



47th Ave Farm CSA for the week of October 1, 2012

There are family favorites, of mine and two friends—one from Mexico and one from Bangladesh—in the packet today. And if you happen to get cauliflower in the share this week, simply roast it with a bit of olive oil and salt and enjoy—another one of my all time favorite things!

And as the tomatoes wind down, I've been making the things I make when the tomatoes first come on—tomato bread (see below) and simple sauces to go with pasta or with rice and beans. Enjoy them while they last and maybe make burgers while it's hot this week.

Green Rice
Anaheim Rub
Potato and Anaheim Pepper Tacos (Two Variations)
Mustard Roasted Potatoes and Onions
Bengali One-Skillet Shrimp Dish
Tomato Bread

Green Rice

This is a dish I grew up eating year-round. My mother has always had a giant vegetable garden and grows lots of Anaheim peppers. This time of year she roasts, peels and seeds them and freezes them in bags of about 6-8 peppers so she can make *green rice* year round. I don't know where she originally got the idea but it's an unusual and wonderful dish. She makes it with a whole bunch of parsley. I make it with both parsley and cilantro and find both versions delicious. You have beautiful cilantro this week so try that version.

2 tablespoons olive oil
2 cloves of garlic, minced
1 onion, finely diced
1 large bunch cilantro or parsley, if using cilantro rinse well and then chop stems and leaves fairly finely
2 cups long grain white (or brown—will take longer to cook) rice
4 cups milk (2% or whole – not skim)
Salt
5-7 anaheim peppers, broiled until blistered on all sides, then cooled, peeled and deseeded (try to keep the peppers as intact as possible, just making a slit down one side to remove the seeds)
Sharp cheddar to fill roasted peppers

Heat olive oil in a large pot or Dutch oven over medium-high heat. Add the rice to the pan and stir well to coat with oil and cook for 2-3 minutes, stirring occasionally. Add onion, garlic and cilantro (or parsley) and mix well and sauté for 2-3 more minutes. Add the 4 cups of milk and a generous 1 teaspoon of salt (you may still need more—it takes quite a bit) and bring to a boil but be careful, milk boils over easily and makes a big mess so stay close by. Turn down to very low and cook, covered for 12- 15 minutes.

Meanwhile, cut ¼-inch slabs of sharp cheddar that are more or less the size of the roasted peppers (several pieces are just fine). Gently slide the slabs of cheese inside the roasted peppers and set aside.

After the rice has been cooking for about 12 – 15 minutes and much of the milk has been absorbed, tuck the stuffed peppers into the rice throughout the pot. Cover and cook for another 5-10 minutes until the rice is tender. I like to turn the heat up again at the very end to create a bit of a crust on the bottom of the pan. This is a bit risky since you don't want to burn the rice. Serve immediately with a simple tomato salad on the side.

Anaheim Rub for Chicken or Fish

2 Anaheim peppers, broiled until blackened all around (or do this right on your gas stove top burner), cooled in a covered container, then peeled and deseeded
1 clove garlic, chopped
Small chunk of onion, chopped
½ cup chopped cilantro (stems included)
1-2 tablespoons olive oil
Salt

Process all the above ingredients until you have a fairly uniform paste. Rub this on chicken or halibut or other white fish or shrimp and bake. If you're using it with fish, it's wonderful cooked in parchment paper packets with a slice of lemon or lime in addition to the pepper paste.

Potato and Anaheim Pepper Tacos (2 Variations)

I saw an old college friend this weekend (who's family I stayed with in Mexico 16 years ago) and she reminded me of this dish she used to make in college and I ate at her birthplace in a small village in Colima, Mexico. It involves a few steps but is absolutely delicious.

3-4 Anaheim peppers, broiled until blackened all around (or do this right on your gas stove top burner), cooled in a covered container, then peeled and deseeded
¼ of an onion, chopped
1 clove garlic, chopped
2 tablespoons fresh oregano or 2 teaspoons dried
1 teaspoon ground cumin
½ teaspoon salt
Water/stock

Put the above ingredients in a blender and add enough water or stock (chicken or veg) to cover and blend until smooth.

Version I

Heat a little olive oil in a skillet. Pour the blended pepper sauce into the hot pan. It will spit and sizzle like crazy. Cook/fry the sauce for 3-4 minutes until very fragrant and reduced a bit. Taste and adjust seasoning.

