



47th Ave Farm Winter CSA for the week of November 12, 2012

Happy Winter Share everyone! I had the pleasure of teaching a cooking class with Laura at Luscher farm this last weekend and got to meet some of you and use Laura's gorgeous produce. What a pleasure! And thus for some of you, a few of the below recipes will be familiar. There are some classics in here too: the Garlic Soup, the Bolognese, the Pumpkin Pie and the Celeriac Remoulade. And don't be put off by the baking time on the savory stuffed pumpkin. Its is worth every minute of wait time and it's a cinch to assemble. Enjoy!

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German-Style Kohlrabi with Dill

I grew up in Germany eating kohlrabi where it is often boiled and then sautéed with dill and cream and finished with a little lemon juice or vinegar. An elegant, simple and satisfying preparation.

Kohlrabi is of course also delicious raw, as a snack, in salads, etc.

2 medium to large kohlrabi, peeled and cut into ½-inch or slightly larger dice
1 1/2 tablespoons butter (or olive oil)
1 tablespoon flour
1 cup kohlrabi cooking water
Salt and freshly ground pepper
3 tablespoons heavy whipping cream or sour cream
1-2 teaspoons lemon juice or white wine vinegar (more to taste)
3 tablespoons chopped fresh dill

Put the kohlrabi in a sauce pan, barely cover with water and simmer until its tender—about 7-10 minutes. Drain the kohlrabi reserving 1 1/2 cups of cooking water.

Melt the butter in a skillet, add the flour and whisk until smooth and cook this roux for about 2 minutes over medium-low heat, whisking almost constantly. Slowly whisk in 1 cup of reserved, hot cooking liquid. Season with salt and cook until thickened a bit which should just take a

minute or two. If it's too thick add more cooking liquid and if quite thin continue simmering until it thickens. Add the cooked kohlrabi to the pan and mix well. Add the dill, freshly ground black pepper and let it all bubble for a minute. Finish with the lemon juice. Taste and adjust seasoning.

Kohlrabi Parmesan Fritters

--inspired by smittenkitchen.com

I think these are addictive. They're perfect with a fried egg on top or just with some Greek (or whole milk yogurt) that you've doctored with a little minced garlic, salt and lemon juice and/or lots of chopped dill.

About 10 2.5-inch fritters

12 ounces (2 medium-large kohlrabi, about 4 cups chopped), peeled and chopped into small-ish chunks (if you don't have enough, round out with a bit of broccoli or cauliflower)

2 eggs

1/4 cup all-purpose flour

1/3 cup finely grated Parmesan cheese (or other grating cheese—sharp cheddar is fine too)

2 tablespoons finely chopped parsley

1 clove garlic, minced

1/2 teaspoon sea salt, plus more to taste

A pinch of red pepper flakes and several grinds of black pepper

Olive or vegetable oil for frying

Wedge of lemon for serving

Cook the kohlrabi in a pan with 1/2-inch or so of water for 8-10 minutes until tender. Drain and let cool slightly.

Meanwhile lightly beat the egg in a mixing bowl. Add the flour, cheese, garlic, salt and pepper and parsley. Then, add kohlrabi and, using a potato masher, mash it up a bit. You want to keep the bits recognizable, but small enough (1/4- to 1/2-inch chunks) that you can press a mound of the batter into a fritter in the pan. Once mashed a bit, stir or fold the ingredients together the rest of the way with a spoon. Adjust seasonings to taste.

Heat a large, heavy skillet over medium-high heat. Once hot, add a tablespoon or two of oil. Once the oil is hot (you can test it by flicking a droplet of water into it; it should hiss and sputter), scoop a two-tablespoon-size mound of the batter and drop it into the pan, then flatten it slightly with your spoon or spatula. Repeat with additional batter, leaving a couple inches between each. Once brown underneath, about 2 to 3 minutes, flip each fritter and cook on the other side until equally golden, about another 1 to 2 minutes.

You can keep them warm in a 200 degree oven if you're not eating them right away. Repeat with remaining batter, adding more oil as needed. Serve with some of the suggestions listed in the head notes, above or just a drizzle of lemon juice to offset the sweetness of the kohlrabi.

