



Farm To Table

Siskiyou Sustainable Cooperative

CSA Recipe Page

Week Eleven: August 19th - 16th, 2010

Green Bean Salad with Fresh Tomato Chutney

Bon Appétit | August 2004

2 1/4 pounds green beans, trimmed

1 1/2 tablespoons dark brown sugar

1 tablespoon chopped peeled fresh ginger

1/2 teaspoon chopped seeded serrano chile

4 medium tomatoes, quartered

1 large garlic clove, chopped

1 teaspoon ground cumin

Cook beans in large pot of boiling salted water until crisp-tender, about 6 minutes. Drain; rinse with cold water and drain again. Pat dry. (Beans can be made 1 day ahead. Wrap in paper towels and store in resealable plastic bags; refrigerate.) Chop tomatoes in processor using on/off turns. Add brown sugar, garlic, ginger, cumin, and chile. Process until almost smooth. Pour tomato mixture over beans; toss to coat. Cover and refrigerate until cold, about 4 hours. Season to taste with salt and pepper. Arrange beans on large platter and serve

Potatoes and Green Beans with Garlic

The New Spanish Table 2005 (submitted by CSA member Robin)

1/3 cup fragrant extra-virgin olive oil

3 large Yukon Gold potatoes

6-8 oz green beans, cut into 1 1/2 inch lengths

2 small garlic cloves, crushed

Coarse salt

Freshly ground black pepper

Place olive oil and garlic in a small bowl, whisk to mix, and let stand while you prepare the vegetables. Cut the potatoes into irregular chunks by inserting the tip of a small, sharp knife into a potato and twisting it until a 1 1/2 inch chunk comes out. Repeat until the entire potato is cut up, continue with the remaining potatoes. Place the potatoes in a large saucepan, add enough cold, salted water to cover by 2 inches, and bring to a boil over medium-high heat. Reduce the heat to low and simmer until the potatoes feel almost tender but still offer a little resistance when pierced, about 15 min. Increase the heat to medium and bring the water back to a boil. Add the green beans and cook, partially covered, until the beans and potatoes are tender, about 5 minutes. Drain (the potatoes will be slightly "crushed"). Transfer the vegetables to a shallow serving dish, sprinkle with salt and pepper, and drizzle the garlic olive oil evenly over the top. Let cool for 10-15 minutes, then serve.

Green Soup

2 tablespoons olive oil	2 onions, thinly sliced
2 1/2 cups green beans cut into 2-inch pieces	4 cups small broccoli florets
2 medium zucchinis, sliced	5 cups vegetable stock
Salt and freshly ground pepper	3 cups milk
4 tablespoons minced parsley	

Warm the oil in a pot over medium heat, and cook the onions for a few minutes. Add the green beans and cook for 5 minutes, stirring occasionally. Add the broccoli, zucchini and vegetable stock. Bring to a boil, then reduce the heat and simmer for 20 to 25 minutes. When the vegetables are tender, put through a vegetable mill. Return the milled vegetables to the pot. Season with salt and pepper to taste, add the milk and cook, stirring, over medium heat for 10 minutes more. Sprinkle with parsley, and serve.

Ratatouille

Mireille Guiliano from French Women Don't Get Fat

1 pound tomatoes	1 pound zucchini
1 pound eggplant	4 garlic cloves
2 tablespoon minced parsley, fresh	Salt and freshly ground pepper

Use an equal amount of tomatoes, zucchini and eggplant. Wash and cut into thick slices. Using a large pot, make layers starting with the eggplant, then the tomatoes and finally the zucchini, and repeat until the pot is almost filled to the edge. Add some garlic cloves and parsley branches between the layers. Season with salt and pepper. Cover and cook under very low heat until the vegetables are tender, approximately 1-2½ hours. Serve 20 minutes later. Use soup bowls, as it is at that stage more of a soup with the liquid being mostly water from the veggies.

Hungarian Cucumber Salad

Joan Nathan's Jewish Holiday Cookbook

2 medium or large cucumbers	1 teaspoon salt
Pinch of sugar	1/4 cup white vinegar
Dash of garlic powder	1/2 cup water
Sweet paprika	Black pepper

Peel the cucumbers and slice them very thin. Sprinkle with salt and let stand for 30-60 minutes with a plate and a 5-pound weight on top. Squeeze out the water on a paper towel. Combine the sugar, vinegar, garlic powder, and water. Add the cucumbers and marinate for a few hours. To serve, sprinkle paprika on half of the salad and black pepper on the other half.

Siskiyou Sustainable Cooperative – Organic Local Agriculture
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