

**Farm To Table**  
**Siskiyou Sustainable Cooperative CSA Recipe Page**  
**Week Five: July 9 – 16, 2010**

**Double-Dutch Mac and Cheese with Chard\***

Bon Appétit | May 2009 by Jeanne Thiel Kelley

6 tablespoons (3/4 stick) butter, divided	1 cup chopped onion
2 garlic cloves, minced	1/4 cup unbleached all purpose flour
3 cups milk	1 cup fresh breadcrumbs
1/4 teaspoon cayenne pepper	1/8 teaspoon ground nutmeg
12 ounces elbow macaroni	1 teaspoon cumin seeds (optional)

\*1 1/2 pounds chard, stems removed (**you can substitute kale, spinach or broccoli**)  
2 cups coarsely grated Gouda cheese plus 1/2 cup finely grated (about 10 ounces total)  
2 cups coarsely grated Edam cheese, divided

Melt 3 tablespoons butter in large pot over medium heat. Add onion, sauté until translucent, about 5 minutes. Stir in garlic, then flour; stir constantly 1 minute. Gradually whisk in milk. Cook, whisking occasionally, until mixture begins to boil, about 5 minutes. Add 2 cups coarsely grated Gouda and 1 cup Edam. Stir until cheeses melt, about 2 minutes. Stir in cayenne and nutmeg. Season sauce with salt and pepper. Preheat oven to 350°F. Butter 13x9x2-inch baking dish. Cook chard in large pot of boiling salted water until tender, about 1 minute. Using slotted spoon, transfer chard to plate; cool. Reserve pot with water. Squeeze water from chard; chop finely. Return water in pot to boil. Add macaroni; cook until tender but still firm to bite, stirring occasionally. Drain. Stir macaroni into warm cheese sauce. Place half of macaroni in dish; smooth top. Top with 1 cup Edam cheese, then chard. Top with remaining macaroni mixture; spread evenly. Melt 3 tablespoons butter. Place breadcrumbs in medium bowl. Drizzle butter over; toss. Add 1/2 cup finely grated Gouda and sprinkle with salt and pepper; toss. Sprinkle breadcrumb mixture over mac and cheese. Sprinkle cumin seeds over, if desired. Bake mac and cheese until breadcrumbs are golden and edges are bubbling, about 40 minutes. Let stand 10 minutes.

**Fresh Goat Cheese, Roasted Beet, and Walnut Tart**

Epicurious | April 2010 by Gordon Hamersley

2 to 3 small beets	1 tablespoon olive oil
Kosher salt and freshly ground black pepper	1 tablespoon unsalted butter
1 medium onion, thinly sliced	2 tablespoons dry white wine
1 10-inch tart crust, baked according to instructions	3 large eggs
3/4 cup heavy cream	4 ounces fresh goat cheese
1 cup chopped walnuts (about 4 ounces)	1 tablespoon walnut oil (optional)
About 2 tablespoons chopped fresh parsley	salt and pepper

HEAT the oven to 350°F. Wash the beets and dry them with a paper towel. Place the beets in a small ovenproof pan, drizzle them with the olive oil, and season with a little salt and pepper. Cover the pan with aluminum foil. Bake until the beets are tender when pierced with a paring knife, about 1 hour. ALLOW the beets to cool. Peel the beets using a small knife and cut them into a medium dice. HEAT the butter in a sauté pan over medium heat. Add the onion, season with a little salt, and cook, stirring every few minutes, until the onion is just tender, about 7 minutes. Add the white wine and cook for another minute, scraping up any browned bits stuck to the bottom of the pan. HEAT the oven to 350°F. Toss the beets and onion together and put them into the blind-baked tart shell. WHISK together the eggs and cream, season well with salt and pepper, and carefully pour over the beets and onion, letting the cream seep evenly into the beets. Dot the goat cheese all over the top of the tart. Put the tart on a baking sheet and bake it for 20 minutes. Sprinkle the chopped walnuts on top of the tart and drizzle the walnut oil over it, if using. Return the tart to the oven and bake until just set, an additional 15 to 20 minutes. Sprinkle the tart with the chopped parsley and let it rest for at least 5 minutes before serving.

