



47th Ave Farm Winter CSA for the week of May 20, 2013

I didn't used to love nuts and seeds in salads as much as I do now and my husband actively disliked them, but no more! You have two dishes with nuts this week, including the Cilantro Salad, which is wonderful and unusual.

Mustard Green Notes

Mustard Greens with Cilantro, Rice and Ginger

Cilantro Salad (with Turnips)

Beet and Arugula Sandwiches

Quinoa with Beets, Cumin and Garlicky Yogurt

Green Couscous

Spinach and Garlic Scape Risotto (or soup)

Mustard Green Notes

I love mustard greens. They have a wonderful bite but are so fresh and tender and even the stems are tender so you can use them both raw and cooked. They do tend to spoil more quickly than other greens, I find, so use them as soon as you can. I like adding them to green salads, raw, cut into thin ribbons. I also think they are particularly good with eggs (as in the egg salad sandwiches last week) and other richer ingredients. The rice recipe below is wonderful and a good way to use up a lot of mustard greens if you need to get through them.

Mustard Greens with Cilantro, Rice and Ginger

--inspired by Vegetarian Cooking for Everyone by Deborah Madison

This is an incredibly good use for the mustard greens. Don't be deceived by the small amount of rice. This makes quite a good quantity. And it's absolutely wonderful with a fried or poached egg on top the next day (or the first time around).

2 big bunches mustard greens
3 tablespoons vegetable oil or olive oil
1 onion, diced
1/3 c white rice (I usually use basmati)
2 tablespoons finely chopped, fresh ginger
1 teaspoon ground cumin
1 teaspoon Pimenton (smoked paprika) or regular if that's what you have
1 cup cilantro stems and leaves, chopped
Salt
Greek yogurt and lemon juice for serving

Wash and chop greens, but don't dry.

Heat oil in wide pan over medium heat. Add onion, rice, ginger, cumin and paprika and stir to coat with oil. Cook for two minutes then add cilantro and mustard greens. Sprinkle with 1 to 1 1/2

teaspoon salt, cover pan and cook until volume has reduced, 10-15 minutes. Give everything a stir, reduce heat to low, cover again and cook slowly for 30 minutes or so. There should be enough liquid in the pan, but check a couple of times to make sure the rice isn't sticking, adding a few tablespoons of water if so.

When greens are tender, serve with yogurt and a squeeze of lemon juice.

Cilantro Salad

--adapted from 101cookbooks

When I read this recipe recently I didn't imagine I'd change a thing but I did adapt it quite a bit in my testing of it over the last few days. I have not actually made it with asparagus as she suggests though I'm sure that would be perfect. I have made it with lightly steamed thinly sliced carrots and snap peas and with Hakurei turnips—all were great.

Depending on what else you serve with this it will feed many or few. My husband and I ate the whole bowl between the two of us tonight with a couple of other small things. The nuts make it quite hearty in a light way.

4-5 asparagus spears, very thinly sliced or alternatively hakurai turnips, cut into small dice
1 bunch of cilantro with stems, well washed and dried and roughly chopped
1 thinly sliced scallion or small chunk of onion or a small bunch of chives, finely chopped

1 teaspoon shoyu or regular soy sauce

1/2 teaspoon sugar

juice of half a lime (or 1 tablespoon lemon juice or 2 teaspoons champagne vinegar)

1/4 - 1/2 teaspoon sea salt

2-3 teaspoons sunflower or olive oil

1/2 cup peanuts, well-toasted, then cooled

1 tablespoon toasted sesame seeds

Bring a small saucepan of generously salted water to a boil and add whatever vegetable you're using and cook for about 2 minutes. Drain and rinse with cold water. Put in a salad bowl. Add the cilantro, peanuts and sesame seeds and onion/scallion/chives.

Stir together the lime juice, oil, soy or shoyu, salt and sugar and pour over the salad. Toss well and taste and adjust seasoning. Serve immediately.

Beet Notes and Beet and Arugula Sandwiches

Boil or roast all your beets, except for the two you might use raw in the below quinoa dish.

Then makes sandwiches and salads with the cooked beets. I've been eating beet sandwiches lately, sometimes with sliced hardboiled egg and homemade mayonnaise (from last week's packet) and sometimes with goat cheese and sometimes with kimchi and cheddar. I do put most anything on a sandwich and usually I like the result.

