

CSA Recipes for January 19th

My Shepherd's Pie Recipe

A combination of parsnips, potatoes and rutabaga (but, mostly parsnips)

2 lbs Ground beef or buffalo

Carrots

Corn (Frozen)

Shallots and/or Onions

Herbamare Seasoning

This is an easy weeknight recipe that is very popular in our house. Chop up parsnips and potatoes -- maybe a total of 4 - 6 cups for the topping. Boil until soft. Puree and mash. Add a little salt and pepper and cream or milk. Puree until creamy. Saute onions and/or shallots in olive oil until soft then add buffalo or beef. Cook until browned and then add chopped carrots and frozen corn. If you are using a cast iron round 12" pan, just keep the beef mixture in there and spread mashed parsnips over the top. Bake in an oven at 350 until the top turns golden. Serve with a nice green salad or greens sauteed in butter or olive oil.

Braising Mix with Andouille Sausage

1 Package of Andouille Sausage -- Must try Full Circle's grass-fed bison sausage.

Mixed greens

Olive Oil

Slice andouille sausage. Brown in olive oil and add greens. Cook until greens wilt and soften (or less cooked if you like your greens crunchier). Serve!

Purple Velvet Torte from Elana'sPantry.com

This was recommended by CSA member, Jasmine. Thanks!

2 ½ cups grated beets

1 cup [agave nectar](#)

4 eggs

½ cup [grapeseed oil](#)

1 tablespoon [vanilla extract](#)

½ teaspoon almond extract

½ cup [cacao powder](#)

½ teaspoon [celtic sea salt](#)

1. In a medium saucepan, heat the beets and agave to a boil, then cover
2. Reduce to a simmer and cook for 30 minutes, until beets are soft
3. Transfer beet-agave mixture to a [Vitamix](#) and puree on highest speed until smooth

4. Blend in eggs, oil, vanilla, almond extract, cacao and salt until thoroughly incorporated
5. Pour batter into a well greased [9-inch cake pan](#)
6. Bake at 350° for 30-35 minutes until a knife inserted into the center comes out clean
7. Cool and serve

Roasted Kohlrabi

Peel and slice kohlrabi (smaller slices cook faster). Toss with olive oil and seasoning salt (like Herbamare). Roast in the oven at 450 until beginning to soften and brown. Take out, toss with parmesan cheese and put back in the oven for 5 minutes. Serve!

Cooking tips for Kohlrabi (from Mariquita Farm website):

Kohlrabi doesn't have to be peeled after cooking.

It's excellent cooked or raw. Try it both ways.

Grate kohlrabi into salads, or make a non-traditional coleslaw with grated kohlrabi and radish, chopped parsley, green onion, and dressing of your choice.

Try raw kohlrabi, thinly sliced, alone or with a dip. Peel and eat raw like an apple.

Steam kohlrabi whole, 25-30 minutes, or thinly sliced, 5-10 minutes. Dress slices simply with oil, lemon juice and a fresh herb, or dip in flour and briefly fry.

Saute grated kohlrabi in butter, add herbs or curry.

Add sliced or cubed kohlrabi to heart soups, stews or a mixed vegetable stir-fry.

Chill and marinate cooked for a summer salad. Add fresh herbs.

Kohlrabi leaves can be used like other greens. Store the leaves and bulbs separately. The globe will last for a few weeks in plastic in the fridge.

Apple and Kohlrabi Slaw

Serves 4 as a side dish

2 tart apples, cored & grated or julienned on a mandolin

2 large kohlrabi or four small, peeled & grated or julienned on a mandolin

2 Shallots, diced (1/2 of an onion also works)

4 tablespoons Italian parsley, coarsely chopped

2 tablespoons olive oil

1 tablespoon sherry vinegar
S & P to taste

Mix all of the above and season to taste with S & P.

Roasted Kohlrabi with Crunchy Seeds

Adapted from Perfect Vegetables by the Cook's Illustrated Team

3 medium kohlrabi bulbs, peeled and cut into $\frac{3}{4}$ inch cubes
2 Tablespoons olive oil
2 teaspoons sesame seeds
1 teaspoon poppy seeds
 $\frac{1}{2}$ teaspoon fennel seeds, coarsely chopped
S & P to taste

Preheat oven to 450 degrees. Toss the kohlrabi, oil, seeds, and S & P together in a large bowl until combined. In a single layer spread the mixture onto a rimmed baking sheet. Roast (with rack in middle position), shaking pan occasionally, until the kohlrabi is browned and tender, about 30 minutes. Transfer to a bowl and adjust seasonings to taste, serve immediately.

Julia's Parsnip Oven Fries

Several Parsnips
Olive oil
salt and pepper

Peel and thinly slice parsnips, I think about the width of a slender fast food french fry. Mine are not nearly as uniform as restaurant fries, but it adds to the charm of this dish. Put parsnip strips in a mixing bowl and splash in some olive oil, sprinkle with salt and pepper and mix to coat, I'm somewhat generous, but I end up using lots less than I would if I actually fried them. Spread the parsnips out on a large jelly roll baking pan. Bake at 450, mixing with a long wooden spoon every 10 minutes or so until browning and crispy. Warning: these are addictive. Our children even like them...

