



## **47<sup>th</sup> Ave Farm Winter CSA for the week of December 16, 2013**

Strong flavors this week—miso, pomegranate molasses, mustard, horseradish, vinegars—all of them fun. Happy cooking!

**Brussels Sprouts with Lemon Zest, Shallots and Parsley Butter**  
**Winter Salad of Kale, Roasted Delicata Squash, Pumpkin Seeds and Avocado**  
**North African Squash and Chickpea Stew**  
**Beets with Yogurt and Horseradish**  
**Pomegranate Glazed Carrots**  
**Miso-Creamed Kale**  
**Squash and Onion Toast (or Pasta or ?)**  
**Potato Soup with Fried Almonds**  
**Celery Root Remoulade**

### **Brussels Sprouts with Lemon Zest, Shallots and Parsley Butter**

I love Brussels sprouts and they are quickly dressed up with this savory compound butter. Compound butters are a great way to enliven anything from vegetables to fish to toast.

1 lb. Brussels sprouts, cleaned trimmed and cut in half lengthwise  
2 tablespoons olive oil  
1/3 cup water (or more as needed)  
Salt

For the compound butter:

4 tablespoons butter (1/2 a stick) softened  
1/2 teaspoon lemon juice  
2 teaspoons whole grain or Dijon-style mustard  
A little finely grated lemon zest  
1 tablespoon shallot, finely minced  
1 ½ tablespoons finely minced fresh parsley  
Salt and pepper

In a small bowl mix all the ingredients together well. If you are not using the butter immediately then roll it into a fat log and wrap it in plastic wrap and refrigerate.

Heat the olive oil in the large skillet you have and place the Brussels sprouts in the pan in one layer cut side down. You can squeeze them in pretty well and if a few are overlapping that's ok. Sprinkle with salt. Now cook undisturbed and covered on medium high heat for about 3 minutes. You'll start smelling them. You can to get a really good browning on the cut side without burning them. The time it takes will depend on your pan and stove. When they are well browned, add the water and cover the pan again and turn the heat down to medium. Simmer for about 7 minutes or until they are tender but still hold their shape. You may need to add a bit more water. Uncover and let the water evaporate if they're tender and you still have liquid.

Stir in about 2/3 of the compound butter and turn off the heat. Taste and adjust seasoning with more salt, butter, etc.

### **Winter Salad of Kale, Roasted Delicata Squash, Pumpkin Seeds**

The sweet roasted squash, the sturdy kale, the avocado that turns the dressing creamy and the pop of the lime juice and pumpkin seeds is a lively combination this time of year. It also keeps well, unlike most salads.

1 small bunch kale, well washed and dried, stems removed if tough and very thinly sliced  
1 small ripe avocado  
2 cloves garlic, minced  
Juice of 1 lime (start with a little less and then add to taste)  
1 small/medium delicata squash, halved lengthwise, seeded and cut into ¼-inch half rounds  
Olive oil  
Salt and freshly ground pepper  
½ cup toasted pumpkin seeds (toast in a dry skillet over medium to med-high heat, stirring often, until popping and starting to brown—about 8 minutes.

Preheat oven to 425 degrees. Bake the squash slices in a single layer on a baking sheet with just a drizzle of oil and sprinkling of salt. Bake, turning once, for about 15 minutes or until tender and just starting to brown.

Put the kale in a large salad bowl. Add the kale and diced avocado and squash slices (warm is fine).

Mince or press or mash the garlic until very fine and put in a small bowl. Stir in the lime juice, about 3-4 tablespoons of good olive oil and plenty of salt and pepper. Stir well and dress the salad and work it in well. Taste and adjust seasoning with more lime juice and/or salt and pepper. Stir in the pumpkin seeds.

### **North African Squash and Chickpea Stew**

--adapted from River Cottage Veg by Hugh Fearnley-Whittingstall

I just got this fabulous book and I can't wait to share more adaptations of recipes with you from this beautiful book.

2 tablespoons olive oil  
1 large onion, diced  
2 cloves garlic, minced  
1 teaspoon of freshly ground black pepper  
1 teaspoon of ground turmeric  
½ teaspoon cinnamon  
½ teaspoon ground ginger  
½ cup red lentils  
2 cups cooked chickpeas (or one 14-ounces can), drained  
8 saffron strands – toasted and crushed  
2 cups canned tomatoes (crushed preferably)  
A handful of parsley, chopped  
A large bunch of cilantro, chopped, stems and all

3 cups (more or less) seeded kabocha squash cut into thumb-sized chunks (I know many don't peel kabocha squash and this would be a good dish to not have to so feel free to leave it on and see what you think. I have not tried it but did sample some roasted kabocha with skin on at the farmers' market and it was fine)  
5 cups vegetable stock (or water)  
1/3 cup orzo or other small pasta

Heat the oil in a large pan on a medium heat. Add the diced onions and sauté until golden brown, then turn the heat down to medium-low. Add the garlic, pepper, turmeric, cinnamon and ginger, and warm until fragrant, a few minutes.

