



47th Ave Farm CSA for the week of June 11, 2012

If you've never made aioli before now's the time. The green garlic is so mild and sweet it makes for a lovely variation on the traditional garlicky mayonnaise. And then you can use it as a salad dressing for the lovely lettuces you get this week. You can use it to make deviled eggs or you can spread it on fish fillets and bake those.

I've again included the basic dried fava bean notes and the springiest of the three recipes from last week since I imagine you didn't make all three last week! Enjoy!

Radish, Turnip and Israeli Couscous Salad

Quick Radish, Turnip and Chickpea Salad

Green Garlic Aioli

Salad with Homemade Aioli, Capers, Hardboiled egg

Stir fry with Beef, Garlic Scapes, Turnips and Black Tea Sauce

Fava Bean Spread with Parsley and Cilantro (repeat)

Radish, Turnip and Israeli Couscous Salad

--adapted from Food52.com

Lovely, fresh, delicious, and quick salad that's creamy, crunchy and hearty enough for a lunch or as a light supper with another salad or egg (or meat) dish on the side. If you don't have an avocado you can make a different dressing, using two egg yolks from eggs that have been brought to a boil in a plenty of cold water and then taken off the heat and left to sit for 8 minutes in the hot water and then drained and covered in cold water. The yolks will be set but still a bit creamy.

You could also add feta and/or lots of fresh herbs to this salad.

2-4 servings (salad/entrée)

1 cup Israeli couscous (very small round, toasted pasta available in most grocery stores. You can use orzo pasta instead).

2 cups chicken or vegetable stock or water

1/2 a ripe avocado (see head note if you don't have an avocado)

juice of 1/2 a lemon

3-4 tablespoons good olive oil

Salt and pepper

1 small bunch radishes, scrubbed and topped and cut into quarters (reserve tops for stir fry if fresh and green)

2-3 turnips, scrubbed and cut into small wedges or chunks, much like the radishes

1 small serrano chili, deseeded and minced (or seeds kept in if you like things spice) (optional) or 1/4 teaspoon red pepper flakes

1 garlic scape, finely chopped

3 green onions, thinly sliced

2 handfuls of lettuce, chopped fairly small

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If you can make the couscous a little ahead, great, because you don't want it to be super hot when you toss it with the salad. (Otherwise, do what I did and throw it into the fridge for 20 minutes.) I like to cook the couscous with chicken stock, instead of water. Add a little salt and pepper.

Make the dressing: Spoon the avocado into a small bowl. Using a fork, give it a good mashing, and add the lemon juice, and a little salt and pepper. Pour the oil in a thin stream, whisking as you go, until the dressing is creamy. (Alternatively use the eggs yolks as described in the headnote.)

Toss the couscous, the radishes, the turnips, the chili, the scallions and the lettuce together in a large bowl. Add the dressing, and toss until everything is evenly coated.

Quick Radish, Turnip and Chickpea Salad

--adapted from Food52.com

This flash-pickling side/salsa comes together in minutes. So far I've just eaten it with a spoon, but I image it would be quite nice tossed with still-warm, lightly distressed new potatoes. Or maybe white fish, chicken or shrimp. Or as a sandwich topping, perhaps to lend balance to pulled pork, or another rich, stewed meat. (Note: I ate this, a day old, tossed with some Israeli couscous, a squeeze of lemon juice, and a touch of leftover avocado to delicious results.)

the juice of 1/2 a small lime
1 ½ tablespoon rice vinegar
1 ½ teaspoons honey
3 tablespoons chili oil (or peanut oil and ¼ teaspoon red pepper flakes)
2 spring onions, very thinly sliced
1 small bunch of radishes, scrubbed and sliced as thinly as possible
2-3 turnips, scrubbed and cut in half and then sliced as thinly as possible
¾ cup chickpeas
Salt and freshly ground pepper

Add the lime juice and the rice vinegar to a small bowl, giving them a quick whisk to combine. Add the honey, and then the oil. Whisk briskly until the oil and the vinegar come together. Add the sliced onion to the dressing right away to give it a chance to mellow a bit.

In a bowl, toss together the dressing, the onion, the radish, the turnips and the chickpeas. Give it a taste. It will likely need more salt. You can eat this right away, while all the vegetables are still crisp, or you can let it sit for a bit.

Homemade Aioli with Green Garlic

Aioli is basically garlicky mayonnaise. Green garlic lends itself very well to this technique since it's milder and sweeter than mature garlic. Homemade aioli takes about 5 minutes to make and keeps well for a week. I've always made it by hand but I know it works really well in the food processor too so by all means use that if you want. It's so delicious and endlessly useful and adaptable. Potato salad, deviled eggs, egg salad, sandwiches, spread for grilled fish, dressing for anything.

2 eggs yolks

2-3 stalks green garlic

Salt and pepper

1 teaspoon Dijon-style mustard

3 teaspoon lemon juice or more to taste

about 1 ½ cups oil. I use a combo of two thirds neutral oil like Sunflower and one third good tasting olive oil. If you use all olive oil it tends to be too bitter and strong.

Mince 2-3 stalks of green garlic (the tender parts—trim off anything that seems at all fibrous) as finely as you can with a sharp knife for mince in a food processor.

Whisk the garlic into the eggs yolks with the lemon juice, mustard and salt and pepper. Then very slowly start adding the oil, almost drip by drip for a bit until you things get nice and emulsified. Then you can start adding the oil in a thin stream, whisking all the while (or do the same in the food processor).

