

CSA Recipes -- January 5th, 2012

FROM CSA Member Glenda Ponder:

Kale/Collards/Chard and Lentil Soup

1 lge onion chopped
1 t salt
1 T olive oil
1 c dry red lentils, rinsed and drained
6 cups water
2 T olive oil
1 bunch collard greens and/or kale and/or swiss chard, stemmed and thinly sliced
1 T ground cumin
1 t ground cinnamon
2 T minced garlic
1/3 cup lemon juice

Saute 1 T oil, onion and salt until onions are translucent about 4 mins. Stir in lentils and cook for 1 min. Add water. Bring to a boil, cover and simmer about 15mins until lentils are tender.

Meanwhile add greens to 2 T oil and cook about 10 mins until wilted. Add to lentil mixture. Season with cumin, cinnamon & garlic. Simmer for 10 mins. Add lemon juice before serving.

Serves: 4

Rosemary Rutabaga Fries

6 servings, about 4 ounces each

1 rutabaga, about a pound and a half
1 teaspoon olive oil
4 sprigs fresh rosemary, minced
3 cloves garlic, minced
Salt, to taste

Preheat oven to 400°.

Peel the rutabaga and cut it in 1/2" x 1'2" spears.

Steam about 12 minutes in a steamer basket until just tender.

Dry the spears with paper towels and then toss with the olive oil, the garlic and the rosemary.

Lay the rutabaga spears out in a single layer (ideally with none of the spears touching each other) on a jelly roll pan and bake in the preheated oven about 25 minutes, turning once.

Place them under the broiler for a few minutes, watching closely, to finish browning them. Salt to taste and serve immediately.

Notes

Other flavoring suggestions:

1. "Indian." Omit garlic and rosemary. After cooking scatter on some garam masala (recipe below).
2. "Chinese." Omit garlic and rosemary. Before baking, toss the rutabaga spears in a mixture of hoisin sauce, sesame oil, grated ginger and five-spice powder.

Roasted Brussels Sprouts

a few tablespoons extra virgin olive oil
Brussels Sprouts, ends trimmed and sliced in half
sea salt or Herbamare and freshly ground black pepper

Preheat oven to 425 degrees F.

Place halved Brussels Sprouts into a baking dish and toss with olive oil, salt, and pepper. Turn each of them so the cut side is down.

Roast for 10 to 15 minutes depending on the size. I forgot about mine today and left them in for 15 minutes which was a tad too long for these. You will notice in the photo that they are a little browned. Tom and I like them a bit lighter but they were still great.

You can garnish them with a squeeze of lemon and a bit of freshly grated lemon peel is desired, though I usually don't do this now that my boys are eating them (they can't eat citrus right now).

Turnip Beef Soup

1/2 lb. beef sirloin or beef stew pieces
1 Tablespoon olive oil
4 cups beef or chicken broth
1 cup Beer or ale
1/4 cup barley, rinsed and drained OR Brown Rice
2-3 Turnips, peeled and cut into small cubes
1-3 leeks or onions, chopped
2 Carrots, scrubbed & cut into small cubes
1 stalk celery, diced OR cutting celery, chopped

parsley, chopped
Fresh or dried thyme
S & P to taste

Trim away all visible fat from beef and cut into small cubes. Heat oil in a large saucepan; add beef and cook over medium heat to brown on all sides. Add remaining ingredients to pan and bring to a boil. Reduce heat and simmer, covered, for 1½ hours. Makes 4 to 6 servings.

Diced Carrots and Turnips

2 pounds carrots, cut into 1/2-inch dice
1 1/2 pounds turnips, peeled and cut into 1/2-inch dice
3 tablespoons butter
freshly grated nutmeg to taste

In a kettle of boiling salted water cook the carrots for 3 minutes, add the turnips, and boil the vegetables for 3 to 5 minutes, or until they are tender. Drain the vegetables and transfer them to a serving dish. Add the butter, cut into bits, the nutmeg, and salt and pepper to taste and toss the mixture until the butter is melted.

Serves 8. from Gourmet

Turnip, Carrot and Split Pea Soup

3/4 c Dried split peas
2 tb olive oil or butter
1 Onion, chopped
1 c Carrots, chopped
1 c Turnip, chopped
Mixed greens, cleaned and chopped, optional
2 c Vegetable stock
2 bay leaves
Salt & pepper to taste
splash of vinegar

Wash peas and soak them overnight in cold water, or in hot water for one hour. Drain them and set aside. Heat the oil or butter in a saucepan and saute the onion until light brown. Add the carrots and turnip and continue cooking 5 mins. Add the peas, bay leaf, and veg stock, and stir well. Cover the pan, bring to a boil, and simmer 1 - 1 1/2 hours until the peas are really tender. Stir occasionally, and add water if necessary. Season to taste. Stir in turnip greens 1-2 minutes before removing from heat. Serve with a splash of vinegar.

Roasted Spaghetti Squash with Herbs

1 spaghetti squash (about 4 pounds), halved lengthwise, seeds removed

1 tablespoon extra-virgin olive oil, plus more for brushing

1 tablespoon packed light-brown sugar

Coarse salt and freshly ground pepper

1/2 cup grated Parmesan cheese (about 2 1/2 ounces)

1/2 cup chopped fresh flat-leaf parsley

1/2 cup chopped fresh cilantro

1/4 cup blanched hazelnuts (1 ounce), toasted and coarsely chopped

Preheat oven to 400 degrees. Brush cut sides of squash with oil, and sprinkle with sugar and salt and pepper to taste. Place squash, cut sides down, on a rimmed baking sheet. Roast until tender, about 45 minutes. Let cool slightly on sheet on a wire rack, about 10 minutes.

