



47th Ave Farm CSA for the week of September 17, 2012

Make homemade mayonnaise this week and make tomato sandwiches. You can toast the bread and rub garlic on the slices first, then slather on mayonnaise, thick slices of tomatoes, some lettuce and enjoy. I have as many of these as possible while the tomatoes last. And for this hot week I can't think of anything much better.

There are two recipes for your tomatillos this week—a lovely new treat for salsas and stews. I'm including the roasted tomato recipe/technique again since the tomatoes may be piling up now (an excellent situation to be in!) and this is such a handy way to preserve even smaller batches.

Pappa al Pomodoro

Tomato Jam

Potatoes with Dill and Yogurt

Tomatillo (green) Salsa

Pork Verde

Tomato Sandwiches

Deviled Eggs with Lots of Dill

Roasted Tomatoes (to freeze)

Pappa al Pomodoro

This is a classic Tuscan soup. I realize you don't have basil in your share this week but this soup is just too good so pick up some basil if you can and make it.

4-5 pounds tomatoes
1/3 cup good olive oil, plus more for drizzling
1 large onion, halved lengthwise and thinly sliced
4 garlic cloves, thinly sliced
Pinch of red pepper flakes
Salt
½ pound stale 1-inch bread cubes (4 cups)
1 cup basil leaves, torn

Bring a large pot of water to a boil. Cut a slit in the base of each tomato. Add the tomatoes to the boiling water and blanch just until the skins start to split, about 10 seconds. Transfer the blanched tomatoes to a bowl.

Peel and halve the tomatoes crosswise. Working over a mesh strainer set over a bowl, pry out the seeds and discard them. Now coarsely chop the tomatoes and add them to the juice in the bowl.

Wipe out the pot and heat the 1/3 cup of olive oil. Add the onion and cook over medium to medium-high heat, stirring, until softened, about 6 minutes. Add the garlic and cook for 1 minute. Add the tomatoes and red pepper flakes and season with salt. Cover partially and simmer over moderately high heat until the tomatoes have cooked down, about 25 minutes.

Add the bread to the soup and cook, mashing the bread until fully incorporated, and season with salt. Stir in the basil leaves. Spoon the soup into shallow bowls, drizzle with a bit more of the best olive oil you have. The soup should be quite thick and will continue to thicken as it sits. You can thin it with a bit of water or broth if you'd like it thinner.

Tomato Jam

About 3 pints

This is an absolutely delicious condiment you can use in many ways. It's wonderful on a burger or any kind of sandwich. It's equally good with any kind of savory pancake or fritter (like the zucchini fritter recipe you've seen here). It's wonderful with any egg or potato dish or with just cheese and bread. I just made a batch today and used big heirloom tomatoes from my garden. They were very juicy and took almost an hour to cook down. All tomatoes have different acidity and flavor profiles so please adjust the salt, sugar, and vinegar to your liking but this is a pretty good baseline for a flavorful condiment.

1 1/2 tablespoon olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
About 3 1/2 - 4 lbs of tomatoes, diced
2 tablespoons sugar
2 teaspoons fresh thyme, minced (or 3 tsp. dried)
1 – 1 1/2 teaspoons coarse kosher salt
1/4 teaspoon black pepper
1 jalapeno pepper, deveined, seeded and minced (or leave the seeds in for a spicier jam) or 1
teaspoon red pepper flakes
3 teaspoons sherry, red wine or balsamic vinegar (or more to taste)

Heat olive oil in a large sauté pan or pot. Add finely chopped onion and cook over medium heat for about 10 minutes until soft and beginning to caramelize. Add garlic, thyme and jalapeno (or chili flakes) and cook another 3-4 minutes. Add diced tomatoes with juice, sugar, salt, and black pepper. Cook over medium-high heat until mixture is reduced to about 5-6 cups, stirring occasionally, about 30 -60 minutes. You want a thickish, saucy consistency. It will thicken a bit as it cools. Stir in vinegar and then let cool and taste and add more vinegar if it needs more kick. This keeps well in jars in the fridge for a few weeks and freezes well too.

Potato Salad with Dill Yogurt Dressing

3 tablespoons chopped dill
5-6 medium potatoes, boiled (or roasted), cooled and cut into wedges
1/2 cup Greek yogurt, plain whole milk yogurt or sour cream
2 tablespoons good olive oil
A little thinly sliced sweet onion
Salt & pepper
2 teaspoons white or red wine vinegar

Arrange the cooked and cooled potatoes on a large plate or platter, more or less in a single layer. Scatter the onion over the top.

In a small bowl mix the chopped dill, yogurt, olive oil, vinegar and salt and pepper. Mix well. Taste and adjust seasoning—you want it to be pretty strongly flavored. Then drizzle over potatoes. Serve at room temperature.

Tomatillo (Green) Salsa

This is so quick, easy and delicious. You can make it with green tomatoes later in the fall too if you have any stragglers in your garden. Different flavor but awfully good.

You can simple eat this with chips or add to tacos or quesadillas or cook pork shoulder in it slowly or serve it with grilled flank steak or shrimp. Can't really go wrong with this.

