



47th Ave Farm Winter CSA for the week of November 26, 2012

This is a packet with lots of herby, fresh dishes, which I hope will be a nice antidote to the Thanksgiving meals – that at least for me are heavy on the pie! And if you didn't make Richard Olney's Garlic soup last time around, try it this time.

Roasted Carrots

Simple Garlicky Collards

Red Onion Jams

Turnip and Bacon Sauté

Roasted Beets with Barley and Cilantro Lime Vinaigrette

Braised Red Cabbage

Caldo Verde (Cabbage and Potato Soup with Chorizo)

Spaghetti Squash with Herbs and Butter

Richard Olney's Garlic Soup

Warm Celeriac and Lentil Salad

Roasted Carrots

The two things that make this simple, simple dish outstanding are the shape the carrots are cut into and the high heat of the oven. I ate a version of this made with Laura's carrots by John Taboada of Navarre and Luce restaurants at a winery event recently and I literally couldn't keep my fingers out of the dish!

However many carrots you have the patience and time to cut into long, thin strips (about 1/4-inch thick and 3-4 inches long (you could use the biggest setting on a mandolin if you have one but I've always done it by hand- sharp knife is your friend here!))

Olive oil

Salt

Chopped fresh tarragon and parsley

Preheat oven to 425 degrees F.

Toss the carrots strips with a bit of olive oil to coat and sprinkle with salt. Spread the carrots out onto a large sheet pan and roast, tossing occasionally until well-caramelized and tender. Toss with chopped herbs and taste for salt. You might add another drizzle of your best olive oil.

Simple Garlicky Collards

--from 101cookbooks.com

The collards are so tender and sweet right now you don't need to do much to them. And even the stems are so tender and sweet that you don't need to remove them or the spine. This is a classic preparation for any wintry leafy greens. Push the greens to the side of the pan and fry a couple of eggs or add some sliced sausages and you have my idea of the perfect post holiday meal.

If you don't have or don't want to use the Parmesan cheese, toasted almonds or pine nuts are a great substitution (or addition).

1 large bunch of collards, washed and roughly chopped (you can chop the stems much finer if you'd like to ensure they all cook in the same amount of time)

2 tablespoons extra-virgin olive oil

Sea salt

5 cloves of garlic, crushed and chopped

1/4 cup Parmesan cheese (optional –see headnote)

Crushed red pepper flakes

Hold off cooking the greens until just before eating. Then, in a large skillet heat the olive oil. Add a couple big pinches of salt and the greens. They should hiss and spit a bit when they hit the pan. Stir continuously until their color gets bright green, and they should collapse - maybe five minutes. Then, just a minute before you anticipate pulling the skillet off of the heat, stir in the garlic. Sauté a bit, remove the pan from the heat, stir in the Parmesan, and add a big pinch of crushed red pepper flakes. Taste, add a bit of salt if needed, and serve immediately if not sooner.

Red Onion Jams

--from the Minimalist (Mark Bittman in the NYTimes)

I promise it will not be hard to find ways to enjoy these savory jams!

Red Onion Jam with Red Wine and Rosemary: Thinly slice at least two large red onions (add more if you have them since they reduce a lot in the cooking and you can add any other kinds of onion or shallot as well) and cook them in olive oil until very soft. Add chopped rosemary and red wine, and cook until the jam thickens.

Onion Jam with Bacon and Bourbon: Thinly slice at least two large red onions (add more if you can and add any other kinds of onion or shallot since it will reduce significantly in the cooking) and cook in olive oil with chopped bacon (just a slice or two) until soft. Add a little bourbon and brown sugar to taste and cook until the jam thickens.

Bacon Turnip Sauté

Scrub the purple top turnips well and peel them. Cut into small dice. Dice a couple of slices of bacon. Cook them together until the turnips are browning and tender and the bacon is rendered. Season with salt and freshly ground pepper.

