



47th Ave Farm CSA for the week of July 23, 2012

Kohlrabi Slaw (for Fish Tacos, etc.)
Dry-fried Beef with Crispy Kohlrabi and Carrots
Cilantro Yogurt Sauce
Faro with Carrots and Cilantro
Fava Bean Puree
Carrot, Collard and New Potato Hash (with fried egg)
Summer Squash Sauté

Kohlrabi Slaw

My current favorite way to eat kohlrabi is simply grating it on the large holes of a box grater. Then sometimes I mix it with grated carrot and always dress it with minced garlic, Greek yogurt, a splash of good olive oil, fresh lemon juice, plenty of chopped cilantro and salt and pepper. It's such a refreshing, quick slaw-like salad. I have also wrapped it in flour tortillas with some crumbled feta for a light lunch or snack. And it's perfect with fish tacos!

Dry-fried Beef with Crispy Kohlrabi and Carrots

--slightly adapted from Pure Beef by Lynne Curry

This recipe is from a wonderful new cookbook by Oregonian Lynne Sampson Curry of Joseph, OR. If you like beef and eat local grass fed beef this is a great book to have. I will be including recipes from the book now and then and today's happens to use 3 items in your share this week—kohlrabi, carrots, onions.

1 lb. top round steak, very thinly sliced against the grain 1/4-inch thick
1/4 teaspoon salt
4 tablespoons peanut or vegetable oil, divided
5-6 small carrots, scrubbed (no need to peel) and cut into matchsticks as best you can
2 small to medium (8 ounces) kohlrabi, peeled and cut into matchsticks
2-inch piece of ginger, peeled and sliced thinly and then cut into fine strips, divided
3-4 yellow spring onions, trimmed and chopped
2 tablespoons soy sauce or tamari
1 tablespoon hoisin sauce
1 tablespoon Chinese rice wine or dry sherry
1 tablespoon orange zest (optional)
3/4 teaspoon toasted sesame oil
1/3 cup chopped cilantro
Freshly ground black pepper

Season the beef with the salt. Heat 3 tablespoons of the oil in a large skillet (or wok) over high heat. When smoking, add the beef and stir until the beef is no longer pink. Spread the beef out into a single layer and let it cook until the juices have nearly evaporated, about 4 minutes. When the oil is clear once again, stir the beef strips leisurely, until they sizzle and turn mahogany brown, and additional 3 minutes. Transfer the beef to a bowl.

Heat the remaining 1 tablespoon of oil over high heat. Add the carrots and kohlrabi and cook, stirring constantly, until they start to become limp but remain crisp, about 4 minutes. They will pick up color from the beef. Add them to the bowl with the beef.

Add the ginger and the scallions and cook, stirring for 30 seconds. Add the soy sauce, hoisin sauce, orange zest (if using) and rice wine and stir-fry until fragrant. Add the beef and vegetables back into the pan along with the sesame oil and stir until hot. Serve immediately with some freshly ground black pepper and the chopped cilantro. Serve with steamed rice.

Cilantro Yogurt Sauce

I could put cilantro on anything. I especially love it made into a sauce by tossing ½ a bunch or so into a food processor (or chopping finely) with a ¼ - 1/3 cup of Greek yogurt (or plain, whole milk yogurt), some minced garlic, some lemon zest, salt, pepper and a little olive oil. This is delicious on any grains or fish or with steamed or roasted veggies. It would be delicious over roasted or boiled new potatoes and/or carrots with some thinly sliced spring onions.

