



47th Ave Farm Winter CSA for the week of April 1, 2013

The last recipe packet had a purple sprouting broccoli theme. This week's is vinegar. And I suggest walnuts for two recipes so pick up/restock those if you're out and about. I included four purple sprouting broccoli recipes in the last packet so if the simple roasted recipe doesn't cut it this week by all means check back with the old one for inspiration.

Parsnip Notes

Shredded Collards with Quick-pickled Raisins and Walnuts

Arugula Carrot Salad

White Bean, Arugula and Albacore Salad

Arugula Walnut Pesto

Greens Gratin (Raab or Collards or combination)

Spiced Beet Soup

Raab or Roasted Purple Sprouting Broccoli with Quick-pickled Onions and Cayenne

Cayenne Notes/Tips

Parsnip Notes

I included a couple of parsnip recipes last time. Try those if you haven't already. Otherwise I would suggest grating them or dicing them and doing the same with a couple of potatoes and maybe a carrot or two and making a nice hash in a large, hot skillet with plenty of oil or bacon fat. Top with fried or poached egg and serve with a plain arugula salad dressed simply with lemon juice and olive oil.

Shredded Collard Greens with Walnuts and Pickled Raisins

--adapted from Gourmet | September 2000

I included a similar recipe last winter that used lightly pickled apples. A quicker version I've made this winter takes a short cut and uses lightly pickled golden raisins. This recipe was originally brought to my attention by a long-time 47th Ave Farm CSA member Dolores Orfanakis. And it's a winner!

This salad is best if you can let it sit for 15 minutes or so before eating. As with most raw kale/collard salads this gives the greens a chance to soften a bit.

6 servings

1 cup golden raisins (or regular ones if you don't have golden)

1/3 cup champagne or cider vinegar

1/2 cup walnut halves

3 tablespoons olive oil

1 bunch collard greens, center rib removed and cut into 1/4-inch ribbons

1/2 teaspoon kosher salt

Freshly ground pepper

Place raisins in a shallow dish where you can spread them out a bit. Pour over the vinegar and mix well and let sit for 30 minutes. Drain the raisins well.

Toast walnuts in oil in a small skillet over moderate heat, stirring occasionally, until a shade darker. Cool nuts in oil. Transfer nuts to a cutting board with a slotted spoon, reserving oil. Coarsely chop 1 tablespoon nuts and finely chop remaining nuts.

Put collard ribbons in a large bowl. Transfer all nuts and oil from skillet to collards and toss with 1/2 teaspoon salt and pepper to taste. Add raisins and mix well. Taste and adjust seasoning. The raisins should provide enough acidity but feel free to add a bit more vinegar if needed.

Arugula Carrot Salad

In included one of my favorite carrot salads in the last packet—a simple grated one with a lemony dressing and lots of sunflower seeds. You can vary that one slightly by reducing the number of carrots you use and you can thinly shave them with a vegetable peeler instead of grating them if you like (or just grate) and add a couple of handfuls of chopped arugula. I did the same with lots of sorrel (instead of arugula) this weekend and it was delicious. A little fresh goat cheese would also be lovely with this.

Cayenne Notes/Tips

You can crumble up the peppers and remove the seeds (to reduce spice level or leave in for more heat) and add them to salsas, sauces, rice dishes, eggs, etc. Start with small amounts and adjust to suit your taste.

One use for whole cayenne peppers is to cook a single whole pepper on top of a pot of vegetables. The pepper will add flavor, but not as much heat, and can be removed from the pot before you eat the vegetables.

White Bean, Arugula and Albacore Salad

Serves 4 as a main course or 8 as a side.

This is a quick, hearty and classic Italian salad. It's strongly flavored with generous amounts of acidity from both vinegar and lemon juice and capers and red onions. It's best with some of our local Oregon Albacore that can be found in cans at New Seasons, Pastaworks, Fred Meyer, etc. It's worth getting good-quality canned tuna (something I always keep in the pantry) for this dish.

1 or 2 (5 or 6-ounce) cans tuna (preferably Oregon Albacore)
3 cups cooked white cannellini or other white beans or 2 (15-ounce) cans, drained and rinsed
2 cups (or more) arugula, chopped
1/3 cup capers, nonpareil in brine or packed in salt, drained and rinsed and chopped up a bit
2 tablespoons lemon juice (or more vinegar if you don't have lemon juice)
2 tablespoons red wine vinegar
2 tablespoons olive oil
1/2 small red onion very thinly sliced or 1/2 bunch of chives or 2-3 scallions
bite-sized pieces
Zest of half a lemon
Sea salt and fresh ground black pepper

In a large bowl, add the tuna, reserving the olive oil or juices from the can in a separate small bowl. Break tuna into bite-size pieces with a fork. Add the beans and capers. Into the bowl of olive oil or tuna juices, add the red wine vinegar, lemon juice, and zest and extra olive oil. Season with salt and pepper. Pour dressing on the tuna, bean and caper mixture and add the onion and the arugula to tuna mixture and toss gently. Serve with good, crusty bread.

Note: Very good the next day, mashed up a bit, as a sandwich filling.

Arugula Walnut Pesto

I used to be decidedly anti arugula pesto. I'd had several versions in restaurants that were just too bitter and strong. And I love arugula but somehow the pesto versions never appealed. For some reason I decided to make some myself last summer and decided I really liked it. Maybe the trick is lots of toasted walnuts and the lemon juice.

