



47th Ave Farm Winter CSA for the week of February 17, 2014

More beans! The below stew is perfect for these beans. You could also just cook them all at once (basic instructions below) and then have them at the ready to add to enchiladas, quesadillas, salads, any soup, etc.

By all means try the roasted vegetables with tahini lemon sauce and make the pickled onions-- it takes 3 minutes and you'll likely start putting them on everything.

Black Beans, Chorizo and Rice Stew with Pickled Carrots

Dried Cayenne Notes/Ideas

Roasted Squash, Parsnips and Onions with Lemony Tahini Sauce

Potato Leek Soup

Chicken with Leeks and Lemon

CSA Hash

Pickled Onions

Roasted Butternut Squash with Black Beans, Cilantro or Parsley Vinaigrette and Pickled Onions

Black Beans, Chorizo and Rice Stew with Pickled Carrots

--adapted from Food Matters by Mark Bittman

Black coco beans make a robust and delicious soup and this dish is the perfect combination for a wintry day. The lightly pickled carrots round out the warm, richness of the soup.

Serves 4-6

2 tablespoons olive oil
4 ounces fresh or smoked chorizo, cut into rounds (I use Pastaworks or New Seasons ones)
1 medium onion, diced
1 sweet pepper (optional), diced (unlikely this time of year!)
2-3 cloves garlic, minced
1 1/2 cups dried black coco beans (soaked for 6-8 hours)
4 carrots, grated
salt
1/2 teaspoon (or more to taste) crushed, dried cayenne pepper
1 teaspoon ground cumin
juice of 2 limes
2/3 cup long or short grain brown rice (or white if you're in a hurry and have already cooked beans)
black pepper
fresh cilantro, chopped (or parsley)

Put oil in a large pot over medium-high heat. Add the chorizo, onion and garlic and cook, stirring occasionally until the chorizo is browned and the vegetables begin to soften, 5-10 minutes.

Add the soaked beans, crushed cayenne and 8 cups of bouillon broth or stock or water and simmer, covered, for about 20 minutes and then add the rice, ½-1 teaspoon sea salt (depending on if you're using a salt broth or not) and cook for another 30-40, stirring occasionally.

Meanwhile, put the carrots in a colander. Add 1/2 teaspoon salt and toss well. Let them sit in a bowl for 20-30 minutes. Toss them with the lime juice, minced chilies and cumin.

When the rice and beans are tender, adjust seasoning, add freshly ground pepper, mix the chopped cilantro in with the carrots and top each bowl with couple of spoonfuls of carrot relish.

Dried Cayenne Notes/Ideas

- You can crush your cayenne peppers into flakes and use those to season soups and sauces
- You can pour boiling water over them to rehydrate a bit, then drain off most of the liquid and add a little olive oil and blend that into a sauce/paste which you can use to season anything from eggs to the Tahini sauce below to soups, stews, This small quantity can be hard to blend and an immersion blender might work best or you might need to add a little more soaking liquid or oil to get enough volume to successfully blend. Or you can use a mortar and pestle and keep it much drier—a good choice too!
- You can add vinegar to the above sauce/paste and make a more tabasco-like sauce to use wherever you'd like as well.

Roasted Squash, Parsnips and Onions with Lemony Tahini Sauce

--adapted from Jerusalem by Yotam Ottolenghi and Sam Tamimi

I love this combination so much. The sauce is good on any roasted vegetable and so easy. This makes a lot and I guarantee it will get eaten. It keeps well and if you run out of sauce, make more or puree the veggies into a wonderful soup, thinned with broth or coconut milk.

1 large butternut squash (2 1/4 lb. more or less), cut into 3/4 by 2 1/2-inch wedges
2 large onions or 3 small, cut into 1 1/4-inch wedges
2 medium parsnips, scrubbed and cut into pieces like the squash
3 1/2 tablespoons olive oil
3 1/2 tablespoons tahini (sesame paste)
1 1/2 tablespoons lemon juice
2 or more tablespoons water
1 clove garlic, minced
3 1/2 tablespoons toasted pumpkin seeds (optional)
1 tablespoon za'atar (optional but very good— I found it at People's co-op) and/or 2 tablespoons chopped parsley
Sea salt and freshly ground black pepper

Preheat the oven to 475 degrees F.

