

2018 Summer CSA Recipes

Week 7

Egg Roll in a Bowl

Ingredients

1 pound The Farm's ground pork
1 head of Napa Cabbage, thinly sliced
2 carrots, grated
1/4 cup soy sauce
1/4 cup toasted sesame oil
1 tablespoon grated ginger
1 clove garlic, minced
1 tablespoon lemon zest
1 teaspoon chopped fresh cilantro
1 tablespoon scallions, chopped

Directions

Cook and stir ground pork in a large skillet until browned, about 10 minutes. Stir in cabbage, carrots, soy sauce, sesame oil, ginger, and garlic into the skillet; cook until cabbage softens, about 8 minutes. Stir in lemon zest and cilantro; cook until flavors combine, about 2 minutes.

Garnish with scallions.

Serve with extra soy sauce or hot mustard.

Napa Cabbage and Shrimp Stir Fry

Ingredients

1 large egg white
1 tablespoon plus 2 teaspoons cornstarch
1 tablespoon plus 1 teaspoon soy sauce
1 1/4 pounds medium shrimp, peeled and deveined
2 teaspoons hoisin sauce
1 1/2 teaspoons sherry vinegar or rice wine vinegar
1/2 cup low-sodium chicken broth or water
2 tablespoons vegetable oil
4 scallions, cut into 1/2-inch pieces, white and green parts separated
1 tablespoon finely grated peeled ginger
1 clove garlic, finely grated
1 pound Napa cabbage (1/2 head), cut into 1-inch pieces
Cooked white rice, for serving (optional)

Directions

Whisk the egg white, 1 tablespoon cornstarch and 1 teaspoon soy sauce in a large bowl until

frothy. Add the shrimp and toss to coat.

Refrigerate 10 minutes. Meanwhile, whisk the hoisin sauce, vinegar and the remaining 1 tablespoon soy sauce and 2 teaspoons cornstarch in a small bowl, then whisk in the chicken broth. Set aside.

Drain the shrimp. Heat the vegetable oil in a wok or large skillet over medium-high heat, then stir-fry the scallion whites, ginger and garlic, about 30 seconds. Add the shrimp and stir-fry until almost cooked through, about 3 minutes. Add the cabbage and stir-fry until wilted and the shrimp are just cooked through, about 2 more minutes.

Stir the hoisin sauce mixture, then add to the wok and simmer, stirring occasionally, 2 minutes. Stir in the scallion greens. Serve with rice, if desired.

Kimchi

Ingredients

1 medium head (2 pounds) napa cabbage
1/4 cup sea salt or kosher salt (see Recipe Notes)
Water (see Recipe Notes)
1 tablespoon grated garlic (5 to 6 cloves)
1 teaspoon grated ginger
1 teaspoon sugar
2 to 3 tablespoons seafood flavor or water (optional, see Recipe Notes)
1 to 5 tablespoons Korean red pepper flakes (gochugaru)
8 ounces Korean radish or daikon, peeled and cut into matchsticks
4 scallions, trimmed and cut into 1-inch pieces

Equipment

Cutting board and knife
Large bowl
Gloves (optional but highly recommended)
Plate and something to weigh the kimchi down, like a jar or can of beans
Colander
Small bowl
Clean 1-quart jar with canning lid or plastic lid

Bowl or plate to place under jar during fermentation

Instructions

Slice the cabbage: Cut the cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 2-inch-wide strips.

Salt the cabbage: Place the cabbage and salt in a large bowl. Using your hands (gloves optional), massage the salt into the cabbage until it starts to soften a bit, then add water to cover the cabbage. Put a plate on top and weigh it down with something heavy, like a jar or can of beans. Let stand for 1 to 2 hours.

Rinse and drain the cabbage: Rinse the cabbage under cold water 3 times and drain in a colander for 15 to 20 minutes. Rinse and dry the bowl you used for salting, and set it aside to use in step 5.

Make the paste: Meanwhile, combine the garlic, ginger, sugar, and seafood flavor (or 3 tablespoons water) in a small bowl and mix to form a smooth paste. Mix in the gochugaru, using 1 tablespoon for mild and up to 5 tablespoons for spicy (I like about 3 1/2 tablespoons).

Combine the vegetables and paste: Gently squeeze any remaining water from the cabbage and return it to the bowl along with the radish, scallions, and seasoning paste.

Mix thoroughly: Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells!

Pack the kimchi into the jar: Pack the kimchi into the jar, pressing down on it until the brine rises to cover the vegetables. Leave at least 1 inch of headspace. Seal the jar with te lid.

Let it ferment: Let the jar stand at room temperature for 1 to 5 days. You may see bubbles inside the jar and brine may seep out of the lid; place a bowl or plate under the jar to help catch any overflow.

