

Farm To Table

Siskiyou Sustainable Cooperative CSA Recipe Page

Week Seven: July 22 – 29, 2010

Crunchy Cabbage Salad with Peanut Sauce

1 head romaine lettuce, thinly shredded	1 head cabbage, thinly shredded
3 carrots, thinly shredded	2 green onions, thinly sliced
1/2 cup smooth natural peanut butter	1/4 cup rice wine vinegar
1 tablespoon water	Generous pinch of red pepper flakes
2 teaspoons toasted sesame oil	2 teaspoons soy sauce
1 teaspoon sugar (optional)	1/4 cup chopped basil leaves
1 package of wonton skins, sliced thin and fried	

Combine lettuce, cabbage, carrots, and green onions in a large bowl. Whisk together peanut butter, vinegar, water, pepper flakes, sesame oil, soy sauce, and sugar in a bowl. If the dressing is still too thick you may add more water. Toss the cabbage mixture with the peanut sauce and place on a large platter. Top with crunchy noodles, sesame seeds, and chopped basil.

Green Basil Ricotta Dip

1 bunch of fresh basil leaves	3/4 cup ricotta cheese
2 tablespoons butter	2 garlic cloves, minced
1/4 cup whipping cream	2 – 3 cups of the greens of your choice

Bring 2 cups water to boil in large pot. Add greens (choose spinach, chard, kale or arugula) and stir until tender and bright green, about 3 - 5 minutes. Drain. Squeeze out excess water. Transfer greens to processor. Add basil and ricotta to spinach. Blend until smooth. Melt butter in heavy medium saucepan over medium heat. Add garlic and sauté until golden, about 3 minutes. Add greens mixture and cream. Stir until mixture is just heated through. Season to taste with salt and pepper. Transfer to bowl and serve.

Lemony Basil Potato Salad

1 – 2 pounds small potatoes	1 cup chopped celery (about 4 ribs)
1/3 cup mayonnaise	1/4 cup finely chopped basil
1 teaspoon grated lemon zest	2 tablespoons fresh lemon juice
1 teaspoon sugar	Salad mix

Cover potatoes with water in a large pot and season well with salt. Bring to a boil, then simmer until tender, 12 to 20 minutes. While potatoes cook, stir together celery, mayonnaise, basil, lemon zest and juice, sugar, 1 teaspoon salt, and 3/4 teaspoon pepper in a large bowl. Drain potatoes and cool completely, then halve or quarter. Add to dressing and toss to coat. Serve on a bed of salad mix.

Roasted Cauliflower/Broccoli with Kalamata Vinaigrette

1 head cauliflower or broccoli	1/4 cup extra-virgin olive oil, divided
1 small garlic clove	1 to 2 tablespoons fresh lemon
1/4 cup pitted Kalamata olives, finely chopped	salt and pepper

Preheat oven to 450°F with rack in lower third. Cut cauliflower or broccoli lengthwise into 3/4-inch-thick slices. Put in a large pan and toss with 2 tablespoon oil and 1/2 teaspoon each of salt and pepper. Roast, turning once or twice, until golden and just tender, about 25 minutes. While the vegetables roasts, mince and mash garlic to a paste with a pinch of salt, then whisk together with lemon juice, remaining 2 tablespoons oil, olives, salt and pepper. Serve drizzled with Kalamata vinaigrette.

Beer Battered Zucchini

8-12 oz. your favorite beer (dark is best)
Salt to taste

8-12 oz. flour
Zucchini, sliced into ½ inch rounds

Use equal measurements of beer and flour. Mix until smooth with wire whisk. Add salt to taste. Use batter to coat zucchini. Deep fry until golden brown. Drain on towel and serve hot with freshly squeezed lemon or basil ricotta dip.

Roasted Beet Salad with Blue Cheese

1 bunch beets, stems trimmed off
Salt and freshly ground black pepper
1/4 pound whole piece blue cheese, frozen
3 cups tangerine juice, or orange juice
Pinch salt and pepper

2 tablespoons olive oil (for beets)
4 cups spinach or chard
Toasted almonds
1 tablespoon lemon juice
3/4 cup extra-virgin olive oil (for dressing)

Preheat oven to 350 degrees F. Place the beets in a baking pan, drizzle with the oil, and season with salt. Cover with foil. Bake for about 1 hour, or until tender when pierced with a knife. While the beets are roasting, make the dressing: In a 1-quart non-reactive saucepan, over medium-high heat, reduce the tangerine juice to about 3/4 cup. Add the lemon juice. Remove from the heat and strain with a fine sieve. Return to the saucepan; add lemon juice, salt and pepper. Over medium heat, reduce until the mixture bubbles and has a syrup-like consistency. You should have about 1/4 cup. Remove from the heat and strain again. Let cool to room temperature. Add the olive oil. Set aside. (Can be stored in refrigerator for up to 1 1/2 weeks.) When cool enough to handle, peel the beets, and thinly slice them into rounds. Arrange on a serving platter and drizzle with the dressing. In a large bowl, toss the spinach with the remaining dressing and place spinach on top of beets in the center of the platter. Remove the wedge of blue cheese from the freezer. Using a microplane grater, grate the desired amount over the salad. Garnish with toasted almonds.

Ricotta Pancakes with Brown Sugar-Cherry Sauce

1/2 cup (or more) water, divided
1 tablespoon unsalted butter
2 tablespoons (packed) golden brown sugar
3/4 cup unbleached all purpose flour
1/2 teaspoon baking powder
1 1/3 cups whole-milk ricotta cheese
1/2 cup whole milk
Vegetable oil (for brushing)

2 teaspoons cornstarch
2 cups halved pitted cherries
1 tablespoon fresh lemon juice
2 tablespoons sugar
1/4 teaspoon salt
4 large egg yolks
3 large egg whites
Plain yogurt (optional)

Whisk 1/4 cup water and cornstarch in small bowl. Melt butter in medium nonstick skillet over medium heat. Add cherries, 1/4 cup water, and brown sugar; stir until sugar dissolves. Increase heat to medium-high; add cornstarch mixture and stir until mixture boils and thickens, adding water by tablespoonfuls if sauce is very thick, about 1 minute. Remove from heat; stir in lemon juice. Whisk flour, sugar, baking powder, and salt in small bowl. Using electric mixer, beat ricotta cheese and egg yolks in large bowl at medium-high speed until light and fluffy, about 1 minute. Reduce mixer speed to low; add flour mixture alternately with milk in 2 additions each, beating just until blended and scraping down sides of bowl as needed. Using electric mixer fitted with clean beaters, beat egg whites in medium bowl until stiff but not dry. Fold 1/4 of whites into ricotta mixture to lighten, then fold in remaining whites in 3 more additions. Heat griddle or large nonstick skillet over medium heat; brush griddle lightly with oil. Drop batter by generous 1/4 cupfuls onto griddle; spread each pancake with offset spatula to form 3 1/2-inch round. Cook until bubbles form on tops of pancakes and bottoms are golden, about 3 minutes. Turn pancakes over and cook until golden brown on bottoms, about 2 minutes. Transfer pancakes to plates. Top with cherry sauce and yogurt, if desired, and serve.