Roasted Beets with Barley and Cilantro Lime Vinaigrette

This salad came about a bit by accident. I make this dressing, from Crescent Dragonwagon's wonderful cookbook *Bean by Bean* to go with black beans and roasted sweet potatoes. The recipe for the vinaigrette makes more than enough for one salad so I had half a jar of it in the fridge. I also had roasted beets and celeriac and cooked barley. And voila, add a few thinly sliced scallions and a wonderful salad is born.

For salad:

3 cups cooked barley (or other grains or beans for that matter—white beans would be lovely here)

3 medium beets, roasted (or boiled), cooled, peeled and cut into medium dice or wedges or slices

½ of the below dressing

2-3 green onions, trimmed and thinly sliced

Some feta or goat cheese, crumbled (optional)

For the vinaigrette:

1 bunch fresh cilantro leaves and most of the stems

Scant 1/2 cup cider vinegar

1/3 cup honey

4 cloves garlic, roughly chopped

1 1/2 tsp. salt

Plenty of freshly ground black pepper

Dash or two or three of Tabasco or similar hot sauce

Juice of 1 – 1 ½ limes

3/4 cup olive oil

For the dressing, combine all of the ingredients except the oil in a food processor and process until smooth. You may need to scrape the processor sides once or twice. Add the oil and process a bit more to emulsify. Taste for seasonings, then transfer to a lidded container or jar and store in the refrigerator for up to a week.

Combine all the salad ingredients except the optional cheese and gently toss with ½ the dressing. Taste, adjust seasoning with more lime juice and/or salt. If using, gently mix in the cheese.

Braised Red Cabbage

Serves 6

2 tablespoons butter
1 small onion, peeled and thinly sliced
1 medium (2 1/2 pounds) red cabbage, quartered, spines removed and thinly sliced
3 tablespoons dark brown sugar
2 tablespoons caraway seeds
2 tablespoons yellow mustard seeds
1/2 cup cider vinegar
3/4 cup dry red wine
1 large tart apple, peeled and coarsely grated
Salt and freshly ground black pepper

Melt the butter in a large sauté pan over medium heat. Add the onions and sauté until softened, about 5 minutes. Add the cabbage and toss until it begins to wilt, 2 to 3 minutes.

Add the brown sugar, caraway seeds, mustard seeds, vinegar, wine and apple. Stir to combine, and season with salt and pepper. Cover the pot, leaving just a crack open. Simmer until the cabbage is soft, about 45 minutes. Adjust salt and pepper, and serve.

Caldo Verde (Cabbage and Potato Soup with Chorizo)

—adapted from Tender, by Nigel Slater

If you have Savoy cabbage in your share, by all means make this. It's quite quick and satisfying and even better the next day, though not very photogenic.

Savoy cabbage is very good in this but regular old green cabbage or any kind of kale works just as well. One chorizo is really plenty to flavor this soup well but if you've got meat lovers at the table feel free to toss in another. If you'd like to make this without the meat, I would add a teaspoon of smoked Spanish paprika (Pimenton) and another clove or two of garlic at the beginning.

Serves 4

Olive oil
1 medium onion, diced
2 cloves garlic, thinly sliced
3 -4 medium waxy potatoes such as Yukon Gold, scrubbed and cut into medium dice
4-5 cups water or broth
2 bay leaves
1 chorizo sausage (about 4 oz), cut into thin rounds
4 cups Savoy cabbage (or other, see headnote), cut into thin strips
Salt and pepper
Good olive oil for drizzling

Sauté the onion and garlic over medium-low heat in a large pot in a bit of olive oil until soft, about 10 minutes. Add the potatoes and cook for a few more minutes before adding the water (or broth), bay leaves and salt and pepper. Bring to a boil, then turn down and simmer for about

20 minutes or until the potatoes are quite soft. Meanwhile fry the slices of chorizo in a small pan until they are crisp and the fat has been rendered.

Mash the potatoes in the pot with a fork or potato masher until partially broken down. You want the potatoes to thicken the soup but also leave plenty of lumps. Add the cabbage and cook for a few minutes until tender. Add the chorizo; adjust for salt and serve the soup drizzled with good olive oil and another grind of pepper.