Check it daily and refrigerate when ready: Check the kimchi once a day, pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. (This also releases gases produced during

fermentation.) Taste a little at this point, too!

When the kimchi tastes ripe enough for your liking, transfer the jar to the refrigerator. You may eat it right away, but it's best after another week or two.

Recipe Notes

Salt: Use salt that is free of iodine and anti-caking agents, which can inhibit fermentation.

Water: Chlorinated water can inhibit fermentation, so use spring, distilled, or filtered water if you can.

Seafood flavor and vegetarian alternatives:

Seafood gives kimchi an umami flavor. Different regions and families may use fish sauce, salted shrimp paste, oysters, and other seafood. Use about 2 tablespoons of fish sauce, salted shrimp paste, or a combination of the two. For vegetarian kimchi, I like using 3/4 teaspoon kelp powder mixed with 3 tablespoons water, or simply 3 tablespoons of water.

Zucchini Frittata

INGREDIENTS

4 teaspoons extra-virgin olive oil, divided

1 cup diced zucchini, (1 small)

1/2 cup chopped onion

1/2 cup grape tomatoes, or cherry tomatoes, halved

1/4 cup slivered fresh mint

1/4 cup slivered fresh basil

1/4 teaspoon salt, divided

Freshly ground pepper, to taste

5 large eggs

1/3 cup crumbled goat cheese, (2 ounces)

PREPARATION

Heat 2 teaspoons oil in a 10-inch nonstick skillet over medium heat. Add zucchini and onion; cook, stirring often, for 1 minute. Cover and reduce heat to medium-low; cook, stirring occasionally, until the zucchini is tender, but not mushy, 3 to 5 minutes. Add tomatoes, mint, basil, 1/8 teaspoon salt and a grinding of pepper; increase heat to medium-high and cook, stirring, until the moisture has evaporated, 30 to 60 seconds.

Whisk eggs, the remaining 1/8 teaspoon salt and a grinding of pepper in a large bowl until

blended. Add the zucchini mixture and cheese; stir to combine.

Preheat the broiler.

Wipe out the pan and brush it with the remaining 2 teaspoons oil; place over medium-low heat. Add the frittata mixture and cook, without stirring, until the bottom is light golden, 2 to 4 minutes. As it cooks, lift the edges and tilt the pan so uncooked egg will flow to the edges. Place the pan under the broiler and broil until the frittata is set and the top is golden, 1 1/2 to 2 1/2 minutes. Loosen the edges and slide onto a plate. Cut into wedges and serve.

Baked Zucchini Chips

INGREDIENTS:

2 medium zucchini, cut into 1/4-inch slices
1/2 cup seasoned dry bread crumbs
1/8 teaspoon ground black pepper
2 tablespoons grated Parmesan cheese
2 egg whites

DIRECTIONS:

1. Preheat the oven to 475 degrees F (245 degrees C).
2. In one small bowl, stir together the bread crumbs, pepper and Parmesan cheese. Place the egg whites in a separate bowl. Dip zucchini slices into the egg whites, then coat the breadcrumb mixture. Place on a greased baking sheet.
3. Bake for 5 minutes in the preheated oven, then turn over and bake for another 5 to 10 minutes, until browned and crispy.

Summer Squash Burritos

*Try adding some of your favorite burrito/taco ingredients!

INGREDIENTS:

1 tablespoon olive oil
1/2 onion, chopped
3 small summer squash, sliced
salt to taste
4 (7 inch) flour tortillas
1/2 cup shredded Cheddar cheese
1/2 cup chopped tomato

DIRECTIONS:

1. Heat the olive oil in a skillet over medium-high heat; cook and stir the onion in the hot oil until fragrant, about 3 minutes. Add the squash in three batches, making sure the first has softened slightly before adding the next. Season with salt.

2. Heat the tortillas in the microwave until warm, about 10 seconds. Spoon the squash mixture into the center of the tortillas; top with the Cheddar cheese and tomato. Roll into a burrito to serve.

Garlic Roasted Squash

*Can also be made on the Grill!

INGREDIENTS:

2 summer squash
1/4 cup olive oil
3 cloves garlic, minced, or more to taste
1 teaspoon herbes de Provence
salt to taste
ground black pepper to taste

DIRECTIONS:

1. Preheat oven to 450 degrees F (230 degrees C).
2. Trim the ends from the squash, and cut each squash in half lengthwise. Cut the halves in half again crosswise, to make 4 pieces; cut those pieces in half twice more the long way, to make 16 short spears from each squash. Toss the squash with olive oil and garlic in a bowl; place into a shallow baking dish. Sprinkle with salt and black pepper.
3. Roast the squash until the spears and garlic start to brown, 5 to 10 minutes. Check the squash after 5 minutes, and add time in 2- to 3-minute intervals to avoid burning.