3 medium potatoes, well scrubbed but not peeled
8-10 small white or yellow corn tortillas
Olive oil

Diced tomatoes
Finely chopped red onion
Queso Fresco or feta or cheese of your choice
Chopped cilantro

Cook the potatoes, taking care not to overcook. When cool enough to handle, peel and cut into small-ish chunks.

In a clean skillet heat a bit more oil. Fill each tortilla partially with cooked potatoes and fold in half. Fry the tortillas for a several minutes on each side, pressing down with a spatula, until crisp. Then spoon in some of the pepper sauce, some diced tomatoes, onions, cilantro and a little cheese. Enjoy!

Version II, with Chicken

Instead of cooking the potatoes separately, cut them (just 2 potatoes in this case) into small dice.

Cut ½ a chicken breast into thin slices. Add the diced potatoes to the sauce you've just fried for a few minutes (see above) and cook for 5 minutes or so, then add the chicken slices and a bit more oil if things are drying out and cook until both the chicken and potatoes are cooked through.

Fill warm corn or flour tortillas with this filling and top, as above with tomatoes, onions, cilantro and cheese.

Mustard Roasted Potatoes and Onions

2-3 pounds potatoes, scrubbed and cut into 1-inch dice, more or less
1-2 red onions, cut in half and then cut into 1/3-inch half rounds
2-3 tablespoons whole grain Dijon mustard
3 tablespoons olive oil
2 tablespoons lemon juice
Zest of a small lemon
½ -1 teaspoon kosher salt
Freshly ground pepper to taste
Chopped parsley or cilantro for garnish (optional)

Preheat oven to 425 degrees F. Line two baking sheets with foil or parchment paper

Toss onions and potatoes in a large bowl. In a small bowl, whisk together mustard, olive oil, lemon juice, zest, and salt. Pour mustard mixture over diced potatoes and onions and mix well. Divide the coated potatoes between the two baking sheets. Leave any extra mustard mixture in the bowl. It will just burn in the oven.

Bake potatoes for 20 minutes. Remove from the oven and toss. Return to the oven and bake for another 25 minutes, or until the potatoes are browned and cooked through. Remove from the oven and serve warm tossed with plenty of chopped cilantro or parsley if you'd like.

Bengali One-Skillet Shrimp Dish

A friend shared this favorite childhood meal of hers with me a few years ago and it's well-suited to this week's share, with just a little tweaking.

1 medium onion, thinly sliced into half rounds
4 cloves garlic, sliced
1 Anaheim pepper, blistered, peeled, seeded and finely chopped
2 medium potatoes, cut into small dice
2 tomatoes, diced
1/2 tsp turmeric
1/2 tsp sweet paprika (can use the Spanish, smoked Pimenton or regular sweet Paprika)
1 lb raw, deveined shrimp (I like large ones for this dish)
Oil
Salt
3/4 cup chopped cilantro

Heat 2 tablespoons oil in a large frying pan over medium-high heat and add onion, garlic and potatoes and cook, stirring often for about 5-7 minutes until onions and garlic are golden. Add turmeric and paprika, stir until well-mixed and onions are almost caramelized. Now add the tomatoes and turn the heat up and cook, stirring frequently until they have thickened a bit. Add a little more oil, the shrimp and the chopped Anaheim and a few generous pinches of salt and cook for just a few more minutes until the shrimp are pink and just cooked through.

Serve hot with lots of chopped cilantro.

Tomato Bread

The Spanish (and Basque) and Italian and probably many other cultures have versions of this. I am enjoying the final days of this simple, simple treat. It's been a good tomato year and I've loved every minute of it. This is a wonderful snack or appetizer or a part of supper or for breakfast—for those of you, like me who like savory breakfasts.

However many slices of bread to want to use
However many tomatoes you want to use – you need about half a medium tomato for one large slice of good, crusty bread.
Whole clove(s) of peeled garlic
Good sea salt
The best olive oil you have

Toast or grill the bread. Rub with garlic (little or lot or not at all, in fact). Cut the tomatoes in half on the equator and then rub the cut side of the tomato onto the toasted bread pressing as much juice and flesh into the bread as you can. You'll be left holding the skin and a little pulp. Salt generously and drizzle with oil. The bread may fall part a bit and will get quite soggy—just as it should! Eat immediately, then make another!:)