



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

Summer Squash Tian
Summer Squash with Tomatoes and Basil
Quinoa with Black Beans, Tomato and Corn
Scalloped Potatoes and Onions
Carrot and Turnip Fritters
Green Salad with Potatoes and Creamy Basil Dressing

Summer Squash Tian

--adapted from by Julia Child via Food52

This is a brilliant dish—it really is. I made it in honor of Julia Child's 100th birthday earlier last week. It takes a little bit of time but is well worth it and uses a little over 2 lbs of summer squash. We had this for dinner with sliced tomatoes, basil and feta. Perfect summer food.

Serves 6

2 to 2 1/2 pounds zucchini, well washed (about 4 medium to large-ish squash)
1/2 cup long grain white rice
1 cup minced onions
3 to 4 tablespoons olive oil
2 large cloves garlic, mashed or finely minced
2 tablespoons flour
About 2 1/2 cups warm liquid: zucchini juices plus whole milk, heated in a pan (watch this closely so that it doesn't curdle)
About 2/3 cups grated Parmesan cheese (save 2 tablespoons for later)
Salt and pepper
2 tablespoons olive oil

Preheat oven to 425.

If squash are large, halve or quarter them. Grate the squash on the large holes of a box grater into a large bowl that you've lined with a clean, cotton dish towel. Toss the grated squash with about 1 1/2 - 2 teaspoons of sea salt and let sit while you continue with the dish.

In a large (11-inch) ideally ovenproof (cast iron or All-clad) frying pan, cook the onions and rice slowly in the oil for 8 to 10 minutes until tender and translucent. The rice may brown a bit which is just fine. Raise heat slightly and stir several more minutes until lightly browned.

Now bring the ends of the towel together and twist and squeeze all the liquid you can out of the squash and into the bowl it's been resting in. You will get about 1- 1/2 cups of salted liquid. Add milk to make 2 1/4 - 2 1/2 cups liquid and warm gently in a saucepan. Don't boil.

Now stir the grated and dried zucchini and garlic into the onion and rice mixture. Toss and turn for 5 to 6 minutes until the zucchini is almost tender. Sprinkle in the flour, stir over moderate

heat for 2 minutes, and remove from heat. Gradually stir in the hot liquid, being sure the flour is well blended and smooth. Return over moderately high heat and bring to the simmer, stirring. Remove from the heat again, stir in all but 2 tablespoons of the cheese.

Taste very carefully for seasoning. Now if your skillet isn't oven proof turn the mixture into a buttered baking dish, top with remaining cheese and drizzle the olive oil over the cheese.

Bake in preheated 425-degree F oven until tian is bubbling and top has browned nicely. The rice should absorb all the liquid. Serve hot or at room temperature.

Summer Squash with Tomatoes, Basil and Lemon

--inspired by Tender by Nigel Slater

This is a new favorite summer squash dish. The addition of the lemon juice is critical.

3-4 medium squash, well washed and cut into thick fingers, homemade French-fry sized
1 cup diced onion, greens thinly sliced
2-3 tablespoons olive oil
2-3 medium to large tomatoes, roughly chopped
Generous handful of basil leaves, roughly torn
Salt and pepper
½ a lemon

Heat the oil in a large skillet or sauté pan and add the onion and squash and cook, fairly undisturbed for 6-8 minutes over medium to medium-high heat until the vegetables begin to soften.

Add the tomatoes, the basil, salt and pepper, and a good squeeze of lemon juice. Stir and then cover with a loose fitting lid and let simmer for 10 -12 minutes until the squash is completely tender. Adjust seasoning and serve with good crusty bread to mop up the juices.

Quinoa with Black Beans and Tomato

This dish is wonderful. The lime zest and juice sets it apart and the tomatoes this week will be perfect here. And if you don't have black beans, pinto, kidney or cranberry are all good choices too. If you use the optional cheese it's a light, one-dish meal in my book. Quinoa is a complete protein and in combination with the beans is very balanced nutrient-wise.

Grated zest of one lime
2-3 tablespoons fresh lime juice
3 Tbs olive oil
1 cup quinoa
2 cups cooked black beans, drained (or 1 14- to 15-ounce)
2-3 medium tomatoes, diced
Corn kernels from two ears of corn, quickly cooked and then cut off the cob
3 tablespoons red onion diced and thinly sliced onion tops
1/4 cup chopped fresh basil
2 oz. feta, crumbled (optional)
Salt & pepper

Whisk together lime zest and juice, oil, 1/2 teaspoon salt, and 1/4teaspoon pepper in a large bowl. Place quinoa in a fine mesh strainer and thoroughly rinse under cold, running water or place strainer with quinoa in a large bowl of water and swish around and change water several

times. Drain well and put quinoa in a medium pot with 1 ¼ - 1 ½ cups water and 1 tsp salt. Bring to a boil, turn down and cover and simmer for about 20 minutes or until the water is absorbed and the quinoa is tender and fluffy.