Scrape squash with a fork to remove flesh in long strands. Place in a large bowl. Add oil, Parmesan, parsley, cilantro, hazelnuts, 1 teaspoon salt, and pepper to taste. Toss, and serve immediately.

Spaghetti Squash with Garlic

Ingredients

- 1 2 spaghetti squash (2 pounds each)
- 2 2 tablespoons olive oil
- 3 2 cloves garlic, slivered
- 4 Coarse salt and ground pepper

Directions

1. Preheat oven to 400 degrees. With a fork, prick squash in several places. Place on a rimmed baking sheet; bake until soft to the touch, about 1 hour.
2. When cool enough to handle, halve squash crosswise. Scoop out seeds; discard. Scrape flesh into strands.
3. In a large skillet, heat oil over low heat. Add garlic; cook until fragrant and just starting to color, about 5 minutes. Add squash; season with salt and pepper. Cook, tossing frequently, until squash is very hot, about 5 minutes.

Cook's Note

Holding squash half over a wide bowl, use a fork to scrape the flesh into long, thin strands.

Shepherd's Pie with Rutabaga Topping

Ingredients

- 1 rib celery, coarsely chopped
- 1 sprig fresh rosemary, plus 1 tablespoon chopped fresh rosemary
- 1 sprig fresh thyme
- 2 dried bay leaves
- 1 clove garlic
- 1 1/2 teaspoons unsalted butter, plus more for rutabagas and potatoes
- 2 pounds boneless beef chuck or leg of lamb for stew, cut into 1-inch pieces
- 2 medium onions, chopped
- 2 tablespoons all-purpose flour
- 2 cups dry red wine
- 1 cup homemade or store-bought low-sodium canned beef stock
- 4 carrots, cut crosswise into 3-inch pieces
- Coarse salt and freshly ground black pepper
- 3 rutabagas (about 3 pounds), peeled and cut into large pieces
- 4 russet or Yukon gold potatoes (about 2 pounds), peeled and cut into large pieces
- 1/2 cup hot milk, or more if needed

Directions

1. Tie celery, rosemary sprig, thyme, bay leaves, and garlic in a small piece of cheesecloth to make a bouquet garni; set aside. Heat a wide, heavy-bottomed pan over medium heat until hot. Melt butter, and brown meat in two batches, taking care not to crowd the pieces or they will steam and not brown; transfer meat to a bowl using a slotted spoon and set aside. Add onions; cook until slightly softened, about 8 minutes. Return meat to pan and sprinkle flour over the meat and onions, cook about 1 minute, stirring often.
2. Add wine, and bring to a boil, scraping the bottom of the pan to loosen the brown bits. Add the stock and bouquet garni, bring to a boil, cover, and cook on low heat until meat is tender, about 1 1/2 hours. Remove the lid after 1 hour; add carrots, and cook, uncovered, for the last 30 minutes. Season with salt and pepper.

3. Place rutabagas and potatoes in separate saucepans; cover with cold, salted water. Bring to a boil and simmer until tender, 30 to 40 minutes for the rutabagas and 25 minutes for the potatoes. Drain; return to the saucepans to dry out any moisture from the vegetables for a few minutes.
4. Put the rutabagas and potatoes through a food mill fitted with a fine disk, or ricer, or mash by hand. Add butter, as desired, and enough hot milk to make a creamy puree. Season with salt and pepper; stir in chopped rosemary.
5. Preheat oven to 350 degrees. Remove bouquet garni; transfer stew into a deep 2-quart baking dish. Top with puree; dot lightly with butter. Bake 1 hour, or until top is brown and crusty. Serve hot.

Potato and Turnip Gratin

1 to 2 tablespoons unsalted butter (optional), plus more for baking dish

1 1/2 cups heavy cream, plus more if needed

3 sprigs robust herbs such as thyme or sage

2 pounds (total) potatoes, preferably russets, and turnips, peeled and thinly sliced

Coarse salt and freshly ground pepper

Directions

1. Infuse liquid: Heat oven to 375 degrees, and butter a 2 1/2-quart oval gratin dish or 9-by-13-inch baking dish. Bring cream and thyme to just under a boil in a small saucepan, then remove from heat and let stand 30 minutes. Strain through a fine sieve and discard solids.
2. Assemble: Arrange the vegetable slices in an overlapping fashion in the baking dish, alternating them and seasoning with salt and pepper as you go. Dot with butter, if using. Pour cream over top (it should almost cover the vegetables; add up to 1/2 cup more if necessary) and cover tightly with parchment-lined foil.
3. Bake: Bake until vegetables are tender, about 45 minutes, then remove foil and bake until golden brown and bubbling, about 15 minutes more. Serve at once.

Pan-Browned Brussels Sprouts

1/2 pound Brussels sprouts

2 large garlic cloves

1 1/2 tablespoons unsalted butter

1 tablespoon olive oil

2 tablespoons pine nuts

Trim Brussels sprouts and halve lengthwise. Cut garlic into very thin slices. In a 10-inch heavy skillet (preferably well-seasoned cast iron) melt 1 tablespoon butter with oil over moderate heat and cook garlic, stirring, until pale golden. Transfer garlic with a slotted spoon to a small bowl. Reduce heat to low and arrange sprouts in skillet, cut sides down, in one layer. Sprinkle sprouts with pine nuts and salt to taste. Cook sprouts, without turning, until crisp-tender and undersides are golden brown, about 15 minutes. With tongs transfer sprouts to a plate, browned sides up. Add garlic and remaining 1/2 tablespoon butter to skillet and cook over moderate heat, stirring, until pine nuts are more evenly pale golden, about 1 minute. Spoon mixture over sprouts and sprinkle with freshly ground black pepper. santa clara, utah