



47th Ave Farm Winter CSA for the week of February 4, 2013

It's the bacon packet—three recipes include it this time. In some cases you can omit but if you like bacon, this is your week!

And if you didn't make the roasted cabbage wedges last week please do this week. I've included it here again. They are so very simple and so very good.

Toasted Kaikai Pumpkin Seeds
White Beans with Leeks and Bacon
Parsnip, Potato and Leek Gratin with Sage
Creamy Parsnip Puree
Roasted Cabbage Wedges with Vinaigrette
Brussels Sprout Pasta "Risotto" with Bacon
Braised Leeks Bruschetta with Goat Cheese
Potato, Kale and Tomato "Gratin"
Braised Leeks and Kale (as is or on a Galette or Pizza)
Indonesian-style Carrot Soup
Chunky Pumpkin Soup with Cabbage and Kale

Toasted Kaikai Pumpkin Seeds

As I mentioned last week, the seeds of this pumpkin are delicious. Rinse them well and then roast them in a 400 degree oven until they smell toasty and turn golden brown. I added a little olive oil and sea salt just before they were done roasting. They're a perfect snack and also delicious in salads or other dishes. I scattered them over lamb and beef meatball (kofta) and a tahini sauce to great effect.

White Beans with Leeks and Bacon

I made up this dish this last week with some large, creamy, and amazingly delicious beans a friend gave me this last fall. They were note quite corona bean-sized and I don't know their name, but the combination is worth trying with whatever white bean (or borlotti/cranberry type) you have on hand. Be sure to soak them over night and then cook them slowly with a bay leaf, garlic clove and chunk of onion, until tender. And make sure to let the beans cool in their cooking liquid for at least an hour or two before using. This vastly improves flavor and texture of the beans. And this is why I never cook the beans when I need them in the moment but I cook them when I'm making something else and in the kitchen anyway and am not in a rush for them.

Olive oil
3 cups cooked beans, drained (see headnote)
2 slices bacon, diced
2 large leeks, trimmed, well washed, cut in half lengthwise and then cut into thin half moons
teaspoon of fresh or dried thyme, savory or sage
Salt and pepper

In a large skillet heat a little olive oil over medium high heat. Add the leeks, bacon and herbs and a couple of pinches of salt. Stir well and sauté for a few minutes until the leeks start taking on a little color. Turn the heat down if things are browning too much. Cover the pan and cook for another 10 minutes or so until the leeks are soft. Stir in the beans and cook long enough to heat through. Season with freshly ground black pepper and ad salt if needed. Serve with another drizzle of good olive oil.

Parsnip, Leek and Potato Gratin with Sage

You have lovely tender little parsnips this week and baked with a bit of milk, some potatoes and leeks they make for a sweet and fragrant dish.

I make this in an 8 x 13" dish and we eat it over several days but by all means halve the recipe if that seems like too much.

5-6 parsnips, scrubbed (no need to peel) and trimmed of any rusty spots and cut into ¼-inch rounds
3-4 medium potatoes, scrubbed and cut into rounds slightly thinner than the parsnips
2 medium leeks, trimmed of the toughest green parts and well washed, cut in half lengthwise and sliced into thin ½ moons
1 tablespoon fresh sage, finely chopped (used dried if that's what you have)
1 ½ teaspoons sea salt and pepper
2 tablespoons flour
1 cup grated sharp cheddar or other grating cheese
2 cups milk (preferably whole)
½ cup water or chicken or vegetable broth

Preheat oven to 400 degrees.

Place the vegetables in a large bowl. Mix the flour, salt and pepper and sage in a small bowl and sprinkle it over the vegetables and mix well. Spread the mixture in the baking dish, flattening the contents a bit. Pour the milk and water or broth over the mixture and sprinkle with the cheese. Cover the dish tightly with foil and bake for about 35 minutes. The liquid should be bubbling vigorously now. Remove the foil and bake for another 20 minutes or so until everything is tender. Run the pan under the broiler for a few minutes if it's not nicely browned.

Potato, Kale and Tomato "Gratin" with a little Bacon

This isn't exactly a gratin since there is no cheese and no bread crumbs in the dish. It is inspired by a recipe from Roots (Diane Morgan), yet again, but substantially different. It's definitely a new favorite dish in our household. It takes a while to bake but otherwise it's very quick to pull together.

