

Recipe Page

August 3rd, 2006- Week 9

What's in Your Box this Week?

Carrots (Wolf Gulch Farm)

Cucumbers (Dancing Bear Farm, Quartz Creek and Boones Farm)- slicers or armenian (light green and ribbed)

Chard (Seven Seeds Farm)

Peaches (Rolling Hills Farm)

Tomatoes (Wolf Gulch Farm, Blue Fox Farm and Dancing Bear Farm)

Plums (Dancing Bear Farm)

Onions (Seven Seeds Farm)

Green Beans (Boones Farm)

Summer Squash (Wolf Gulch Farm, Dancing Bear Farm and Quartz Creek Farm) Note: large shares are receiving tromboncino squash this week. This variety is large, but still very tender. You can cook the neck, too.

Peppers for small shares (Wolf Gulch Farm and Dancing Bear Farm)- anaheim or ancho, and jalapeno

Beets for small shares (Wolf Gulch Farm and Quartz Creek Farm)

Lettuce for small shares (Quartz Creek Farm)

Salad Mix for large shares (Quartz Creek Farm)

Eggplant for large shares (Wolf Gulch Farm)

Spinach for large shares (Quartz Creek Farm)

Chard with Carrots

Ingredients

3 tablespoons of olive oil

1 bunch Chard

Vinegar or lemon juice (optional)

1 clove of Garlic

3 carrots

1 dried red chili

Salt and Pepper

Warm olive oil in the pan, with chili and garlic; before the garlic browns remove from heat and take out the garlic. Wash chard, separate leaves from the stems and then cut the leaves into large pieces. Peel carrots, slice thinly on the diagonal, then into narrow strips. In a large pan of boiling water, briefly cook chard stems and carrots until tender. Cook the chard leaves quickly in water and drain in a colander and then press the leaves with a wooden spoon to remove excess water. Mix all the vegetables together and season with salt and pepper. Dress with the chili and garlic oil. This can be served hot or at room temperature with the optional splash of vinegar or lemon juice

ONION & SAGE TART-

CSA member Linda Sanders brought this dish to our Farm Day last Saturday. It is delicious!

PATE BRISEE (Rich Shortcrust):

Makes one 10-11" pie crust + additional, or two 9" pie crusts.

1/2 tsp. Salt

1/3 Cup Cold Water

1/2 lb. (2 sticks) Unsalted Butter, cut in 1/2" cubes

1 Cup All-purpose Flour

Pie Weights

FILLING

2 Medium-sized Yellow Onions,

1 Slice Bacon, finely diced

1 tsp. Sugar (optional)

3/4 tsp. Salt

2 tsp. Balsamic Vinegar

2 Tbsp. Finely Chopped Fresh Sage (or other herb)

Freshly Ground Black Pepper

1/2 Cup Heavy Cream

2 Large Eggs

SHORTCRUST

Dissolve salt in water; place in refrigerator. Place butter and flour in a mixer bowl; chill bowl, ingredients and paddle blade for mixer in the freezer for at least 30 minutes. Using the paddle blade and the mixer at the slowest speed, cut butter into the flour until butter resembles coarse flakes of oatmeal. With the mixer running, slowly pour in the cold salted water and mix until the dough forms a ball (You could freeze it or put it in fridge for 2 days). Shape into a disk 8-9 inches in diameter and 3/4 inch thick. Wrap in plastic wrap and refrigerate for 30 minutes. Preheat oven to 375; roll out pastry to fit 11"-tart pan. Place dough in pan, left edges under slightly and press down so that they are slightly thicker. Prick w/fork; place parchment paper over crust and fill with dry beans for weights. Bake for 15 minutes; remove from oven and remove paper and beans.

Check color of pastry: if still pale and soft continue to bake for about 5 minutes or until a light golden brown.

CARAMELIZE THE ONIONS- Peel, cut in quarters from root to tip, cut out the dense core at the root end, and slice the onions 1/4" thick, again from root to tip. Cook the bacon, stirring often, in a large saucepan over medium heat until almost crisp. Add the onions, sugar (I don't use), and salt, and cook stirring often until they cook down by two-thirds, about 10 minutes. Add vinegar, reduce the heat to medium-low, and continue to cook until the onions are an even golden brown and softened to a marmalade consistency, 15-30 minutes, depending on the onions. Stir often and scrape up any brown bits. Stir in the sage, allow to cool slightly, then taste and season with black pepper and additional salt if needed. (The onions can be caramelized up to 2 days ahead and stored covered in the refrigerator.)

FILLING AND BAKING

Preheat oven to 350. Stir the cream and egg into the caramelized onions until thoroughly combined; spoon into tart shell; spread evenly. Bake in the upper third of the oven until the filling is set, about 20-25 minutes. The filling should still be soft, but not runny. Let cool slightly before slicing. Can be served warm or at room temperature.

Tomato-Cucumber Relish with Lemon and Seeds

Ingredients:

2 tomatoes, diced small

1 unpeeled cucumber, seeds in, diced small

1/2 onion, diced small

1 tsp minced red or green chile pepper

3/4 cup lemon juice (about 3 lemons)

1 T sugar

1 tsp each cumin seeds, coriander seeds, mustard seeds

Salt and freshly cracked black pepper to taste.

In a large bowl, combine all the ingredients and mix well. This relish will keep, covered and refrigerated, about 4 days.