Traditionally aioli is served as a dip with raw and steamed vegetables. This week it could be carrots and turnips and radishes – raw or quickly blanched or steamed. It's good with chickpeas, potatoes, asparagus, etc. It's also wonderful with grilled foods, in a sandwich or spooned in soup or pasta or used instead of mayonnaise in deviled eggs or used in the salad dressing, below.

Green Salad with Capers, Aioli and Egg

Lettuces this time of year are so tender and crisp and perfect. The summer heat hasn't made them bitter yet and this salad is perfect for them. It includes eggs in two forms (hard-boiled and in the aioli)! And the salad is begging for adaptations. Add some chopped tarragon if you have it or other herbs (mint, parsley, basil, chives). You could add canned tuna or thinly sliced radishes, etc. . . .

4-6 cups lettuce, washed and dried well and roughly torn

1 tablespoon capers, rinsed and roughly chopped

2 hardboiled eggs (eggs that have been brought to a boil in a plenty of cold water and then taken off the heat and left to sit for 8 minutes in the hot water and then drained and covered in cold water. The yolks will be set but still a bit creamy.), roughly chopped

1 spring onion, thinly sliced

¾ cup croutons or roughly torn, toasted, good crusty bread

3 tablespoons aioli

a little lemon juice or red wine or champagne vinegar

a bit more olive oil or cream or water to thin it down a bit (optional)

Salt and Pepper

Put the lettuce, eggs, capers, onion and croutons in a salad bowl. Mix the dressing ingredients in a small bowl and then toss well with the lettuce, etc. Taste and adjust seasoning

Spring Beef Stir Fry with Black Tea Sauce (with Garlic Scapes, Turnips, Bok Choi etc.)

--adapted from The Food Matters Cookbook by Mark Bittman

You can play around with the vegetables here but the radishes, turnips, bok choy and carrots in this week's share all work well. You can serve this over white or brown rice, over udon, soba or rice noodles or even over quinoa.

1 tablespoon black tea leaves or a good-quality tea bag
1 1/2 cup boiling water
Salt & freshly ground pepper
3-4 turnips, scrubbed and cut into small chunks
1/2 an onion, halved and cut into thin slices
3-4 cups bok choy, washed and cut into 1-inch ribbons
2-3 tablespoons vegetable oil (peanut, olive, safflower. . .)
12 ounces flank (bavette), skirt or other beef steak, sliced very thinly
1 tablespoon minced garlic
1 tablespoon minced or grated ginger
1 fresh Serrano chili, minced or 1/4 teaspoon chili flakes (or to taste)
3 garlic scapes, finely chopped
1 tablespoon soy sauce, plus more for serving, optional

Steep the tea leaves in the boiling water for at least 5 minutes, then strain the tea.

Put 1 tablespoon of the oil in a large, deep skillet over high heat. When it's hot, add the beef to the pan, sprinkle with salt and pepper and let it sear for a minute or 2; stir and let it cook for another minute. It should be browned outside but still pink inside. Remove from the pan.

Add the remaining 1-2 tablespoons oil to the pan along with the veggies, garlic, ginger, chili or chili flakes and garlic scapes; cook, stirring, until the vegetables are beginning to get brown in spots, about 5 minutes. Return the beef to the pan, stir in the tea and soy sauce, and cook until some of the tea evaporates and the sauce thickens a bit, a minute or 2 longer. Taste and adjust the seasoning, passing more soy sauce at the table if you like.

Dried Fava Bean Notes

You'll want to soak your dried fava beans at least for 8 hours or overnight. And if you don't have time to cook them after that length of time, change the water and keep soaking. You can do this for up to 2 days but 8 hours is fine.

Many of the recipes from Mediterranean and Middle East don't call for peeling the dried favas. Whether or not you choose to peel them (after cooking them for 10 minutes or so) will depend on how much time you have and whether or not the texture that they somewhat inevitably contribute, bothers you or not. Now you may not know that until the dish is done but if you have an immersion blender you can break down the skins quite a bit at the very end too, if they are a distraction. If you are used to blanching and peeling fresh favas, this is really not much different. And they are an unusual treat so enjoy them no matter what. A bit of warning, some of these dishes, especially the fava bean puree with mint and cilantro, are not much to look at. Try not to be put off by the muddy hue!

Fava Bean Spread with Parsley and Cilantro

This is a hearty spread with lots of herbs that is good on toasted, crusty bread that you've rubbed with a clove of garlic.

You can cook the fava beans unpeeled since you're going to process the spread anyway.

10 -12 ounces fava beans, soaked and drained (or less if and just adjust the other ingredients accordingly)

1 stalk green garlic, minced

½ an onion, finely chopped

½ bunch of parsley, finely chopped

½ bunch of mint, finely chopped

Squeeze of lemon juice

Salt and pepper

Good olive oil

Sauté the onion and the garlic over medium heat for about 10 minutes until nice and soft. Add the fava beans and cold water to cover by ½ inch. Bring to a boil and then simmer until tender (about 40 minutes), drain, reserving 1 cup of cooking water. Process the beans until almost smooth. Stir in the herbs, a couple of tablespoons of good oil, a squeeze of lemon juice and salt and pepper to taste. Serve on crusty bread rubbed with garlic