Add the lentils, chickpeas, saffron, tomatoes, parsley and half the cilantro, then cook on a low heat for 15 minutes.

Add the squash to the pan with the stock and cover and simmer for about 30 minutes. Add the pasta and simmer until cooked. Season with salt and pepper.

Serve, garnish with the remainder of the cilantro.

### **Beets with Yogurt and Horseradish**

I love this combination—the bite of the horseradish and the sweet earthiness of the beets. I do not give quantities below but just taste and adjust. How much horseradish to use is really a matter of taste. Start modestly and increase to your liking. The dressing also gets stronger as it sits. I would probably start with 2-3 teaspoons of finely grated horseradish for 1/3 cup yogurt for about 3 medium-sized beets.

However many beets you want to use  
Full-fat plain Greek or regular yogurt  
Finely grated fresh horseradish (some of you probably got some from Ayers Creek Farm at Hillsdale on Sunday)  
Garlic, minced or mashed  
A little minced onion (optional)  
Salt  
Pepper  
Toasted walnuts, broken up (optional)  
Watercress or mache or any other green (optional)

Roast or boil your beets until very tender. Let cool and then peel and cut into wedges or chunks.

In a small bowl mix yogurt, horseradish, garlic, onion if using, salt and pepper. Taste and stir into the beets. Top with walnuts and some greens if you'd like.

### **Pomegranate Glazed Carrots**

--from Food52

I bought a bottle of pomegranate molasses (I'm sure inspired by reading Jerusalem, the wonderful book by Ottolenghi and Tamimi) and but hadn't used it yet and then I saw this quick recipe. It's a lovely twist on regular ol' roasted carrots. I used a mix of carrots and parsnips when I made this and love both so if you get parsnips in your share by all means add some. And I'm sure celery root would be good in this preparation as well.

And of course adjust the quantities as you see fit. It scales up or down easily.

5-6 carrots, scrubbed and cut lengthwise into quarters (or halves if they are small)—you want long-ish spears  
Parsnips and or celery root (see headnote)  
1 tablespoon butter  
1 tablespoon olive oil  
1 1/2 tablespoons pomegranate molasses (more or less)  
Handful of thyme sprigs  
Salt

Preheat oven to 400.

Put the vegetables in a cast iron skillet or other ovenproof dish. Sprinkle with salt, drizzle over olive oil and molasses and put the butter on top of the carrots. Finally toss in the thyme sprigs. Roast, shaking the pan occasionally for about 20 minutes or until tender and browning in places. Adjust seasoning.

### **Miso-creamed Kale**

--adapted from Food52 and contributed by Portland Chef Trent Pierce

2 tablespoons butter, divided  
1 onion, thinly sliced  
2 cloves garlic, thinly sliced  
1 bunch kale, stems removed, roughly chopped (you should have 4 to 6 cups packed kale)  
1/2 cup shiitake mushrooms  
1 tablespoon soy sauce  
1/4 cup dry vermouth or white wine  
1/2 cup heavy cream  
1 tablespoon white (shiro) miso, or more to taste  
Salt and freshly ground black pepper

Place 1 tablespoon of the butter in a large, heavy-bottomed pan over medium heat. When melted, add the onion and garlic. Cook over low heat without letting the garlic and shallots color, about 3 to 4 minutes. Add the kale and continue to cook for a few more minutes until wilted. If it won't all fit in the pan, just add what's left after it's cooked down a bit.

Meanwhile, in a small pan set over medium-high heat, melt 1 tablespoon of butter. Add the mushrooms and cook until softened and cooked through, about 5 minutes. If the mushrooms become too dry, add little splash of water. Stir in the soy sauce, cook another minute and turn off the heat. Once the kale is wilted and soft, increase the heat to medium high, add the vermouth or wine and cook until it's just evaporated, about 1 minute. Add the cream and miso, stirring until completely incorporated. Reduce heat to medium and cook about 2 more minutes until the sauce reduces slightly and tightens up the around the kale. Taste for seasoning, add salt and pepper if you like (but don't forget the mushrooms have soy sauce). Place the kale on a serving dish and scatter the mushrooms over the top. Serve immediately.

### **Squash and Onion Toast (or Pasta or ?)**

--adapted from Jean Georges Vongerichten via The Wednesday Chef

For this dish I think you should peel the squash. You can just eat this as a side dish and skip the toast or pasta. It's delicious!

