

Winter CSA Recipes - January 17th

Salt Roasted Fingerling Potatoes

1 pound fingerling potatoes, washed but not peeled
1/3 cup extra virgin olive oil
2 teaspoons coarse kosher or sea salt
½ teaspoon freshly ground white or black pepper

Bring 4 quarts of water to a boil. Put potatoes into the pot and boil for 10 minutes (15 minutes if fingerlings are large or if using cut potatoes). Drain and plunge into a bowl of iced water to “shock” the potatoes.

Drain the potatoes in a strainer. Put olive oil, salt and ground pepper into a bowl and mix with a whisk or a fork. Add the potatoes and toss until all are coated with the oil mixture and lift back into the strainer to let excess oil drain; some salt and ground pepper will remain in the oil.

Place potatoes into a shallow roasting pan sufficiently large to accommodate the potatoes in one layer. Roast in a preheated 450 degree oven for 10-15 minutes until the potatoes offer slight resistance to the point of a knife.

Beet Salad

4 Medium beets
1 Clove garlic
½ Cup feta
¼ Cup olive oil
3 Tbls balsamic vinegar
1 Small onion chopped
Salt to taste

Boil beets until tender. These are first harvest of these beets so it should not take long to cook, no more than twenty minutes. Run the beets under cold water and slip the skins off. Slice thin for a best texture.

Mince garlic and mix with olive oil, balsamic vinegar, and salt. Toss with beets. Top with Feta.

If you want to add an extra level of freshness shave the kernels off two ears of corn and toss them in the salad raw.

Walnut Beet Dip

Adapted from Spain: A Culinary Road Trip

1 cup walnuts
1 1/2 large beets, boiled, peeled and cut into large chunks
2 tablespoons good olive oil
2 tablespoons sesame tahini (I used raw)
2 tablespoons lemon juice
2 tablespoons curly parsley, minced
sea salt

Directions:

Puree walnuts in a food processor with a sharp blade until finely ground. Add beets, tahini, olive oil, lemon juice and parsley and puree until combined. If the consistency is too thick, you may add a bit of water to thin it out. Add enough salt to taste, plus another sprinkle of lemon juice or drizzle of olive oil if desired.

Beets in a Sweet Thyme Balsamic Glaze

5 small beets, various colors, boiled, peeled, and cubed
4 T balsamic vinegar
4 thyme sprigs from the garden
1 tsp. honey

Place vinegar, thyme, and honey in a small sauce pan. Simmer until honey is dissolved, thyme is fragrant, and vinegar is somewhat reduced. Remove thyme sprigs and drizzle sauce over beets. Sprinkle dish with salt and pepper and toss to coat.

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...

Parsnip Chips from [Chef Jonathan Miller](#)

I always consider peeling parsnips to be optional, and actually less preferred. However, if you do, treat yourself to some parsnip chips by frying the peelings in some oil. It's the best snack, but it doesn't last long! I also fry any cores that I remove from the parsnip. Those are a thicker, tasty treat. peelings from 1lb parsnips fry oil (grapeseed, canola, peanut) salt In a medium skillet heat a 1/4 inch layer of oil until very hot, but not smoking. Add the parsnip peelings, tossing well and continuously, and fry until lightly golden and crisp, about 2-3 minutes, depending on how thick your peelings are. Remove to a paper towel lined plate and drain. Immediately sprinkle with salt and serve immediately.

Parsnip Salad with Walnuts and Dates

Adapted from *Local Flavors Cooking and Eating from America's Farmers Markets* by D. Madison

1 or 2 firm white parsnips
S & P to taste
2 teaspoons freshly squeezed lemon juice or more to taste
1 teaspoon grated lemon zest
2 teaspoons honey
8 large medjool dates, pits removed
¼ cup yogurt, preferably whole milk
6 walnuts, cracked and chopped

1. Peel the parsnips. Cut them in half crosswise and cut a slice off the very top so that you can see the ring of flesh surrounding the core. Grate them on a box grater without bearing down too hard so that the pieces will be thin. Keep your eye on the top of the parsnip and stop grating when you get to the core. Toss the grated parsnip with ½ teaspoon salt, some pepper, the lemon juice, zest, and honey.
2. Cut each date half into 4 pieces. Add these to the parsnips with the yogurt and toss well. Taste for salt and lemon, adding more if needed. Cover and refrigerate until ready to serve, then toss once more with the walnuts.

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
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.

Butternut Squash & Kale Quesadillas

1/2 whole Butternut Squash, Peeled, Seeded, And Diced.
2 Tablespoons Butter
1 Tablespoon Olive Oil
1/2 teaspoon Kosher Salt
Black Pepper To Taste
1/4 teaspoon Chili Powder (more To Taste)
1 bunch Kale, Leaves Torn, Stalks Discarded
8 whole Small (fajita Sized) Flour Tortillas
Extra Butter For Frying
2-1/2 cups Monterey Jack Cheese, Grated (more If Needed)
Sour Cream For Serving
Cilantro, For Serving
Pico De Gallo, Salsa, Avocado Slices (optional) For Serving

Heat 1 tablespoon butter and olive oil in a large skillet over high heat. Add squash and sprinkle with salt, pepper, and chili powder. Cook for several minutes, turning gently with a spatula, until squash is deep golden brown and tender (but not falling apart.) Remove to a plate and set aside.

In the same skillet, melt 1 tablespoon of butter over medium-high heat and add in the kale. Toss it around with tongs and cook it for 3 to 4 minutes. Add in the cooked squash and gently toss together. Set aside.

In a separate skillet, melt additional butter and lightly brown both sides of the 8 tortillas. Build the quesadillas one by one by adding a layer of cheese topped with a layer of the

squash/kale mixture, topped with a second tortilla. You'll have four quesadillas when you're done.

Brown each quesadilla on both sides, adding more butter to the pan to make sure tortillas are nice and golden and yummy.

When the cheese is melted, remove each quesadilla from the skillet and cut it into four wedges. Serve with sour cream, cilantro, pico de gallo, salsa, avocado...or any sides you'd like!

(Note: The butternut squash/kale mixture is also great tossed with a little pasta and olive oil, and topped with Parmesan shavings!)

Roasted Butternut Squash Ribbons

YOU NEED:

1 large butternut squash (try to find one with a thick neck)

3-4 tablespoons olive oil

2 garlic cloves, finely minced

1 tablespoon chopped rosemary and/or thyme

Salt and a grind of pepper to taste

TO MAKE:

Preheat your oven to 450°. Oil one or two baking sheets.

Peel the butternut squash and cut the neck from the bottom. Scoop out the seeds.

With a mandolin, thinly slice the neck lengthwise. You can also, with patience, do this with a vegetable peeler or a knife. Once the neck is sliced do the same with the lower part. These pieces won't be as uniform, but just as tasty.

Toss the squash with the remaining ingredients until they are completely mixed. Thinly spread out on the baking sheets. Roast for 20-30 minutes, flipping now and then until the ribbons are soft and golden with a few dark crunchy edges and completely delicious.

Kids can: Clean the squash seeds, toss them with olive oil and salt and roast them until golden as a snack for the big cook and little cooks (cookies).