



47th Ave Farm Winter CSA for the week of January 7, 2013

Happy New Year! I imagine after the holidays and their requisite indulgences this week's share will be a welcome change. These days any green, orange or root vegetable simply sautéed or roasted or boiled and mashed is a delight to me. Some of the below dishes are a bit more involved but don't forget the simplest preparations--oil and salt may be all you need.

Quick Turnip and Cabbage Slaw
Mashed Turnips and Potatoes with Greek Yogurt and Parsley
Roasted Turnips with Thyme
Delicata Squash Fritters
Spice-roasted Delicata Slices
Provencal Cabbage and Kale Gratin
Colcannon
Colcannon Fritters
Japanese Cabbage Pancakes (Okonomiyaki)

Quick Turnip and Cabbage Slaw

Turnips and cabbage make a very refreshing winter slaw. This is just an idea and quantities are approximations so take this in any direction you want. For a little color you can add some thinly sliced kale if you like as well.

Peel turnips and cut into matchsticks by hand or with a mandolin
Slice cabbage as thinly as you possibly can by hand with a very sharp knife
Slice a little chunk of onion as thinly as you can
Put all of the above in a large bowl.

For the dressing I like to stir together in a small bowl a little minced/mash garlic, a little Dijon-style mustard, either plenty of good olive oil or a couple of good dollops of Greek yogurt (or a combination of the two), white, champagne or red wine vinegar (or lemon juice) or rice wine vinegar, salt and lots of freshly ground pepper.

Stir/work the dressing into the vegetables and let sit for 10 minutes before serving.

If you like fish tacos, this is a lovely addition.

Mashed Turnips and Potatoes with Greek Yogurt and Parsley

--inspired by Roots by Diane Morgan

This is inspired by a recipe in Diane Morgan's fabulous new book *Roots*. She uses rutabagas and sour cream and dill instead of turnips, Greek yogurt and parsley but I think this combination is delicious as well.

If you're feeling fancy you can dice a couple of slices of bacon and fry those until crisp and scatter over the mashed veggies.

2-3 medium turnips, peeled and cut into 1-inch chunks
2 red potatoes, scrubbed and cut into small chunks
3 tablespoons butter
½ cup Greek yogurt (preferably whole milk)
Salt and freshly ground pepper
2 tablespoons chopped, fresh parsley
couple of slices of bacon, diced and cooked until crisp (see headnote)

Cook the turnip and potato chunks in salted, boiling water until very tender, about 20 minutes. Drain well and return to pan. Cook for a minute or two to dry them out a bit. Add the remaining ingredients and mash well. Taste and adjust seasoning. Serve garnished with the bacon, if using.

Roasted (& Black Radish) Turnips with Thyme

--from Roots by Diane Morgan

Another dead-simple, perfect recipe from Diane Morgan and her book *Roots*. You can make this just as is and serve as a side to most anything or you can scatter them around a roasting chicken. If you do the latter, she suggests adding them to the roasting pan 15 minutes after you begin roasting the chicken.

And you can by all means make this with half black radishes and half turnips.

2 lbs turnips, peeled and cut into 1 ½-inch wedges (or part black radish and part turnip)
2 tablespoons good olive oil
2 tablespoons minced fresh thyme
2 teaspoon sea salt
Freshly ground pepper

Preheat oven to 375 degrees. Toss the vegetables with the remaining ingredients and spread evenly on a sheet pan (baking sheet with sides). Roast, stirring once or twice, until the turnips are golden brown and tender, about 35- 45 minutes.

Delicata Squash Fritters

--adapted from the Kelly Meyers collection on Culinate.com

These are one of my favorite things to do with delicate squash. If you have a food processor with a grating blade this come together in minutes and a box grater will do just fine if you don't but you'll get more or a workout.

Batter

1 large egg
½ cup cold water
¼ cup flour
1/3 cup cornstarch
about 1 teaspoon kosher salt
freshly ground pepper
Your oil of choice for pan-frying

Veggies

1 medium delicata squash, cut in half lengthwise, seeds scooped out (no need to peel) and grated either on large holes of box grater or in food processor
¼ of an onion, minced
1 tsp of cumin
½ teaspoon red pepper flakes (or more or less depending on how much spice you like)
chopped herbs such as chives, parsley, mint (optional)

Crack egg into a small bowl. Add water, flour, cornstarch, salt, and pepper. Whisk together until batter is smooth. Put grated squash and onions and spices and herbs, if using, into a medium size bowl. Add batter and stir mixture well.

Heat a wide skillet with 1-2 tablespoons oil over medium high heat until the oil is very hot but not smoking.

Add 2 heaping tablespoons of fritter mixture to skillet and flatten with the back of a spatula until fritter resembles a pancake. Repeat, leaving room between the fritters. Cook for about 2 minutes each side, or until fritters are golden brown. Use a spatula to remove fritters from skillet onto a plate lined with paper towels. Continue cooking the fritters in batches. Add additional oil as needed. Fritters may be held in a warm oven but are at their best when served freshly fried.

Spice-roasted Delicata Slices

These addictive squash slices would be beautiful and delicious with some sautéed or braised garlicky kale.

2 Delicata squash
1 ½ teaspoons ground cumin
1 ½ teaspoons smoked paprika (pimento) or regular sweet if that's what you have
1/8 teaspoon (or less) cayenne
¾ teaspoon salt

Freshly ground pepper
1 ½ tablespoons olive oil

Preheat oven to 400 degrees.

Wash the squash well. Halve them lengthwise and scoop out the seeds and strings. Put cut-side down on a cutting board and cut into 1/3-inch slices and put them in a bowl and toss with the olive oil.

