



47th Ave Farm Winter CSA for the week of May, 14 2012

For those of you who had the winter share, hello again, and for those of you who did not, hello for the first time! I will be writing recipes for you each week.

The **Spiced Spinach** is a bit unusual and very fast to make if you have shredded coconut and mustard seeds in your pantry. The **Spring Green Curry** is also fast and makes for a hearty one-dish (you do have to cook rice separately so I guess it's not quite one dish) and makes great leftovers and the **Cauliflower Frittata** is just decadent and scrumptious. Enjoy your lovely springy vegetables!

Spinach Notes

Spiced Coconut Spinach

Daddy Patties (aka Chard patties)

Cauliflower with Capers, Parsley and Lemon

Cauliflower Frittata

Turnip Notes

Thai-style Spring Green Curry with Turnips and Leeks

Spring Veggie Ragout

Spinach Notes

Spinach this time of year is so tender and sweet you don't need to do much to it.

- Cook it briefly and add to **scrambled eggs** and a some fresh goat's cheese for the most divine spring breakfast or dinner(!)
- Make **spinach risotto** by adding it, chopped just a minute or two before the risotto is done and then let it sit covered for a few minutes before serving.

Spiced Coconut Spinach

--adapted from 101cookbooks.com

This is a bit of an unusual combination but it's delicious and quick. This spinach makes a great side. It's delicious with a poached or fried egg for a light supper. Or you could fill a tortilla with it.

¼ of a medium onion, finely chopped

1 large clove of garlic, minced or mashed with some salt on a cutting board into a paste

1/4 teaspoon sea salt

1 tablespoon butter, or olive oil

1/4 teaspoon yellow or brown mustard seeds

1/4 teaspoon whole cumin seeds

1/4 teaspoon red pepper flakes

1 cup finely sliced asparagus - optional

½ lb spinach, well washed, and chopped

squeeze of lemon

1 1/2 tablespoons unsweetened coconut, lightly toasted (can do this is on a sheet pan in a 300 degree oven in about 7-10 minutes or on the stove top in a dry skillet in a 3-4 minutes)

Heat the oil or butter in a large skillet over medium heat. Add the seeds, cover with a lid, and let them toast a bit—check after about a minute to make sure they're not burning. Remove the lid, stir in the red pepper flakes and let cook for a minute. Stir in the asparagus if you're using it, let cook roughly another minute, then stir in the garlic paste and onion and all of the spinach. Keep stirring until the spinach starts collapsing a bit, about a minute. Finish with a bit of fresh lemon juice and the coconut.

Daddy Patties

These are crowd/kid pleasers. They were named by my niece I believe because my brother can eat about 20 of these in one sitting.

You could use your turnip greens and/or spinach along with a bunch of chard for these patties this week . . . or just the chard. The patties are great topped with either sour cream or Greek yogurt or any kind of tomato relish or jam or tomato sauce. My mother used to serve these for dinner with rice and tomato sauce.

2 small or one large bunch chard (or any combination of turnip greens, chard and spinach)

2 eggs

½ – 1 cup grated cheese (cheddar, Swiss, Gouda, Asiago, Parmesan (use the smaller amount if you're using a hard cheese like Parmesan, etc.)

¾ cup bread crumbs or (or if you don't have bread/bread crumbs you can use 3-4 Tablespoons of cornmeal in the batter instead)

A pinch or two of red paper flakes (optional)

1/4 teaspoon nutmeg (optional)

Salt and pepper

Oil for pan-frying

Wash and coarsely chop the greens. Cook them in ½ cup or so of water in a large sauté pan or pot for a few minutes until they are just tender. Drain well and squeeze out most of the moisture and chop the greens quite finely. Beat the eggs in a large bowl, add salt, pepper, chili flakes and nutmeg (if using), grated cheese and breadcrumbs. Mix in greens. Taste for salt.

Heat a cast iron or other large skillet with a tablespoon or so of olive or safflower oil. When hot spoon large spoonfuls of the mixture into pan and pat down with a spatula to flatten. Flip after a few minutes when the underside is golden brown. Cook a few minutes more and serve. They keep warm and hold up nicely in a 250-degree oven.

Cauliflower with Capers, Parsley and Lemon

Wash the cauliflower and break/cut into chunks/florets. I always use all of the stem/core. It's delicious. Steam or boil the cauliflower until it's just tender. Don't over cook so check often. The length of time will depend on whether you're boiling or steaming but won't take very long either way.

Roughly chop 1 tablespoon off well-rinsed capers and mix those with about 2 tablespoons of chopped parsley, a bit of grated lemon zest and the juice of half a lemon. Mix in 2 tablespoons of the best olive oil you have and some salt and pepper. Gently dress the warm cauliflower with this mixture. Adjust seasoning to your taste.

Smoky Cauliflower Frittata

--adapted from Plenty by Yotam Ottolenghi

www.cookwithwhatyouhave.com

Another dish inspired by the inimitable Yotam Ottolenghi. This is rich and satisfying and a perfect dinner dish with a big, green salad or some sautéed greens on the side.

