



47th Ave Farm CSA for the week of October 22, 2012

Enjoy the last week of the summer share! There are a few more involved recipes today but with the rain and gloom returning I hope these warm, lovely dishes will be both comforting to prepare and to eat. See you again soon for as the winter share gets up and going. Happy cooking!

Zwiebelkuchen

Baked Acorn Squash

Stuffed Gypsy (or Anaheim) Peppers

Anaheim, Potato and Onion Tacos

Crispy Fingerling Potato Coins

Creamy Cabbage and Potato Gratin

Kale Salad with Carrots, Sunflower Seeds and Garlic Dressing

Zwiebelkuchen

This is the one more involved recipe in this packet but it's such a winner and it makes a lot so you can have dinner, and a few lunches out of it. And there's nothing better than heating up squares of it the next day in a heavy skillet with a little olive oil and the bottom gets all crispy!

This is a Southern German style tart/quiche/pizza is a mainstay in my family. This can easily be made vegetarian by omitting the bacon. You can also add herbs (parsley and/or chives are particularly good) and change the cheese to suite your taste or what you have on hand. **And for an unorthodox but excellent twist you could add some chopped, roasted and peeled Anaheims to the mix.**

Crust:

Scant 2 cups all-purpose flour (I've also used half whole-wheat pastry flour and half all-purpose and feel free to play around with other flour combinations)

1 teaspoon baking powder

½ tsp Kosher salt

3 tablespoons olive or vegetable oil

2 tablespoons water

½ cup sour cream or plain, whole-milk yogurt

1 egg

Topping:

2 lbs, or slightly more sweet onions, sliced into ¼-inch half rounds

Olive oil

3 ounces bacon, diced (or ½ cup of chopped parsley –added to the custard mix right before baking, see headnote)

4 ounces grated sharp cheddar, Emmental, etc.

2 eggs

½ cup sour cream or plain, whole-milk yogurt

Salt and pepper to taste

Preheat the oven to 350 degrees.

For the crust, in the medium bowl beat the egg with the oil, water and sour cream (or yogurt) until just mixed. In another bowl mix the flour, salt and baking powder and stir into the wet ingredients with a fork or wooden spoon. Mix well – you may want to use your hands at this point—until it's smooth. Place the dough in a 13 x 18 rimmed baking sheet (sheet pan) and roll it out to fit the pan. You may have to stretch it a bit with your hands to get it into the corners. It does not need to come up the sides at all.

For the filling, slice the onions in half and then into ¼ thin half rounds. Thinly coat a large sauté pan or pot with olive oil and heat it over med-high heat. Add the bacon and cook for a few minutes until the fat is partially rendered. Add the onions and a few generous pinches of salt. Cover and stir occasionally (and adjust heat if onions stick and brown) until the onions are quite soft and some of the liquid they've released has cooked off. This will take between 15 to 25 minutes depending on your onions. Ideally they don't brown but no harm done if they do.

In a large bowl, beat the eggs with the sour cream (or yogurt), a few grinds of pepper. Add the grated cheese and the onion bacon mixture. Spread on the crust and bake for 35 to 45 minutes until the top is golden and the edges are starting to brown.

Eat warm or at room temperature. This is even better reheated the next day in a hot cast iron pan in a little bit of olive oil, as noted above.

Baked Winter Squash

This is the simplest preparation for this kind of squash. It's a tough one to peel raw because of its deep ridges so baking it, halved and cleaned out is the easiest way to go.

I sometimes like the classic butter and brown sugar or maple syrup version of this dish but often I like to make a quick salsa verde with parsley, garlic, lemon juice and olive oil and drizzle that on the baked squash for a different flavor. You've heard me talk about salsa verde a lot and this is another great use for it.

You can also bake the halves for about 20 minutes and then fill them with a combination of grains and veggies and/or meet (sausage, bacon) and return to the oven to finish baking and heat through the filling and melt any cheese you might have topped it with!

1 Danish (Acorn) Squash

Salt

Butter

Brown sugar

or:

Olive oil

Salt

Parsley, finely chopped

Lemon juice

Garlic, minced

Pepper

Preheat oven to 400 degrees.

Cut the squash lengthwise in half. Scoop out the strings and seeds. Sprinkle the cavities with

salt and either brush with olive oil or rub with a bit of softened butter. Put the cut sides down on a baking sheet and bake for about 30-50 minutes or until tender when pierced. If doing the sweet version, turn over the halves, add more butter and sprinkle with brown sugar and roast for a few more minutes.

If making the salsa verde, remove squash from oven, cut into wedges and drizzle with the salsa.

Gypsy Peppers Filled with Ricotta and Herbs

--adapted from the Annie Somerville collection on Culinate.com

These are beautiful, delicious and fun and actually very easy especially if you think to roast and peel the peppers in the morning before work then all you have to do is mix together the filling and bake them. You can just as easily use the Anaheims in this recipe just know that you may have some spicy ones which would be lovely with the mild cheese. Serve with some garlicky braised kale on the side for a beautiful fall supper.

Serves 4

4 medium gypsy or Anaheim (see headnote) peppers

Olive oil

Salt and pepper

1 ½ cups fresh ricotta (if you're around Pastaworks or City Market they have by far the best ricotta in town- at the cheese counter)

1 large egg

1 tablespoon each chopped parsley, tarragon and chives (or mince some scallions and parsley or oregano or basil)

Preheat the oven to 400 degrees.

Place peppers on a baking sheet and roast until the skins are blistered and the flesh is soft, 15 to 20 minutes. When cool enough to handle, peel the peppers, carefully removing the skin around the stems. Make a lengthwise slit in each pepper, removing the seeds and leaving the stems in place. Sprinkle lightly with salt and pepper.

