

Farm To Table
Siskiyou Sustainable Cooperative CSA Recipe Page
Week Six: July 15 – 22, 2010

Cabbage and Potato Bake

1 cabbage	2 pounds potatoes
12 oz. bacon, cut into 1/2-inch pieces	2 cups onions, sliced lengthwise
1 teaspoon salt	1 teaspoon ground black pepper
2 – 5 cloves of garlic, minced	1 tablespoon fresh parsley, minced
2 cups homemade chicken stock, or canned, low-sodium chicken broth	

Preheat oven to 375 degrees. Rinse the cabbage and remove the tough outer leaves. Cut the cabbage into quarters and remove the hard core. Cut the cabbage quarters into halves and place, rounded side down, in a roasting pan. Cut the potatoes in half crosswise, then into quarters, and arrange in the roasting pan, alternating with the cabbage pieces. Fry the bacon in a heavy medium skillet for 7 minutes. Add the sliced onions, garlic, salt, and black pepper to the pan and cook until soft, about 5 minutes. Evenly distribute the bacon mixture and pan drippings over the vegetables, then pour the chicken stock on top. Tightly cover the pan with aluminum foil and bake for 1 1/2 hours. Remove the pan from the oven and allow to sit, covered, for 15 minutes before serving. Serve the vegetables with the bacon and broth spooned over them.

Kale Gratin with Pancetta

Rachael Ray

1 bunch of kale, stems stripped and chopped, about 6 cups	
1/4 pound pancetta, chopped into 1/2-inch pieces	
1 cup cream	2 cloves garlic, smashed and chopped
Salt	3 tablespoons extra-virgin olive oil
1/8 teaspoon grated nutmeg, eyeball it	Black pepper
1/2 cup breadcrumbs	1/2 cup grated Parmigiano-Reggiano

Preheat the broiler but place the oven rack on the second shelf down from the heat source. Bring a few inches of water to a boil in a deep skillet or pot, add the kale and salt and cook 5 to 6 minutes; drain and dry the greens. Return the skillet to the stove over medium-high heat and add 1 tablespoon of extra-virgin olive oil and pancetta. Crisp the pancetta and add the cream and garlic. Season with nutmeg, salt, and pepper then reduce 7 to 8 minutes to about 1/2 to 2/3 cup. Add cooked greens to cream and stir to coat evenly. Transfer to shallow casserole. Toss with breadcrumbs with the remaining 2 tablespoons of extra-virgin olive oil. Season the crumbs with salt and pepper and combine with cheese. Place the casserole on the second shelf under broiler and brown breadcrumbs and cheese for 5 minutes.

Cream Cheese Stuffed New Potatoes

Recipes courtesy Paula Deen, 2007

24 bite-size new potatoes, scrubbed, with a tiny sliver cut off each potato so they will stand after filling	
1 (5-ounce) package soft garlic herb cheese	4 tablespoons butter, softened
1/3 cup whipping cream	Freshly ground black pepper
Finely chopped fresh parsley leaves	

In a large pot with plenty of salted water, boil the potatoes until they are tender when a fork is inserted, about 10 to 12 minutes. Drain and let the potatoes cool until you can handle them. With a melon baller, remove a scoop from each potato. Combine the cheese, butter, and cream. Taste, and add salt and pepper, as needed. Spoon or pipe the cheese mixture into the potatoes. Garnish with a fine sprinkling of parsley. Stand potatoes on cut end on a platter to serve.

Hurry Curry Cauliflower

Recipe courtesy Alton Brown

1 tablespoon canola oil	1 teaspoon cumin seed
1 teaspoon coriander seed	2 teaspoons curry powder
1 teaspoon fresh ginger, minced	1 whole clove garlic, smashed
1 head cauliflower, cut into florets	3 tablespoons sugar
1 cup water	1 cup rice wine vinegar
1/2 cup cider vinegar	1 teaspoon pickling salt

Heat the canola oil in a heavy skillet over medium heat. Crush the cumin seed with the coriander seed and add to the pan. Add the curry powder, ginger, and garlic to the pan. Cook these spices, stirring until the oil colors and the spices are fragrant. Add the cauliflower florets to the pan and toss to coat. In a lidded plastic container, combine the water, rice wine vinegar, cider vinegar, sugar, and pickling salt. Shake to combine. Once the cauliflower is slightly tender, add it to a sterilized glass jar. Pour the pickling liquid over the cauliflower, filling to the top of the jar. Cool, chill, and store the pickles for 1 week to allow the flavors to develop thoroughly.

Zucchini Bread

3 cups all-purpose flour	1 teaspoon salt
1 teaspoon baking soda	1 teaspoon baking powder
3 teaspoons ground cinnamon	3 eggs
1 cup vegetable oil	2 1/4 cups white sugar
3 teaspoons vanilla extract	2 cups grated zucchini
1 cup chopped walnuts or pecans	

Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C). Sift flour, salt, baking powder, soda, and cinnamon together in a bowl. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

Beet and Cabbage Borscht

4 cups stock (chicken or vegetable)	1 cup dry white wine
1 small red onion, peeled and thinly sliced	1 tablespoon balsamic vinegar
Generous pinch of ground cumin	Salt and black pepper to taste
Unflavored yogurt or sour cream (about 1/2 cup)	1 clove garlic, smashed and chopped
1 pound (about 6 cups) green cabbage, cored and shredded	
1 large (about 8 ounces) beet, peeled and cut into fine julienne	

Place the chicken stock, wine, cabbage, beets, garlic and onion in a large pot. Bring to a boil, reduce heat and simmer until vegetables are tender, for about 30 minutes, stirring occasionally. Add the vinegar, cumin, salt and pepper. (This can be prepared ahead, cooled, covered and set aside at cool room temperature for several hours or refrigerated for several days.) To serve, remove from the refrigerator for about 30 minutes before serving if presenting chilled. Simmer over medium-high heat to reheat if presenting warm. Ladle into 4 soup bowls. Spoon on a generous dollop of yogurt. Serve immediately.

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