

Farm To Table

Siskiyou Sustainable Cooperative CSA Recipe Page

Week Four: July 1 – 8, 2010

Caesar Potato Salad with Sugar Snap Peas

1 1/2 pounds unpeeled new, cut crosswise into 1/2-inch-thick slices	8 ounces trimmed sugar snap peas
1 bunch radishes, trimmed, sliced	1/2 small onion, thinly sliced
1/4 cup olive oil	3 tablespoons fresh lemon juice
1 tablespoon Dijon mustard	2 garlic cloves, pressed
1/2 cup freshly grated Parmesan cheese	2 tablespoons minced fresh parsley

Steam potatoes on steamer rack set in large pot over boiling water until almost tender, about 10 minutes. Add sugar snap peas and steam until peas are crisp-tender and potatoes are just tender, 1 minute longer. Transfer vegetables to large bowl. Cool slightly. Add radishes and onion. Whisk next 4 ingredients in small bowl to blend. Whisk in Parmesan and parsley. Season dressing with salt and generous amount of pepper. Add dressing to potato mixture; toss to coat. Season with more salt and pepper, if desired. Serve warm or at room temperature.

Gorgonzola, Fava Bean, and Potato Canapes

1/3 cup walnuts	1 tablespoon olive oil
3/4 cup shelled fresh fava beans (about 3/4 pound in pods)	6 ounces Gorgonzola cheese, softened
10 small red potatoes (each about 2 inches in diameter; about 1 1/2 pounds)	6 ounces cream cheese, softened

Finely chop walnuts. In a small heavy skillet cook walnuts in oil over moderate heat, stirring, until golden and transfer with a slotted spoon to paper towels to drain. Have ready a bowl of ice and cold water. In a kettle of boiling salted water blanch beans 1 minute and immediately transfer with slotted spoon to ice water to stop cooking. Drain beans and gently peel away outer skins. Return kettle of water to a boil and cut potatoes into 1/4-inch-thick rounds. Cook potatoes 8 minutes, or until just tender, and transfer with slotted spoon to ice water to stop cooking. Drain potatoes in a colander and pat dry with paper towels. In a small bowl stir together Gorgonzola and cream cheese until combined well. (Canapé ingredients may be prepared up to this point 2 days ahead. Keep toasted walnuts in an airtight container at room temperature. Chill beans and potatoes separately in sealable plastic bags and chill Gorgonzola cream covered with plastic wrap.) To assemble canapés: Spread about 1 teaspoon Gorgonzola cream on each potato slice and top each canapé with a bean, pressing down gently. Sprinkle canapés with walnuts. Canapés may be assembled 6 hours ahead and chilled, covered.

Kale-Stuffed Onions

Gourmet | November 1991

8 medium onions (about 3 pounds), the root ends trimmed so the onions can stand upright	
3/4 pound kale, stems discarded and the leaves rinsed well and shredded	
3 garlic cloves, minced	2 tablespoons olive oil
1/8 teaspoon dried hot red pepper flakes	1 1/2 cups water
1 tablespoon cornstarch dissolved in 2/3 cup chicken broth	3 tablespoons chopped drained bottled pimiento
3 tablespoons freshly grated Parmesan	

Cut 1/3 inch off the top of each onion, peel the onions, and scoop out the centers with a melon-ball cutter, forming 1/3-inch-thick shells, with the bottoms slightly thicker, and reserving 1/2 cup of the scooped-out onion. In a steamer set over boiling water steam the onion shells, covered, for 10 to 15 minutes, or until they are tender. Rinse and drain the kale and mince the reserved onion. In a large skillet cook the garlic in the oil over moderate heat, stirring, until it is pale golden, add the red pepper flakes and the minced onion, and cook the mixture, stirring, until the onion is softened. Add the kale, 1/2 cup of the water, and salt and pepper to taste and cook the mixture, covered, stirring occasionally and adding 1/2 cup of the remaining water every 5 minutes, for 15 minutes, or until the kale is just tender. (If there is excess liquid, boil the mixture, uncovered, until the liquid is evaporated.) Stir the cornstarch mixture, add it to the kale mixture with the pimiento, and simmer the mixture, stirring, for 1 minute, or until it is thickened. Remove the skillet from the heat, stir in the Parmesan and salt and pepper to taste, and fill the onion shells with the kale mixture. The stuffed onions may be made 1 day in advance, kept covered and chilled, and reheated.