Faro with Carrots and Cilantro

1 cup faro, hulled or pearled (pearled cooks more quickly but I prefer just hulled—more of a whole grain)
2 cups carrots, cut on the bias into ¼-inch slices
3 tablespoons cilantro, chopped
1 medium clove garlic, minced
2 spring onions, thinly sliced
3-4 tablespoons slivered almonds, toasted (optional but very good)
1 tablespoon lemon juice (or more to taste or red wine vinegar)
2 1/2 tablespoons good olive oil
Salt and freshly ground pepper

Put the faro in a saucepan with 3 cups water and ¾ teaspoon of salt. Bring to a boil then turn down to a simmer and cook, covered, until the faro is tender—some kernels will break open which is just fine. This will take about 45 minutes if it's hulled faro and a bit less for pearled. Test occasionally for doneness. When tender, drain well and put in a bowl and let cool a bit.

Meanwhile, sauté the carrots in ½ tablespoon of olive oil in a large skillet over medium high heat with a few pinches of salt until tender and caramelizing a bit—about 10 minutes.

Add the carrots to the faro and all the remaining ingredients. Stir well and adjust seasoning.

Fava Bean Puree

My favorite thing to do with fava beans as the season winds down and the beans are a bit bigger and starchier is to puree them into a lovely, bright green spread. This is just a simple technique so I won't list precise quantities. Use what you have and I would suggest using all the favas you have in this manner. You'll end up eating it by the spoonful.

Pop the beans out of their pods and cook them in salted boiling water for about 2 minutes. Rinse in cold water and pinch the skin off each bean. Then cook the beans in some olive oil and a splash of water until soft, about 10 minutes.

Now you can either put them in a food processor or a bowl and use a wooden spoon to mash/process them with olive oil, a bit of minced garlic, a little minced rosemary (if you have some left from last week) or lots of freshly chopped mint, a bit of lemon juice and salt and pepper. Process or mash until all is well mixed and fairly uniform. Adjust seasoning with more oil, lemon, salt and pepper.

Spread the puree on toasted bread.

Carrot, Collard, Kohlrabi and New Potato Hash with Egg

You can serve this with the cilantro yogurt sauce (above). And you can top the hash with a poached or fried egg. This is quick and delicious! And I the prefect CSA dish since you can do this with a wide variety of veggies—just chop them all really finely.

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.

6-7 or small carrots, scrubbed trimmed and grated on the large holes of box grater (or w/ food processor)

1 small kohlrabi, peeled and grated

2-3 potatoes, scrubbed and grated

2 spring onions, thinly sliced

2 cups, very thinly sliced collards, lightly packed

Olive oil

Salt and pepper

Cilantro yogurt sauce (optional—see note above)

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

Heat 2 tablespoons of olive oil in the largest skillet you have, over high heat. Add the onions carrots and potatoes and a couple of pinches of salt and stir well. Cook on high heat for several minutes until the veggies start to brown, stirring frequently. Add the kohlrabi and collards and a little more oil if the pan is too dry. Stir well and cook for about 7-10 minutes more until veggies are tender and a bit browned. You may need to add a splash of water to keep things from sticking and burning. Adjust for salt and add freshly ground pepper.

Fry or poach (see below) eggs and serve the hash topped with an egg and some of the cilantro yogurt sauce.

Poaching Eggs

Bring plenty of water to boil in a wide pot. Add about 2 tablespoons of white wine vinegar (if you are cooking 6 or so eggs) 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.

Summer Squash Sauté

This is how I prepare the first of the season's summer squash. And then I keep going back to it through the summer when I have little time and want something I love. It's really hardly a recipe but it's so, so good.

3 medium squash (or however much you want to use), sliced into bite-sized pieces, about 1/2 inch thick

Salt

Olive oil

Heat 1-2 tablespoons of olive oil (don't skimp on the oil) in a large skillet. When hot add the squash slices, several generous pinches of salt and cook over high to medium-high heat for a few minutes until the squash starts browning. Turn down to medium/medium-high and continue cooking until the squash is nice and browned and soft. It's not the most beautiful dish but again, don't be put off.

Adjust seasoning and enjoy with a little more good sea salt.

You can also add a finely minced clove of garlic a minute or two before the squash is done and and/or a few tablespoons of chopped basil. Both great additions but wonderful plain too.