Eggs in Purgatory

Ingredients:

4-6 large eggs
5 Large tomatoes diced
1 onion, diced
3 cloves garlic, minced

1 tsp sugar
 salt and pepper
 bunch of fresh basil
 extra virgin olive oil
 1 loaf thick italian bread such as ciabatta or a round loaf
 pecorino romano cheese
 Directions:
 1. Clean tomatoes, remove the core and make an "X" on the opposite side. Blanch tomatoes in boiling water for 3-4 minutes until the skin starts to peel away from the flesh. Drain and chill in ice water until they are cool enough to handle. Skin will easily peel away from the flesh. Use a paring knife to grab the corner of the skin (this is why you make the "X") but you may not even need to use it, just peel it with your fingers. Slice tomatoes in half and with your finger pull out the seeds. Then slice in 4 pieces. If you have a food mill you can put them through the mill to separate the seeds from the pulp. I got rid of mine and I just use my fingers.
 2. Sweat onions in extra virgin olive oil (over low heat) and once they begin to soften add garlic. If using frozen basil add now. Add tomatoes, fresh basil, salt and pepper and cover. Let cook for 10 minutes and then begin breaking up the tomatoes with a wooden spoon or a tomato masher. Cover and let cook for another 20-30 minutes. Taste for seasoning and add more salt and pepper. I like to add a teaspoon of sugar for sweetness.
 3. Toast 4-6 sliced thick sliced bread. You'll need one slice of bread per egg. While slices are warm rub them with a piece of garlic.
 4. Crack eggs into a small bowl (in case you break the yolk or get shells in it) and then add to the sauce, (make a little "dent" in the sauce so the egg sits in it- this will allow egg to poach perfectly. (The more eggs you make the larger the skillet you will need.) Cover and let cook until whites are set but yolks are still runny.
 5. Sprinkle with romano cheese and serve on toast slices.

Tomato Zucchini Casserole

INGREDIENTS:

1 1/2 cups grated Cheddar cheese

1/3 cup grated Parmesan cheese
 1/2 teaspoon dried oregano
 1/2 teaspoon dried basil
 2 cloves garlic, minced
 salt and pepper to taste
 2 medium zucchinis, thinly sliced
 2 large tomatoes, thinly sliced
 1/4 cup butter
 2 tablespoons finely chopped onion
 3/4 cup fine bread crumbs
 DIRECTIONS:
 1. Preheat oven to 375 degrees F (190 degrees C). Lightly butter a 9x9-inch pan.
 2. In a large bowl, combine Cheddar, Parmesan, oregano, basil, and garlic. Season with salt and pepper, and set aside.
 3. Arrange half of the zucchini slices in the pan. Sprinkle 1/4 of the cheese and herb mixture on top. Arrange half of the tomatoes, and top with another 1/4 of the cheese mixture. Repeat layers.
 4. Melt butter in a skillet over medium heat. Stir in onions, and cook until soft and translucent. Stir in breadcrumbs; cook until they have absorbed the butter. Sprinkle on top of casserole.
 5. Cover loosely with foil, and bake in a preheated oven for 25 minutes. Remove foil, and bake until the top is crusty and the vegetables are tender, about 20 minutes.

Tomato-Cheddar Cornbread

Ingredients

2 tablespoons unsalted butter, plus more for pan
 1 1/2 cups cornmeal
 1/2 cup whole-wheat flour
 1 teaspoon baking powder
 1/2 teaspoon baking soda
 1 1/2 teaspoons salt
 1/2 teaspoon black pepper
 1/4 teaspoon cayenne (optional)
 2 large eggs, at room temperature
 1 1/4 cups buttermilk, at room temperature
 1/2 teaspoon honey
 3/4 cup shredded sharp Cheddar cheese, plus 2 Tbsp. (optional)

2 medium tomatoes, halved and sliced 1/4 inch thick

Step 1

Preheat oven to 375°F. Butter an 11-by-7-inch glass baking dish.

Step 2

Whisk cornmeal, flour, baking powder, baking soda, 1¼ teaspoons salt, ¼ teaspoon pepper, and cayenne, if desired, in a large bowl. In a separate bowl, whisk eggs, buttermilk, and honey until combined. Pour buttermilk mixture into cornmeal mixture and stir until nearly combined. Fold in ¾ cup cheese. Spread batter in baking dish.

