They are a lovely, fresh counterpoint to the sweeter, richer foods this time of year. And again, quantities are approximations so adjust to your needs.

In the fall I reduce apple cider into a thin syrup and add it to salad dressings all winter long. It's a very simple process (directions below) and adds a really lovely, sweet yet tart flavor to many dishes in fact. A few teaspoons really elevate this salad. A jar of the syrup keeps for months in the fridge so grab a gallon of apple cider at the store next time and give yourself the gift of perfect dressings for week or months to come.

½ head Napa Cabbage, very thinly sliced  
½ bunch of kale, any tough ribs removed and very thinly sliced  
1 carrot, grated (optional-fun for color and sweetness)  
small chunk of onion, very thinly sliced  
a few tablespoons of chopped cilantro, mint, parsley or chives (optional)

#### Dressing:

1-2 teaspoons Dijon-style mustard  
1 clove of garlic, minced  
1 teaspoon fresh or dried thyme, minced (optional)  
3 teaspoons apple cider syrup (see note above) or 1 ½ teaspoons honey  
2 tablespoons lemon juice or cider or champagne vinegar (more to taste)  
¼ cup good olive oil  
Sea salt and freshly ground pepper

Place all the veggies in a large bowl. In a small bowl whisk all the dressing ingredients and then pour over veggies. Mix really well. Taste and adjust seasoning with more lemon or vinegar, salt, pepper, and/or sweetener.

## **Apple Cider Syrup**

Bring 1 gallon of cider to a boil in a large pot. Uncover the cider and cook on high heat until the cider has reduced to about 2 - 3 cups. You'll want to check it periodically to see if it's getting syrupy and viscous. It will depend on your pan and your stove as to how long this takes. My guess is somewhere between 50 – 90 minutes but start checking after about 45 minutes. If you cook it too long you get a wonderful apple cider caramel if you stir in a bit of cream and a tablespoon or so of butter.

When the syrup is cool pour into glass jars and keep in the refrigerator or freezer (for back up). Use a couple of teaspoons in salad dressing or drizzle over Greek yogurt, or on your hot cereal, etc.

## **Root Veggie Korma (Parsnips, Rutabagas, Carrots)**

*--adapted from Tender by Nigel Slater*

This dish comes together more quickly and easily than it might appear if you have the spices on hand. It's delicious and rich and wonderful. And as Nigel Slater notes, these root veggies are not authentic additions to a korma but work awfully well.

1 ½ medium onions, finely diced (or quickly processed in the food processor)  
thumb-sized piece of ginger, peeled and coarsely grated  
3 cloves garlic, finely sliced  
2 ½ lbs parsnips, rutabagas and carrots, in total, peeled and coarsely chopped  
2/3 cups cashews, divided in half (one half coarsely chopped the other toasted) (optional)  
6 green cardamom pods  
1 teaspoon cumin seeds  
1 tablespoon coriander seeds  
2 tablespoons vegetable oil or butter  
2 teaspoons ground turmeric  
½ teaspoon chili flakes  
1 cinnamon stick  
2 Serrano chilies, thinly sliced (deseeded if you don't want it to be very spicy)  
3 cups water  
1/2 cup whipping cream  
1/2 cup Greek yogurt  
cilantro, chopped

Open the cardamom pods with your fingernail and crush the seeds in a mortar or grind a spice grinder. Grind the cumin and coriander seeds as well.

Heat the oil or butter in a large pot over medium heat. Add the onion and cook until softened but not browned. Add the ginger and garlic and cook for a few more minutes. Add the cardamom, cumin, coriander, turmeric, chili flakes and the cinnamon stick. Continue cooking, stirring for a couple of minutes until the fragrance of the spices begins to rise, then add the chopped vegetables and the chopped nuts. Add the Serrano chilies and season with salt and pepper.

Stir in the water, partially cover the pot and simmer gently for 35-45 minutes until the veggies are tender. Carefully stir in the cream and yogurt and let them heat through. Be very careful not to boil since it will curdle and create a grainy texture. Adjust seasoning and serve with the toasted cashews scattered over the top and the chopped cilantro.

## **Carrot Cake with Maple Cream Cheese Frosting**

*–Adapted from Feeding the Whole Family by Cynthia Lair*

This cake uses honey, whole wheat flour and both lemon juice and zest and is hands-down my favorite carrot cake.

1 1/4 cup whole wheat pastry flour  
1 teaspoon baking soda  
1 teaspoon sea salt  
1 teaspoon ground cinnamon  
1/4 teaspoon ground cloves (optional)  
1/2 cup butter  
1/2 cup honey  
2 eggs  
1 generous cup grated carrot (I grate half the carrots on the biggest holes on my box grater and half on the smaller ones and like the combo)  
1 Tablespoon lemon zest  
1 1/2 teaspoons lemon juice  
1/3 cup dried currants (optional)  
1/3 cup golden raisins, roughly chopped (regular raisins would be fine too) and if you like nuts in your carrot cake, by all means add some chopped walnuts

Preheat the oven to 350. Lightly oil and dust with flour a 9-inch cake pan. Mix flour, salt, baking soda and spices in a mixing bowl; set aside.

Melt butter and honey over low heat. Add eggs and lemon juice and whisk together. Add wet ingredients to dry mixture and mix well. Fold in carrots, zest, currants, and raisins. Pour batter in pan and bake for 25-30 minutes. Be careful not to over bake.

6 ounces cream cheeses  
1/4 cup (4 tablespoons) of butter, room temperature  
2-3 tablespoon maple syrup  
1/2 teaspoon lemon juice

Cream the butter and cream cheese together with a wooden spoon. Add maple syrup and lemon juice. Add more of either to taste. The frosting will firm up in the fridge if it gets to soft to spread but mine worked just fine. Frost top and sides of cake.