Celeriac Notes

I love celeriac! It's good raw and cooked, mashed or pureed or fried in baton-sized pieces in bacon fat. Cook it, diced until very tender and mash like you would potatoes or mixed with potatoes or roast with rutabaga and carrots.

Celeriac Remoulade

A classic Celery Root Remoulade exclusively uses mayonnaise in the dressing, which is good but I suggest a combination of Greek yogurt and mayonnaise for a slightly tangier and fresher flavor here but by all means use just mayonnaise if that's what you have.

And again, quantities are approximations so adjust depending on the number of people you're feeding, etc.

Scant 2 lbs celeriac, peeled
¼ cup good mayonnaise
¼ cup whole milk Greek yogurt
2 tablespoons lemon juice
2 teaspoons whole grain mustard
2 teaspoons Dijon-style mustard
A little white wine or cider vinegar
Salt and freshly ground pepper

You can either grate the celeriac in a food processor or if you can, use a sharp knife or a mandolin to cut it into matchsticks. Toss the grated or cut celeriac with 1 teaspoon sea salt most of the lemon juice. Let rest for at least 15 minutes and up to 30.

Whisk the remaining ingredients in a small bowl and pour over the veggies. Mix well and adjust seasoning.

Celeriac Soup

--adapted from www.davidlebovitz.com

8-10 Servings

This is delicious, elegant and easy to make. If your celeriac is smaller or you want to make a smaller batch just adjust everything accordingly.

2 tablespoons butter
2 tablespoons olive oil
1 onion, diced
Sea salt
2 garlic cloves, peeled and thinly sliced
One large celeriac (about 3-pounds), peeled and cubed
3 cups chicken or veggie stock
3 cups water
1 to 1 1/2 teaspoons freshly ground pepper
Scant 1/8 teaspoon chile powder

In a large pot, melt the butter with the olive oil. Add the onion and cook for about five minutes, stirring frequently. Add the garlic cloves and season with salt, and continue to cook until the onions and garlic are soft and translucent.

Add the celery root and stock. (Or use all water.) Bring to a boil, then reduce to a strong simmer. Cook, with the lid to the pot ajar on top, until the celery root pieces are soft and easily pierced with a paring knife, about forty-five minutes.

Add pepper and chile powder, then purée using an immersion blender, or let the soup cool to a bit and whiz in a blender until smooth. Taste, and season with additional salt and pepper if desired. If the soup is too thick, it can be thinned with water or stock.

You can vary the soup by adding some pieces of crisp bacon as a garnish or a dollop of sour cream or some heavy cream can be stirred in. Chives or parsley would be a nice garnish. But a nice drizzle of good olive oil is perfect too.

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.

Makes about 4 cups of soup.

Classic Ragu Bolognese

With the celery, onions, and carrots in your share this time around, you have a great excuse to make this rich and storied sauce for pasta.

2 tablespoons good olive oil
2 medium onions, finely chopped
2 celery stalks, finely chopped
2 carrots, peeled, finely chopped
10 ounces ground beef
4 ounces ground pork
3 ounces thinly sliced pancetta, finely chopped
1/2 cup dry red wine
3 cups (about) beef stock or chicken stock, divided
1 1/2 cups pureed tomatoes
black pepper
1 cup whole milk
1 pound tagliatelle or fettuccine (preferably fresh egg)
Finely grated Parmesan (for serving)

Heat oil in a large heavy pot over medium-high heat. Add onions, celery, and carrots. Sauté until soft and turning golden, about 15 minutes. Add beef, pork, and pancetta; sauté, breaking up with the back of a spoon, until browned, about 15 minutes. Add wine; boil 1 minute, stirring often and scraping up browned bits. Add 2 1/2 cups stock and tomatoes; stir to blend. Reduce heat to very low and gently simmer, stirring occasionally, until flavors meld, 1 1/2 hours. Season with salt and pepper.

Add milk to the sauce. Cover sauce with lid slightly ajar and simmer over low heat, stirring occasionally, until milk is absorbed, about 45 minutes, adding more stock by 1/4-cupfuls to thin if needed.

