



47th Ave Farm CSA for the week of June 10, 2013

Lucky you, you're getting more dry beans this week. Enjoy them as is, cooked in the oven or in the spring minestrone or added to most anything else you're making. The tender kohlrabi, like the turnips are good both raw and cooked. Enjoy!

Kohlrabi and Turnip Slaw
Miso Soup with Bok Choi
Beans Cooked in the Oven
Spring Minestrone
Spring Veggie Ragout
Cilantro Yogurt Sauce

Kohlrabi and Turnip Slaw

This is a fresh, quick slaw that is wonderful with any roasted or grilled meat or fish or roasted potatoes or eggs.

2-3 salad turnips, scrubbed and trimmed
2 small kohlrabi, peeled
1/3 cup chopped cilantro or mint and/or basil
1 small spring onion, trimmed and very thinly sliced

2 teaspoon whole grain mustard
2 tablespoons rice wine vinegar
1 tablespoon peanut oil or 1 teaspoon toasted sesame oil and 2 teaspoons sunflower or oil or some other more neutral oil
1/8 teaspoon (or less- depending on taste) crumbled/mince dried cayenne pepper
Salt and freshly ground pepper

Grate the turnips and the kohlrabi on the large holes of a box grater. Mix in a bowl with the herbs and the spring onion.

Whisk together the dressing ingredients and pour over vegetables. Mix well and season to taste.

Miso Soup Recipe with Bok Choi

--adapted from 101cookbooks.com

In some ways this is similar to the yakisoba from last week but the miso and cilantro give it quite a different profile. I use fairly mild white miso but by all means use your favorite or start with white, since it's a good "introductory" one.

Serves 4-5

5-6 ounces soba noodles
4 tablespoons miso paste (to taste)
3-4 ounces firm tofu, cut into 1/3-inch cubes
1 medium head bok choy, well washed and thinly sliced, stems and leaves
2 spring onions, trimmed thinly sliced (greens too)
½ cup, chopped cilantro
1 few pinches, finely chopped or broken up dried cayenne pepper

Cook the soba noodles in salted water, drain, run cold water over the noodles to stop them from cooking, shake off any excess water and set aside.

In a medium sauce pan bring 6 cups of water to a boil. Reduce the heat to a gentle simmer and add the bok choy and cook for 2 minutes. Pour a bit of the hot water into a small bowl and whisk in the miso paste - so it thins out a bit which avoids clumping. Stir this back into the pot. Taste, and then add more (the same way) a bit at a time until it is to your liking. Also, some miso pastes are less-salty than others, so you may need to add a bit of salt here. Add the tofu, remove from the heat, and let it sit for just a minute or so.

Split the noodles between 4-5 bowls, and pour the miso broth and tofu over them. Add some spring onions, cilantro, and red pepper flakes to each bowl and enjoy.

Beans Cooked in the Oven

As I noted last week, I've become a fan of cooking my beans (especially the varieties you have this week) in the oven in a covered pot. And you might as well cook all your beans at once as you can enjoy them for days, add them, drained to salads or burritos or soups, etc. Of course you can also just soak them overnight and cook from for about 25-30 minutes with the same aromatics as below.

All your dry beans
¼ of an onion (in 1-2 chunks)
3-4 cloves garlic (or more since they're likely going to be small)
1-2 bay leaves
1 carrot (optional)
3-4 sprigs of parsley (optional)

Put all the above ingredients in heavy oven proof pot for which you have a good lid. Cover the beans with about 2-3 inches of cold water. Bring the beans to a simmer on the stove top and then put in the oven. Check after about an hour and give the beans a good stir. Re-cover and put back in the oven. Cook for another 30 minutes and check for doneness. You may need a little more time still. When tender, remove from the oven, add at least a teaspoon of salt, stir well and let sit for a while longer for salt to absorb.