Add warm or room temp quinoa to dressing and toss until dressing is absorbed, then stir in remaining ingredients and salt and pepper to taste.

Basic Dry Bean Soaking/Cooking Instructions

If you aren't in the habit of soaking and cooking dry beans here are the basic steps. The flavor of the beans is very good this way and they are much, much cheaper than cans. Once in the habit, it's not much work at all. And I always soak and cook more than I need for any given recipe and freeze the rest in some of the cooking liquid. I also rarely cook beans for use in the moment. They improve so much if you can let them sit in their cooking liquid for an hour or so, or up to 8 hours. I usually cook them while I'm doing something else in the kitchen and then have them on hand for the next few days and/or freeze them for later use.

3-4 cups dried beans (garbanzo, white, black, pinto. . .) Rinse beans if they look dusty and pick out any stones. Usually I don't find anything like that. Place in a large bowl covered by about 4 inches of cold water. Soak over night or 6-8 hours. Drain and rinse beans.

Place soaked beans in a large pot and cover with cold water by several inches. Add a few whole, peeled garlic cloves, a bay leaf and a big chunk of peeled onion. Bring to a boil, turn down to a simmer and let cook covered until the beans are tender, stirring occasionally (this helps prevent some beans from softening before others.) If your beans are old (hard to tell!) salting them at the beginning can prevent them from cooking properly, so salt mid-way through or at the end. When you do add salt, be generous, as in at least 3 teaspoons kosher salt to start if you're cooking 4 cups or so of dried beans. They'll probably need more still. The time it takes for the beans to cook will vary depending on the kind of bean and the freshness of the dried beans. Garbanzos take the longest, usually about 45 minutes. Black, white and pinto can be done in 15-40 minutes. Let beans cool in their liquid (if you're not in a rush) and then use, freeze, etc. If you're freezing some, fill your container with the beans and then ladle in the cooking liquid until the beans are almost covered. Cooked beans also keep in the fridge for 5-6 days and for several months in the freezer.

Quick Scalloped Potatoes and Onions

Thinly slice about 2 cups of Red Tropea onions. Save the green tops and slice them thinly and reserve.

Saute the onions (not the greens) in a bit of butter or olive oil in a large skillet over medium-high heat until softened and just beginning to brown, about 10 minutes.

Scrub and thinly slice (by hand, slicer on a box grater, or food processor) about 2 lbs of potatoes and put in a large bowl.

In a small bowl mix about 2 tablespoons flour, 1 ½ teaspoons of sea salt (or more to taste), a few grinds of black pepper and whatever other seasonings you like. I use 1 1/2 teaspoons each ground cumin and pimenton (smoked Spanish paprika) and 1/4 teaspoon red pepper flakes. Grate some sharp cheddar, Gruyere or other cheese of your choice.

Mix the flour spice mixture with the potato slices and toss well with your hands. Add the grated cheese and toss again. Now layer the potato mixture with the sautéed onions 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.

Variations include lots of chopped herbs like parsley, cilantro, marjoram, chives or oregano, diced bacon or slices of sausage, minced garlic, finely chopped greens or peppers, etc.

Carrot and Turnip Fritters

--inspired by Tender by Nigel Slater

Carrots, well scrubbed and grated on the large holes of a box grater to make about 2 cups of grated carrots

Turnips, same as above to make about 1 ½ cups

1 onion, minced

1 clove of garlic, minced

½ cup heavy cream

1 egg, beaten

¼ cup grated sharp cheddar

Handful of chopped basil (or parsley or cilantro)

1 heaping tablespoon of flour

Salt and freshly ground pepper

Olive oil for frying

Mix everything except the oil in a large bowl. Taste for salt and adjust seasoning. Then fry large dollops in a large, heavy bottomed skillet lightly coated with oil until crispy and brown on each side, about 3-4 minutes on the first side and a bit less on the second. Enjoy, you guessed it (!) with a dollop of Greek yogurt.

Green Salad with Potatoes and Creamy Basil Dressing

I like mixing diced boiled new potatoes with a green salad and a creamy dressing. I make many variations but the Batavian lettuce you're getting this week is a good inspiration since it holds up well. You probably won't need all the dressing for this salad. It keeps well for a few days so save for future use.

4 cups lettuce, well washed and dried and cut into ribbons

2 tomatoes, diced

2 (or more) medium potatoes, boiled and cooled and cut into medium dice

A bit of thinly sliced onion and some thinly sliced onion tops if you'd like

Dressing:

1/2 cup Greek yogurt

1/4 cup homemade or store bought mayonnaise

1 tablespoon good olive oil

1/2 cup thinly sliced basil

Juice of ½ a lemon

½ clove garlic, minced or pressed

Salt and plenty of freshly ground black pepper, to taste

Toss about 2/3 of the dressing with the lettuce, potato, tomato and onion. Taste, adjust, add more dressing. . . Enjoy!