Bring a large pot of water to a boil. Season with salt; add pasta and cook, stirring occasionally, until 1 minute before al dente. Drain, reserving 1/2 cup pasta water. Transfer ragu to a large skillet over medium-high heat. Add pasta and toss to coat. Stir in some of the reserved pasta water by tablespoonfuls if sauce seems dry. Divide pasta among warm plates. Serve with Parmesan.

Rutabaga Notes and Tips:

Rutabagas are full of Vitamin C, various minerals and have lots of fiber. They are a nutritional powerhouse this time of year and are sweet and delicious to boot. They also have powerful antioxidant qualities.

- They do well in soups, curries and stews and mashed with or without other root veggies or potatoes and roasted.
- Roasting tends to concentrate its flavor whereas boiling dilutes it.
- Rutabagas are also excellent raw in winter slaws. If using them in a slaw, grate or finely slice and then toss with salt and let sit for up to an hour. Then rinse and dry. This removes some of the potential harshness.
- Nutmeg goes well with them, especially in a mash with some butter and/or cream.
- Thyme and rosemary are also complementary flavors.
- Add them diced to a lentil soup (or any veggie soup) much like you would potatoes.

Dijon-Braised Brussels sprouts

--adapted from smittenkitchen.com

This is worthy of the Thanksgiving table and I would happily eat it and a few other sides and skip the turkey. This dish is complex and lovely.

Serves 4 as a side dish

1 pound Brussels sprouts
1 tablespoon unsalted butter
1 tablespoon olive oil
Salt and freshly ground black pepper
1/2 cup dry white wine
1 cup vegetable broth (I use homemade veggie bouillon, recipe below)
2 to 3 shallots, peeled and thinly sliced (or the equivalent amount of regular onion)
2 tablespoons heavy cream
1 scant tablespoon smooth Dijon mustard (or more to taste)

Trim sprouts and halve lengthwise. In a large, heavy 12-inch skillet heat butter and oil over moderate heat. Arrange halved sprouts in skillet, cut sides down, in one layer. Sprinkle with salt and pepper, to taste. Cook sprouts, without turning until undersides are golden brown, about 5 minutes. (If your sprouts don't fit in one layer, brown them in batches, then add them all back to the pan, spreading them as flat as possible, before continuing with the shallots, wine, etc.)

Add the shallots, wine and stock and bring to a simmer. Once simmering, reduce the heat to medium-low (for a gentle simmer), cover the pot and cook the sprouts until they are tender can be pierced easily with the tip of a paring knife, about 15 minutes.

Remove the lid, and scoop out Brussels sprouts. Add cream and simmer for three or so minutes until slightly thickened. Whisk in mustard. Taste for seasoning, and adjust as necessary with more salt, pepper or Dijon. Return Brussels sprouts to the pan and if sauce is a little thin, simmer for another minute or two and then serve hot.

Simply Roasted Brussels Sprouts

Trim wash the Brussels sprouts and cut them in half lengthwise. Toss the halves with a little olive oil and sea salt and spread on a sheet pan. Roast at 400 degrees, tossing occasionally, until tender and caramelizing around the edges.

Enjoy with a squeeze of lemon juice or just as is.

Braised Chard

This is a bit of an atypical way to cook chard since you cook it for a quite a long time. It is well worth it though—silky and rich.

Wash a large bunch of fresh chard. Separate the leaves from the stems and reserve stems for another use. Cut the leaves into 1-2 inch ribbons. Slice a large onion and begin stewing it in some olive oil in a good-sized pot or pan. When the onion has softened a bit add the chard, season with salt and pepper, cover and stew, stirring occasionally for 20-30 minutes. You can add garlic, bacon, or lemon zest but just by itself it is sweet and wonderful.

I've used this as a pizza topping with some feta, as a pasta sauce or just a side to whatever else I made for dinner. Also wonderful with eggs.

Stuffed and Roasted Pumpkin

—adapted from Dorie Greenspan's Around my French Table

This is the most delicious, beautiful fall dish. It's perfect for a regular old dinner (though it does take almost 2 hours to bake so maybe a weekend dinner) or a special/Thanksgiving treat. But it's so easy and so adaptable that you should add it to your regular repertoire. It's wonderful with cooked rice instead of bread (gets almost a risotto-like texture), additions of cooked chard, cooked sausage or ham chunks would be good.