Lower the heat to 375 degrees. Lightly oil a small baking dish.

Whisk together the cheese, eggs, herbs, ½ teaspoon salt, and a pinch of pepper in a small bowl. Gently fill the peppers and place them, seam side down, in the baking dish. Bake until the peppers are puffed and the filling is set, 25 to 30 minutes.

Notes

You can roast and peel the peppers the day before. You can also make the filling and stuff the peppers a few hours ahead of time so they're ready just to pop in the oven.

Potato, Anaheim and Onion Tacos

You got a version of this in a packet just a few weeks ago but here's a slight variation on this recipe. The potatoes, Anaheims and onions just make for a such a lovely combination.

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.

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.

1 onion, sliced into thin half-rounds

3 medium potatoes, well scrubbed but not peeled

8-10 small white or yellow corn tortillas

Olive oil

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 and sauté the onions over medium-high heat until soft and browning, about 10 minutes. Warm the tortillas in foil in the oven until pliable. Fill each tortilla with potatoes and onions some of the sauce and some chopped cilantro and a little cheese.

Crispy Fingerling Potato Coins

I don't imagine you'll have trouble using up the fingerling potatoes. They are such a rich, firm fleshed potato that needs little more than some oil and coarse salt to be perfect. Its shape lends itself to cutting into coins (thinner or thicker depending on how crisp you want them).

So, cut as many potatoes as you'd like into ¼ to ½ -inch coins. Toss them lightly with olive oil and sprinkle with good sea salt. Spread out on a baking sheet and roast in a 400-degree oven, turning once if want them crispier (it's a bit of a pain to do this) until tender and crisp about 20-35 minutes, depending on size of slices and potatoes.

** You can also roast them whole along-side a chicken or a roast of some kind.

Creamy Cabbage and Potato Gratin

This dish involves making a quick white sauce (or béchamel) and it's worth the effort. This is CSA-centric comfort food. It's even better the next day and it's easy to make a lot so you'll likely get 2+ meals out of it. You can use kale instead of cabbage, or a bit of both, in this dish as well. It's more colorful and just as good. And you could add broccoli too if you'd like.

For Bechamel:

Melt 4 tablespoons of butter in a medium-sized saucepan over med/low heat. When melted, whisk in 4 tablespoons of flour. Continue cooking the roux for 3-4 minutes, whisking frequently. Meanwhile heat a generous 2 ½ cups of milk, preferably whole but 2% will do if that's what you have. Whisk hot milk into roux and add several pinches of salt, grind in some pepper, add a 1/8 – ¼ teaspoon of red pepper flakes (or omit if you'd like), add 2 teaspoons or so of Dijon mustard and a bay leaf and a grating or two of nutmeg (optional). Stir well and cook over med/low heat for about 10 – 15 minutes until thickened a bit. Add some grated cheese if you'd like at this point.

Note: this sauce can be used in dozens of dishes. You can adjust the seasoning as you like but the above combination of seasonings works for mac and cheese, pasta sauces (to which you could add lots of vegetables and herbs) as a base for a soufflé, for lasagna, etc.

For the Gratin:

Scrub 3-5 potatoes (depending on size) and cut into thumb-sized chunks and add to a large pot with lots of water that's been well salted. Bring to a boil. Meanwhile remove the outer leaves of a green cabbage. Cut in half and then in quarters. Remove the heart. Slice the quarters into half-inch strips. If it's a large cabbage you'll only need half of the head.

After the potatoes have been cooking for about 8 minutes –test with a sharp knife –you want some resistance since you're going to add the cabbage to the same pot and cook the cabbage and finish the potatoes at the same time. So, when the potatoes are close to tender add the cabbage to the pot. Cover and bring back to a boil over high heat and cook for another 3-4 minutes until both are tender. Drain well.

Spread the vegetables in a large baking dish. Pour the béchamel over the top and mix in a bit. Sprinkle with toasted breadcrumbs and grated cheese (if you'd like) and bake in at 375 until bubbly and crisp on top (I broil it at the end for a few minutes).

Note: You could add bacon to this dish at the end, as well as sausage or lots of fresh parsley or some thyme or different cheeses. Or you can make the same dish with broccoli and potatoes or with broccoli and pasta. The variations are infinite. And the leftovers are better than the first time around.

Kale Salad with Carrots, Sunflower Seeds and Garlic Dressing

This salad is a nice, fresh antidote to some of the richer dishes in the packet. You could also add some thinly sliced cabbage to this salad and make it half kale, half cabbage. It's begging for substitutions and adaptations.

Garlicky Dressing:

2 garlic cloves, minced

1/4 teaspoon sea salt, plus more to taste

2 tablespoons fresh lemon juice

1/3 cup good olive oil

1 teaspoon honey, or to taste

freshly ground pepper to taste

1/2 lb kale (about 5 cups), well washed and destemmed if there are any tough ones and cut into 1/2-inch ribbons

1 cup / cooked farro or barley or wheat berries (optional)

4 small carrots, grated on the large holes of a box grater

1/3 cup toasted sunflower or pumpkin seeds, or some of each (toasted slivered almonds are good too)

Whisk the garlic, salt, lemon juice, olive oil, honey, and pepper until smooth. Taste, and adjust with more salt, or honey, or lemon juice.

Before you're ready to serve, combine the kale with about half of the dressing in a large bowl and work the dressing in well. Taste, and add the last of the dressing if needed. This is a salad that's good quite heavily dressed. Add seeds and give one last gentle toss.