This makes quite a bit but I think it makes a great main dish and is excellent the next day so it's seems worth making this whole amount to me but by all means reduce the quantities if you like.

Serves 6

About 6 medium to large potatoes, scrubbed and cut into bite-sized chunks
1 bunch kale, well washed and stems trimmed if they seem tough and then chopped into bite-sized pieces
2 cloves garlic, minced
2 slices bacon, diced
1 ½ - 2 cups chopped, drained canned tomatoes or chopped roasted tomatoes you may have frozen (what I used)
1 ½ - 2 tablespoons olive oil
1 ½ teaspoons sea salt
Freshly ground pepper
½ cup whipping cream

Preheat oven to 400 degrees.

In a large bowl combine all the ingredients except the cream. Toss everything together well and transfer to a 8 x 13 or other large-ish baking dish. Pour the cream over everything. Cover the dish tightly with foil and bake for 30 minutes. Remove from oven and stir everything well—this is important to get the kale mixed in well and recoated with liquid since it may still be a bit chewy. Return to oven, covered and bake another 20 – 30 minutes. If there is quite a bit of liquid in the pan you can remove the foil and bake uncovered to reduce it a bit.

When everything is tender remove from the oven and add the pepper and taste for salt. Serve immediately.

Creamy Parsnip Puree

Parsnips cook very quickly and if you have a food processor this takes about 10 minutes to make and is creamy and sweet and wonderful with a salad of bitter greens or braised kale and leeks or something else to balance the sweetness of the parsnips.

4 cups chopped parsnips (no need to peel, just wash and cut out any rusty spots and trim ends)
½ cup water, or slightly more
Salt
½ cup whipping cream or 3 tablespoons good olive oil or 2 tablespoons butter or any combination of the three you want really (more or less depending on how rich you want it to be)
Salt and freshly ground pepper

Cook the parsnips in a saucepan with the water and a few pinches of salt. When tender put the contents of the pan in the food processor and process until almost smooth. If you're using the cream heat it in a small pan. Add hot cream or olive oil or butter or any combo to the food processor along with some more salt and plenty of black pepper. Process again until smooth and taste and adjust seasoning. Serve immediately or reheat before serving.

Roasted Cabbage Wedges with Vinaigrette

--from The Yellow House

The cabbage gets tender on the inside and caramelized and crispy on the outside and is so simple and delicious this way. If you have a large head of cabbage this will probably be more than you can eat in one sitting like this but the roasted cabbage is so good that I would suggest roasting the whole thing and using any leftover wedges in other ways later in the week.

1 head regular green or savoy cabbage
1-2 tablespoons olive oil
Sea salt

For the vinaigrette:

5-6 tablespoons olive oil
3 tablespoons sherry vinegar
1 teaspoon Dijon-style mustard
Sea salt
Fresh ground black pepper

Pecorino Romano or Parmesan for serving

Preheat the oven to 450 degrees.

Using a large, sharp knife, quarter the cabbage. Depending on the size of your cabbage, these quarters may be good size already. If they seem too large for one plate, halve each of the quarters so you have eight cabbage wedges, or more if they're still quite large. Trim away any very pithy or brown ends of the core, but leave the core intact. The core will hold the wedges together while roasting.

Arrange the cabbage wedges on a baking sheet. Drizzle the cabbages with the olive oil, and then sprinkle liberally with sea salt.

Transfer the baking sheet to the oven. Roast the cabbage for 30 minutes, flipping the wedges at 15 minutes so they brown evenly. At the conclusion of roasting, the cabbages may have some blackened, crispy outer leaves. If you don't want this, feel free to take them out a few minutes early, but note that the inside of the cabbage may be less tender than if you had left it in longer.

While the cabbage is roasting, make your vinaigrette by whisking together olive oil, sherry vinegar, and mustard. Taste the vinaigrette and season with salt and pepper to taste. When the cabbage is tender, serve the wedges, drizzled with vinaigrette, and a good grating of cheese over the top. Serve immediately, while the cabbage is still hot.

Braised Kale and Leeks (on a Galette or Pizza)

Leeks and kale make for a wonderful combination. You can serve this as a side dish or, surprise, surprise (!) fry an egg in one side of the pan and call it dinner. Or you can spread it on buttery crust and bake a savory galette or spread it on pizza dough and sprinkle with a little parmesan and have yourself a lovely, hearty pizza. I think it's particularly good on Grand Central Bakery's whole wheat pizza crust.