Step 3

Melt 2 tablespoons butter in a large skillet over medium heat. Add tomato slices, sprinkle with remaining ¼ teaspoon each salt and pepper, and cook, undisturbed, until tomatoes begin to soften, 1 to 2 minutes. Carefully turn tomatoes with tongs and cook 1 minute more. Transfer to baking dish, arranging on top of batter. Pour any juices from skillet over tomatoes. Sprinkle with 2 tablespoons cheese, if desired.

Step 4

Bake until cornbread is golden and a toothpick inserted in center comes out clean, about 30 minutes. Let cool in baking dish on a wire rack for at least 10 minutes before serving.

Tomato Caprese Stacks

Ingredients

2 tablespoons pitted kalamata olives, finely chopped

2 tablespoons extra-virgin olive oil

3 medium tomatoes, each cut into 4 1/4-inch-thick slices (reserve any extra for another use)

1/2 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1 8-oz. ball fresh mozzarella, cut into 8 1/4-inch-thick slices

16 fresh basil leaves

Step 1

In a small bowl, stir together olives and oil.

Step 2

Place a slice of tomato on each of 4 small plates; sprinkle lightly with salt and pepper. Top each with a slice of mozzarella, then a basil leaf.

Repeat layering one more time. Top each stack with a slice of tomato and garnish with basil leaves.

Step 3

Drizzle olive dressing over each stack. Serve immediately.

Fresh Cucumber Salad

3 medium cucumbers, sliced

1 cup sugar

3/4 cup water

1/2 cup white vinegar

3 tablespoons minced fresh dill or parsley

Directions

Place cucumbers in a 1-1/2- to 2-qt. glass container. In a jar with a tight-fitting lid, shake remaining ingredients until combined. Pour over cucumbers. Cover and refrigerate overnight. Serve with a slotted spoon.

Ginger Salmon with Cucumber Lime Sauce for a crowd

1 tablespoon grated lime zest

1/4 cup lime juice

2 tablespoons olive oil

2 tablespoons rice vinegar or white wine vinegar

4 teaspoons sugar

1/2 teaspoon salt

1/2 teaspoon ground coriander

1/2 teaspoon freshly ground pepper

1/3 cup chopped fresh cilantro

1 tablespoon finely chopped onion

2 teaspoons minced fresh gingerroot

2 garlic cloves, minced

2 medium cucumbers, peeled, seeded and chopped

SALMON:

1/3 cup minced fresh gingerroot

1 tablespoon lime juice

1 tablespoon olive oil

1/2 teaspoon salt

1/2 teaspoon freshly ground pepper

10 salmon fillets (6 ounces each)

Directions

Place the first 13 ingredients in a blender. Cover and process until pureed.

In a small bowl, mix ginger, lime juice, oil, salt and pepper. Rub over flesh side of salmon fillets.

Lightly oil the grill rack. Place salmon on rack, skin side down. Grill, covered, over medium-high heat 10-12 minutes or until fish just begins to flake easily with a fork. Serve with sauce.

4. Place a parchment-lined baking sheet on bottom rack of oven to catch juices. Bake cobbler on top rack directly over the baking sheet until topping is golden brown and juices are bubbling, 55 to 70 minutes. If topping is browning too quickly, cover loosely with foil. Let cool on a wire rack 1 hour before serving.

Peach Blueberry Cobbler

Ingredients

2 3/4 pounds peaches, halved lengthwise, pitted, and cut into 3/4-inch-thick wedges (about 8 cups)
1 cup blueberries, (about 1/2 pint)
2/3 cup granulated sugar
3 tablespoons cornstarch
2 tablespoons packed light-brown sugar
1 tablespoon freshly squeezed lemon juice
1 teaspoon finely grated, peeled fresh ginger
Salt
2 cups all-purpose flour
2 teaspoons baking powder
1/2 cup cold unsalted butter, (1 stick), cut into small pieces
1 vanilla bean, halved lengthwise
1 cup plus 2 tablespoons heavy cream, plus more for brushing
Sanding sugar, for sprinkling

Directions

1. Preheat oven to 375 degrees. with racks in upper and lower thirds. Stir together peaches, blueberries, 1/3 cup granulated sugar, the cornstarch, brown sugar, lemon juice, ginger, and a pinch of salt in a large bowl. Transfer to a 12-by-8 1/2-inch (2-quart) baking dish; set aside.
2. Whisk flour, baking powder, 1/2 teaspoon salt, and remaining 1/3 cup granulated sugar in a medium bowl. Cut butter into flour mixture using a pastry blender or 2 knives to form clumps that are no larger than small peas.
3. Scrape vanilla bean seeds into the cream; stir with a fork to combine. Discard pod. Add cream mixture to flour mixture; stir until a soft, sticky dough forms. Divide dough into 10 equal pieces; arrange over filling. Brush dough with cream, and sprinkle with sanding sugar.