



Farm To Table

Siskiyou Sustainable Cooperative CSA

Recipe Page

Week Nine: August 5th - 12th, 2010

Summer Squash Sloppy Joes

1 pound ground lean beef or turkey	1 carrot, chopped
1/2 onion, finely chopped (about 3/4 cup)	1 1/2 cups summer squash, diced
1 6-ounce can tomato paste	3 garlic cloves, minced
1 tablespoon mild chili powder	1 teaspoon paprika
1 teaspoon dried oregano	salt and black pepper to taste
3 ounces cheddar cheese, thinly sliced	6 hamburger buns

Preheat the broiler. In a large skillet over medium-high heat, sauté the ground beef or turkey until browned, about 7 minutes. Add the onion and sauté 2 minutes. Add the carrot and sauté 2 minutes. Add the squash and sauté 1 minute more. Stir in the tomato paste and 1 1/2 cups water, stirring until the paste has dissolved. Add the garlic, chili powder, paprika, and oregano, and season with the salt and pepper. Reduce heat to medium and continue to cook until the mixture has thickened, 8 to 10 minutes. Divide the cheese among the bottom halves of the hamburger buns. Transfer both halves of the buns to the broiler, open-faced, and toast until the cheese has melted and the top buns are toasted. Remove the buns from the oven and fill each sandwich with the squash-and-meat mixture. Serve immediately.

Radichio Slaw

1 head radichio, cut in half, sliced thinly	2/3 cup mayonnaise	1 teaspoon dried
fennel seed	2 teaspoons Dijon mustard	
3/4 cup roughly grated or julienned carrots	1/3 cup white wine vinegar	
Salt and pepper	1 cup thinly sliced red cabbage	

In a large mixing bowl, toss all the ingredients together. Serve chilled.

Basil Tabbouleh

3/4 cup fine bulgur	3/4 cup minced red onion
1 teaspoon salt	1/2 teaspoon ground allspice
1 cup finely chopped fresh basil leaves	1 cup minced fresh parsley leaves
1/3 cup minced fresh mint leaves	1/2 cup finely chopped scallion
1/4 cup fresh lemon juice	1/4 cup olive oil
1 cup finely diced seeded cucumber	1 cup finely diced seeded tomato

In a bowl wash the bulgur in several changes of water, letting it settle to the bottom before pouring off the water, until the water is clear and drain it in a large fine sieve. Return the bulgur to the bowl, add enough cold water to cover it by 1 inch, and let the bulgur soak for 1 hour. While the bulgur is soaking, in a large bowl stir together the onion, the salt and the allspice and let the mixture stand for 30 minutes. Drain the bulgur in the sieve, pressing hard to extract as much water as possible, add it to the onion mixture with the herbs, the scallion, the lemon juice, the oil, the cucumber, the tomato, and salt and pepper to taste, and toss the salad well.

Grilled Mustard Chicken with Green Bean Coleslaw

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Nonstick vegetable oil spray	4 teaspoons mustard seeds, divided
French-cut green beans, thawed, patted very dry	2 cups very thinly sliced green cabbage
1 small sweet onion, very thinly sliced	1 tablespoon chopped fresh tarragon
2 tablespoons olive oil	2 tablespoons white balsamic vinegar
3 tablespoons Dijon mustard, divided	1 large egg white
4 boneless chicken breast halves with skin	

Coat grill rack heavily with nonstick spray. Prepare barbecue (medium-high heat). Toast 1 teaspoon mustard seeds in skillet over high heat until beginning to pop, 3 to 4 minutes. Place seeds in large bowl. Add green beans, cabbage, onion, and tarragon. Whisk oil, vinegar, and 2 teaspoons Dijon in bowl. Mix into slaw; season with salt and pepper. Whisk egg white and 2 tablespoons plus 1 teaspoon mustard in small bowl. Sprinkle skin side of chicken with salt and pepper. Brush thickly with mustard glaze; sprinkle with some of remaining mustard seeds. Place chicken, skin side down, on grill. Sprinkle chicken with salt and pepper; brush with glaze and sprinkle with remaining mustard seeds. Grill 5 minutes. Turn chicken. Grill until cooked through, about 5 minutes. Top with slaw and serve.

Cucumber Feta Yogurt Dip

2 cups greek yogurt	2 teaspoons finely chopped fresh dill
3 garlic cloves, minced	2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice	salt and pepper
1 cucumber, peeled, seeded, and chopped fine	4 ounces feta, crumbled

Mix the yogurt, cucumbers, feta, chopped dill, garlic, oil, lemon juice, and salt to taste. Let the dip stand, covered and chilled, for at least 2 hours and up to 8 hours to allow the flavors to develop. Stir the dip, and serve it with pita wedges.

Potato, Beet and Cucumber Salad

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1 3/4 pounds red potatoes, cut to 3/4-inch cubes	3 medium beets, stems removed
2 tablespoons plus 2 teaspoons white vinegar	salt and pepper
1 cucumber, cut into 3/4-inch cubes	1 tablespoon plus 1 teaspoon Dijon mustard
2 teaspoons sugar	6 tablespoons olive oil
2 tablespoons minced fresh dill	lettuce leaves
1 1/2 teaspoons caraway seeds, crushed in mortar with pestle	

Preheat oven to 375°F. Wrap beets in foil. Bake until tender, about 1 hour 15 minutes. Unwrap and cool slightly. Peel beets and cut into 3/4-inch cubes. Place in small bowl. Cook potatoes in large pot of boiling water until tender. Drain. Transfer to large bowl. Add 2 tablespoons vinegar; stir gently with rubber spatula. Cool. Add cucumber to potatoes. Mix 2 teaspoons vinegar, mustard and sugar in small bowl. Gradually whisk in oil. Add minced dill and caraway. Toss beets with just enough dressing to coat. Mix remaining dressing into potatoes. Season mixture with salt and pepper. Just before serving, gently mix beets into potato salad. Line platter with lettuce; top with salad.

Creamy Basil Dip

1/2 cup yogurt or sour cream	2 tablespoons white balsamic vinegar
1 tablespoon lemon juice	3/4 cup fresh basil leaves, chopped
4 tablespoons chopped onion	2 cloves garlic, minced
1 teaspoon sea salt	1/2 teaspoon freshly ground black pepper
1 ripe avocado	

In blender or food processor, combine yogurt or sour cream, vinegar, lemon juice, chopped basil, onion, avocado, garlic, salt, and pepper and pureé until very smooth, 1 to 2 minutes.

Siskiyou Sustainable Cooperative -- Organic Local Agriculture
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