



## **47<sup>th</sup> Ave Farm Winter CSA for the week of April 15, 2014**

I'm giving you another version of homemade harissa this week using your dried Jimmy Nardello peppers you'll have in the share. And if you have any cayennes leftover you can add a bit of those two. You have another treat in the form of Keneary beans this week. They are similar to Main Yellow Eye and are creamy and good for soups and baked beans. They do break down easily (I slightly overcooked my batch at only 25 minutes after having soaked overnight). They were still delicious and actually perfect in that form in soups since they make a creamy broth.

There are lots of good recipes for kale and leeks and onions and potatoes in the last packet so if you didn't get through them all by all means revisit.

### **Kale and Keneary Bean Soup**

**Potato, Kale and Tomato "Gratin" with a little Bacon and Dried Jimmy Nardellos**

**Arugula and Radish Salad with Parmesan**

**Harissa**

**Eggy Quesadilla with Harissa and Spinach**

**Chunky Potato Leek Soup**

**Popcorn Notes**

### **Kale and Keneary Bean Soup**

The beans give this soup a creamy texture.

1 tablespoon olive oil

1 onion, diced

1 leek, sliced lengthwise and cut into ¼ inch half-moons

2 cloves garlic, minced

2 potatoes, scrubbed and diced

1 pork sausage or 2-3 slices bacon, or other sausage of your choice, sliced (optional)

2 cups cooked Keneary beans, drained but cooking liquid reserved for soup

1 big bunch kale, washed and chopped

3 cups cups homemade veggie bouillon or vegetable stock or water

3 cups bean cooking liquid

Freshly ground pepper

Salt

Grated Parmesan for garnish, optional

Sauté onion, garlic, and leek in the olive oil over medium-high heat until veggies soften and begin to caramelize. Add sausage or bacon, if using, and the potatoes and cook a few more minutes. Add beans, kale and liquid and bring to a boil. Turn down to a simmer and cook until everything is tender, about 30 minutes. Adjust seasoning. Serve in wide bowls with a drizzle of good oil and a bit of Parmesan.

## **Potato, Kale and Tomato “Gratin” with a little Bacon and Dried Jimmy Nardellos**

This isn't exactly a gratin since there is no cheese and no bread crumbs in the dish. It is inspired by a recipe from *Roots* (Diane Morgan), but substantially different. It's definitely a favorite dish in our household. It takes a while to bake but otherwise it's very quick to pull together.

This makes quite a bit but I think it makes a great main dish and is excellent the next day so it's seems worth making this whole amount to me but by all means reduce the quantities if you like. The rehydrated peppers give this dish a nice depth.

Serves 6

About 6 medium to large potatoes, scrubbed and cut into bit-sized chunks  
1 bunch kale, well washed and stems trimmed if they seem tough and then chopped into bite-sized pieces  
2 cloves garlic, minced  
2 slices bacon, diced  
1-2 ounces dried Jimmy Nardello Peppers, covered in very hot water and softened, then seeded, drained and finely chopped  
1 ½ - 2 cups chopped, drained canned tomatoes or chopped roasted tomatoes you may have frozen (what I used)  
1 ½ - 2 tablespoons olive oil  
1 ½ teaspoons sea salt  
Freshly ground black pepper  
½ cup whipping cream

Preheat oven to 400 degrees.

In a large bowl combine all the ingredients except the cream. Toss everything together well and transfer to a 8 x 13 or other large-ish baking dish. Pour the cream over everything. Cover the dish tightly with foil and bake for 30 minutes. Remove from oven and stir everything well—this is important to get the kale mixed in well and recoated with liquid since it may still be a bit chewy. Return to oven, covered and bake another 20 – 30 minutes. If there is quite a bit of liquid in the pan you can remove the foil and bake uncovered to reduce it a bit.

When everything is tender remove from the oven and add the pepper and taste for salt. Serve immediately.

## **Arugula and Radish Salad with Parmesan**

A light, fresh, spring salad.

Small bunch arugula, washed, dried and roughly torn or chopped  
3-4 radishes, scrubbed and cut in half and then thinly sliced  
A little thinly sliced onion  
Lemon juice  
Good olive oil  
Salt and freshly ground pepper  
Parmesan shavings (I used a vegetable peeler)

Toss everything in salad bowl, adding the cheese at the end. Toss again gently and taste for seasoning.

