



47th Ave Farm CSA for the week of August 13, 2012

It's too hot for much real cooking this week. Luckily the produce this time of year doesn't need much. Below are a few slaw recipes and quick things like frittatas and savory pancakes. If you get green beans in your share this week, simple boil or steam them until tender and toss them with some olive oil and good salt. I love beans this time of year, just plain or of course dipped in aioli—definitely my favorite but you've gotten that recipes many times before. Enjoy and stay cool!

Summer Squash Pancakes
Cippolini and Summer Squash Frittata
Frittata and Arugula Sandwiches
New Potato Ideas
Turnip and Cabbage Slaw (with Grilled Sausages?)
Cabbage, Peanut and Lime Salad

Summer Squash Fritters

--Adapted from Michael Symon's Live to Cook

These are pan-fried (so not very greasy at all) and absolutely delicious. They come together quickly and don't be put off by grating the zucchini onto a dishtowel and wringing out the liquid. It's easy and even fun to do and makes the fritters so much better.

3 medium zucchini or any kind of summer squash
1 ¼ teaspoon kosher salt
1 tablespoon chopped fresh basil or mint (optional but wonderful)
1 ½ tablespoons chopped fresh dill
2 tablespoons finely diced onion
2 teaspoons minced garlic
¼ teaspoon freshly ground black pepper
2-3 ounces feta cheese, coarsely chopped or crumbled (or grated sharp cheddar or other cooking cheese)
Grated zest of ½ a lemon (optional)
2 eggs
3 tablespoons cornstarch or all-purpose flour
Olive or Safflower oil, for pan-frying
½ cup Greek yogurt and more dill for topping (optional, but excellent!)

Grate the zucchini/squash on the large holes of a grater onto a clean kitchen towel. Sprinkle with the kosher salt and let it rest while you gather and prep the remaining ingredients. Wrap the zucchini in the towel and wring as much liquid out of it as possible, discarding the liquid. In a medium bowl, combine the zucchini, mint, dill, scallion, garlic, pepper, feta and zest. Stir in the egg and flour (or cornstarch) and mix until well combined.

Add a scant tablespoon of oil to a large skillet. Place the pan over medium-high heat. Spoon about 3 tablespoons (about a ¼ cup) of batter into the pan. Depending on the size of your pan

you should be able to fry about 3-5 at once. Flatten them a bit with the back of a spatula and cook until the fritters are golden brown on each side, 4 to 6 minutes.

Transfer the fritters to plates and garnish with a dollop of Greek yogurt seasoned with salt and more chopped dill.

Cippolini and Summer Squash Frittata

Serves 3 as an entrée 5-6 as a side.

As you've probably surmised I make frittatas a lot. They simply one of the quickest and best dishes and so suited to CSA cooking. One of my all time favorites is this one, with summer squash. The cippolini add another layer of flavor and contrast and you can use the green onion tops here as well. Some fresh pork sausage or diced new potato are wonderful additions here as well.

4 cippolini onions, including tops, thinly sliced
2 medium zucchini or yellow crookneck or 3-4 patty pan squash, sliced or diced
1 -2 tablespoons olive oil
1- 2 tablespoons chopped fresh basil
6-8 eggs (or whatever you have or want to use)
grated hard cheese or your choice or feta or goat cheese (optional)
Salt, pepper

Heat the oil in a heavy sauté pan or well-seasoned cast iron pan or non-stick (if it's heatproof and can go in the oven). Add the onions, saving the green tops to add towards the end and sauté for about 5 minutes until softened. Add the squash and a few pinches of salt and sauté them over med-high heat until they're tender when pierced with the tip of a knife, about 8-10 minutes. Add the sliced onion tops a few minutes before the zucchini is tender.

Set your oven to broil.

Lightly whisk the eggs until they're just broken up—no need to get them frothy or really well mixed. Add the chopped herbs, a few more pinches of salt and several grinds of pepper. Pour eggs over the squash and tilt the pan to evenly distribute the eggs. Sprinkle the cheese over the top of the eggs, if using. Cover and cook on medium heat for a few minutes. When the eggs are beginning to set take the pan off the heat and set under the broiler until the eggs are cooked and slightly puffed and golden.

Let sit for a few minutes before cutting and serving. It will come out of the pan much more easily that way and is more flavorful. Serve with a slice of good, crusty bread and salad.

Frittata and Arugula Sandwiches

This isn't really a recipe but just a classic technique/combo for using day-old (or fresh) frittata wedges.

If you happen to have some homemade aioli or mayonnaise on hand you'll have an extra rich and perfect sandwich, but a little store bought mayo or drizzle of olive oil or any leftover pesto of any kind make for a nice addition to this sandwich.

Simple sandwich an appropriately sized piece of room temperature or cold frittata between two slices of good, crusty bread (toasted a bit if not very fresh), with some mayo or other ideas

noted above, and as much arugula that you've just barely dressed with a drizzle of good olive oil and a squeeze of lemon juice and a little salt, and enjoy!

New Potato Ideas

New potatoes are such a treat. . .

- Simply boiled, then tossed with butter and chopped dill and a generous dollop of Greek yogurt they are perfect.
- Simply boiled and sliced, tossed with cooked and crumbled bacon, a little chicken stock, red wine vinegar, good olive oil, lots of fresh, chopped parsley and some cippolini greens thinly sliced for a version of a German potato salad
- Roast them with a sprig or two of rosemary in the pan and thickly sliced cippolini onions until tender and caramelized

Turnip and Cabbage Slaw (with Grilled Sausages)

I know there have been a lot of slaws this season but they are good and quick and easy to vary. This is my go-to, quick slaw. I vary the ingredients based on the season and for this week's share some of the cippolini onions and some grated turnips will be perfect. Quantities are approximations so please feel free to use what you have. You can add finely slivered radishes if you'd like. And it is a fairly light slaw.

½ a medium green cabbage (about 4-6 cups sliced, cabbage—just increase the dressing a bit if it seems shy for the amount of cabbage you are using)

3 turnips, grated on the large holes of a box grater

½ cup, very thinly sliced cippolini onions

1-2 tablespoons of chopped dill

Dressing

Juice of 1 lemon

1-2 teaspoons Dijon-style mustard

3 tablespoons good-tasting olive oil

2 tablespoons mayonnaise (or Greek yogurt or sour cream)

pinch of red pepper flakes

salt

pepper

Thinly slice the cabbage and put in large salad bowl with the grated turnips. Add scallions or and cilantro and/or mint. Mix all dressing ingredients well in a small bowl and pour over veggies. Mix well. Let rest for 20- 1 hour to soften veggies and let flavors meld. Adjust seasoning.

Cabbage, Peanut and Lime Salad

--inspired by 101cookbooks.com

Here's another slaw with a slightly different twist. The peanuts add heft and crunch and the apples a bit of sweetness to offset the chilies and lime. And feel free to add grated turnip to this slaw as well.

½ a small to medium green cabbage, very thinly sliced

1 – 1 1/2 cup unsalted, raw peanuts

½ a small jalapeno or 1 serrano chili (remove the seeds if you don't want it very spicy), 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, lime juice 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.