

Recipe Page

August 18th, 2005- Week 11

What's in Your Box this Week?

Lettuce (Seven Seeds Farm and Fry Family Farm)

Potatoes (Wolf Gulch Farm)

Tomatoes (Boones Farm and Dancing Bear Farm)

Green Beans (Boones Farm)

Summer Squash (Riverwood Island Farm)

Basil (Riverwood Island Farm, L&R Family Farm and Seven Seeds Farm)

Eggplant (Root Down Farm)

Slicing Cucumbers (L&R Family Farm)

Blackberries for small shares (Riverwood Island Farm)

Frying or Green Bell Peppers (Boones Farm and Root Down Farm)

Onions (Seven Seeds Farm)

Garlic (Seven Seeds Farm)

Cherry Tomatoes for large shares (Seven Seeds Farm)

Chard for large shares (Seven Seeds Farm)

Armenian Cucumbers for large shares (Boones Farm)

Melons for large shares (Seven Seeds Farm)

Baba Ganosh

Ingredients:

1 large eggplant

1 large clove garlic, minced

1/3 cup lemon juice

1/2 tsp salt

1/3 cup sesame oil*

chopped parsley

Cut stems and green hull from top of eggplant. Bake in a 400 degree oven for about 1 hour, or until very soft. Scoop pulp out of skin and mash thoroughly or press through sieve. Slowly beat in lemon juice alternately with sesame oil. Stir in garlic and salt to taste. Pile into serving bowl and garnish with chopped parsley. Arrange pomegranate seeds in rows on top, sprinkle with a little olive oil, and serve with pita bread.

Ratatouille

1 lb of yellow onions, chopped	3 cloves garlic, crushed
1 lb zucchini, chopped	1 lb yellow squash, chopped
Bell peppers, seeds removed, chopped into 1/2 inch square pieces:	1 lb green bell peppers
1/2 lb red bell peppers	1/2 lb yellow bell peppers
1 lb eggplant, 1/2 inch cubes	1 lb fresh ripe tomatoes
1/4 cup olive oil	salt to taste
2 sprigs thyme	1 bay leaf
1 sprig rosemary	3/4 cup vegetable stock
fresh ground pepper to taste	

Preheat oven to 400 degrees F.

Using a large oven-proof pan over medium high heat, saute onions in olive oil until they begin to soften, about 5 minutes. Add garlic and reduce heat to low.

While the onions and garlic are cooking over low heat, put 2 tablespoons of olive oil in a another frying pan over high heat. As soon as oil starts to smoke, quickly add enough zucchini cubes all at once to cover the bottom of the pan. Keep on cooking over high heat, stirring, until zucchini is lightly browned on all sides. Remove zucchini cubes, and add them to pan with the onions.

Repeat process until all of the zucchini cubes have been cooked. Do the same with the yellow squash. Make sure to add a little olive oil between each new batch. Continue with the bell peppers, then the eggplant cubes, adding the browned vegetables to the onion pan as soon as they are cooked.

When all the vegetables (except the tomatoes) are browned and in the pan with the onions, increase the heat to high and stir, making sure they don't stick to the bottom of the pan. Add salt to taste, thyme, bay leaf, and rosemary, the vegetable stock, and stir well. Place in oven for one hour. Boil water in a saucepan on stove. Remove stems from tomatoes, and crisscross the bottoms with a knife. Plunge into boiling water for a minute or two, until skin starts to fall away. Rinse in cold water and remove skin. Cut tomatoes in half lengthwise, remove seeds, chop coarsely, set aside.

After the vegetables have been in the oven for an hour, remove from oven, drain vegetables in a colander set over a bowl. Clean browned bits (if any) off bottom of pan with a paper towel. Return any liquid to the pan and reduce to a thick glaze over medium high heat. Keep on adding juices to the pan as they run out of the vegetables into the bowl. When all the juices have been reduced, return vegetables to the heavy pan. At this point the ratatouille should be moist and shiny, with very little liquid. Turn heat off. Add the chopped tomatoes and cover. If serving as a warm side dish, let the ratatouille stand for 10 minutes, just enough to "cook" the tomatoes. The ratatouille can be served at room temperature or refrigerated and reheated the next day.

Potatoes Au Gratin

Ingredients:	3 cups diced cooked potatoes	6 tablespoons butter or margarine
3 tablespoons flour	1 1/2 cups milk	1 cup shredded Cheddar cheese
salt and pepper	1 cup soft bread crumbs	

Place potatoes in a shallow, broilerproof baking dish. In a saucepan over medium-low heat, melt 6 tablespoons butter. Remove 3 tablespoons of butter to a cup or bowl; set aside. To the remaining 3 tablespoons of butter in the saucepan, add flour. Stir to blend well; gradually stir in milk. Continue cooking, stirring constantly, until sauce is thick and smooth. Add cheese and continue stirring until cheese is melted. Pour sauce over potatoes in baking dish; mix gently. Place bread crumbs in a bowl; drizzle with remaining 3 tablespoons melted butter; toss to coat. Sprinkle buttered bread crumbs evenly over potatoes. Bake potatoes au gratin at 400° for about 15 minutes to heat through, then broil until golden brown.