8-10 tomatillos, husked and cut in half
1 med-large clove garlic, chopped
¼ of an onion, chopped
½ cup cilantro, leaves and stems
zest of ½ a lime (optional)
juice of half a lime (optional)
1-2 jalapenos, cut in half lengthwise (remove seeds and membranes if you don't like much heat)
¼ - ½ teaspoon salt

Set oven to broil. Spread tomatillos and jalapenos skin-side up on a sheet pan and broil for about 3-5 minutes until beginning to char.

Put roasted tomatillos, jalapenos and remaining ingredients in a blender or food processor and process until just a few chunks are still there. You can also make it perfectly smooth but I like a little texture.

Pork (Chile) Verde

--adapted from Fields of Plenty by Michael Ableman

This takes some time but is well worth it. If you have a slow cooker I imagine it would work well there. I don't have one and am not an authority but think this would be suitable and enable you to enjoy this on a weeknight.

3 lbs pork shoulder, cut into 1-2 inch chunks
Sea salt and freshly ground pepper
1 ½ tablespoons olive oil or lard
2-4 Anaheim chilies (I know half-share folks will only have two but supplement with other peppers if you have any or just use 2 and add a few extra stupice tomatoes)
2-3 Serrano (or jalapeno) chiles
1 ½ lbs tomatillos (if you're a bit shy you can add ½ lb of regular tomatoes—unorthodox but still delicious), husked and rinsed
generous ½ cup of chopped cilantro (reserve a couple of tablespoons for serving)
½ teaspoon ground cumin
1 medium onion, thinly sliced
6 cloves garlic, thinly sliced
2 ½ cups water
1 ½ lbs potatoes, scrubbed and cut into bit-sized chunks

Preheat the broiler.

Generously season the pork with salt and pepper. Heat a large Dutch oven over medium-high heat and add the oil or lard. When it's hot, add just enough pork pieces to cover the bottom of the pot. Brown the pork evenly on all sides, 8-10 minutes total. Transfer to a plate and continue until all pork is browned. Set pot aside.

Put the Anaheims, tomatillos and serranos (or jalapenos) on a baking sheet and broil until the skins blister and char, turning once. When cool enough to handle peel and core them and discard seeds. Put chiles, tomatillos, cumin and any juice that collected on the baking sheet in a food processor or blender. Process the mixture to a smooth puree.

Preheat oven to 325 degrees F.

Return the pot you cooked the pork in to the stove over medium heat and add the onion and couple of pinches of salt and cook, stirring occasionally about 7-8 minutes. Add the garlic and cook for 1 minute. Raise the heat to medium high and add the chile puree, stirring constantly until it thickens a bit, about 3 minutes. Add the water and season with more salt.

Return the browned pork and any juices to the pot. Cover and bake in the oven until the pork is tender, about 2 hours. Add the potatoes and cook another ½ hour or more until the meat is very tender and the potatoes are cooked.

Serve with more fresh cilantro and fresh corn tortillas.

Deviled Eggs with lots of Dill

I like lots of fresh herbs in my deviled eggs and preferably homemade mayonnaise, which really is quite simple to make. You can scale this recipe however you'd like. You want a creamy consistency for the filling so just start adding and adjust and taste as you go.

6 hardboiled eggs
1-2 teaspoons Dijon-style mustard
3 tablespoons homemade (or store bought) Mayo
2 tablespoon finely chopped dill
1/2 tablespoon chopped fresh chives (optional)
Salt and freshly ground pepper

Slice eggs in half lengthwise. Scoop out yolks and put into a bowl. Mash with a fork and add the remainder of the ingredients until well mixed. Adjust seasoning to your liking. Fill mixture back into egg halves with a teaspoon. Decorate with a bit of the chopped herbs if you like.

Note on hard boiling eggs: Cover eggs generously with cold water and bring to a boil. As soon as the water is boiling turn off the heat. For eggs where you want the yolk firm but not dry, leave in hot water for 10 minutes. Drain and fill pot with cold water to stop cooking. For eggs that have solid yolks but have a slightly creamier interior (for salads, Salad Nicoise, etc.) take out of hot water after 8-9 minutes.

Homemade Mayonnaise

Homemade Mayonnaise takes about 5 minutes to make and keeps well for 5 days. It's delicious and endlessly useful and adaptable. As part of a dressing for potato salad, in deviled eggs, egg salad, on tomato sandwiches (see below), spread for grilled fish, dressing for anything.

2 egg yolks (organic or from a local farm if possible)

1 -2 teaspoons lemon juice (plus possibly a bit more to taste at the end) or white wine vinegar

Couple of pinches of kosher salt

Freshly ground pepper

About 3/4 cup, more or less, sunflower, safflower oil or canola or some neutral vegetable oil

About 1/4 cup good quality extra virgin olive oil

Whisk egg yolks with lemon juice and salt and pepper. Then very, very gradually start pouring in the oil in a very thin stream, whisking as you go. After you've incorporated about 1/4 cup of oil you can start speeding things up a bit. Continue until you have a consistency you like. It will get thicker and stiffer the more oil you add. Adjust salt and/or lemon juice if it needs more tang.

Note: if you just use olive oil the mayonnaise will be too bitter and strong. And if you are using a higher percentage of olive oil (than listed above) make sure it's fairly light and fruity and not too strong.

Tomato Sandwiches

You can toast the bread and rub garlic on the slices first if you'd like, then slather on mayonnaise, thick slices of tomatoes, some lettuce and enjoy. I have as many of these as possible while the tomatoes last. And of course add bacon and make it a proper BLT!

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.