Toast some good, crusty bread. Mash up some fresh goat cheese with some minced green garlic or garlic scapes or do the same with butter or mayonnaise (homemade or store bought). Spread bread generously with mixture. Layer sliced roasted or boiled beets on top and sprinkle with sea salt. Add a layer of arugula and sprinkle with salt. Add some sliced hardboiled egg or

anything else that strikes your fancy and a drizzle of olive oil. Top with another slice of bread or eat open faced. As you can tell I think sandwich contents should be salted and oiled. Enjoy!

Quinoa with Beets, Cumin and Garlicky Yogurt

--adapted from Ancient Grains for Modern Meals by Maria Speck

This quick, room temperature dish uses raw, grated beets. The original recipe also calls for sumac, the powder from a red berry found and used all over the Middle East. It has a tart flavor so I substitute a bit of lemon juice (which she also suggests), which works well, if you don't have sumac.

1 tablespoon olive oil
Teaspoon whole cumin seeds
1 cup quinoa, well rinsed and drained
1 ½ cups water
¾ teaspoon salt
½ teaspoon sumac (optional, see note above)
¾ cup plain whole milk or Greek yogurt
1 garlic clove, minced
1 tsp. sumac, for sprinkling, or 1 tsp. freshly squeezed lemon juice
1¼ cups shredded raw beets (about 2 small -medium-sized beets, rinsed and peeled)
1 to 2 tablespoons freshly squeezed lemon juice
1 to 2 pinches cayenne pepper

Heat the olive oil in a medium saucepan over medium heat until shimmering. Add the cumin seeds (they will sizzle) and cook, stirring, until the seeds darken and become fragrant, 30 seconds. Stir in the quinoa and cook, stirring frequently, until hot to the touch, about 1 minute. Add the water, salt (and sumac if using), and bring to a boil. Decrease the temperature to maintain a simmer, cover, and cook until the liquid is absorbed, 15 to 20 minutes.

Meanwhile mix the yogurt and the garlic in a small bowl until smooth. Sprinkle with the sumac (if using) and set aside.

To finish, remove the saucepan from the heat. Stir in the shredded beets, cover, and steam for 3 to 5 minutes. Stir in 1 tablespoon of the lemon juice and the cayenne. Taste, adjusting for salt and lemon juice, and serve with the yogurt topping.

Green Couscous

--adapted from Plenty by Yotam Ottolenghi

As with most dishes inspired from this book, this one is strongly flavored and memorable. Ottolenghi calls for lots of herbs and I usually don't have them all but have used what I had and the "green theme" generally works well even if you vary it.

1 cup couscous
¾ cup boiling water or vegetable stock
1 small onion, thinly sliced
1 tablespoon olive oil
¼ teaspoon salt
¼ teaspoon ground cumin

Herb Paste:

1/3 cup chopped parsley
1 cup chopped cilantro
2 tablespoons chopped tarragon
2 tablespoons chopped mint
3-4 tablespoons olive oil

2 green onions, finely sliced
1 Serrano chile, finely chopped
1 1/2 cups arugula leaves, chopped
1 cup mustard greens or spinach or turnip tops, chopped
½ cup unsalted, toasted, chopped pistachios (optional), can use almonds, walnuts or filberts instead

Place the couscous in a large bowl and cover with the boiling water or stock. Cover the bowl with plastic wrap and leave for 10 minutes.

Meanwhile, fry the onion in the olive oil on medium heat until golden and completely soft. Add the salt and cumin and mix well. Leave to cool slightly.

To make the herb paste. Place all the ingredients in a food processor and blitz until smooth.

Add the herb paste to the couscous and mix everything together well with a fork to fluff it up. Now add the cooked onion, green onions, green chile and fresh greens and nuts and gently mix. Serve at room temperature.

Spinach and Garlic Scape Risotto (or soup)

Spinach cooks down a lot so use as much as you have/can spare. I like this really green! It really doesn't take that much time and is so worth the bit of effort of stirring and adding broth occasionally for 20 minutes. Also use as many garlic scapes as you want here—it can handle a lot. You can add more broth than I suggest and create more of a soup than a risotto which you can serve with a nice crusty piece of bread if you'd like.

