



47th Ave Farm CSA for the week of July 22, 2013

Those of you who have been reading these recipe packets for a while know how much I love homemade mayonnaise and aioli. And when green beans are in full swing I love nothing more than dipping perfectly cooked green (or yellow or purple!) beans in aioli and having purple potatoes to boil and do the same with is even better.

I included the Tropea onion notes from last week again. I've been adding Tropea onions to my salads, sauces, stir fries, . . . anything really. Enjoy them while they last.

Green Curry Summer Squash Soup
Homemade Mayonnaise and Aioli (with Perfectly Cooked Green Beans)
Purple Potato Salad with homemade Aioli and lots of Basil
Mizuna, Potato and Bean Salad (link)
Egg Salad Sandwiches with Mizuna and Tropea Onions
Oven-roasted Carrot Fries
Green Beans with Onion Butter
Quick Collards with Vinegar

Green Curry Summer Squash Soup

–adapted from Super Natural Everyday by Heidi Swanson

This is a delicious soup that will be extra beautiful with the purple potatoes this week.

4-5 medium zucchini or other summer squash like yellow crookneck or patty pan, sliced into 1/2 inch slices

1/2 a medium onions (sweet or regular yellow onion), thinly sliced

4-5 small potatoes, scrubbed and cut into small dice

3 cloves garlic, minced

1 – 2 heaping teaspoons green curry paste (Thai and True brand (local) or Mae Ploy or homemade!)

1 can full fat coconut milk

2 cups vegetable broth or stock

1/4 cup basil leaves, packed and roughly chopped (saving a bit for garnish)

salt

squeeze of lime juice to taste (optional)

Cooked white or brown, long grain rice

Put a large soup pot on medium high heat. Add about 3-4 tablespoons of the solid part of the coconut milk that makes up about the top fourth of the can, to the hot pan. Add the 1-2 teaspoons (depending on how much heat you want) of green curry paste and mash it up with the back of a spoon and blend it into the coconut milk. Fry this mixture for a couple of minutes until it becomes fragrant.

Add the sliced onion and fry for a few minutes until it softens. Add the squash and potatoes, several generous pinches of salt and cook, stirring often for 3-4 minutes. Then add the garlic, the remainder of the coconut milk and the broth. Bring to a boil, then turn down and simmer for about 10 minutes until the vegetables are tender. Add most of the basil (reserving some for a garnish) and cook for another minute or two. Adjust seasoning and add a squeeze of lime juice, if using.

Serve hot over rice and garnished with more basil.

Homemade Mayonnaise and Aioli (with Perfectly Cooked Green Beans)

Omit the garlic if you just want plain mayonnaise. Aioli is basically garlicky mayonnaise. Homemade aioli takes about 5 minutes to make and keeps well for a week. I've always made it by hand but recently did it in the food processor and it was great—it gets a bit stiffer (more store bought-like consistency but still wonderful) so by all means use that if you want. It's so delicious and endlessly useful and adaptable. Potato salad, deviled eggs, egg salad (below), sandwiches, spread for grilled fish, dressing for anything.

2 eggs yolks

4 cloves garlic (the French use way more so feel free to increase)

Salt and pepper

1 teaspoon Dijon-style mustard

3 teaspoon lemon juice or more to taste

About 1 ½ cups oil. I use a combo of two-thirds neutral oil like Sunflower and one-third good tasting olive oil. If you use all olive oil it tends to be too bitter and strong.

Mince garlic or mince and then mash, sprinkled with coarse salt, with the side of a chef's knife on a cutting board until you have a paste, or put through press or just start it in the food processor, if you're using it for the mayo.

Whisk the garlic into the eggs yolks with the lemon juice, mustard and salt and pepper. Then very slowly start adding the oil, almost drip by drip for a bit until you things get nice and emulsified. Then you can start adding the oil in a thin stream, whisking all the while (or do the same in the food processor). Same process goes for the food processor.

Traditionally aioli is served as a dip with raw and steamed vegetables. This week it could be the beans, potatoes, steamed carrots, and quickly sautéed squash.

Perfectly Cooked Green Beans

Perfectly-cooked-green-beans is a rather subjective thing. My idea of a perfectly cooked green bean for most preparations—to use in the Bean and Potato dish below or simply to dip in homemade aioli—is to cook them in lots of generously salted, rapidly boiling water for about 4-6 minutes (depending on how big your pot and how much water i.e. how quickly the water returns to a boil and the size of your beans—taste to be sure). Cooking really brings out the flavor in green beans and after 5 minutes you lose the “squeak” that you get if they're not quite done enough. You want a big pot of water so the water returns to a boil right after you add the beans and it's important to salt the water well, about 1 ½ tablespoons of kosher salt for a 6 quart pot of water. Drain them after 4-6 minutes and run under cold water (depending on how big your pot and how much water i.e. how quickly the water returns to a boil and the size of your beans—

taste to be sure). I don't bother with the ice-bath method but you certainly can. Put out onto a dry dishtowel and pat dry.