1 small head cauliflower, cut into medium florets (cut the core into similarly-sized chunks as well)
6 eggs
4 tablespoons Greek yogurt, sour cream, crème fraiche or whipping cream
3-4 teaspoons Dijon-style mustard
1 ½ teaspoons Pimenton (sweet smoked paprika)
2-3 tablespoons finely chopped parsley
½ - ¾ cup grated smoked mozzarella, gouda, aged cheddar or any grate-able cheese you have
Salt and freshly grated black pepper
2 tablespoons olive oil

Preheat oven to 375 degrees.

Cook the cauliflower for 4-5 minutes in salted, boiling water until partially cooked. Drain well. Whisk the eggs with the remaining ingredients, excepting the olive oil and reserving one-quarter of the cheese.

Heat the oil in a large oven proof skillet over medium-high heat and then fry the cauliflower for about 5 minutes until golden brown on one side. Pour the egg mixture over the cauliflower and spread the cauliflower more or less evenly around the pan. Cook covered for about 5 minutes. Then scatter the remaining cheese on top and bake for 10-12 more minutes or until the frittata is set.

Turnip Notes

These pure white turnips are so tender and delicious. You don't need to peel them and they're as delicious raw as cooked. Sliced into wedges and quickly sautéed in a little butter or with some diced bacon, their greens washed and chopped and added a few minutes before they are done, makes a perfect spring dish.

Thai-style Spring Green Curry with Turnips and Leeks

This dish is suitable to a wide variety of vegetables and this time of year the lovely, tender, white Hakurei turnips are delicious and they're tender green tops can be used in this dish as well. You can easily add chicken or tofu to it for an even heartier dish though it's wonderfully rich and satisfying without as well. The vegetable quantities are all approximate. Adapt to your taste and to what you have on hand/need to use up.

4-5 small Hakurei turnips, tops reserved, scrubbed and cut into 3/4-inch wedges or medium dice
Green tops from 2 turnips, washed and cut into 1-inch ribbons
2 medium leeks, washed, sliced lengthwise and then into ½-inch half rounds
2 medium carrots, sliced into thin rounds (optional)
1-inch piece of ginger, minced
2 cloves garlic, finely chopped (or 2 stalks green garlic if you happen to have it)
1 1/2 heaping teaspoons (or to taste) green curry paste (Thai and True is an excellent local brand)
2 teaspoons soy sauce

2 teaspoons fish sauce
1 can coconut milk (full fat preferably but light will work)
Juice of half a lime
Jasmine or other long grain rice, cooked

Mince the garlic (either green or regular; if using green garlic remove the 2-3 inches of green from the very top if it seems tough). Grate or mince ginger. Heat wok or large sauté pan over medium-high heat. Add ½ cup of coconut milk and bring to a boil. Stir occasionally for 2-3 minutes. Add the curry paste, garlic and ginger and leeks and fry the mixture for about 3-4 minutes until it's fragrant and the leeks begin to soften. 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, add turnips and carrots (if using) and simmer gently until vegetables are almost tender. Add turnip tops and cook for a few more minutes. Adjust seasoning with more soy sauce and/or fish sauce if needed, stir in lime juice and serve hot over rice.

Spring Veggie Ragout

Italians are brilliant with their vegetable preparation. They often cook them well (longer than has been popular here in the States for the last 15-20 years) and to fantastic effect. This are not the boiled-to-death vegetables our parents or grandparents cooked, but slowly sweated in a little fat of some kind with or without liquid.

Some of the vegetables in this week's share could be combined in this manner either in a ragout—a chunky sauté—or in a light soup. And this is a great technique for CSA members year-round. Quantities are all approximations so use whatever you have or need/want to use up. Add some diced bacon at the beginning for a smokier, richer dish.

This could be served with most anything—grilled or roasted meats; a lovely bowl of beans; roasted potatoes, a hearty salad of some kind. You could cook some fish fillets right in with the vegetables as they're braising. . . .

1 small head cauliflower (or part of a head), cut into bite-sized pieces (core and all)
½ a medium onion, diced (optional)
2 leeks, washed and sliced in half lengthwise and cut into ½-inch half rounds
2-3 Hakurei turnips, cut into medium dice or wedges
1 bunch turnip tops, chopped (or spinach)
2 tablespoons butter or olive oil
Salt and pepper
Squeeze of lemon juice

Heat the butter or oil or a combination in a large skillet over medium-high heat. Add the onion (if using) and leeks and stir well and cook, covered for about 5 minutes until they start to soften. Turn the heat down if they begin to brown. Add the cauliflower and turnips and a tablespoon or two of water and a few generous pinches of salt. Cover and cook gently over medium heat for about 10 minutes. When the vegetables are tender, add the turnip greens or spinach and cook for a few more minutes. You want all the vegetables to be nice and tender. If they're falling apart a bit that's just fine. Adjust seasoning, add freshly ground pepper and a squeeze of lemon juice and drizzle with more good olive oil. Top with some grated Parmesan if you're feeling particularly decadent.