

2018 Summer CSA Recipes

Week 4

Braised White Turnips

Ingredients

1 bunch white turnips
2 tablespoons butter
3 tablespoons apple cider vinegar

Kosher salt
2 tablespoons honey
1 tablespoon butter

Order Ingredients

How to Make It

Heat a 12-inch cast-iron skillet over medium-high heat 5 minutes. Trim turnips, and cut in half lengthwise. Melt 2 Tbsp. butter in skillet. Place turnips, cut side down, in a single layer in skillet. Cook, without turning, 4 minutes or until golden brown. Pour vinegar over turnips; add water to depth of 1/4 inch. Sprinkle with kosher salt. Bring to a boil; cover and reduce heat to medium-low. Simmer 5 minutes or until crisp-tender. Increase heat to medium-high; uncover and return to a boil. Boil 4 minutes or until liquid is almost evaporated. Cook, turning occasionally, 8 more minutes or until liquid has evaporated. Stir in honey and 1 Tbsp. butter.

Turnip greens with Pecans

Ingredients

1 tablespoon olive oil
1 shallot, chopped
1 clove garlic, chopped
1 teaspoon red pepper flakes
1 1/2 pounds turnip greens, washed, stemmed, and chopped
Freshly ground black pepper
2 tablespoons Dijon mustard
1 cup chicken stock
1/2 cup chopped pecans, toasted

Directions

Heat olive oil in Dutch oven over medium heat. Add shallot, garlic and red pepper flakes and sauté until tender and fragrant. Add the washed and cleaned turnip greens. Mix together. Cook until they have wilted down, about 3 minutes. Add pepper to taste.

In a small bowl, whisk the Dijon mustard with the chicken stock. Add to the wilted greens and cook until the liquid has all but evaporated. Add the toasted pecans and serve immediately.

Honey Mustard Spring Turnips

Ingredients

2 tablespoons butter
2 bunches of medium-size turnips, cut into matchsticks (about 6 cups' worth)

Pinch of salt
2 teaspoons Dijon mustard

1 teaspoon honey
1 teaspoon rice vinegar
8 chive sprigs, minced

Salt to taste

Preparation

Melt butter in a large skillet. Turn heat to medium-high and add chopped turnips. Add a pinch of salt and stir to coat with butter. Flatten so most of the turnips are in contact with the pan and leave undisturbed for 4 to 5 minutes, until bottoms are beginning to turn golden-brown.

Remove from heat. Stir in mustard, honey, vinegar and chives. Add salt to taste and serve warm.

Spring Turnips with Bacon and Farfalle

1 lb farfalle pasta (bow tie)
1/4 lb bacon, chopped
1 sweet onion, chopped
3 garlic cloves, minced
2 bunches spring turnips, turnips trimmed, sliced, leaves chopped
1 pint cherries or 1 pint grape tomatoes, halved
1 teaspoon salt
fresh ground pepper
1/2 cup freshly grated parmesan cheese

Directions

Heat salted water to a boil in stockpot; cook pasta until al dente, about 8 minutes. Reserve 1/2 cup of the cooking liquid. Drain pasta.

Meanwhile, heat large skillet over medium heat; cook bacon until crisp, about 5 minutes. Remove bacon from pan with slotted spoon; place on paper towel to drain. Discard all but 2 tablespoons of the bacon grease from the skillet. Add the onion; cook until golden, about 5 minutes. Add garlic; cook 1 minute. Add turnips, tomatoes reserved pasta water, salt and pepper to taste. Cook until turnips are softened, about 5 minutes, stirring occasionally. Stir in turnip leaves; cook until lightly wilted, about 3 minutes. Place pasta in serving dish. Top with turnip mixture; sprinkle bacon on top. Pass Parmesan at table.

Arrowhead "Slaw" Salad

For the salad:

1 medium Arrowhead cabbage, thinly sliced
1 red apple, thinly sliced (I used Fuji, but any crunchy red would work)
1 medium carrot, shredded
4 small spring turnips, peeled and thinly sliced (radish would work as well)

For the vinaigrette:

1 lemon, juiced
2 tbsp olive oil
1/2 shallot, minced
1 tbsp honey
salt and pepper to taste

Combine the salad ingredients and mix until uniformly distributed. For the vinaigrette – combine the ingredients and either whisk quickly in a bowl or shake in a fully-sealed jar until emulsified. Toss the salad and the vinaigrette and allow to rest at least half an hour for the flavors to meld. Serve and enjoy!

*This recipe can be made up to 24 hours in advance.

GRILLED CARAFLEX CABBAGE

Ingredients:

Caraflex cabbage

Olive oil

Sea salt

Black pepper

Method:

Cut the cabbage in half or quartered. Coat the cabbage with olive oil and the seasonings. Place the cabbage cut-side down on a hot grill and leave until it is fork tender, but still has a little crunch. Serve in wedges with a little salt.