1 large bunch kale, well washed, trimmed and cut into thin ribbons and stems finely chopped
2 medium leeks, well washed and cut into thin half-moons
1 tablespoon butter and 2 tablespoons olive oil
Salt
1/8 teaspoon red pepper flakes (optional)
1/4 - 1/2 cup grated Parmesan or Gruyere or sharp cheddar (if you're making a galette or pizza)

In a large skillet heat the olive oil and butter over medium-high heat. Add the leeks and stir well and sauté for 2-3 minutes. Add a bit of salt, the red pepper flakes (if using) and the kale, stir well

and cook, covered for about 10-15 minutes until all is tender. Stir occasionally and make sure things aren't browning or drying out. Turn down the heat and/or add a little water if that's the case. Taste and adjust seasoning.

For a Galette pastry:

1 1/4 cups all-purpose flour

1/2 teaspoon salt

8 tablespoons (1 stick) unsalted butter, cut into pieces

1/4 cup Greek or whole milk plain yogurt

2 teaspoons fresh lemon juice

1/4 cup ice water

To make the pastry dough, combine the flour and salt in a bowl. Cut the butter into the flour mixture using a pastry blender or pulse a few times in the food processor, until the mixture resembles coarse meal with some pea-sized pieces too. In a small bowl, whisk together the sour cream, lemon juice and water and drizzle mixture over flour and butter and using a fork, quickly stir it to combine. The mixture will turn into lumps, which you want to quickly pat into a ball; do not overwork the dough. Cover with plastic wrap and refrigerate for 1 hour or up to 48 hours.

Preheat oven to 400 degrees F.

On a floured work surface, roll the dough out into a 12-inch round. Transfer to an ungreased baking sheet. Spread kale and leek mixture over the dough, leaving a 1 1/2-inch border. Fold the border over the vegetables, crimping the dough slightly as you go.

Bake until golden brown, 30 to 40 minutes. Remove from the oven, let sit for 5 minutes, then slide the galette onto a serving plate. Cut into wedges and serve hot, warm or at room temperature.

For a pizza:

Preheat oven to 500 degrees F with a pizza stone on the bottom wrack of the oven if you have one.

Roll or stretch out the pizza dough and brush a little good olive oil on the dough. Evenly spread the kale and leek mixture over the dough and sprinkle with cheese. Bake until the crust is browning and the topping bubbling.

Brussels Sprout Pasta “Risotto” with Bacon

—adapted from Around my French Table by Dorie Greenspan

Serves 3-4

As Dorie notes, “this is risotto” the way that finely sliced apples are carpaccio, which means not at all. . .” but the technique is just enough reminiscent of risotto that I appreciate the reference and continue to use it.

1 1/4 lbs. Brussels sprouts, washed, trimmed and cut in half lengthwise and then sliced into thin half moons

1 medium onion, diced

1 tablespoon olive oil
2 slices bacon, diced
1 1/3 cup tubetti (or ditalini or other small pasta) (Pastaworks has tubetti)
4 cups flavorful vegetable broth (homemade veggie bouillon) or chicken stock
1/2 cup heavy cream
1/2 cup grated Parmesan or other hard, grating cheese (Asiago Stella is a good, cheaper alternative)
Salt
Lots of freshly ground black pepper

Heat the olive oil in a large skillet over medium-high heat. Add the onion and a few pinches of salt and cook for 5 minutes to soften a bit and then add the bacon. You may need to reduce the heat a bit and cook for another 5 minutes or so until the bacon is beginning to render but is not crisp. Now add the broth or stock and bring to a boil. Add the pasta, stirring well and then simmer for about 10 minutes uncovered. Now add the Brussels sprouts, stir well to incorporate and then cover and cook for another 7 or 8 minutes until the sprouts are tender. At this point add the cream and a generous amount of freshly ground black pepper. Cook uncovered for about 3 minutes until it thickens slightly.

Stir in the Parmesan and adjust salt and pepper to taste. Serve immediately.

Bruschetta with Stewed Leeks and Goat Cheese

Serves 4 as a side or appetizer or 2 as a main

You can serve this as a hearty appetizer or first course or even as dinner with a big salad on the side. If you don't have goat cheese on hand, feta would work too or even just cream cheese. Quantities are approximate and feel free to make less or more depending on what you have on hand and/or want to use up.