In a small bowl mix all the salt and spices well. Sprinkle the spice mixture over the squash slices and using your hands mix it in well and try to coat the slices fairly evenly. Spread the squash on one or two sheet pans (you want the squash to be in one layer) and roast until browning around the edges and tender, about 20 minutes. You can try to flip them once if you want but it's not necessary.

Provençal Cabbage and Kale Gratin

--adapted from Martha Rose Shulman in the NY Times

This a flavorful, hearty gratin that is a perfect main dish. It's good hot or at room temperature and makes a lot so you'll have plenty for lunch the next day.

This recipe calls for already cooked rice though I have a feeling raw white rice (not brown!) would cook in the time it takes in the even as written below. I have not tried it but think it's a risk worth taking. I have a made Julia Child-inspired tian that uses raw rice in a similar form and it works fine.

1 large bunch kale, washed thoroughly and cut into thin ribbons (remove any tough stems though I doubt you'll need to)
1 pound green cabbage, quartered, cored and cut in thin ribbons (about ½ a medium cabbage)
3 tablespoons good olive oil
1 medium onion, finely chopped
2 large garlic cloves, minced
6 leaves fresh sage, chopped
1 teaspoon fresh or dried thyme leaves
Salt, preferably kosher salt, and freshly ground pepper
2 eggs
½-¾ cup rice, preferably a short grain rice like Arborio, or brown rice, cooked
3 ounces Gruyère cheese or other flavorful grating cheese (sharp cheddar would be fine),
grated (¾ cup, tightly packed)
3 tablespoons breadcrumbs

Preheat the oven to 375 degrees. Oil a two-quart gratin. Heat two tablespoons of the olive oil in a large, heavy skillet over medium heat, and add the onion. Cook, stirring often, until tender and translucent, about five minutes. Stir in the garlic, sage and thyme, and cook for another minute until fragrant. Stir in the kale and about 1/2 teaspoon salt. Cook in the liquid left on the leaves after washing until the kale begins to wilt. Stir often, and when most of the kale has wilted, add the cabbage and salt to taste. Add 1/2 cup water, and bring to a simmer. Cook, stirring often, for

10 minutes until the water has evaporated; the kale and cabbage should be wilted and fragrant but still have some texture and color. Add pepper, taste and adjust salt.

Beat the eggs in a bowl, and stir in the cooked vegetables, the rice and Gruyère. Stir together well, and scrape into the baking dish. Sprinkle the breadcrumbs over the top, and drizzle on the remaining olive oil. Bake 40 to 45 minutes, until firm and browned on the top. Allow to sit for 10 to 15 minutes before serving. Serve hot or warm.

Colcannon

This is an Irish dish that I'm sure has as many variations as cooks. You can add kale (or use instead of the cabbage, carrots, caramelized onions, bacon, etc). Basically it's mashed potatoes with cabbage. It's comforting and delicious.

2 lbs red potatoes, scrubbed and cut into chunks

3-4 tablespoons butter

½ a small green cabbage (or ¼ of large one), cored and thinly sliced (or 4 cups kale, thinly sliced)

1 cup whole milk (2% in a pinch)

1/3 cup cream

Salt and pepper

Finely chopped chives, green onions or parsley (optional) to stir in at the end or for garnish

Cook potatoes in plenty of salted water until tender and drain. Melt the butter in a large pot, add the cabbage and some salt and cook for about 5 minutes until tender. Add the milk and cream and bring to a simmer and then add the potatoes and mash up well with a potato masher. Taste and adjust seasoning with salt and freshly ground pepper.

Colcannon Fritters

If you have leftover Colcannon you can fry up the leftovers to great effect. If you want to make them fancy, crumble in some fresh goat cheese or feta and add whatever fresh herbs you have.

Shape into patties if the leftovers are dry enough and put a bit of flour on a plate and lightly coat the patties in flour. Fry in a large, heavy skillet in a little olive oil until crispy and nicely browned on both sides.

My son loves these with ketchup!

Okonomiyaki (Japanese Cabbage Pancakes)

You might have seen these before too. I love them so and make them about once a week this time of year. Almost no better way to eat cabbage in my opinion.

These traditionally include finely chopped shrimp so by all means add this if you'd like.

I love them like this, without. They make a simple supper with a salad on the side. You can use half cabbage and half turnip (grated) in this recipe. It's a good variations for this recipe.

Makes about 12 pancakes.

Sauce:

Scant ½ cup mayo

Scant 2 tablespoons soy sauce

1 tablespoon Sriracha (or more to taste)

Pancakes:

4 large eggs

1 teaspoon soy sauce

1 teaspoon sesame oil

1 – 1½ teaspoon sea salt

1/3 cup all purpose flour

5 cups green cabbage, very finely sliced (food processor works too but just pulse wedges of cabbage a few times—you don't want a uniform mash) or 3 cups cabbage and 2 cups grated turnip

1 bunch scallions, trimmed and chopped

Sunflower, coconut or peanut oil for frying

1-2 tablespoon toasted sesame seeds

Whisk the first set of ingredients together for your sauce. Set aside while you make the pancakes.

In a large mixing bowl, whisk eggs with the soy sauce, sesame oil, and salt. Gradually add the flour until incorporated. Fold in cabbage, scallions, and shrimp.

Warm a couple glugs of oil in a skillet over medium-high heat until glistening. Ladle the batter into the skillet as you would for regular old pancakes. I usually make them about the size of saucer. Cook on each side for about 3 minutes or until golden brown. Keep pancakes covered in a warm oven as you make the rest. Scatter sesame seeds on top of pancakes and serve with dipping sauce.