

CSA Recipes - February 17th

Blanched Rapini (Broccoli Raab)

adapted from Cook's Illustrated

Using a salad spinner makes easy work of drying the cooled blanched rapini.

1 pound rapini (broccoli rabe), washed, cut into 1-inch pieces
2 teaspoons salt

Bring 3 quarts water to boil in large saucepan. Stir in rapini greens and salt and cook until wilted and tender, about 2 1/2 minutes. Drain and set aside.

Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge greens to stop the cooking process. Drain again; squeeze well to dry and proceed with one of the following recipes.

Rapini with garlic and red pepper flakes

2 T extra virgin olive oil
3 medium garlic cloves
1/4 teaspoon [red pepper flakes](#)
1 recipe blanched rapini greens (above)

Heat oil, garlic and red pepper flakes in medium skillet over medium heat until garlic begins to sizzle, about 3 to 4 minutes. Increase heat to medium high, add blanched rapini greens, and cook, stirring to coat with oil, until heated through, about 1 minute. Season to taste with salt, serve immediately.

Rapini with Sun Dried Tomatoes and Pine Nuts

Follow recipe for Rapini with Garlic and Red Pepper Flakes, adding 1/4 cup oil-packed sun-dried tomatoes, cut into thin strips, along with garlic and red pepper flakes. Add 3 Tablespoons toasted pine nuts to skillet along with rapini greens.

Rapini with Asian Flavors

Mix 1 Tablespoon soy sauce, 1 1/2 teaspoons rice wine vinegar, 1 teaspoon toasted sesame oil, and 1 teaspoon sugar in small bowl; set aside. Follow recipe for Rapini with Garlic and Red Pepper Flakes, substituting vegetable oil for the olive oil and adding 1/2 teaspoon finely grated ginger along with garlic and red pepper flakes. Add reserved soy sauce mixture to skillet along with rapini.

Cabbage and Potato Pancakes (from Simplicity - from a Monastery Kitchen)

1/2 head small green cabbage
4 large [potatoes](#), peeled and grated
1 medium sized [onion](#), finely chopped
2 eggs
3/4 c milk
salt and freshly ground pepper to taste
a small bunch of [parsley](#), chopped
8 TBS vegetable or olive oil

1. Quarter the cabbage and steam it for about 6-7 minutes. Drain and chop the cabbage finely.
2. Place chopped cabbage, grated potatoes, and chopped onion in a big bowl. Mash them thoroughly with a masher and mix them well with a spatula.
3. In a separate deep bowl beat the eggs. Add the milk and beat some more. Add the cabbage-potato-onion mixture. Add some salt and pepper and the chopped parsley. Mix all the ingredients together until thoroughly blended. Refrigerate 1 hour.
4. Preheat oven to 250. To make the pancakes use a crepe pan or nonstick skillet. In the pan heat about 1 tablespoon of oil (each time) to low-med and pour in about one eighth of the potato mixture. Flatten the mixture evenly with a spatula and cook over medium heat until the pancake turns brown at the bottom. Turn the pancake over carefully and continue cooking the other side. When the pancake is done, slide it carefully onto an ovenproof platter. Repeat the process until all the pancakes are done. Keep the pancakes in the warm oven until ready to serve.

Cabbage and Carrot Slaw

Serves 6. adapted from Gourmet

4 cups finely shredded [carrot](#)
4 cups finely shredded red cabbage
1/2 cup rice vinegar (available at Asian markets and some supermarkets)
1 tablespoon sugar, or to taste
1 teaspoon vegetable oil
1/2 teaspoon salt, or to taste

In a large bowl toss together the carrot and the cabbage. In a small bowl whisk together the vinegar, the sugar, the oil, and the salt. Just before serving add the dressing to the vegetables and toss the slawwell.