3 medium to large leeks (cut off only the top couple of inches that are tough and scruffy. Most of the green part is great to eat)
5 slices of rustic bread (like Grand Central Bakery Como, Peasant Levain, Potato bread, or any crusty loaf)
4 ounces soft goat cheese
3 hard-boiled eggs (chopped)
1 teaspoon fresh or dried thyme, minced or crumbled (optional)
Salt and pepper
1 Tablespoon butter
Olive oil
Chopped parsley and a drizzle of balsamic vinegar for garnish (optional)

Clean leeks well and cut in half lengthwise then cut into 1/2 inch half-rounds. Heat butter and a good splash of olive oil in a large sauté pan over med/high heat. Add the leeks when the butter is melted and oil is hot. Stir well to coat, salt generously with a couple of large pinches of kosher salt. Add thyme and stir well. Cook for a few minutes uncovered, then turn the heat down a bit and cover. Check occasionally to make sure the leeks aren't browning or burning. Add a splash of water if they start to stick and turn the heat down a bit more. Cook for about 15 minutes until leeks are meltingly tender, stirring occasionally.

Meanwhile, toast the bread and hard-boil the eggs and peel and chop those. Spread the goat cheese on the bread, arrange stewed leeks on cheese, sprinkle with egg, salt and a couple of grinds of pepper and drizzle a little good olive oil over the whole thing. Sprinkle with parsley and drizzle with balsamic vinegar if you'd like. There is no way to eat this delicately. They make a mess, the toppings fall off. . . . no matter. It's worth it!

Indonesian-style Carrot Soup

This makes a lot of soup! Freeze half for future use or eat throughout the week or halve the recipe.

Serves 10

3 tablespoons olive oil
4 cloves garlic, chopped
1 tablespoon minced, fresh ginger
1 large onion, diced
3 lbs carrots, well scrubbed and sliced
2 teaspoons yellow curry powder
2 teaspoons ground coriander
1 teaspoon ground cumin
½ teaspoon red pepper flakes
8 cups vegetable stock (I use homemade veggie bouillon broth)
½ cup dry white wine or sherry or dry vermouth
2 cans coconut milk
½ cup chopped, fresh cilantro

Heat the olive oil in a large soup pot over medium-high heat. Add the onion, garlic, ginger and carrots and a few generous pinches of salt. Sauté for about 10 minutes, stirring occasionally making sure not to burn the garlic. Add the spices and cook for another 1-2 minutes until fragrant. Add the stock and wine and bring to a boil and then reduce heat and simmer for about 35 minutes. Add the coconut milk and cilantro and stir well. Puree the soup with an immersion blender or regular blender. Adjust seasoning and bring back to a simmer. Serve with additional cilantro if you'd like.

Chunky Pumpkin Soup with Cabbage and Kale

--inspired by Chocolate & Zucchini

This soup uses lots of items in your share and is simple, quick and delicious.

2 medium onions, finely diced
2 teaspoons cumin seeds
1 medium butternut squash, seeded, peeled and diced
4 small or 2 medium potatoes, scrubbed and diced
Vegetable or chicken stock, ideally homemade
2 cups thinly sliced cabbage
2 cups thinly sliced kale
1 tablespoon harissa (Moroccan spice paste) or to taste
Toasted, crumbled walnuts for garnish (optional)
Olive oil
Salt

Serves 6.

Heat a good drizzle of oil in a soup pot. Add the onions, a few pinches of salt and cook over medium heat for a few minutes, stirring frequently, until softened. Add the cumin seeds and cook for another minute or two, until fragrant.

Add the pumpkin, cabbage and potatoes, sprinkle with salt, and add stock to cover the vegetables (top off with water if necessary). Cover, bring to a simmer and cook for 15 minutes, until the potatoes are cooked through and the pumpkin is soft.

Remove the soup from the heat, and mash it just a little with the wooden spoon so you have a good mix of textures.

Dissolve the harissa in a spoonful of the cooking liquid in a small bowl, and stir it into the soup. Add the minced greens and stir them in; they will cook quickly in the hot liquid.

Taste, adjust the seasoning and heat, then serve with crumbled walnuts, if you have them.