

## February 14th Winter CSA Recipes

### **Sweet and spicy roasted kabocha squash**

1/2 small to medium sized kabocha squash

3 Tbs light brown, natural cane, or muscovado sugar, plus a bit more for sprinkling

1/2 tsp ground cayenne pepper or hot chili powder, more or less to taste

1/2 tsp ground cumin

1/4 tsp ground cinnamon

1/4 tsp ground nutmeg

1/4 tsp salt

1 Tbs soy sauce

Oil for drizzling - pumpkin seed oil is preferred, or use toasted sesame oil, argan oil, or walnut oil (see notes)

Preheat the oven to 200°C / 400°F. Line a baking sheet or two with silicon baking liner or parchment paper.

De-seed and cut the squash into slices about 1/2 cm or 1/4 inch thick. (Use a sturdy knife for cutting squash or pumpkin, on a stable surface, and be careful!)

Combine all the dry ingredients. Toss the squash slices in this until coated thoroughly. Add the soy sauce and toss well again.

Spread the slices in a singler layer on the baking sheet. Drizzle over them with the oil, and optionally sprinkle more sugar on them. Bake in the preheated oven for 15 minutes, then turn over, drizzle with more oil and sprinkle more sugar, and bake for an additional 10-15 minutes.

Serve hot or at room temperature.

## Zesty Kabocha Soup

*6 servings, 1 hour*

1 1/2 lbs kabocha squash, peeled and chopped into 1 inch chunks  
2 chipotle peppers in adobo sauce (or 1 if you have sensitive taste buds; 3 if you are crazy!)  
5 whole cloves, placed in a cheese cloth for easy removal later  
5 cups water  
1/2 small head cabbage, shredded  
3 medium parsnips, peeled and chopped  
1 large turnip, peeled and chopped (I used a scarlet variety)  
1/2 lime  
1/4 cup cilantro, chopped  
3 ounces whole wheat spaghetti  
Sour cream, garnish (optional)

1. In a large soup pot, place the kabocha, chipotle peppers (whole), cloves, and water. Bring to a boil, then reduce to a simmer. Cook until the squash is soft. Remove the cloves. Use an immersion blender to blend until a silky smooth soup. You can also use a blender or food processor for this step, just be super careful about hot steam and soup splashing about.
2. Return the soup to the pot, and turn the heat on medium. Add the cabbage, parsnips, turnip, and lime juice. Bring to a boil. Break the spaghetti into 3 inch lengths and add to the soup along with the cilantro. Cook until the pasta is done.
3. Taste. Add salt, pepper, and additional lime juice as needed. Once the soup is perfect, ladle into bowls and dollop with sour cream. If it is too spicy, add more sour cream.

## Spinach Pesto

2 cups packed spinach  
1/4 cup pine nuts, toasted  
2 tablespoons grated parmesan cheese  
1 garlic clove minced  
2 tablespoons lemon juice  
1 teaspoon salt  
1/4 cup olive oil

1. Place all of the ingredients in a food processor and blend until smooth.
  2. Stir into rice and serve.
- \* Can also be mixed into cooked pasta, fish or chicken.

## **Stracciatella** (Italian spinach egg soup)

Adapted from the Minimalist Cooks at Home by M. Bittman

4 cups chicken stock, best available will make this a great soup  
2 cups spinach greens, cleaned and ready to cook  
4 eggs  
4 Tablespoons freshly grate parmesan cheese  
Small grating of fresh nutmeg (or a pinch from your jar)  
2 Tablespoons minced parsley (optional, only if you have some around)  
S & P to taste

Bring 3 cups of the stock to a boil over med.-high heat in a 6-8 cup saucepan. Breat the remaining stock with the eggs, cheese, nutmeg and parsley until well blended.

When the stock is boiling, adjust heat so that is bubbles lightly but not furiously. Stir in the spinach and stir for just a moment (It should cook fairly quickly), then add the egg mixture in a steady stream, stirring all the while. Stir occasionally until the eggs gather together in small curds, 2-3 minutes.

Taste and add S & P to your liking, then serve. Garnish with a bit more parmesan if you like.

## **Turnip Kimchee**

2 lb turnips, peeled and cut into cubes no larger than 1 inch  
1/2 small head [cabbage](#) (savoy from your box is great, although napa cabbage is more authentic)  
1 T salt  
1 c [watercress](#) or [turnip greens or beet greens](#), chopped  
4 T sugar  
2 T chile powder (in Korean markets red chili powder is widely available)  
1 T salted shrimp, chopped (or use a preserved shrimp product from your local Asian market)  
1 1/2 t white vinegar  
4 cloves garlic, chopped  
4 [scallions](#), cut into 1/2 inch pieces  
1/2 inch ginger, peeled and grated

Put the turnips, cabbage, and salt into a bowl an toss well. Allow to sit for 15 minutes. Combine the remaining ingredients in another large bowl and combine them well. Add the turnips and cabbage and all the juices remaining in their bowl, and toss well.

Transfer the kimchee to a glass jar (2 quart size works), and press down on all the ingredients. Cover tightly with plastic wrap (you can double wrap it if you like), and let sit at room temperature for 4 days.

Uncover the jar to release any CO<sub>2</sub>, stir the kimchee again, screw on a cap and put into the fridge. Shake the jar from time to time over the course of the next 5 days while it continues to ferment. Ready to eat after 5 days, and good for 6 months. Serve chilled or at room temperature.

### **Butter Bathed Tokyo Turnips** from [Chef Jonathan Miller](#)

1 bunch tokyo turnips  
olive oil  
2-3 T butter  
leaves from 4 [branches thyme](#)

Halve the turnips, reserving any greens for another use. Heat a large, cast iron skillet until very hot. Add a couple tablespoons olive oil and sear the turnips, cut side down, until darkly colored. Flip the turnips, sprinkle them with salt, and continue to sear the rounded sides for another couple minutes, or until deeply colored.

Add a quarter cup of water to the pan and immediately cover the skillet with a lid or sheet pan. Lower the heat and allow the turnips to steam for a few minutes, or until they are as tender as you like them.

Remove the lid. If the water has not boiled off, allow it to do so now, then add the butter and bathe the turnips in the butter as it melts, a minute or two more. Sprinkle the thyme leaves over the top, taste for salt and serve warm. Delicious.