Put the squash and onion in a large mixing bowl, add 3 tablespoons of the oil, 1 teaspoon salt, and some black pepper and toss well. Spread on a baking sheet and roast in the oven for 30 to 40 minutes, until the vegetables have taken on some color and are cooked through. Keep an eye on the onions as they might cook faster than the squash and need to be removed earlier. Remove from the oven and leave to cool. To make the sauce, place the tahini in a small bowl along with the lemon juice, water, garlic, and 1/4 teaspoon salt. Whisk until the sauce is the consistency of honey, adding more water or tahini if necessary.

To serve, spread the vegetables out on a large serving platter and drizzle over the tahini. Sprinkle on the pumpkin seeds, followed by the za'atar or parsley, if using.

Potato Leek Soup

--adapted from Around my French Table by Dorie Greenspan

If you have red potatoes I would make this. If you have purple, it will be delicious but rather muddy looking and I might not choose this preparation.

2 tablespoons unsalted butter
1 large onion, chopped (or 1-2 extra leeks)
2 garlic cloves, thinly sliced
Salt and freshly ground pepper
3 leeks, white and light green parts only, split lengthwise, washed, and thinly sliced
2 medium potatoes, peeled and cubed
6 thyme sprigs, leaves stripped
2 fresh sage leaves (optional), finely chopped
4 cups veggie bouillon, chicken stock, or water
3 cups whole milk

Optional Toppings

Minced fresh parsley, sage, tarragon or a combination
Snipped fresh chives
Grated Parmesan or Gruyere
Croutons

Melt the butter in a large pot over low to medium-low heat. Add the onion and garlic, salt and pepper, cover cook and cook for about 10 minutes, until the onion is soft but not colored. Add the remaining ingredients, along with a little more salt unless your broth or bouillon is very salty, increase the heat, and bring to a boil. As soon as the soup bubbles, turn the heat to low, mostly cover the pot, and simmer gently for 30-40 minutes, or until all the vegetables are mashably soft. Taste the soup and season generously with salt and pepper. You can serve the soup chunky or use an immersion blender to blend or transfer to a blender. The soup is good hot, at room temperature and cold. Garnish as desired.

Chicken with Leeks and Lemon

--adapted from Tender by Nigel Slater

I think of this as both comfort and company food. It's fairly straightforward to make and is always delicious and elegant. For a quicker alternative you can cook the leeks down with the broth and wine until silky and then toss in pieces of chicken breast (instead of whole thighs) that will cook very quickly.

Serves 4

2 tablespoons olive oil
4 chicken thighs (bone in with skin)
3 medium or 5-6 small leeks, well rinsed, cut in half lengthwise and then cut into 1-2-inch half rounds
1 small glass (4 ounces) of dry white wine (or dry vermouth)
1 ½ cups chicken stock or veggie stock or bouillon (see recipe below)
Juice and zest of 1 lemon
3-4 tablespoons chopped, fresh parsley

Heat the olive oil in a large, deep skillet or Dutch oven over medium high heat. Add the chicken thighs skin side down and cook until pale golden, then turn and cook a few more minutes. Remove the chicken from the pan and add the leeks to the pan. Cover and let them cook gently until they are soft over medium heat. You don't want to brown them so turn the heat down more if they start to darken. When they start to soften add the wine, broth, lemon juice and zest and salt and pepper. Bring to a boil, return the chicken to the pan and then cover and simmer for 20 minutes.

Stir in the parsley, adjust seasoning with salt and/or lemon and serve over rice or with boiled potatoes.

CSA Hash

This is a perfect CSA recipe in that you can adapt it to you use any number of vegetables. This one uses potatoes, parsnips, carrots and leeks or onions or both. You could use squash for more sweetness.

I make this for dinner with a fried or poached egg on top. And for lunch recently I actually stirred some leftover hash into a bowl of brothy chickpeas I'd heated up and it made a perfect lunch.

Quantities listed are just loose guidelines. Depending on how many you're feeding, how big your pan is and how many veggies you need/want to use you will I'm sure adjust these.

Olive oil
½ medium/large onion, diced and/or 1 leek, well washed, halved and cut into ½-inch half-rounds
2 slices bacon, diced (optional)
2 -3 medium potatoes, scrubbed and cut into ½- ¾-inch dice
2 cups chopped parsnips, scrubbed and trimmed, then cut in half or quarters lengthwise and then sliced crosswise into ½-inch slices
2 carrots, cut into small dice
Salt and pepper

Heat about 2 tablespoons of olive oil in your largest skillet over medium high heat. Add the onion and or leeks and bacon, if using, and sauté for just a couple of minutes. Add the carrots, parsnips and potatoes and stir in well and add several generous pinches of salt. Cook, stirring frequently to prevent burning for 5-7 minutes. You want to keep the heat as high as you can without burning the veggies so you get good browning and caramelization—you can cover the pan at this point to speed things up a bit if you want. You don't want to steam the veggies so don't crowd them too much. Use two pans if need be.