Mashed Parsnips and Scallions

serves 4

1 pound parsnips, peeled and cut into 2-inch lengths
8 ounces potatoes, peeled and sliced 1 inch thick
Salt
1 bunch green onions, trimmed, cleaned and sliced thin
 $\frac{1}{2}$ cup milk
4 tablespoons butter
1 teaspoon grated lemon zest
black pepper

Directions: Place the parsnips and potatoes in a 3- to 4-quart saucepan. Pour in enough cold water to cover by three inches. Add plenty of salt and bring to a boil over high heat. Cook until tender, about 15 minutes. Add the scallions and cook 3 minutes. Meanwhile, heat the milk and butter over low heat until the butter is melted. Drain the vegetables thoroughly and return them to the empty pot. Mash the vegetables with a potato masher, gradually adding the milk mixture, to a smooth texture. Add the lemon zest and season to taste with salt and pepper. Serve immediately.

Roasted Parsnips with Balsamic Vinegar and Rosemary

adapted from *Vegetables Every Day* by J. Bishop

2 pounds parsnips
2 Tablespoons olive oil
S & P to taste
2 Tablespoons balsamic vinegar
2 teaspoons minced fresh rosemary leaves

Preheat oven to 425 degrees. Peel parsnips (or scrub them really well.) Cut them into 1 inch chunks or mor slender 'batons'. Toss with oil on a large rimmed baking sheet. (sometimes I do this step in a bowl then just arrange them on the baking sheet. -julia) Sprinkle with S & P. Roast, turning once, until golden brown, 30-40 minutes. Combine the vinegar and rosemary in a small bowl. Drizzle the mixture over the roasted parsnips on the baking sheet and toss to coat. Continue to roast just until the parsnips are glazed, about 3 minutes. Adjust the seasonings and serve immediately.

Parsnips and Carrots with Orange Sauce

adapted from epicurious.com

2 cups water
1 pound parsnips, peeled; halved lengthwise, and cut crosswise into 1/4-inch-thick pieces
1 pound scrubbed carrots, halved lengthwise and cut crosswise into 1/4-inch-thick pieces
2/3 cup fresh orange juice
1/4 teaspoon freshly grated orange zest (try to find unwaxed oranges....)
2 tablespoons butter

In a skillet combine the water, the parsnips, the carrots, and salt to taste, simmer the vegetables for 15 minutes, or until they are just tender, and stir in the orange juice. Simmer the mixture for 5 minutes, or until the vegetables are tender, and transfer the vegetables with a slotted spoon to a bowl. Boil the liquid until it is reduced to about 4 tablespoons, remove the skillet from the heat, and stir in the zest and the butter, stirring until the butter is melted. Spoon the sauce over the vegetables.

Buttered Parsnips

from Vegetarian Cooking for Everyone by Deborah Madison

1 1/2 to 2 pounds parsnips, peeled
2 Tbs butter
Salt and freshly milled pepper
Chopped parsley or tarragon

Cut the parsnips into pieces of equal length, then halve or quarter the thicker ends so they'll be approximately the same thickness as the rest. Steam or boil in salted water until tender-firm, 7 to 10 minutes, checking after 5 minutes. Drain and toss well with the butter, season with salt and pepper to taste, and toss with chopped parsley.

Potato Leek Soup

- 1 large or 2 small leeks, about 1 pound
- 2 bay leaves
- 20 black [peppercorns](#)
- 4 sprigs fresh thyme
- 2 tablespoons butter
- 2 strips bacon, chopped
- 1/2 cup dry white wine
- 5 cups chicken stock
- 1 to 1 1/4 pounds [russet potatoes](#), diced
- 1 1/2 teaspoons salt
- 3/4 teaspoon white pepper
- 1/2 to 3/4 cup creme fraiche or [heavy cream](#)
- 2 tablespoons snipped chives

Directions

Trim the green portions of the leek and, using 2 of the largest and longest leaves, make a bouquet garni by folding the 2 leaves around the [bay leaves](#), peppercorns and thyme. Tie into a package-shaped bundle with kitchen twine and set aside. (Alternately, tie 2 leek leaves, bay leaves, peppercorns and thyme together in a piece of [cheesecloth](#).)

Using a sharp knife, halve the white part of the leek lengthwise and rinse well under cold running water to rid the leek of any sand. Slice thinly crosswise and set aside.

In a large soup pot over medium heat, melt the butter and add the bacon. Cook for 5 to 6 minutes, stirring occasionally, until the bacon is very soft and has rendered most of its fat. Add the chopped leeks and cook until wilted, about 5 minutes. Add the wine and bring to a boil. Add the reserved bouquet garni, [chicken stock](#), potatoes, salt and [white pepper](#), and bring to a boil. Reduce the heat to a simmer and cook for 30 minutes, or until the potatoes are falling apart and the soup is very flavorful.

Remove the [bouquet garni](#) and, working in batches, puree the soup in a [food processor](#) or blender. (Alternately, if you own an [immersion blender](#), puree the soup directly in the pot.) Stir in the creme fraiche and adjust the seasoning, if necessary. Serve immediately, with some of the snipped [chives](#) sprinkled over the top of each bowl of soup.