Broccoli Rabe with Garlic & Tomatoes

INGREDIENTS

1 lb broccoli rabe, trimmed and cut
1 tablespoon extra virgin olive oil
2 garlic cloves, sliced (I used more)
1 large tomato, diced
1/4 teaspoon crushed red pepper flakes (I use more)

DIRECTIONS

Bring 2 quarts of water to a boil. Place broccoli rabe in boiling water and cook for about 2 minutes. Drain. Place in ice water to cool. Squeeze liquid from broccoli rabe and set aside. Heat oil in skillet over medium heat and add garlic. Sauté for 1 minute or until lightly browned. Add broccoli rabe, tomatoes, and pepper. Cook 3 minutes or until tender.

White Beans with Broccoli Rabe and Lemon

INGREDIENTS

3 tablespoons olive oil
1 small lemon, very thinly sliced, seeds removed
2 anchovy fillets packed in oil
4 garlic cloves, thinly sliced
½ bunch broccoli rabe, chopped
Kosher salt and freshly ground black pepper
2 15-oz. cans cannellini beans, rinsed
¼ cup fresh flat-leaf parsley leaves
2 tablespoons finely grated

Heat oil in a large Dutch oven or heavy pot over medium heat. Add

lemon, anchovies, and garlic. Cook, stirring occasionally, until lemon is softened and brown in spots and anchovies fall apart, about 5 minutes. Add broccoli rabe; season with salt and pepper and cook, tossing occasionally, until bright green and crisp-tender, about 5 minutes. Add beans and ½ cup water to pot. Bring to a boil; reduce heat and simmer, stirring occasionally, until flavors have melded and liquid is reduced by half (you still want it to be saucy), about 5 minutes. Mix in parsley and 2 Tbsp. Parmesan. Transfer to a platter, sprinkle with red pepper flakes, if desired, and top with more Parmesan.

Kohlrabi and Radish Salad

Ingredients:

3 tablespoons fresh lemon juice
1 tablespoon champagne vinegar
1 tablespoon honey
2 1/2 pound kohlrabi
1 bunch radishes
3/4 cup sliced fresh mint leaves
1/4 teaspoon fine sea salt

Method:

In a large bowl, whisk together lemon juice, vinegar and honey.

Peel kohlrabi and cut in half vertically, then slice very thinly with a mandoline. Trim radishes and slice very thinly with the mandoline. Add kohlrabi and radishes to the bowl with dressing and toss well. Add mint and toss again. Place salad on plates and sprinkle with salt.

*you can use a box grater with the slicing side instead of a mandoline- just watch your fingers near the end!

Kohlrabi Fritters

1 medium to large size kohlrabi
1 red or yellow onion
1/2 cup all purpose flour (or gluten free all purpose or whole wheat)

1 teaspoon baking powder
1/2 teaspoon sea salt
2 eggs, lightly beaten
olive oil for frying

Using a food processor with a grating disk, grate the kohlrabi and onion. You'll need 3 cups, so if your kohlrabi is on the small side add more onion or another vegetable. If your kohlrabi is on the larger side, reduce the amount of onion. Wrap the kohlrabi in a clean dish towel and squeeze as much water out as you can. Transfer the kohlrabi to a mixing bowl, and combine with remaining ingredients.

Heat a thin layer of oil over medium high heat in a cast iron skillet. Pan-fry kohlrabi in 1/4 cup scoops, about 2 minutes per side until golden. Drain on paper towels. Serve with desired sauce or Lemon Dill Yogurt Sauce.

Lemon Dill Yogurt Sauce

1/2 cup greek yogurt
1 small garlic clove, minced or grated
1 tablespoon lemon juice
1/4 cup chopped fresh dill
salt and pepper to taste

Combine yogurt, garlic, lemon juice, and dill in a small bowl. Mix to combine, then season with salt and pepper to taste.

Kohlrabi Coleslaw

ingredients
3/4 cup mayonnaise
1/4 cup white vinegar
2 Tbsp. sugar
2 tsp. celery seeds (optional)
1/2 tsp. salt or to taste
1/4 tsp. ground black pepper
1 lb. green cabbage, chopped or finely shredded (9 cups)
2 medium carrots, finely shredded (1 cup)*
1 cup shredded kohlrabi, jicama or radishes*
1 cup snipped Italian (flat-leaf) parsley

1. For dressing, in a medium bowl combine mayonnaise, vinegar, sugar, celery seeds, salt, and pepper. Set aside.

2. In a 4-quart bowl combine the cabbage, carrots, kohlrabi, and parsley. Stir in the dressing; mix well. Cover and refrigerate until serving time, or up to 24 hours. Serve with a slotted spoon. Makes 12 servings.