When the carrots and potatoes are almost tender toss in the Brussels sprouts and another splash of olive oil if things are looking dry-which they probably are. Add a little more salt and cook for another 5 minutes until everything is tender but still has a little bite.

Adjust seasoning with salt and pepper and serve with an egg on top and a good drizzle of olive oil or just as is.

Pickled Onions

These are currently my favorite condiment! I put them on most anything, from eggs, to the above hash to enchiladas. . I add them to salads and I put them on sandwiches. This time of year especially I crave acidic/bold flavors to counter the sweetness of winter produce and cooking. They will take the above hash from sweet and sort of boring to lively and fun.

1 medium or two small onions, peeled, cut in half lengthwise and then cut into thin half rounds, slice them as thinly as you safely can. You can also cut the onions into quarters and then slice if they are large.

Red wine vinegar

Pint canning jar or something similar with a tight fitting lid

Put the sliced onions in the jar, press down a bit and cover with vinegar. Voila! You can use them basically right away—give them 30 minutes if you can—and then just keep them in the fridge and use them for weeks. The onions will collapse quite quickly so you don't need to generously cover them with vinegar. Just shake it up well.

I just add new onions to the vinegar when I run low and after a while start over but vinegar of course keeps forever!

Spicy Merguez Oven Fries

--slightly adapted from River Cottage Veg by Hugh Fearnley-Whittingsall

Another one from my new favorite book!

3 tablespoons olive oil

2 lbs of potatoes, well scrubbed but not peeled, cut into thick batons

1 teaspoon cumin seeds

1 teaspoon coriander seeds

1 teaspoon caraway seeds (optional)

10 black peppercorns

1 teaspoon sweet smoked paprika (pimenton)

1 pinch of cayenne flakes (broken up as finely as you can)

½ teaspoon sea salt

Yogurt Dip

½ cup full fat plain yogurt or Greek yogurt
½ small clove garlic, minced/mashed
a pinch of cayenne

Preheat oven to 400 degrees F.

Put the oil in a shallow roasting pan or sheet pan.

Bring the potatoes to a boil in pot of cold water. When they come to a boil, boil for 1 minute and then immediately drain.

Crush the seeds and peppercorns to a powder using a mortar and pestle or a spice grinder. Combine with the remaining spices and salt in a small bowl. Reserve 1 teaspoon of the spice mixture and toss the remainder of it with the drained potatoes.

Heat the pan with the oil in the hot oven for 5 minutes. Remove the pan from the oven and add the potatoes and stir well. Return to oven and bake for 35-45 minutes, stirring once or twice, until crisp and browning and tender. Taste and add salt if needed.

To make the dip, stir the yogurt and garlic with the remaining spice mixture and sprinkle with the cayenne.

Dip hot potatoes in the yogurt mixture. And have some pickled onions on the side, if you'd like.

Roasted Butternut Squash with Black Beans, Cilantro or Parsley Vinaigrette and Pickled Onions

This is a lovely combination of flavors. Quantities and ration of beans to squash are completely up to you.

Cook black coco beans. Roast or steam butternut squash and cut into bite-sized chunks.

Make a dressing out of chopped parsley or cilantro, lime or lemon juice or cider or red wine vinegar, minced garlic, olive oil, salt and pepper. Toss warm or room temperature beans and squash with the dressing and top with a few pickled onions.

Basic Dry Bean Soaking/Cooking Instructions

Place dry beans in a bowl covered by about 4 inches of cold water. Soak over night or 6-8 hours. Drain and rinse beans.

Place soaked beans in a large pot and cover with cold water by several inches. Add a few whole, peeled garlic cloves, a bay leaf and a big chunk of peeled onion. Bring to a boil, turn down to a simmer and let cook covered until the beans are tender, stirring occasionally (this helps prevent some beans from softening before others.) I add salt towards the end of the cooking time and when you do add salt, be generous, as in at least 1 teaspoons sea salt to start if you're cooking 1 1/2 cups or so of dried beans. They'll may need more still. The time it takes for the beans to cook will vary depending on the kind/size of bean and the freshness of the dried

beans. I'm guessing the borlotti will take about 30-35 minutes. Let beans cool in their liquid (if you're not in a rush) and then use, freeze, etc. If you're freezing some, fill your container with the beans and then ladle in the cooking liquid until the beans are almost covered. Cooked beans also keep in the fridge for 5-6 days and for several months in the freezer.