**Kale Salad with Pine Nuts, Currants and Parmesan**

Bon Appétit | February 2009 by Dan Barber

2 tablespoons dried currants	7 tablespoons white balsamic vinegar, divided
1 tablespoon unseasoned rice vinegar	1 tablespoon honey
1 tablespoon extra-virgin olive oil	1 teaspoon salt
2 tablespoons pine nuts, lightly toasted	Parmesan cheese shavings
1 bunch of kale, center ribs and stems removed, leaves thinly sliced crosswise	

Place currants in small bowl; add 5 tablespoons white balsamic vinegar. Let soak overnight. Drain currants. Whisk remaining 2 tablespoons white balsamic vinegar, rice vinegar, honey, oil, and salt in large bowl. Add kale, currants, and pine nuts; toss to coat. Let marinate 20 minutes at room temperature, tossing occasionally. Season to taste with salt and pepper. Sprinkle cheese shavings over salad and serve.

### **Lively Lettuce Soup with Croutons**

1 tablespoon olive oil, plus more to taste	1 medium onion, diced
3 cloves garlic, minced	5 cups chicken or vegetable broth
4 – 5 new red potatoes, cubed	2 cups day-old rustic bread, torn into pieces
7 cups torn lettuce (any variety)	1 teaspoon cayenne pepper
1/2 cup fresh mixed herbs, such as basil, parsley, dill, and tarragon	
Kosher salt and freshly ground black pepper to taste	

Preheat oven to 350°F. In decent sized soup pot, heat the olive oil over medium heat. Add the onion and garlic and sauté until soft, about 5 minutes. Add the broth and potato and simmer, uncovered, for 15 to 20 minutes. Meanwhile, place the bread on a baking sheet, sprinkle it with olive oil and salt, and bake it until crispy, about 15 minutes. Remove and let cool. Add the lettuce and herbs to the soup. Simmer for 10 minutes more. Season the soup cayenne, salt and pepper, then puree the soup in a blender until smooth. Top with the croutons and serve.

### **Sesame Edamame and Sugar Snap Pea Salad**

3 cups edamame, shelled	12 ounces sugar snap peas, trimmed
2 tablespoons unseasoned rice vinegar	1 tablespoon soy sauce
1 tablespoon sesame oil	1 tablespoon brown sugar
1 teaspoon coarse kosher salt	1/2 teaspoon freshly ground black pepper
1 tablespoon sesame seeds	

Cook shelled edamame in large saucepan of boiling salted water until almost tender, about 1 1/2 minutes. Add sugar snap peas to same pan and continue boiling 30 seconds. Drain; rinse under cold water and drain again. Transfer to large bowl. Whisk vinegar, soy sauce, sesame oil, sugar, salt, and pepper in small bowl to blend. Pour dressing over peas and edamame in large bowl; toss to coat. Toss in sesame seeds and season salad to taste with more salt and pepper, if desired.

### **Herbed New Potatoes**

2 pounds new potatoes, quartered	2 tablespoons olive oil
4 garlic cloves, minced	6 tbsps mixed chopped fresh herbs

Steam potatoes until tender, about 9 minutes. Heat oil in large skillet over medium-high heat. Add garlic and stir 30 seconds. Add potatoes and herbs; sprinkle lightly with salt and pepper. Sauté until potatoes are heated through and golden, about 8 minutes. Season to your liking with salt and pepper. Transfer to bowl and serve.

### **Rainbow Salad**

1/3 cup distilled white vinegar	2 tablespoon soy sauce
1 tablespoon sugar or honey	5 tablespoons safflower oil
6 cups very thinly sliced cabbage	1 garlic clove, finely minced
1 large beet, peeled and grated	3 – 5 carrots, peeled and grated
1 tablespoon chopped parsley, dill or basil	

Whisk vinegar, soy sauce, garlic and sugar in a large bowl. Gradually whisk in oil. Mix in cabbage, carrot, beet and herbs. Season with salt and pepper. Let salads stand 30 minutes and up to 2 hours at room temperature, tossing occasionally.

**Siskiyou Sustainable Cooperative CSA phone 541-899-9668**  
**7000 Little Applegate Road Jacksonville, Oregon 97530**  
**[Http://siskiyoucoop.com/csa-sharebox.html](http://siskiyoucoop.com/csa-sharebox.html)**