1 large bunch spinach, stems and all (thoroughly washed), well-chopped
6-7 cups vegetable stock or homemade veggie bouillon broth (see below)
5-6 or more garlic scapes, finely chopped
1/2 medium onion, finely chopped
1-2 ounces bacon, diced (optional)
1 tablespoon olive oil
1 tablespoon butter (or more olive oil but green garlic particularly likes to be sautéed in butter)
1 cup arborio rice
1/2 cup dry white wine (optional)
1/2 cup freshly grated Parmesan cheese
2 tablespoons butter
1/8 teaspoon of nutmeg (preferably freshly grated)
Sea salt and freshly ground black pepper

In a saucepan bring 7 cups water with about 10 teaspoons of homemade veggie bouillon to a boil and keep at a bare simmer or use whatever stock/broth you have. Be sure to taste the broth to make sure it's well-seasoned but not too salty.

In a large sauté pan cook onion, garlic scapes and bacon in 1 tablespoon each butter and olive oil (or just olive oil) over medium heat, stirring, until softened, about 8-10 minutes. Stir in rice, stirring until each grain is coated with oil and cook for 2 minutes. Add wine (if using) and cook, over moderately high heat, stirring, until wine is absorbed. Add about 3/4 cup simmering broth and cook over moderately high heat, stirring frequently, until broth is absorbed. Repeat several times until the rice is nearing tenderness, about 15 minutes.

Then start adding the spinach. It will collapse quickly with the hot liquid. Continue adding broth, and spinach, letting the liquid get absorbed between batches until the rice is tender and creamy looking but still al dente, about 18 minutes. Salt and pepper to taste. Add butter and parmesan, nutmeg and a little more broth if it looks a bit dry, mix well and remove pan from heat. Let rest for 7-10 minutes, covered, before serving.

Homemade Veggie Bouillon

--adapted from 101cookbooks.com

This bouillon paste that you dilute with water (about 1 ½ teaspoons per cup of water) has become my go to stock for everything from risotto to chicken noodle soup. I cook rice and quinoa in it instead of water as it adds so much flavor. It's basically a fresh, instant stock. None of the vegetables or herbs is cooked. They are just processed in the food processor into a paste that keeps perfectly in the freezer for months and because of its salt content it does not freeze solid making it very easy to use. Don't be put off by the quantity of salt. Once you dilute it with water it tastes perfect and is still lower in salt content than commercially available bouillon cubes. And this is much cheaper!

This recipe requires a food processor. I have an 8-cup / 2 liter / 2 quart model, and need every cubic inch of it. I found the best approach if you are tight for space in your food processor is to add a few of the ingredients, then pulse a few times. The ingredients collapse and free up more space for the next few ingredients. If you don't find yourself using much bouillon, I will suggest making a half batch of this.

NOTE: You can also just make this with what you have. Onions, celery, carrots and parsley are enough. Use the proportions that make sense to you. Use 1/3 cup salt for each 2 cups of finely blended veggies/herbs.

5 ounces / 150 g leeks, sliced and well-washed (about 1 medium)
7 ounces / 200g carrot, well scrubbed and chopped (about 3 medium)
3.5 ounces / 100 g celery (about 2 big stalks)
3.5 ounces / 100g celery root (celeriac), peeled and chopped (a piece about 3" x 4")
1 ounce / 30g sun-dried tomatoes (about 6 dried tomatoes)
3.5 ounces / 100g onion or shallots, peeled (about half a small-medium onion)
1 medium garlic clove
6 ounces / 180g kosher salt (scant 1 cup)
1.5 ounces / 40 g parsley, loosely chopped (about 1/3 of a big bunch)
2 ounces / 60g cilantro (coriander), loosely chopped (about ½ bunch)

Place the first four ingredients in your food processor and pulse about twenty times. Add the next three ingredients, and pulse again. Add the salt, pulse some more. Then add the parsley and cilantro. You may need to scoop some of the chopped vegetables on top of the herbs, so they get chopped. Mine tended to want to stay on top of everything else, initially escaping the

blades. You should end up with a moist, loose paste of sorts. Freeze the bouillon paste. Because of all the salt it barely solidifies making it easy to spoon directly from the freezer into the pot before boiling.

Start by using 1 1/2 teaspoons of bouillon per 1 cup and adjust from there based on your personal preference.