



## **47<sup>th</sup> Ave Farm CSA for the week of September 10, 2012**

These late summer days when the produce is so abundant and perfect I like cool sauces and dips like much of the recipes in this packet. That way you can simply dip or slather on crusty bread or simple grilled or roasted meats, fish and vegetables (your fingerling potatoes for example) and call it a meal. Or make tacos or quesadillas and douse everything thoroughly with these delicious salsas.

The potatoes are so perfect just roasted or boiled (but be careful not to overcook). Then you can top with either the cilantro jalapeno sauce or the tzatziki or eat them as is with good, flaky salt.

### **Roasted Salsa**

### **Fresh Salsa**

### **Bean and Salsa Salad**

### **Cilantro Jalapeno Yogurt Sauce**

### **Tzatziki**

### **Roasted Tomatoes (to freeze or use right away)**

### **Cucumber Peanut Salad**

### **Roasted Salsa**

This is a nice variation to the fresh pico de gallo like salsas. The roasted peppers and garlic add nice depth and smoky flavor.

2 jalapenos  
3 cloves garlic cloves, unpeeled  
1 ½ lbs tomatoes, diced (either heirloom or stupice)  
1/3 – ½ cup chopped cilantro  
Salt  
Fresh lime juice (about 2 tablespoons)

Dice the tomatoes and put them in a strainer over a bowl and let sit while you prepare the rest of the salsa.

In a dry, ungreased skillet over medium heat roast the garlic cloves (unpeeled!) and jalapenos. You want them to get brown, in spots here and there and to soften and do it fairly slowly. The garlic will take 12-15 minutes and the peppers about 10. You want to turn both frequently to evenly brown and soften them.

When the garlic and peppers are done, peel garlic and remove stems from jalapenos. If you're very averse to spice you can remove seeds and membranes from peppers but they add lots of flavor and a nice warm heat so leave them in if you can. Now you can either chop them both very finely or process briefly in a food processor.

Shake the tomatoes around in the strainer a bit just to remove a little of the juice. Now either finely chop them or toss them briefly in a processor as well. Mix with the remainder of the ingredients and taste and adjust for seasoning with lime juice and salt.

### **Fresh Salsa**

You have all the ingredients for the sweetest, freshest and most savory salsa in your share this week. I made this tonight for a crowd and it was devoured and enjoyed even by those who purportedly don't like spicy salsa. The jalapenos are so flavorful and subtly spicy.

1 – 1 1/2 lbs tomatoes (4 medium more or less), washed, cored and finely chopped or diced  
1/2 - 1 jalapeno, finely minced (de-seed the pepper if you're unsure of your comfort with the heat level—my guess is that you can leave the seeds in, for at least part of it)  
2 tablespoons, finely chopped Walla Walla Sweet  
1/4 cup cilantro, well washed and dried and chopped  
1 clove garlic, minced and then mashed with some coarse salt and the side of a chef's knife into a paste (or just mince)  
Sea salt

Mix everything together well and adjust seasoning with salt. Serve with chips or with fish tacos or any kind of tacos or with quesadillas or as a side for grilled fish or vegetables or pretty much anything.

### **Bean and Salsa Salad**

This is so delicious, hearty and fresh. I could eat it daily. You could add shredded cooked chicken to this for more heft too.

3 cups cooked and cooled black beans (or pinto or cranberry or pretty much any kind of bean)  
1 1/2 cups (or more) of the fresh salsa above  
more chopped cilantro  
zest of 1 lime  
juice of 1 lime  
1/2 cup of crumbled feta (optional)

Mix everything well and taste and adjust seasoning with salt and/or lime juice/zest. Serve at room temperature or cold.

### **Cilantro Jalapeno Yogurt Sauce**

I've given you this idea before but minus the jalapeno. Adding some of the pepper gives it even more depth and of course heat.

Toss 1/2 a bunch or so of cilantro into a food processor (or chopping finally) with a 1/3 cup of Greek yogurt (or plain, whole milk yogurt), a minced jalapeno (with or without seeds and membranes depending on how much heat you like) 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 fingerling potatoes. You could put it in fish tacos or pita sandwiches, etc.