I like this with pasta, or boiled or roasted potatoes, with fish or as a spread on toast or with eggs. I think most basil and arugulas pestos are best eaten soon after they are made. They tend to get bitter quickly so plan to use all of it within two days.

4 cups of packed arugula leaves, stems removed
1 cup of shelled walnuts
1 cup grated Parmesan
3/4 cup good olive oil
2 garlic clove peeled and minced
1 teaspoon salt
Freshly ground black pepper, to taste
Juice of 1/2 lemon, or a bit more

Over medium high heat, toast the walnuts until fragrant in a dry skillet, about five minutes. Or do this in a 350 degree oven for about 8 minutes.

In a food processor, combine the arugula, salt, walnuts and garlic. Pulse while drizzling in the olive oil. Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese, freshly ground pepper and a big squeeze of lemon, to taste.

This makes enough to generously coat a pound of pasta and have a little left over.

Greens Gratin (Raab or Collards or combination)

This is a great basic technique that you can use with most any green or other vegetable. It's a great way to work through a quantity of greens as you might have this week with collards or raab. Bechamel (classic white sauce) seems not to be a popular thing these days but I think it's wonderful and useful and a delicious foil for greens. It's very simple too. Nutmeg is my favorite spice to add to a béchamel that will interact with greens. You don't need much and it's oh so good.

3 cups cooked greens (collards or raab)

For Bechamel:

1 ½ tablespoons butter

1 ½ tablespoons flour

Scant 1 ½ cups whole milk

A couple of scrapings of nutmeg

Salt and freshly ground pepper

Preheat oven to 400 degrees.

Trim the collards or raab of any tough stems and roughly chop. Cook in plenty of lightly salted boiling water for about 3 minutes for the raab and 6 minutes for the collards. Drain well and gently squeeze out to remove most of the water.

Heat the butter and flour in small saucepan and mix well and cook for about 2 minutes, stirring occasionally over medium heat. In another pan heat the milk but take it off before it boils. Add the hot milk to the roux (flour/butter mixture), whisking constantly until you have a thin smooth consistency. Add the nutmeg, a couple of pinches of salt and some pepper. Cook over medium-low heat for about 15 minutes, whisking occasionally to ensure there are no lumps.

In a small gratin dish, mix the greens with the béchamel. Sprinkle the top with breadcrumbs if you have any and bake until hot and bubbly, about 30 minutes.

Spiced Beet Soup

--from Leeksoup.com by Dina Avila

This is a delicious, bright and springy beet dish. It's just as good warm as chilled. And if your parsley and/or chives is thriving like mine is, top it generously with either or both.

3/4 pound beets, peeled and cut into chunks

1 tablespoon butter

1 tablespoon olive oil

1-2 shallots or chunk of onion, roughly chopped

1 clove garlic, roughly chopped

1/2 teaspoon cumin seeds

3 cups chicken stock or water

Sea salt and freshly ground pepper

Chopped parsley leaves or chives

For the yogurt topping:

1/2 teaspoon cumin seeds

Pinch of caraway seeds

Dash of paprika

Pinch of cayenne pepper

Coarse sea salt

2 tablespoons Greek yogurt

1/2 tablespoon olive oil

Warm the butter and olive oil in a large saucepan over medium heat. Add the shallots or onion, cumin seeds and garlic and cook, stirring often, until soft. About 5 minutes.

Stir in the beets, add the stock and a pinch of sea salt and let simmer for about 40 minutes or until the beets are tender. Pour the beets into a blender and purée until smooth. Add more stock or water if the soup is too thick.

Warm a dry skillet over medium heat and add the cumin and caraway seeds. Toast lightly for a minute or two (be careful not to burn) then transfer to a mortar and pestle and crush. Add the paprika, cayenne and coarse sea salt and blend together. Stir about half of the spice mix and olive oil into the yogurt.

Save the rest of the spice mix for a later use, or for folks who would like to add more spice to their dish. Spoon dollops of yogurt to the beet soup and serve with plenty of parsley and/or chives.

Raab or Roasted Purple Sprouting Broccoli and Shallots and Cayenne

Roasting purple sprouting broccoli is perfect just as is, with nothing but a little salt and olive oil. The lightly pickled shallots or onions and the heat from a little cayenne are a fun, quick addition though and a wonderful accompaniment to something starchy or rich. You can also use raab for this preparation but if you do I would add a splash of water to the sheet pan and they will take a bit less time to cook than the broccoli

2 tablespoons olive oil

4 or more cups purple sprouting broccoli or raab, washed and cut into 3-inch lengths, stems and leaves too (see headnote re difference between raab and psb)

1/8 teaspoon (or more to taste) crushed cayenne pepper

1 medium shallot (or 1/3 of a medium onion) thinly sliced

1/3 cup red-wine vinegar

Salt

Preheat oven to 400 degrees.

Mix the thinly sliced shallot or onion with the vinegar in a small bowl and let sit while the broccoli cooks.

Toss the broccoli or raab with the olive oil and spread on a sheet pan (use two if you have too much for a single layer) and sprinkle with salt. If you're using raab, sprinkle with just a little water. Roast, stirring the broccoli occasionally until tender and crisping around the edges, 20-30 minutes.

When the broccoli or raab is tender, drain the onions well and toss with the greens, the cayenne and adjust for salt.