

## Farm To Table

### Siskiyou Sustainable Cooperative CSA Recipe Page

Week Two: June 17 - 24, 2010

#### Sautéed Greens with Kohlrabi and Pistachios

1 1/4 pound kohlrabi, bulbs peeled	1/2 teaspoon grated lime zest
2 tablespoons fresh lime juice	1/4 cup extra-virgin olive oil, divided
5 garlic cloves, finely chopped	1/3 cup salted roasted pistachios, chopped
1 bunch of greens, finely chopped, stems and center ribs discarded	

Very thinly slice peeled kohlrabi. Whisk together lime zest and juice, 2 tablespoons oil, and 1/2 teaspoon each of salt and pepper in a large bowl. Toss kohlrabi with dressing. Heat remaining 2 tablespoons oil in a skillet over medium-high heat until it shimmers. Sauté garlic about 30 seconds. Add greens by the handful, turning and stirring often. When all of the greens are wilted, sauté with 1/2 teaspoon salt until just tender, about 3 minutes. Transfer to a bowl and cool to room temperature. Toss the greens with kohlrabi and pistachios.

#### Radishes - Dill Butter - Baguette

1 stick unsalted butter, softened	2 tablespoons of fresh dill, minced
1/4 teaspoon freshly grated lemon zest	1 bunch of radishes, thinly sliced
3 tablespoons of goat chevre, softened	sea salt and ground pepper

In a small bowl with a fork combine well the butter, the chevre, the dill, and the zest. Salt and pepper to taste. Spread the dill butter on pieces of roughly ripped apart baguette and layer with radish slices.

#### Beer Batter-Fried Kale

Gourmet | February 1992

1 cup plus 2 tablespoons beer (not dark)	1 cup all-purpose flour
1/2 teaspoon table salt	1/2 teaspoon freshly ground pepper
vegetable oil for deep-frying the kale leaves	lemon wedges
1 bunch of kale, washed well and spun dry	coarse salt for sprinkling the leaves

In a blender blend the beer, the flour, the table salt, and the pepper for 20 seconds, or until the batter is smooth, transfer the batter to a bowl, and let it stand, covered, for 1 hour. In a large deep skillet heat 1 inch of the oil until it registers 360°F. on a deep-fat thermometer. Dip each leaf into the batter, coating it thoroughly and knocking off the excess batter on the side of the bowl, and fry it in the oil for 30 seconds on each side, or until it is golden. Transfer the kale as it is fried to paper towels to drain and sprinkle it lightly with the coarse salt. Serve the kale with the lemon wedges.

#### Mixed Green Salad with Strawberry Dressing

Bon Appétit | July 2002

1 basket strawberries, hulled, halved	1 bag of salad mix
1/2 cup walnuts, toasted	1/2 cup olive oil
3 tablespoons balsamic vinegar	1 tablespoon sugar (optional)
4-ounces crumbled feta cheese	

Mash enough strawberries to measure 1/3 cup. Place remaining strawberries in large bowl. Add greens, cheese, and nuts. Whisk oil, vinegar, and sugar in small bowl to blend. Whisk in mashed strawberries. Season dressing with salt and pepper. Add to salad; toss to coat.

## Turnip Gratin

Gourmet | October 2007

2 tablespoons unsalted butter  
1 1/2 teaspoons kosher salt  
1 cup heavy cream  
1 bunch of white turnips

1 tablespoon chopped thyme  
Rounded 1/8 teaspoon cayenne  
1 cup grated Parmigiano-Reggiano

Preheat oven to 450°F with rack in middle. Melt butter in an ovenproof 12-inch heavy skillet, then cool. Slice turnips paper-thin, then arrange one third of slices, overlapping tightly, in skillet, keeping remaining slices covered with dampened paper towels. Sprinkle with about a third of thyme, kosher salt, and cayenne. Make 2 more layers. Cook, covered, over medium heat until underside is browned, about 10 minutes. Add cream and cook, covered, until center is tender, 20 to 25 minutes. Sprinkle evenly with cheese, then bake, uncovered, until golden and bubbling, 10 to 15 minutes. Let stand 5 minutes before serving.

## Spinach Mushroom Barley Soup

### the soup

1/3 cup barley  
1 tablespoon butter  
1/2 teaspoon dried oregano  
1 large carrot, grated  
1 small bunch garlic scapes, chopped  
1 cup sour cream

2 tablespoons olive oil  
1 large or 2 medium onions, diced  
1 large, white part only, diced  
1 large garlic clove, chopped  
sea salt and freshly ground pepper

### to finish

1/3 cup barley  
3 cups spinach, finely minced  
1 leek, white part only, halved, then slivered lengthwise into pieces about 3 inches long

2 tablespoons butter  
1/2 cup mushrooms, thinly sliced

Cover the soup barley with hot water and set it aside while you prepare the rest of the ingredients. Heat the oil and add 1 tablespoon butter in a soup pot over medium heat until foaming. Add the onion and oregano, give a stir, and cook for 5 minutes. Then add the leek, carrot, and garlic. Cook for 10 minutes more, by which time a glaze will have formed on the bottom of the pan. Season with 1 1/2 teaspoons salt. Drain the barley and add it to the pot along with 6 cups water. Cook until the barley is soft, about 30 minutes, then puree the soup with the sour cream until smooth. Return the soup to the pot, taste for salt, and season with pepper. Rinse the remaining 1/3 cup barley, put it in the saucepan, and cover generously with water. Add a little salt and simmer until tender, about 30 minutes. Drain and keep warm. Simmer the leek in salted water until tender, after 5 minutes or so, drain, and toss in a little butter. Melt the remaining butter in a small skillet, add the mushrooms and a pinch of salt, and sauté over medium-high heat until golden, about 5 minutes, add the minced spinach near the very end. If the pan looks really dry, as it can with shiitake mushrooms and 1/2 cup water and cook until the liquid is absorbed and the mushrooms have browned. Serve the soup with a spoonful or two of the cooked barley in each bowl, the leeks, mushrooms, and spinach piled on top.