### **Harissa**

This weeks dried Jimmy Nardello peppers will be great for this recipe. If you have a half share (1 ounce of peppers), halve the recipe below. This harissa recipe is adapted from Yotam Ottolenghi. I happened to have some roasted red peppers I froze last fall and made this fragrant and spicy sauce/paste. You can buy harissa in many grocery stores and my favorite brand is Mustafa's. You can use jarred roasted red peppers instead of fresh this time of year if you're making your own sauce.

2 ounces dried Jimmy Nardello peppers, soaked in boiling water until soft, then drained and seeded

½ teaspoon each coriander seeds, cumin seeds and caraway seeds

1 tablespoon olive oil

1 onion, peeled and chopped

3 garlic cloves, peeled and chopped

1 cayenne, seeded and then soaked in a little hot water until softened and then drained

1 tablespoon tomato paste

2 tablespoons lemon juice

½ teaspoon sea salt

Place a dry frying pan on a low heat and toast the coriander, cumin and caraway for two minutes. Transfer to a mortar and grind to a powder. Heat the oil in a frying pan and fry the onion, garlic over medium heat until dark and smoky - six to eight minutes - then process with all the paste ingredients until you have a fairly uniform paste.

### **Eggy Quesadilla with Harissa and Spinach**

--inspired by 101cookbooks.com

This is one of my go-to dinners when I have very little time, or when it's too nice outside to come inside for more than 10 minutes to make dinner! You can adapt these endlessly—use small corn tortillas instead of large flour ones, change the herbs or other toppings to suit your taste/what you have on hand. It's just a very clever technique that results in a satisfying, quick meal.

If you're not making the harissa you can still make this and just fill the quesadilla with sautéed leeks and/or spinach and cheese or dollop with some Greek yogurt and add fresh arugula. .you get the idea.

Serves 3-4 with a salad

4 eggs, beaten with a little salt and pepper

2 large flour tortillas (or 4 small corn tortillas—see headnote)

4 teaspoons harissa (more or less)

½ cup or so grated sharp cheddar or your cheese of choice

1 small bunch spinach, washed and briefly cooked to wilt and then drained and roughly chopped  
Olive oil

If you're using large, flour tortillas, heat a little oil in a large skillet that the tortilla will fit in (I have been know to trim the border of the tortilla, and turn the trimming into chips if it didn't fit). Pour half the beaten eggs into the hot skillet and tilt the skillet to evenly coat it with egg. Let the egg cook for just about 10 seconds. Place the tortilla on top of the egg which should still be a little runny—you want the tortilla to stick to the egg as it finishes cooking. Cook for another 15 seconds or so until the think the tortilla is nicely attached. Gently flip the whole shebang so the egg side is exposed. Spread half the harissa over half of the exposed egg. Sprinkle with half the cheese and half the spinach. Sprinkle with a little slat. Fold the plain half of the eggy tortilla over the filled side and cook for 30 more seconds or until the cheese is melted and everything warmed through. Remove from the pan and cut into wedges. Repeat process with remaining ingredients.

### **Chunky Potato Leek Soup**

*--adapted from Around my French Table by Dorie Greenspan*

Sometimes I like to leave my potato leek soup chunky but if you like it smooth, by all means puree it.

2 tablespoons unsalted butter  
1 large onion, chopped  
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. Mash up the soup just a little or puree if you'd like. The soup is good hot and at room temperature. Garnish as you like.

### **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.

### **Popcorn Notes**

You have beautiful ears of popcorn in your share this week. If you have a microwave, the simplest way of popping it is to put the whole cob in a paper bag and then microwave for a minute at a time (probably won't take more than 3 minutes max) to pop. Melted butter and good salt remain my favorite way to eat this treat.

You can certainly take the kernels off the cob first with a little effort. When I lived in Mexico we did this nightly (to soak the kernels in lye to be ground into masa the next day) and used a cob already stripped of its kernels as the tool with which to break off the kernels. You might not have a dry corncob sitting around but once you get started they should come off quite well. Then you can pop the corn in a heavy bottom skillet or your preferred method.

- Add minced fresh herbs -- rosemary, thyme, tarragon, and chives are all great options.
- Dry cheeses like Parmesan and Asiago can be finely grated and mixed into popped corn. If you prefer a dairy-free option, nutritional yeast adds a savory, cheese-like boost.
- Any spices in your spice cabinet are fair game -- a sprinkling of hot paprika contributes heat and color, and a dusting of cinnamon sugar is a universal crowd-pleaser.