



47th Ave Farm Winter CSA for the week of November 7, 2013

Happy Winter Share everyone!

Caldo Verde (Portuguese Cabbage and Potato Soup with Chorizo)
White Bean, Red onion and Parsley Salad with Oregon Albacore
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Caldo Verde (Portuguese Cabbage and Potato Soup with Chorizo)

—adapted very slightly from Tender, by Nigel Slater

Savoy cabbage is my favorite for this dish though you can use regular green cabbage or kale as well. One chorizo is really plenty to flavor this soup well but if you've got meat lovers at the table feel free to toss in another. If you'd like to make this without the meat, I would add a teaspoon or two of smoked Spanish paprika (Pimenton) and another clove or two of garlic at the beginning. This soup is even better the next day even though it's not going to win any beauty contests.

Serves 4

Olive oil

1 medium onion, diced

2 cloves garlic, thinly sliced

3 -4 medium potatoes

6 cups broth or water

2 bay leaves

1 chorizo sausage (about 4 oz.), cut into thin rounds (see headnote)

5 cups cabbage, cored and cut into thin strips

Salt and pepper

Good olive oil for drizzling

Sauté the onion and garlic over medium-low heat in a large pot in a bit of olive oil until soft, about 10 minutes. Add the potatoes and cook for a few more minutes before adding the water (or broth), bay leaves and salt and pepper. Bring to a boil, then turn down and simmer for about 20 minutes or until the potatoes are quite soft. Meanwhile fry the slices of chorizo in a small pan until they are crisp and the fat has been rendered.

Mash the potatoes in the pot with a fork or potato masher until partially broken down. You want the potatoes to thicken the soup but also leave plenty of lumps. Add the cabbage and cook for a few minutes until tender. Add the chorizo, adjust for salt and serve the soup drizzled with good olive oil and another grind of pepper.

White Beans, Red Onion and Parsley Salad with Oregon Albacore

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.

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

1 or 2 (5 or 6-ounce) cans tuna (preferably Oregon Albacore)
3 cups cooked white navy or cannellini or other white beans or 2 (15-ounce) cans, drained and rinsed
1-2 cups parsley leaves, just slightly chopped
2 tablespoons capers, 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 (soaked in ice water for 20 minutes to remove some of the onion's bit if you have sensitive eaters)
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 parsley to tuna mixture and toss gently. Serve with good, crusty bread.

Roasted Pepper Sauce

This is reminiscent of a Romesco sauce but with different peppers. It's a zippy sauce and so and it's delicious with many things including fish or steak tacos or shrimp or roasted potatoes. It would be delicious with stewed black or pinto beans or with eggs as in chilaquiles. . .

2-3 Anaheim peppers, broiled until black and blistered, deseeded and peeled
2-3 Bulgarian Carrot chilies, broiled until black and blistered, deseeded and peeled
3 cloves garlic, roughly chopped and fried in olive oil until golden brown and removed from pan
1 thick slice crusty bread, fried in the garlic oil
1/4 cup toasted pumpkin seeds
about 2-3 tablespoons red wine vinegar
good glug of olive oil
Salt

Process everything until smooth in a food processor. Taste and adjust seasoning. It should have a good vinegary kick.

Watermelon Radish Note

This beautiful radish is greenish white on the outside and pink on the inside. It's good both cooked and raw but does lose its bright color when cooked. Though braised or roasted or mashed it's plenty good. It is a beautiful addition to salads or kimchi or a quick pickle of some kind.

Spicy Cabbage and Watermelon Radish Slaw

Two-thirds of the items in your share this week combine here beautifully for a wintery slaw. Adapt the ratio of ingredients to suit your tastes or what you have on hand.

5 cups finely shredded savoy cabbage
1 cup, grated or julienned watermelon radish
1-2 Bulgarian Carrot chilies, deseeded and minced (base on your taste for heat)
1 carrot, grated or julienned (optional)
1 stalk celery, very thinly sliced
¼ red onion, very thinly sliced or finely diced

3-4 tablespoons mayonnaise or Greek yogurt or sour cream
2 tablespoons cider vinegar
1 tablespoon olive oil
handful of chopped parsley
Salt and freshly ground pepper
Toasted pumpkin or sunflower seeds (optional but delicious)

Combine all the veggies in a large bowl. Mix the dressing ingredients in a small one and toss everything together and finally stir in seeds, if using. Taste and adjust seasoning.

Moroccan-Spiced Spaghetti Squash

--adapted from Gourmet

This is a lovely light dinner with sautéed cabbage or Brussels sprouts on the side.

Serves 4

1 large spaghetti squash, cut in half lengthwise, seeds and strings scooped out
3-4 tablespoons unsalted butter, cut into pieces
2 garlic cloves, minced
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1/8 teaspoon cayenne
3/4 teaspoon salt
2 cups cooked, drained chickpeas
2 tablespoons chopped parsley

Preheat oven to 400 degrees.

Roast the squash, cut side down on an oiled baking sheet until tender when pierced with a knife—about 40 minutes.

Meanwhile, melt the butter in a small saucepan over medium heat. Add the garlic and chickpeas and cook, stirring, until the garlic is just golden and the chickpeas are warmed. Stir in the spices and salt and remove from heat and cook for another minute and then remove from heat.

Working over a bowl, scrape squash flesh with a fork, loosening and separating strands as you remove it from skin. Toss with the spiced butter, chickpeas and parsley.

Classic Ragu Bolognese

With the celery, onions, and carrots in your share this time around, you have a great excuse to make this rich and storied sauce for pasta.

