



47th Ave Farm CSA for the week of September 3, 2012

This time of year feels too good to be true. I don't have enough stomach space or hours in the day to make and eat as much as I want right now. You don't need to do much with any of the vegetables to make them delicious, though there is a range of simple and slightly more complex dishes this week. The corn pesto and the tomato tarte tatin take a bit more time but are well worth it. Everything else is pretty darn quick and easy. Enjoy!

General Notes

Tomato Bread

Simple Tomato Sauce

Tomato Tarte Tatin

Pasta with Sweet Corn Pesto

Corn Chowder

Summer Hash (with peppers, potatoes, corn, edamame, oions)

General Notes

- The edamame will be a wonderful snack simply shelled and then blanched in salted boiling water for a few minutes and then tossed with sea salt and a bit of olive oil.
- You can also use the edamame in the Summer Hash below or toss them into the corn chowder.
- Simple sauté the kale with a bunch of sliced candy onions and a clove or two of minced garlic in a generous glug of olive oil. Let cook slowly for about 20-30 minutes for the most luscious side dish. You could add ½ cup of diced tomatoes to the mix towards the beginning and they will create a luscious tomatoe-y coating. Don't forget to season well with sea salt.
- I love roasting purple potatoes. They tend to fall apart when boiled (which is what you want in the corn chowder so by all means use them there as well). Roast them (or a mix of yellow and purple), cut into wedges or thick slices, tossed with olive oil and some sea salt in a 400 (or higher) oven until crisp and tender.
- Add the candy onions, in thick slices to burgers, or grill lots of them and toss with some roasted tomatoes for another luscious dish.

Tomato Bread

The Spanish (and Basque) and Italian and probably many other cultures have versions of this. I have been eating it for breakfast though I realize that might not be everyone's cup of tea. But it's a wonderful snack or appetizer or a part of an informal dinner as well.

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!:)

Simple Fresh Tomato Sauce

This time of year is really too good to be true. I don't have enough stomach space and meals in the day to make and eat everything I want to right now. This sauce is so versatile and makes good use of the bounty of tomatoes right now. It also freezes well so make lots if you want. It's perfect on pizzas, over the roasted spaghetti squash (below), with pasta of course, or layered with rounds of eggplant and baked or a dozen other ways.

1 medium onion, finely diced
2 tablespoons olive oil (or 1 tbs oil and 1 tbs butter)
6 cups (more or less) coarsely chopped tomatoes (mix of stupice and heirloom or just stupice)
Salt
2 tablespoons butter (optional)

In a large skillet heat the oil or oil and butter over medium high heat. Add the onions and sauté, stirring frequently for about 8-10 minutes until softened but not brown. Turn down if they begin to brown. Add the tomatoes and bring to a rapid boil and then turn down to medium. Add a few generous pinches of salt and cook for about 15-20 minutes, stirring occasionally until the sauce thickens and any watery juices have cooked off. Taste and adjust seasoning. Add the optional butter at the very end. It really rounds things out but is by no means essential.

Tomato Tarte Tatin

--slightly adapted from 101cookbooks.com

This is ridiculously good and very simple. You can add chopped fresh basil if you like or some red pepper flakes, different kinds of cheese or none at all. If your tomatoes seem quite juicy use the larger amount of flour. And even if it turns out a bit juicy it's delicious it just won't hold together as well.

Serves 6

1 medium – large candy onion, diced
2 tablespoons olive oil
1 1/2 pounds tomatoes, cut into wedges (mix of Stupice and heirloom)
1/2 – 1 teaspoon sea salt (to taste)
1 – 1 1/2 tablespoons balsamic vinegar
1-2 tablespoons flour
1/4 cup grated cheese or diced mozzarella (optional)
Zest of one lemon

1 pie crust (use your favorite recipe –most don't call for sugar so any old crust is fine, though I prefer all butter and the one below is very easy to work with an includes an egg)

Preheat the oven to 400F

While the oven is warming, use a large skillet over medium heat to sauté the onions (and summer squash is using some) and a couple pinches of salt in the oil. Cook, stirring regularly, until the onions are deeply golden and caramelized, 10-15 minutes. Remove from heat.

Add the tomatoes to the caramelized onions along with the sea salt and balsamic vinegar and cook for just a minute or two. Transfer to a 10 or 11-inch cast iron skillet (I used my 11-inch cast iron skillet for the whole thing from start to finish and it worked great) or equivalent deep pie dish. If you get the sense that your tomatoes are quite juicy, and might release a lot of liquid, you can toss the mixture with a tablespoon or two of flour at this point. Sprinkle mixture with lemon zest. Sprinkle over cheese, if using.

Roll out your pie dough, and use it to cover the tomato mixture - tucking in the sides a bit. Cut a few decorative slits in the crust, and bake in the top third of the oven until the crust is deeply golden and the tomatoes are bubbling a bit at the sides, 25 - 30 minutes.

Preheat the oven to 400F

Tart Dough

--adapted from David Lebovitz

1 1/2 cups all purpose flour (or 3/4 cup apf and 3/4 cup whole wheat pastry flour)
4 1/2 ounces, about 9 tablespoons unsalted butter, chilled, cut into cubes
1/2 teaspoon salt
1 large egg
2-3 tablespoons cold water

Make the dough by mixing the flour and salt in a bowl. Add the butter and use your hands, or a pastry blender, to break in the butter until the mixture has a crumbly, cornmeal-like texture.

Mix the egg with 2 tablespoons of the water. Make a well in the center of the dry ingredients and add the beaten egg mixture, stirring the mixture until the dough holds together. If it's not coming together easily, add the additional tablespoon of cold water.