Spring “Minestrone” with Beans

I put minestrone in quotes since you might garnish it with cilantro and spring onions. No matter the drift into fusion, it's delicious. And it is a lovely way to showcase this week's dry beans. With those already cooked you can make a quick, flavorful soup in less than half an hour.

1 tablespoon each butter and olive oil (or just one or the other)
½ a large onion, diced
4-5 garlic cloves, minced (or one small head green garlic)
2 turnips, scrubbed cut into 1/3 – ½-inch dice
2 kohlrabi, peeled and diced (same size as the turnips more or less)
3 cups cooked beans (see headnote)
1/8 teaspoon (or less- depending on taste) crumbled/mince dried cayenne pepper
¾ cup small pasta like tubetti or ditalini (very small, short little tubes) You could also break up spaghetti but you want a small-ish pasta for sure (optional)
5 cups (or more) bean cooking liquid, veggie bouillon broth, chicken stock or any stock or water
Snap peas (however many you want to use) cut into thirds on the bias
2 cups bok choy, thinly sliced (or turnips greens, thinly sliced)
Salt and freshly ground pepper
Chopped cilantro and spring onion for serving
Good olive oil for drizzling

Heat the butter and oil over medium high heat in a large pot. Saute onion and garlic gently, stirring often, until softened, about 8 minutes. Add the turnips and kohlrabi, the cayenne and a few pinches of salt and continue cooking for 3-4 minutes.

Add the cooked beans and all the broth or stock (or water) and bring to a simmer. Now add the pasta. About 3-5 minutes before the pasta will be done add the peas and bok choy. You're trying to time it so that the pasta and all the vegetables are tender at the same time but even if some things are a little softer than others it's a lovely soup. Taste and adjust seasoning.

Serve the soup drizzled with good olive oil and add some more good sea salt and the cilantro and spring onions.

Spring Veggie Ragout

Italians are brilliant with their vegetable preparation. They often cook them well (longer than has been popular here in the States for the last 15-20 years) and to fantastic effect. These are not the boiled-to-death vegetables our parents or grandparents cooked, but slowly sweated in a little fat of some kind with or without liquid.

Some of the vegetables in this week's share could be combined in this manner a ragout—a chunky sauté. And this is a great technique for CSA members year-round. Quantities are all approximations so use whatever you have or need/want to use up. Add some diced bacon at the beginning for a smokier, richer dish.

This could be served with a lovely bowl of beans.

2 tablespoons butter or olive oil
3 spring onions, thinly sliced (greens and all)
3 salad turnips, cut into medium dice or wedges
2 kohlrabi, peeled and cut into small-ish dice
1 bunch turnip tops, finely chopped
1 cup snap peas, cut into thirds on the bias
2 tablespoons butter or olive oil
Salt and pepper
Squeeze of lemon juice

Heat the butter or oil or a combination in a large skillet over medium-high heat. Add the onion and stir well and cook, covered for about 5 minutes until they start to soften. Turn the heat down if they begin to brown. Add the turnips and kohlrabi and a tablespoon or two of water and a few generous pinches of salt. Cover and cook gently over medium heat for about 5 minutes, then add the peas and the turnip greens and cook for another 5 minutes or so. If things dry out too much you can add a little more water. You want all the vegetables to be nice and tender. If they're falling apart a bit that's just fine. Adjust seasoning, add freshly ground pepper and a squeeze of lemon juice and drizzle with more good olive oil. Top with some grated Parmesan if you're feeling particularly decadent.

Cilantro Yogurt Sauce

I could put cilantro on anything. I especially love it made into a sauce by tossing ½ a bunch or so into a food processor (or chopping finally) with a ¼ - 1/3 cup of Greek yogurt (or plain, whole milk yogurt), some minced garlic, some lemon zest, salt, pepper and a little olive oil. This is delicious on any grains or fish or with steamed or roasted veggies. **It would be delicious over quinoa and gently braised salad turnips and snap peas this week.**