



47th Ave Farm CSA for the week of September 23, 2013

It's pepper week and salsa week! Lots of ideas for using your variety of peppers and tomatoes. **I didn't include a recipe for the Brussels Sprout tops but you can just sauté this with a little garlic. They're so sweet and delicious. Or you can add them to soups or stir fries or put them in quesadillas or a veggie hash with some potatoes and bacon.** Happy Fall!

Tomatillo Salsa

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Tomato, Onion and Cucumber Salad

Roasted Salsa

Roasted Tomatoes (for freezing or immediate use)

Tomatillo Salsa

--from my friend Jody Berry

Feel free to halve the recipe or change the ratios a bit. It will be delicious no matter what.

2 lbs tomatillos - husked and sliced into half if large
2 med Walla Walla sweet onions or other onions, peeled and cut in half lengthwise
4-6 jalapeños (or other similar peppers—Czech black, etc.)
1 garlic bulb
1 cup fresh cilantro
juice of 1-2 limes
1-2 teaspoons sea salt

Over a charcoal fire or in a very hot oven or under the broiler, roast the tomatillos, onions, garlic and peppers until charred and soft. Put them into a bowl or container with a lid or cover with foil to let it steam and get juicy.

When cool enough to handle, peel the garlic and de-stem the jalapeños. If you like your salsa spicy, add the seeds inside or leave them out if you like it milder.

In a food processor, pulse all ingredients (including all those juices in the container) until combined and still chunky. Taste for acidity and salt and adjust if necessary.

This freezes well too.

Anaheim and Poblano Notes

I would suggest roasting both your Anaheim and poblano peppers at once and then you'll have them on hand to add to salsa, sauces, salads or use them in the Green Rice below. I roast mine under the broiler, turning them regularly to evenly blacken all sides. Then you can set

them in a bowl and cover them to steam a bit more. This also loosens the skin a bit. Then peel and deseed and you're ready to go. I find Anaheims vary in their heat level so taste a little and see and then judge how much to use.

Poblanos are a bit fleshier than Anaheims and a bit smokier in flavor. They pair beautifully with eggs, potatoes, creamy dishes and of course tomatoes.

Chile Rellenos

This is a simpler cheese-filled preparation. The really classic one is to fill the roasted and peeled peppers with picadillo, a spiced pork, fruit and nut filling, like this one from Diana Kennedy: <http://www.recipesource.com/ethnic/americas/mexican/chile-rellenos4.html>

This one is with cheese is delicious though so by all means try it.

8 Poblano chiles, roasted and skins removed
1 (15 oz) package queso fresco cut into 8 equal pieces
6 eggs, separated
½ cup flour (optional)*
toothpicks for sealing chiles
oil for frying (sunflower oil work well)

4 medium tomatoes
¼ cup finely chopped onion
2 garlic cloves
¼ tsp whole cumin seed
½ tsp dried mint
salt to taste

*Chiles may or may not be rolled in flour before being battered and fried. Use flour if a thicker coating is preferred.

Pour oil into a heavy-bottomed frying pan to a depth of about ½ inch and heat to medium-high heat. Meanwhile, take whole roasted chiles and carefully make a length-wise slit into each one and carefully remove the seeds and membranes. Place a thick slice of queso fresco into each chile and close the seam well using a toothpick (or two) to secure the edges. Next prepare the batter by whipping egg whites until stiff. Beat yolks and carefully fold into stiff whites. Check oil by dropping a little bit of egg batter into it. If oil bubbles immediately, then it is ready. Once the oil is ready begin battering chiles. If using flour step, roll chiles in flour and shake to remove any extra. Next dredge floured chiles through egg batter, making sure it is evenly coated. Immediately place chile in hot oil, seam side down. Fry until egg batter coating has set completely and has turned golden brown on all sides (about 2-3 minutes on each side depending on temperature of oil). Remove chile from oil and drain on paper towels. Repeat process with all chiles, frying in small batches, being careful not to overcrowd the frying pan.

While chiles are draining, preheat oven to 350 degrees. Next, place tomatoes in a small saucepan, cover with water, and bring to a boil. Cook tomatoes until they have softened all the way through and the skins begin to fall off. Place onion, garlic, cumin seeds and mint into blender jar. Remove tomatoes from cooking liquid, remove skins, and place in blender jar with other ingredients. Add in 1-2 cups cooking liquid and blend well. Salsa should be thin and watery but still well seasoned. Check for salt. Set salsa aside.

Place chiles in an oven-safe casserole dish, gently pour salsa over them and cover tightly with aluminum foil. Bake for 30-35 minutes. Serve immediately.

Green Chilaquiles With Chicken and Potatoes

--adapted from Martha Rose Shulman

1 medium boneless, skinless chicken breast (6 to 8 ounces), poached and shredded
2 cups Tomatillo salsa (above)
1 tablespoon olive oil
2 1/2 cups chicken or vegetable stock
5-6 potatoes, scrubbed and sliced fairly thinly
8 corn tortillas, toasted in an oven and broken into small pieces
1/2 cup Greek yogurt or crumbled queso fresco
chopped cilantro

Poach the chicken breast, shred or cut into small dice and set aside.

Heat the oil in a large, heavy skillet over medium-high heat. Drizzle in a drop of oil to test the heat. If it sizzles and sputters immediately, the oil is hot enough. Add the salsa verde and stir constantly until it thickens and begins to stick to the pan, about five minutes. When you run your spoon down the middle of the pan it should leave a canal. Stir in the stock, bring to a simmer and simmer 10 minutes, stirring often. Add the potatoes and simmer, stirring often, until tender, about 10 minutes. The sauce should coat the front and back of your spoon. Stir in the chicken and heat through. Taste and adjust seasoning. Just before serving bring to a simmer and stir in the tortilla chips. Garnish with the yogurt or cheese and chopped cilantro. Serve at once.