Gather the dough into a ball and roll the dough on a lightly floured surface, adding additional flour only as necessary to keep the dough from sticking to the counter.

Once the dough is large enough so that it will cover the pan, roll the dough around the rolling pin then unroll it over tomato mixture in the pan.

Pasta with Sweet Corn Pesto

--adapted from Bon Appétit

To make this vegetarian, instead of the bacon you can sauté the corn in butter or olive oil and add 1-2 teaspoons of pimenton (smoked Spanish Paprika) and then add a few squeezes of lime juice at the very end.

3 bacon slices, cut lengthwise in half, then crosswise into 1/2-inch pieces
3-4 cups fresh corn kernels (cut from about 5 large ears)
2 large garlic cloves, minced
1 1/4 teaspoons coarse kosher salt
3/4 teaspoon freshly ground black pepper

1/2 teaspoon red pepper flakes
1/2 cup freshly grated Parmesan cheese plus additional for serving
1/3 cup almonds or pine nuts (I always use Almonds because that's what I have on hand)
1/3 cup extra-virgin olive oil
16 ounces tagliatelle or fettuccine or penne
3/4 cup coarsely torn fresh basil leaves, divided

Cook bacon in large skillet over medium heat until crisp and brown, stirring often. Using slotted spoon, transfer to paper towels to drain. Pour off all but 1 tablespoon drippings from skillet (and reserve for future use or toss). Add corn, garlic, 1 1/4 teaspoons coarse salt, red pepper flakes, and 3/4 teaspoon pepper to drippings in skillet. Sauté over medium-high heat until corn is just tender but not brown, about 4 minutes. Transfer 1 1/2 cups corn kernels to small bowl and reserve. Pulse almonds until finely ground, add cheese, whiz again, then scrape remaining corn mixture into processor. With machine running, add olive oil through feed tube and blend until pesto is almost smooth. Set pesto aside.

Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid. Return pasta to pot. Add corn pesto, reserved corn kernels, bacon (if using) and 1/2 cup basil leaves. Toss pasta mixture over medium heat until warmed through, adding reserved pasta cooking liquid by 1/4 cupfuls to thin to desired consistency, 2 to 3 minutes. Season pasta to taste with salt and pepper. Transfer pasta to large shallow bowl. Sprinkle with remaining 1/4 cup basil leaves. Serve pasta, passing additional grated Parmesan alongside.

Corn Chowder

I love corn chowder, with or without bacon. This week's green peppers, and two different kinds of potatoes will make for an extra beautiful and delicious chowder. And I think adding some finely chopped kale towards the end of cooking might be delicious. Try it and let me know what you think.

2 tablespoons olive oil
1 medium candy onion, finely diced
2 cloves garlic, minced
3 slices bacon, diced (optional)
1 teaspoon fresh thyme or dried thyme (optional but very good)
1 large or 2 small green peppers, seeds and membranes removed and diced
kernels from 4 ears of corn (or more if you have it), sliced off the cob
2 cups (or more) potatoes (of both colors), well scrubbed but not peeled and cut into 1/2 -inch dice
1 cup shelled edamame (optional)
3 cups whole milk (or part milk, part cream)
3 cups homemade veggie bouillon broth (if you have it) or stock or broth of your choice
Salt and freshly ground pepper
2 -3 cups finely chopped and well washed kale (optional)
Good olive oil and chopped parsley (optional) for serving

Heat the olive oil in a large, heavy pot over medium high heat. Add the onions and bacon (if using) and thyme (if using) and sauté for about 5 minutes. If you're not using bacon and have smoked Spanish paprika (pimenton) add a teaspoon of it at this stage. Add the garlic and the peppers and cook for another 5 minutes. Add the potatoes and all the milk (or milk and cream)

and stock or broth. Add salt if your stock is not very salty. Bring to a boil and let simmer briskly for about 8 minutes. Add the corn, edamame (if using) and the kale (if using) and cook for another 10 - 15 minutes until everything is tender. The potatoes should be falling apart and will help thicken the chowder. Taste and adjust seasoning. Serve with chopped parsley (if you have it) and a good drizzle of olive oil.

Summer Hash

I sound like a broken record but the produce right now doesn't need much in the way of prep to be perfect. This is a wonderful quick hash that utilizes many of your items this week, such as peppers, potatoes, corn, edamame and onions. Top this hash with a poached or fried egg and dig in.

You don't want to crowd the pan so if you don't have a very large skillet use two. You don't want to steam the vegetables but get them all tender and a bit browned and if you have too much in one pan they'll get mushy—still tasty but not a nicely browned hash.

2 tablespoons olive oil or butter or

2 slices bacon, diced and 1 tablespoon olive oil if bacon isn't very fatty

1 medium candy onion, diced

3 medium potatoes, scrubbed and cut into ¼-1/2-inch dice

2 peppers (depending on size), washed and seeds and membranes removed and cut into small pieces

Corn from 3 ears of corn, sliced off the cob

1 cup edamame (shelled) and blanched in salted boiling water for 4 minutes

Salt and freshly ground pepper

Heat the oil or butter in the largest skillet you have or if you're using bacon, start with that and add a bit of oil and cook for just a few minutes. Add the onions and peppers and cook for 5 minutes. Add the potatoes and maybe a bit more oil if things are dry. Add several pinches of salt, stir well to make sure everything is coated with a bit of oil and cook, stirring occasionally until everything is nicely browned and almost tender. Add the corn and edamame and cook for about 5 more minutes. Adjust seasoning with salt and freshly ground pepper. Top with egg of some kind or fresh salsa or serve as a side. . .