1 2 1/2- to 3-pound kabocha peeled, seeded and cut into pieces 1/8- to 1/4-inch thick  
1/2 cup good olive oil  
1/2 teaspoon red chile flakes, more to taste  
3 teaspoons kosher salt  
1 yellow onion, peeled and thinly sliced  
1/4 cup apple cider vinegar  
1/4 cup maple syrup  
4 slices country bread, 1-inch thick  
1/2 cup ricotta  
Coarse salt  
4 tablespoons chopped mint (optional—can use parsley or cilantro too)

Heat the oven to 450. Combine the squash, 2-3 tablespoons olive oil, chile flakes and 2 teaspoons of salt in a bowl and toss well. Transfer the mixture to a parchment-lined baking sheet and cook, stirring once, until tender and slightly colored, about 15 minutes or a little longer. Remove from the oven.

Meanwhile, heat another 2-3 tablespoons olive oil over medium-high heat, add the onions and remaining teaspoon salt and cook, stirring frequently, until the onions are well softened and darkening, about 10-15 minutes. Add the vinegar and syrup stir and reduce over medium-low heat until syrupy and broken down, 10-15 minutes; the mixture should be jammy.

Combine squash and onions in a bowl and smash with a fork until combined. Taste for seasoning.

Add another tablespoon or two of olive oil to a skillet over medium-high heat. Working in batches if necessary, add bread and cook until just golden on both sides, less than 10 minutes total; drain on paper towels. Spread cheese on toasts, then top with the squash-onion mixture. Sprinkle with coarse salt and garnish with mint.

Alternatively, boil penne or rigatoni in lightly salted water, setting aside 1-2 cups of starchy pasta water towards the end. Toss the cooked pasta with the squash-onion mixture, thinning it with pasta water until you get the desired thickness and top with grated Parmesan cheese. The amount of squash and onions above will make enough "sauce" for 4-6 portions. If you go the pasta route, you can leave off the ricotta and mint.

### **Potato Soup With Fried Almonds**

--adapted from Anya van Bremzen

This is a ridiculously good soup with very few ingredients. And you can skip the ham if you don't have any or add a little finely chopped bacon instead.

Serves 4 as an appetizer, or 2 for supper

1/4 cup olive oil

[www.cookwithwhatyouhave.com](http://www.cookwithwhatyouhave.com)

1/2 cup whole blanched almonds  
6 large garlic cloves  
1/3 cup finely diced Serrano ham  
1 1/2 pounds potatoes cut into thumb-sized chunks  
4 cups chicken broth  
1 pinch saffron, pulverized in a mortar  
Salt and pepper  
2 teaspoons sherry vinegar (or more to taste)  
2 tablespoons chopped parsley

Heat the olive oil in a 3-quart saucepan over medium heat. Add the almonds and garlic and cook until golden, 5 minutes. Spoon out the almonds and garlic; reserve. Add the ham to the pan and cook for 1 minute. Add the potatoes and cook for another minute. Pour in the chicken broth and bring to a boil, skimming off any foam that rises to the surface. Reduce the heat and simmer.

In a food processor, grind the almonds and garlic. Add all but 2 tablespoons to the soup. Steep the saffron in a few tablespoons of the soup broth for 2 minutes; then add to the soup. Season with salt and pepper and cook until about half the potatoes have disintegrated, about 35 minutes.

Using the back of a spoon, crush some of the potatoes to thicken the soup. Add the vinegar to the reserved garlic mixture and stir it into the soup. Add the parsley. Cook for a minute. Taste and adjust seasoning.

### **Celeriac Remoulade**

A classic Celery Root Remoulade exclusively uses mayonnaise in the dressing, which is good but I suggest a combination of Greek yogurt and mayonnaise for a slightly tangier and fresher flavor here but by all means use just mayonnaise if that's what you have.

And again, quantities are approximations so adjust depending on the number of people you're feeding, etc. I actually haul out my mandolin/benriner for this. If you have one, do it. It's worth it.

Scant 2 lbs. celeriac, peeled  
1/4 cup good mayonnaise  
1/4 cup whole milk Greek yogurt  
2 tablespoons lemon juice  
2 teaspoons whole grain mustard  
2 teaspoons Dijon-style mustard  
A little white wine or cider vinegar  
Salt and freshly ground pepper

You can either grate the celeriac in a food processor or if you can, use a sharp knife or a mandolin to cut it into matchsticks. Toss the grated or cut celeriac with 1 teaspoon sea salt most of the lemon juice. Let rest for at least 15 minutes and up to 30.

Whisk the remaining ingredients in a small bowl and pour over the veggies. Mix well and adjust seasoning.