Cabbage with Crispy Potatoes and Fried Egg

Serves 4

This is particularly good with the Austrian Crescent potatoes. It's so simple and so good. I grew up eating variations of this dish in Germany. The quantities are all approximations. Use what you have, increase, decrease to suit your tastes and/or what you have on hand. The addition of caraway seeds makes it very typical but it's lovely with or without. The sweetness of cabbage cooked this way is remarkable. I tend to eat too much of this when I make it and the cabbage is definitely my favorite part.

2 tablespoons olive oil
1/2 a medium green cabbage, halved again, heart removed and cut into 1/2-inch ribbons
5 or so potatoes, scrubbed and cut sliced 1/2-inch thick or so
1/2 medium onion, chopped
1 teaspoon caraway seeds (optional)
4 eggs (or whatever you want to use/# of people you're serving)
Salt and freshly ground pepper

Heat 1 tablespoon of oil in a heavy-bottomed skillet. Add the onions and caraway seeds and cook for about five minutes. Add the potatoes and a generous pinch or two of salt and sauté over medium-high heat, uncovered and stirring frequently until the potatoes are tender and crispy—about 15 minutes. You may need to add a little oil to prevent the potatoes from sticking and/or turn the heat down a bit.

Meanwhile, in another large skillet, heat the other tablespoon of olive oil, add the cabbage and several pinches of salt and cook over medium-high heat stirring frequently until the cabbage is tender and starting to brown, about 10-15 minutes. You may need to add a splash of water to keep from sticking/burning. Adjust seasoning.

When the cabbage is almost done, push the potatoes and onions over to one side of the pan, add a little oil to the “open area” of the pan and fry your eggs there. If you don't have enough room just move the potatoes and onions over to one side of the pan with the cabbage. Saves washing another pan. Serve the potatoes on a bed of cabbage with a grind of pepper and top with an egg and more pepper and a little good salt and olive oil if you'd like.

Tomato, Onion and Cucumber Salad

My mother makes great big platters of this, completely simple composed salad this time of year.

Tomatoes
Sweet Onions
Cucumbers
Feta
Basil or dill or chives, finely chopped (cilantro would work too)
Olive oil
Red wine vinegar (or balsamic)
Salt and Pepper

Thinly slice tomatoes into rounds, on the equator, so you keep in the juice
Thinly slice some onion and cucumbers and sweet peppers, if using.

Arrange the sliced veggies, barely overlapping on a big plate or platter however you'd like; mixed up or in separate sections. Mix the oil, vinegar, salt and pepper and drizzle over the veggies, generously. Sprinkle herbs over the veggies and crumble some feta over all of it.

Eat with good, crusty bread and make sure to soak up the dressing left at the end with some bread.

Roasted Salsa

This is a nice variation to the fresh pico de gallo like salsas. The roasted peppers and garlic add nice depth and smoky flavor, much like the tomatillo salsa above.

2 jalapenos
3 cloves garlic cloves, unpeeled
1 ½ lbs tomatoes, diced (either heirloom or new girl slicers)
1/3 – ½ cup chopped cilantro
Salt
Fresh lime juice (about 2 tablespoons)

Dice the tomatoes and put them in a strainer over a bowl and let sit while you prepare the rest of the salsa.

In a dry, ungreased skillet over medium heat roast the garlic cloves (unpeeled!) and jalapenos. You want them to get brown, in spots here and there and to soften and do it fairly slowly. The

garlic will take 12-15 minutes and the peppers about 10. You want to turn both frequently to evenly brown and soften them.

When the garlic and peppers are done, peel garlic and remove stems from jalapenos. If you're very averse to spice you can remove seeds and membranes from peppers but they add lots of flavor and a nice warm heat so leave them in if you can. Now you can either chop them both very finely or process briefly in a food processor.

Shake the tomatoes around in the strainer a bit just to remove a little of the juice. Now either finely chop them or toss them briefly in a processor as well. Mix with the remainder of the ingredients and taste and adjust for seasoning with lime juice and salt.

Roasted Tomatoes

(to use immediately or to freeze)

I process about 30-40 lbs of tomatoes in this fashion each year. I use this method for slicers, heirlooms, sauce tomatoes and even cherry tomatoes (which turn out like candy). The heirlooms take longer since they have more moisture but they are delicious. It is a very low stress way of preserving lots of tomatoes if you have the freezer space. Small quantities are easy to make too. There's no peeling, canning, or chopping. And the results are so tasty. I've been doing small batches so I can keep up with my garden the last several weeks.

Cut tomatoes in half (on the "equator") and place them cut-side up on a sheet pan. Pack as many as you can onto a sheet pan (with at least 1/2 inch sides). Drizzle with olive oil and sprinkle generously with salt. Roast at 400 degrees about 2-3 hours until they are about half their original size, are still moist but a bit caramelized around the edges. It will depend on the size/kind of tomato how long this takes.

Now if you're going to use them right away you can chop them or they may just fall apart and then you can use them as a sauce for pasta or rice or most anything. Add some fresh basil and a little fresh, minced garlic to offset the sweetness if you'd like. A dash of balsamic vinegar is good too.

If you are going to freeze them, let them cool on the sheet pans and then put the pans in the freezer. When tomatoes are firm remove, pick them off the tray and pack them in freezer bags or containers. Use as needed all winter long, chopped up in sandwiches (grilled cheese is wonderful with them), quesadillas, soups, sauces, finely chopped in a salad dressing, as a soup base, etc.