Purple Potato Salad with homemade Aioli and lots of Basil

6 potatoes (or more or less –scalable as usual), well scrubbed
½ Tropea onion, diced
½ cup basil leaves, packed and roughly chopped
1/3 cup (more or less) aioli (above recipe)
2 teaspoons Dijon-style mustard
1 tablespoon red wine vinegar
Salt and freshly ground pepper

Cook the potatoes until just tender, drain and let cool. Cut into bite-sized pieces when cool enough to handle. Soak the onion in ice water for 10 minutes. Drain well.

In the bottom of a salad bowl mix the aioli, mustard, s & p, and vinegar. Add the potatoes and onions and basil and gentle mix. Taste and adjust seasoning.

Mizuna, Potato and Bean Salad (link)

<http://smittenkitchen.com/blog/2009/07/arugula-potato-and-green-bean-salad/>

This recipe calls for arugula, green beans and yellow potatoes, however, purple potatoes, mizuna and whatever color beans you have this week substitute perfectly. The walnuts are a key addition.

Egg Salad Sandwiches with Mizuna

Rich egg salad is perfectly balanced with spicy greens like mustard.
4 barely hardboiled eggs, chopped (I cover eggs in cold water, bring to a boil, turn off heat and let sit in hot water for 8-9 minutes, then rinse in cold water and peel)
3 tablespoons homemade aioli (see above) or regular store-bought mayonnaise
2 teaspoons Dijon-style mustard
Salt and pepper to taste (you won't need much since the aioli is well seasoned)
Any chopped fresh herbs you have on hand (optional- chives, basil, parsley, tarragon, oregano are all wonderful)

Mizuna
Thinly sliced Tropea onion (optional)
Good, crusty bread

Stir the aioli/mayonnaise and mustard together then fold in eggs, seasonings and herbs, if using. Taste and adjust seasoning.

Toast bread if on the older side or if you just like it that way (as I do). Spread generously with egg salad and top a bit of onion, if using and lots of chopped greens. Eat open faced or not. Drizzle with a little olive oil and a little salt (for the greens) if you'd like. Enjoy!

Tropea Onion Notes & Tropea Onions Roasted under Salt

This delicious crisp sweet onions are from Southern Italy. They are wonderful grilled simply with olive oil and salt. They are also delicious made into an onion jam, cooked slowly and then finished with a little balsamic or sherry vinegar. They would also be delicious on a burger or any sandwich or salad.

I found this fun blog post (<http://cookingwithrosetta.com/?p=2806>) and cooking technique while brushing up on these wonderful onions. I haven't tried this method but it sounds wonderful.

Oven-roasted Carrot Fries

These carrots are so good and they get even sweeter roasted in the oven with just a little spice. Better than any french fry!

Preheat oven to 400 degrees.

Scrub but don't peel carrots, however many you want and cut into carrot sticks. In a small bowl mix together a bit of ground cumin, paprika or pimenton (smoked Spanish paprika) and salt. In a large bowl mix the carrot sticks with the spice mixture, as evenly as you can. Then mix in a tablespoon or two of olive oil and spread the carrots on a sheet pan. Bake, tossing occasionally until tender and crisped a bit around the edges.

Serve with a squeeze of lime juice if you want.

Green Beans with Onions cooked in Butter

Green, Yellow or Purple Beans (or any combination), trimmed and cut into thirds

1 Tropea onion (or more if you're using lots of beans), trimmed and diced

1-2 tablespoons butter, depending on how many beans you're using

Salt

A little white wine or champagne vinegar

Cook the beans according to the directions above or your own method. Drain.

In a sauté pan melt the butter and add the onion and cook for about 5-8 minutes until softened. Don't let them brown if you can help it. Add a small splash of vinegar and then add the beans. Mix well, taste and adjust for salt and serve immediately.

Quick Collards with Vinegar

Cutting the collards into thin strips is the key here. You get a lovey, fluffy pile of greens that complements most anything. And the onions add a nice sweetness to offset the vinegar

1 large bunch collard greens, ribs removed if tough, cut into a chiffonade (fine ribbons), rinsed

Coarse sea salt

1 tablespoon extra-virgin olive oil

2 cloves new garlic, minced

1 Tropea onion, trimmed, quartered and thinly sliced

1 tablespoon red wine or sherry vinegar (or more to taste)

Bring a large pot of salted water to boil over high heat. Add the collards and cook, uncovered, for about 4-5 minutes, until softened. Remove the collards from the heat, drain. Run cold water over greens to stop the cooking and set the color of the greens. Drain.

In a medium sauté pan over medium heat, warm the oil. Add the onion and sauté for 3 minutes or so, then add the garlic and sauté for one more until fragrant. Add the collards and a 1/2 teaspoon salt. Sauté for 3 minutes, stirring frequently.

Add the vinegar and cook for an additional 15 seconds. Season with additional salt and/or vinegar to taste if needed and serve immediately. (This also makes a tasty filling for quesadillas.)