2 tablespoons good olive oil
2 medium onions, finely chopped
2 celery stalks, finely chopped
2 carrots, peeled, finely chopped
10 ounces ground beef
4 ounces ground pork
3 ounces thinly sliced pancetta, finely chopped
1/2 cup dry red wine
3 cups (about) beef stock or chicken stock, divided
1 1/2 cups pureed tomatoes
black pepper
1 cup whole milk
1 pound tagliatelle or fettuccine (preferably fresh egg)
Finely grated Parmesan (for serving)

Heat oil in a large heavy pot over medium-high heat. Add onions, celery, and carrots. Sauté until soft and turning golden, about 15 minutes. Add beef, pork, and pancetta; sauté, breaking up with the back of a spoon, until browned, about 15 minutes. Add wine; boil 1 minute, stirring often and scraping up browned bits. Add 2 1/2 cups stock and tomatoes; stir to blend. Reduce heat to very low and gently simmer, stirring occasionally, until flavors meld, 1 1/2 hours. Season with salt and pepper.

Add milk to the sauce. Cover sauce with lid slightly ajar and simmer over low heat, stirring occasionally, until milk is absorbed, about 45 minutes, adding more stock by 1/4-cupfuls to thin if needed.

Bring a large pot of water to a boil. Season with salt; add pasta and cook, stirring occasionally, until 1 minute before al dente. Drain, reserving 1/2 cup pasta water. Transfer ragu to a large skillet over medium-high heat. Add pasta and toss to coat. Stir in some of the reserved pasta water by tablespoonfuls if sauce seems dry. Divide pasta among warm plates. Serve with Parmesan.

Dijon-Braised Brussels Sprouts

--adapted from smittenkitchen.com

This is worthy of the Thanksgiving table and I would happily eat it and a few other sides and skip the turkey. This dish is complex and lovely.

Serves 4 as a side dish

1 pound Brussels sprouts
1 tablespoon unsalted butter
1 tablespoon olive oil
Salt and freshly ground black pepper
1/2 cup dry white wine
1 cup vegetable broth (I use homemade veggie bouillon, recipe below)
2 to 3 shallots, peeled and thinly sliced (or the equivalent amount of regular onion)
2 tablespoons heavy cream
1 scant tablespoon smooth Dijon mustard (or more to taste)

Trim sprouts and halve lengthwise. In a large, heavy 12-inch skillet heat butter and oil over moderate heat. Arrange halved sprouts in skillet, cut sides down, in one layer. Sprinkle with salt and pepper, to taste. Cook sprouts, without turning until undersides are golden brown, about 5 minutes. (If your sprouts don't fit in one layer, brown them in batches, then add them all back to the pan, spreading them as flat as possible, before continuing with the shallots, wine, etc.)

Add the shallots, wine and stock and bring to a simmer. Once simmering, reduce the heat to medium-low (for a gentle simmer), cover the pot and cook the sprouts until they are tender can be pierced easily with the tip of a paring knife, about 15 minutes.

Remove the lid, and scoop out Brussels sprouts. Add cream and simmer for three or so minutes until slightly thickened. Whisk in mustard. Taste for seasoning, and adjust as necessary with more salt, pepper or Dijon. Return Brussels sprouts to the pan and if sauce is a little thin, simmer for another minute or two and then serve hot.

Simple Garlicky Collards

--from 101cookbooks.com

The collards are so tender and sweet right now you don't need to do much to them. And even the stems are so tender and sweet that you don't need to remove them or the spine. This is a classic preparation for any wintry leafy greens. Push the greens to the side of the pan and fry a couple of eggs or add some sliced sausages and you have my idea of the perfect post holiday meal.

If you don't have or don't want to use the Parmesan cheese, toasted almonds or pine nuts are a great substitution (or addition).

1 large bunch of collards, washed and roughly chopped (you can chop the stems much finer if you'd like to ensure they all cook in the same amount of time) 2 tablespoons extra-virgin olive oil Sea salt

5 cloves of garlic, crushed and chopped 1/4 cup Parmesan cheese (optional –see headnote)
Crushed red pepper flakes

Hold off cooking the greens until just before eating. Then, in a large skillet heat the olive oil. Add a couple big pinches of salt and the greens. They should hiss and spit a bit when they hit the pan. Stir continuously until their color gets bright green, and they should collapse - maybe five minutes. Then, just a minute before you anticipate pulling the skillet off of the heat, stir in the garlic. Sauté a bit, remove the pan from the heat, stir in the Parmesan, and add a big pinch of crushed red pepper flakes. Taste, add a bit of salt if needed, and serve immediately if not sooner.

Spiced Carrot Muffins

--slightly adapted from Chef Kathryn Yeoman's, the Farmer's Feast

Yield: about 15 muffins

These are easy to make and wonderful to send in school lunches (or grown-up lunches) and to just have around for snacks or breakfast on the run. You can make a double batch and wrap and freeze many of them. I've reduced the amount of sugar from the original recipe. Feel free to use as much as 1 ¾ cups if you'd like them a bit sweeter. I also use olive oil instead of canola but either will work fine.

You can also substitute grated apple or pear for half of the grated carrot quantity. The spices are perfect for those fruits as well.

1 cup all purpose flour
1 cup whole wheat pastry flour
2 teaspoons baking soda
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1 teaspoon ground cardamom
½ teaspoon salt
1 cup sugar
2/3 cup olive or canola oil
4 eggs
4 cups grated carrots (large holes of box grater or food processor)
1 cup chopped walnuts (optional)

Preheat oven to 350 degrees. Butter muffin tins or line with paper liners.

Whisk together flours, baking soda, spices and salt in a medium bowl. In a large bowl whisk eggs, oil and sugar until well blended. Add the dry ingredients and stir to just combine and then stir in grated carrots and walnuts, if using.

Fill muffin cups with batter and bake muffins about 22- 25 minutes, until a toothpick inserted into the center comes out clean. Remove muffins from pan and let cool completely on wire rack.