

Farm To Table

Siskiyou Sustainable Cooperative CSA Recipe Page

Week Eight: July 29th – August 5th, 2010

Kale and Potato Spanish Tortilla

Gourmet | February 2003

1 lb potatoes	1 cup olive oil
1 large onion, chopped	1 1/2 teaspoons salt
1 lb kale, center ribs discarded	7 large eggs

Peel potatoes and cut into 1/3-inch dice (2 1/4 cups). Heat oil in a 10-inch nonstick skillet over moderate heat until hot but not smoking, then reduce heat to moderately low and cook potatoes, onion, and 1 teaspoon salt, stirring occasionally, until potatoes are tender, about 20 minutes. Blanch kale while potatoes cook: Cook kale in a 4- to 6-quart pot of boiling salted water until wilted, 2 to 3 minutes. Drain in a colander and immediately transfer to a bowl of cold water to stop cooking. Drain again, squeezing handfuls of kale to extract excess moisture, then coarsely chop. Add kale to potato mixture and cook, stirring occasionally, until kale is tender, about 5 minutes. Drain vegetables in colander set over a bowl, reserving drained oil, and cool 10 minutes. Lightly beat eggs in a large bowl, then stir in vegetables, 1 tablespoon drained oil, and remaining 1/2 teaspoon salt. Add 1 tablespoon drained oil to skillet, then add egg mixture and cook over low heat, covered, until sides are set but center is still loose, about 12 minutes. Remove from heat and let stand, covered, 15 minutes. Shake skillet gently to make sure tortilla is not sticking (if it is sticking, loosen with a heatproof plastic spatula). Slide tortilla onto a large flat plate, then invert skillet over tortilla and flip it back into skillet. Round off edge of tortilla with plastic spatula and cook over low heat, covered, 10 minutes more. Slide tortilla onto a plate and serve warm, cut into wedges.

Zucchini Fritters

1 large zucchini, finely chopped	1 small onion, chopped
3 eggs, beaten	1/2 cup freshly grated Romano cheese
1 cup milk	2 cups all-purpose flour
salt and pepper to taste	garlic powder to taste
onion powder to taste	parsley to taste
1/4 cup vegetable shortening or coconut oil	

In a large bowl, mix together the zucchini, onion, eggs, Romano cheese, milk, and flour. Season with salt, pepper, garlic powder, onion powder, and parsley. Heat about 1 tablespoon of shortening in a large skillet over medium heat. Drop 1/4 cupfuls of the batter into the skillet, and flatten slightly with the back of a spatula. Turn fritters over when the center appears dry. Cook on the other side until golden brown. Set aside and keep warm. Add more shortening to skillet as needed, and continue with remaining batter.

Arugula and Green Bean Salad with Walnut Oil Dressing

Bon Appétit | August 2001

1 large shallot, chopped	1/4 cup walnut oil or olive oil
1 tablespoon Champagne vinegar or white wine vinegar	1 pound slender green beans, trimmed
3 hard-boiled eggs, peeled, coarsely chopped	4 ounces arugula (about 8 cups)

Whisk first 3 ingredients in small bowl. Season dressing with salt and pepper. Cook green beans in large pot of boiling salted water until crisp-tender, about 6 minutes. Drain. Refresh under cold running water. Drain well. Transfer to large bowl. Add arugula and half of eggs. Drizzle with dressing; toss to coat. Top with remaining eggs.

Tuna and White Bean Salad

Gourmet | September 2003

1 garlic clove	3 tablespoons fresh lemon juice
3/4 teaspoon salt	1/2 teaspoon black pepper
1/4 cup extra-virgin olive oil	1 1/2 cups loosely packed fresh parsley
1 can cannellini beans, drained and rinsed	1 lb tomatoes, cut into 1-inch pieces
1 (1-lb) cucumber, quartered lengthwise and cut crosswise into 1/3-inch-thick slices	
2 (6-oz) cans tuna packed in olive oil, drained	

Mince garlic and mash to a paste with a pinch of salt using a large heavy knife. Whisk together garlic paste, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well. Let stand at room temperature 10 minutes. Gently toss beans, cucumber, tomatoes, and parsley with half of dressing. Transfer to a platter or bowl and arrange tuna on top, breaking up any large pieces with a fork. Drizzle remaining dressing over tuna.

Mediterranean Salad with Chickpeas, Arugula, Fennel and Tomatoes

3 tablespoons red wine vinegar	2 tablespoons chopped parsley
2 tablespoons chopped oregano	1/2 teaspoon grated orange peel
1/2 teaspoon fennel seeds	1/2 teaspoon dried crushed red pepper
1/4 cup extra-virgin olive oil	1 cup early tomatoes, halved
1 fennel bulb, halved lengthwise, thinly sliced crosswise	1 cup thinly sliced red onion
1 8-ounce container small mozzarella balls, drained, halved	4 cups arugula
1 15-ounce can chickpeas (garbanzo beans), drained	

Whisk first 6 ingredients in small bowl to blend. Gradually whisk in oil. Season dressing with salt and pepper. Combine fennel, tomatoes, mozzarella, chickpeas, red onion, and arugula in large bowl. Add dressing; toss to coat and serve. Serve with wedges of lightly toasted rosemary focaccia or naan.

Mixed Green Salad with Strawberry Dressing

1 basket strawberries, hulled, halved	1 bag of mixed baby greens
1 7-ounce package crumbled feta cheese (about 1 1/3 cups)	1/2 cup walnuts, toasted
1/2 cup olive oil	3 tablespoons balsamic vinegar
1 tablespoon sugar	

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.

Carrot and Beet Salad with Ginger Vinaigrette

1/4 cup minced shallot	1 garlic clove, minced
2 tablespoons minced peeled fresh ginger	1/4 cup rice vinegar
1 tablespoon soy sauce	1/2 teaspoon toasted sesame oil
1/2 cup olive oil	4 cups finely shredded carrots
4 cups finely shredded peeled raw beets (about 3/4 pound)	salad mix

In a blender purée shallot, ginger, and garlic with rice vinegar, soy sauce, sesame oil, and Tabasco. With motor running add olive oil in a stream and blend until smooth. In separate bowls toss carrots with half of the dressing and beets with remaining half. Divide carrot salad and beet salad among 6 plates and garnish with spinach leaves.