Summer Coleslaw

1/2 cup mayonnaise	3 tablespoons cider vinegar
1 tablespoon sugar	2 teaspoons Dijon mustard
3 cups finely shredded cabbage	1 large carrot, shredded coarse
1 small red onion, sliced thin	1 small tart apple, shredded

*optional additions: kohlrabi, broccoli, kale, collards, parsley

In a large bowl whisk together mayonnaise, vinegar, sugar, and mustard. Add remaining cole slaw ingredients and salt and pepper to taste and toss to combine well.

Carrot Fennel Soup

Gourmet | November 2008

2 medium fennel bulbs with fronds	1 pound carrots, quartered lengthwise
1 medium onion, quartered	1 garlic clove
5 tablespoons extra-virgin olive oil, divided	1/2 teaspoon sugar
2 1/2 cups reduced-sodium chicken broth	2 1/2 cups water
1 teaspoon fennel seeds	

Preheat oven to 450°F with rack in lowest position. Chop enough fennel fronds to measure 1 tablespoon and reserve. Discard stalks and remaining fronds. Slice bulbs 1/4 inch thick and toss with carrots, onion, garlic, 3 tablespoons oil, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Spread in a 4-sided sheet pan and roast, stirring occasionally, until browned and tender, 25 to 30 minutes. Blend half of vegetables in a blender with broth until very smooth. Transfer to a medium saucepan. Repeat with remaining vegetables and water. Thin to desired consistency with extra water and simmer 2 minutes. Season with salt and pepper. Meanwhile, finely grind fennel seeds in grinder and stir into remaining 2 tablespoons oil. Serve soup drizzled with fennel oil and sprinkled with reserved fronds.

Baked Polenta with Swiss Chard and Cheese

Bon

Appétit | November 2002

2 tablespoons extra-virgin olive oil	1 large white onion, thinly sliced
2 garlic cloves, minced	1/4 teaspoon dried crushed red pepper
3 1/2 cups water	1 teaspoon salt
1 cup polenta (coarse cornmeal) or yellow cornmeal	1 cup ricotta cheese
2 large eggs	
1 pound chard, thick stems and ribs removed, leaves cut crosswise into 1/2-inch-wide strips	
2 cups coarsely grated mozzarella cheese (about 8 ounces)	

Preheat oven to 350°F. Lightly oil 2-quart glass baking dish. Heat oil in heavy large deep skillet over medium heat. Add onion; sauté until tender, about 15 minutes. Stir in garlic and crushed red pepper, then chard; cover and cook until chard is tender, stirring occasionally, about 8 minutes. Uncover; stir until any excess liquid in skillet evaporates. Season with salt and pepper. Meanwhile, bring 3 1/2 cups water and salt to boil in heavy large saucepan. Gradually stir polenta into boiling water. Reduce heat to medium-low; simmer until polenta is very thick, stirring frequently, about 10 minutes. Remove from heat. Whisk ricotta and eggs in bowl; whisk in 1 cup hot polenta. Stir ricotta mixture into polenta in saucepan. Spread half of polenta mixture in baking dish. Spread half of chard mixture over. Sprinkle with half of mozzarella. Repeat layering with remaining polenta, chard, and cheese. Bake until puffed and brown on top, about 45 minutes. Cool 30 minutes.

Herb Pesto

Bon Appétit | June 2010

1 1/2 cups (lightly packed) fresh basil leaves	1/2 cup pine nuts, toasted
1/2 cup freshly grated Parmesan cheese	1/4 cup (packed) fresh Italian parsley leaves
2 garlic cloves, peeled	1/3 cup extra-virgin olive oil

Combine first 6 ingredients in processor. Blend until herbs are finely chopped. Add oil and blend to coarse puree. Season pesto to taste with salt and pepper. Transfer to small bowl.