## Tzatziki

This cool, creamy Greek side/spread/dip is one of my all time favorite foods. I pile it on toasted bread and I add it to pita or regular sandwiches. I eat it with boiled or roasted potatoes or thinly sliced broiled beef and this morning I piled it on toasted baguettes (sliced the length of the loaf) rubbed with garlic and layered with tomatoes and sprinkled with salt and then topped off with tzatziki. **It will be particularly good with your fingerling potatoes this week.**

2 medium cucumbers, peeled, seeds scooped out and fairly finely chopped  
2 cups Greek yogurt or plain whole milk yogurt strained in cheese cloth of 2-3 hours to remove the whey and make it dense and richer  
2 cloves garlic, minced  
2 tablespoons olive oil  
2 tablespoons chopped dill  
1 tablespoon white wine, cider or champagne vinegar (or lemon juice)  
Salt and freshly ground pepper

Scooping out the cucumber's seeds may seem silly but you want to remove as much moisture as possible for this dish and keep the firm, fleshed part. You can even sprinkle some salt on the chopped cukes and let sit and drain for 30 minutes, pat dry and then proceed.

Mix all the ingredients together. Taste and adjust seasoning. Chill for at least an hour if you can. It keeps well for about 3 days and gets a bit stronger (from the garlic) as it sits.

## Roasted Tomatoes

(to use immediately or to freeze)

I process about 30-40 lbs of tomatoes in this fashion each year. It is a very low stress way of preserving lots of tomatoes if you have the freezer space. Small quantities are easy to make too. There's no peeling, canning, or chopping. And the results are so tasty. I've been doing small batches so I can keep up with my garden the last several weeks.

Cut tomatoes in half (on the "equator") and place them cut-side up on a sheet pan. (You can do a smaller pan of cherry tomatoes if you'd like and the result is honestly like candy!) Pack as many as you can onto a cookie sheet with sides. Drizzle with olive oil and sprinkle generously with salt. Roast at 400 degrees about 2-3 hours until they are about half their original size, are still moist but a bit caramelized around the edges. It will depend on the size/kind of tomato how long this takes.

Now if you're going to use them right away you can chop them or they may just fall apart and then you can use them as a sauce for pasta or rice or most anything. Add a bunch of fresh basil and a little fresh, minced garlic to offset the sweetness if you'd like. A dash of balsamic vinegar is good too.

If you are going to freeze them, let them cool on the sheet pans and then put the pans in the freezer. When tomatoes are firm remove, pick them off the tray and pack them in freezer bags or containers. Use as needed all winter long, chopped up in sandwiches (grilled cheese is wonderful with them), quesadillas, soups, sauces, finely chopped in a salad dressing, as a soup base, etc.

## **Cucumber Peanut Salad**

*-Adapted from Sanjeev Kapoor's Cucumber Salad {Khamang Kakdi} in How to Cook Indian via 101cookbooks.com*

I love cucumbers but am not very creative with them. When I came across the recipe I was delighted to add another summer cucumber salad to my repertoire. The black mustard and cumin seeds might seem a bit obscure but they keep forever and are useful for many Indian dishes so keep a little jar of each and you'll be well on your way. I always have dry roasted peanuts on hand for snacking and cooking and I keep flaked coconut, which I use in my granola. I don't expect you to have all these things on hand but they are all pretty useful ingredients and you may just love this dish and make it several times this summer.

Serves 4

You can prep all the components ahead of time, but don't toss the salad until just before serving. If you do the peanuts will lose their crunch because the cucumbers give off a good amount of water. If you use two peppers and leave the seeds/veins in - this is quite a spicy salad, so feel free to adapt for your tastes. You can just use one pepper, and if you're still worried, remove the seeds and veins.

3 medium cucumbers, partially peeled (to make pretty green and light green stripes, if you want!)

1-2 jalapeno chilies, stemmed and minced and seeded (see headnote)

1/2 cup peanuts, toasted

1/3 cup dried large-flake coconut, toasted

2 tablespoons fresh lemon juice

1 teaspoon sugar

1 tablespoon sunflower, peanut or other vegetable oil

1/2 teaspoon black mustard seeds

1/4 teaspoon cumin seeds

Scant 1/2 teaspoon sea salt

A big handful cilantro, chopped

Halve the cucumbers lengthwise, scrape out the seeds, and chop into pieces roughly the size of pencil erasers. Just before you're ready to serve, transfer to a mixing bowl and toss gently with chilies, peanuts, coconut, lemon juice, and sugar.

Heat the oil over medium heat in a small skillet. When hot stir in the mustard seeds. They are going to sputter and spit a bit, and when this starts to happen, add the cumin for 15-30 seconds, just long enough to toast the spices. Cover with a lid if needed. Remove from heat, stir in the salt, and immediately stir this into the salad. Turn out onto a platter topped with the cilantro.