1 pie pumpkin, about 3 lbs (just adjust the amount of filling if your pumpkin is smaller or larger)
Salt and freshly ground pepper
3 cups stale bread, sliced and cut into ½-inch chunks
1/3 lb cheese, such as sharp cheddar, Gruyere, Emmenthal or a combination, cut into ½ chunks or grated
3 garlic cloves, finely chopped
2-4 strips bacon, cooked until crisp, and chopped
¼ cup chopped fresh chives or sliced scallions
1 tablespoon minced fresh sage
1-2 tablespoons chopped fresh parsley or 1 teaspoon chopped parcel
½ cup of cream or half and half
½-¾ cup milk
¼ teaspoon freshly grated nutmeg

Preheat oven to 350F. You can use a baking sheet, a pie pan (as seen above), or a Dutch oven with a diameter that's just a tiny bit larger than your pumpkin. If you bake the pumpkin in a casserole, it will keep its shape, but might stick to the casserole, so you'll have to serve it from the pot, which is fine too.

Using a sturdy knife cut a cap out of the top of the pumpkin. Cut a big enough cap that it's easy to hollow out the inside. Clear away the seeds and strings from the cap and the inside of the pumpkin. Rub the inside of the pumpkin generously with salt and pepper and put it on the baking sheet, pie pan or in a pot.

In a large bowl toss the bread, cheese, garlic, bacon, and herbs together. Season with pepper—you probably have enough salt from the bacon and cheese but taste to be sure—and pack the mix into the pumpkin. The pumpkin should be well filled—you might have a little too much filling, or you might need to add to it. Stir the cream, milk and nutmeg with a bit of salt and pepper and pour it into the filled pumpkin. You don't want the ingredients to swim in the liquid, but you do want them nicely moistened with liquid about halfway up the cavity. It's hard to go wrong though. Better a little wetter than too dry.

Put the cap in place and bake the pumpkin for about 2 hours—check after 90 minutes—or until everything inside the pumpkin is bubbling and the flesh of the pumpkin is easily pierced with the tip of a knife. Remove the cap for the last 20 minutes or so of baking to brown the top and let any extra liquid evaporate. Transfer very carefully to a serving platter if you baked it on a sheet. Serve, scooping out plenty of pumpkin with each serving or serve it in slices.

Spiced Carrot Muffins

--slightly adapted from Chef Kathryn Yeoman's, the Farmer's Feast

Yield: about 15 muffins

These are easy to make and wonderful to send in school lunches (or grown-up lunches) and to just have around for snacks or breakfast on the run. You can make a double batch and wrap and freeze many of them. I've reduced the amount of sugar from the original recipe. Feel free to use as much as 1 $\frac{3}{4}$ cups if you'd like them a bit sweeter. I also use olive oil instead of canola but either will work fine.

You can also substitute grated apple or pear for half of the grated carrot quantity. The spices are perfect for those fruits as well.

1 cup all purpose flour
1 cup whole wheat pastry flour
2 teaspoons baking soda
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1 teaspoon ground cardamom
 $\frac{1}{2}$ teaspoon salt
1 cup sugar
 $\frac{2}{3}$ cup olive or canola oil
4 eggs
4 cups grated carrots (large holes of box grater or food processor)
1 cup chopped walnuts (optional)

Preheat oven to 350 degrees. Butter muffin tins or line with paper liners.

Whisk together flours, baking soda, spices and salt in a medium bowl. In a large bowl whisk eggs, oil and sugar until well blended. Add the dry ingredients and stir to just combine and then stir in grated carrots and walnuts, if using.

Fill muffin cups with batter and bake muffins about 22- 25 minutes, until a toothpick inserted into the center comes out clean. Remove muffins from pan and let cool completely on wire rack.

All Butter Pie Crust

--adapted from Chez Panisse Fruit by Alice Waters

This dough is easy to make, appropriate for many uses including free-form galettes both sweet and savory and any pie. And it's flaky and delicious and not too hard to handle.