Spaghetti Squash with Herbs and Butter

I still have parsley, thyme, sage and oregano in my garden and they all make nice additions to this dish.

Preheat oven to 400 degrees

1 spaghetti squash
3-4 tablespoons herbs of choice (parsley, thyme (just a little), oregano)
1-2 cloves garlic, minced
2 tablespoons butter (or olive oil or a combination)
Salt and pepper, to taste

Cut the squash in half lengthwise. Put the squash cut-side down on a rimmed baking sheet. Pour 1 cup of water into the baking sheet, around the squash. Bake for about 40 minutes (will depend on size of squash) until very tender when pierced with a fork. Remove from oven. Scoop out seeds and membrane.

Heat the butter and/or oil in a large skillet. Scoop out the flesh of the squash and add to the skillet along with the garlic. Toss well and cook for several minutes. Season generously with salt and pepper, add the chopped herbs. Toss well, adjust seasoning and serve.

Richard Olney's Garlic Soup Recipe

--via 101cookbooks.com and originally from the French Menu Cookbook by Richard Olney

1 quart (4 cups) water
1 bay leaf
2 sage leaves
3/4 teaspoon fresh thyme
A dozen medium cloves of garlic, smashed peeled, and chopped
1 teaspoon fine grain sea salt

Binding pommade:

1 whole egg
2 egg yolks
1 1/2 ounces freshly grated Parmesan cheese
freshly ground black pepper
1/4 cup extra virgin olive oil

Day-old crusty bread & more olive oil to drizzle

Bring the water to a boil in a medium saucepan and add the bay leaf, sage, thyme, garlic, and salt. Heat to a gentle boil and simmer for 40 minutes. Strain into a bowl; remove the bay and sage leaves from the strainer, and return the broth and garlic back to the saucepan, off the heat. Taste and add more salt if needed.

With a fork, whisk the egg, egg yolks, cheese, and pepper together in a bowl until creamy. Slowly drizzle in the olive oil, beating all the time, then add (slowly! slowly!), continuing to whisk, a large ladleful of the broth. Stir the contents of the bowl into the garlic broth and whisk it continuously over low-medium heat until it thickens slightly. Olney states, "just long enough to be no longer watery." I usually let it go a wee-bit beyond that - until it is the consistency of half-and-half or cream. Place a handful of torn bread chunks into the bottom of each bowl and pour the soup over the bread. Finish with a drizzle of olive oil, and serve immediately.

Celeriac and Lentil Salad

--adapted from Plenty by Yotam Ottolenghi

This dish is substantial enough to make a light main course. The earthy flavors of the nuts and the lentils are balanced by the sharpness of the vinegar and the fresh mint. Don't skimp on the salt - lentils need a lot of it. You can serve this warm at room temperature.

Serves 4

1/3 cup hazelnuts, roasted and roughly chopped (optional but very good)
1 cup small French green lentils (these hold up well when cooked and are thus good for salads—don't use the larger, brown lentils as they'll get too mushy)
3 cups water
2 bay leaves
sprigs fresh thyme
1 small celeriac, peeled and cut into 3/4-inch x 1/4 -inch chips (more or less)
Salt and pepper
4 tbsp olive oil
3 tablespoons red wine vinegar
4 tablespoons fresh mint, roughly chopped (can use parsley instead)

Put the lentils, water, bay leaves and thyme sprigs in a small saucepan. Simmer for about 20 minutes, or until the lentils are tender but a bit al dente, then drain in a sieve. Remove and discard the bay leaves and the thyme sprigs.

Meanwhile, in a large saucepan, bring plenty of salted water to a boil, drop in the celeriac, along, and simmer for 8-10 minutes, or until just tender. Drain.

In a large bowl, mix the hot lentils (make sure they don't cool down - lentils soak up flavors much better when they're hot) with the olive oil, the vinegar, a few grinds of black pepper and plenty of salt. Add the celeriac, stir, taste and adjust the seasoning as necessary. Add the mint and hazelnuts and stir again.