Braised Cabbage adapted from the Victory Garden Cookbook

two ways: butter braised and broth braised:

Butter Braised:

4-6 T butter
2-3 t curry powder (optional)
8 cups finely sliced cabbage (this goes quickly with a sharp knife or a food processor)
S & P to taste

Heat 4 T of the butter with curry powder (if using) in a large saute pan. Add the sliced cabbage and stir to coat with butter. Cover, lower heat, and cook gently for 5-6 minutes, stirring occasionally, or until the cabbage is tender. Season with S & P. Add more butter if you like.
(Makes 4-5 cups)

Broth Braised Cabbage

8 cups finely sliced cabbage (this goes quickly with a sharp knife or a food processor)
1/2 Cup chicken, beef or vegetable broth
S & P to taste
2 T butter (optional)

Put all ingredients in a covered saucepan, bring to a boil, and cook for 5-6 minutes or until just tender, stirring or tossing occasionally. Or, cook covered in a preheated 350 degree oven for 20 minutes or longer, until tender. The timing depends on the cabbage variety and the size of the slices. (Makes 4-5 cups)

* substitute wine for broth or butter
* use bacon or goose fat rather than butter

Glazed Carrots With Pistachios and Thyme

Serves 4

1 lb. carrots, peeled and cut into 1/2" slices on the bias Salt and pepper
1/4 cup unsalted butter
1/4 cup brown sugar
1/3 cup pistachios, shelled and unsalted and toasted in the oven (10 min. at 350° F)
1 teaspoon fresh [thyme](#), picked from stems.

Cook carrots uncovered in 2" of boiling water about 15 minutes, or until tender. Drain and season with salt and pepper. Melt butter in skillet. over medium heat, stir in brown sugar and cook until sugar is dissolved, stirring occasionally. Add cooked carrots. Cook slowly until well glazed. Toss with roasted pistachios. Garnish with fresh thyme and serve.

Carrot Yogurt Soup adapted from Sunset's Make-Ahead Cookbook

2 T cooking oil
1 large leek or onion, chopped (leek should be cut in half, cleaned and then white and light green parts chopped. The dark green parts can be tossed or used to make stock.)
1 garlic clove or 1 stalk [green garlic](#), chopped
1 teaspoon each curry powder and flour
3 cups stock: chicken or vegetable
3 large or 6 medium carrots, scrubbed and sliced, (peeled if you like)
1 cup plain yogurt

cayenne pepper, ground
1/3 cup chopped, toasted salted peanuts

Heat oil in 3-4 quart pan over med. heat. When oil is hot, add onion, then garlic, stirring, until onion is soft. (About 10 minutes). Add curry powder and flour; continue to cook, stirring, for about 30 seconds. Add broth and carrots. Cover and simmer until carrots are tender when pierced (15 to 20 minutes)

Blend with immersion blender, food processor or regular blender with 3/4 cup of the yogurt until pureed. Season to taste with S and P and cayenne (use sparingly!). Let cool; cover and refrigerate for up to 1 day or freeze for up for 4 months.) Thaw overnight or defrost in microwave.

To serve: Serve at room temperature or hot. Garnish with peanuts, yogurt, and if you like carrot curls you can make by using a vegetable peeler and 'peeling' long carrot curls from a carrot. Put these curls in a small bowl of ice water to help them stay curly and crunchy before you serve them in the soup.

Chinese Noodle and Carrot Salad

4 servings

6 medium carrots
water
9oz linguine style pasta
3 tablespoons soya sauce
3 tablespoons sesame oil
2 tablespoons grated pared ginger root
2 tablespoons crushed garlic
2 tablespoons sugar
2 tablespoons toasted sesame seeds
8oz water chestnuts (drained, sliced)
2 medium onions (sliced)
1 teaspoon hot chili oil

Trim and pare carrots, cut into thin, long diagonal slices. Add carrots to 2 pints of boiling water, return to boil and simmer for 5 minutes until tender. Drain and flush with warm water. Bring 2 further pints of water to boil in kettle. Cut bundle of noodles once or twice across to shorten. Slip noodles into boiling water and simmer for 2 minutes. Drain and rinse. In bottom of a salad bowl combine soya sauce, sesame oil, garlic, sugar and sesame seeds. Mix to blend then add carrots, noodles, water chestnuts and onion. Toss well and add chili oil to taste. Cover salad and chill at least 4 hours to let flavors develop.