You do want to have your butter and water quite cold (I sometimes put the butter in the freezer for 10 minutes or so before I start) and handle everything as little as possible. This recipe makes enough for 1 double-crust pie or two single crust pies or 2 galettes or tarts.

2 cups all purpose flour (you can do half whole wheat pastry flour and half apf too)
1 teaspoon sugar
 $\frac{1}{4}$ - $\frac{1}{2}$ tsp kosher salt
12 tablespoons (1 $\frac{1}{2}$ sticks) butter, chilled, cut into $\frac{1}{2}$ -inch pieces
7 tablespoons ice water

Whisk the flour, sugar and salt in a large bowl until well mixed. Using a pastry blender cut 4 tablespoons of butter into the mixture until the texture resembles coarse cornmeal. Cut in the remaining butter until the largest pieces of butter are the size of large peas. You want those butter chunks so don't overwork it. With a little practice cutting the butter in takes about 3 minutes total.

Sprinkle the ice water into the mixture in several stages stirring with a fork as you go. Try to hit the driest looking spots and keep adding until you've used up all the water. Stir a couple of more times with the fork and then start running your hands through the crumbly mixture. Let the mixture run through your fingers and repeat half-a-dozen or so times. Then try to bring the mixture together with your hands into two balls. You can press it a bit but you don't want to knead it. It will be a bit crumbly and if it's really not coming together drizzle in another tablespoon of water. Split into two, more or less equal halves and press into a disk on a piece of plastic wrap. Cover tightly and chill for at least 20 minutes. You will be amazed how after some time to rest the dough becomes quite elastic and smooth even with all those visible butter pieces.

You can store the dough in the fridge for about 2 days or in the freezer for about 2 months (well wrapped). It can take on a bit of a grayish color in the fridge after a day or two but don't let that worry you, it's just fine.

Note: For a good discussion on piecrust you can also go to:
<http://smittenkitchen.com/2008/11/pie-crust-102-all-butter-really-flaky-pie-dough/>

Pumpkin Pie

This is a fairly classic recipe, with the exception of the sour cream and optional rum. To make the pumpkin puree, cut the pumpkin in half and scrape out all the strings and seeds. Place the pumpkin cut side down on a sheet pan (cookie sheet with sides—important since the pumpkin will give off liquid that you don't want all over your oven) and bake at 375 until the pumpkin is very tender and begins collapsing—about 45 minutes but will vary based on size of pumpkin of course. When cool, remove the skin (which should be separating from the flesh already. If you have a food processor or blender there is no need to push the pumpkin through a strainer. If you do not, then take the time to put it through a strainer or a food mill. You'll get a much silkier pie.

1 9-inch single crust Pie shell, chilled (not partially baked using ½ of above recipe)
1 ¾ cups pumpkin puree (see above)
2 large eggs, at room temperature
¾ cup (packed) light brown sugar
1 cup whole milk or cream
1/3 cup sour cream
1 teaspoon ground cinnamon
1 teaspoons ground ginger
Pinch of ground cloves
Pinch of freshly grated nutmeg
Pinch of salt
2 tablespoons dark rum (optional)
2 teaspoons pure vanilla extract
Lightly sweetened lightly whipped cream, for topping

Center a rack in the oven and preheat the oven to 450°F. If you have a pizza stone, put it on the rack you're going to use and preheat the oven with it. The crust will not get soggy this way!

Roll out your pie dough and place it in pan and crimp edges as described in apple pie recipe above, though your just crimping a single layer of crust, the technique is the same. Chill pie shell in the fridge while you make the filling.

Put all of the filling ingredients in a food processor and process for 2 minutes, stopping to scrape down the sides of the bowl once or twice and pour the filling into the chilled pie shell. Alternatively whisk all the ingredients well in a bowl.

Bake pie (directly on pizza stone) for 15 minutes at 450, then reduce the oven temperature to 350°F and continue to bake for 35 to 45 minutes longer or until a knife inserted close to the center comes out clean. (If you don't want to create a slash in your masterpiece, tap the pan gently—if the custard doesn't jiggle, or only jiggles a teensy bit in the very center, it's done.) Transfer the pie to a rack and cool to room temperature.

Serve the pie with lightly sweetened whipped cream