

2016 Summer CSA Recipes

Week 11

Tomatillo and Chicken Chili

INGREDIENTS:

2 tablespoons vegetable oil
1 onion, chopped
2 cloves garlic, minced
1 (14.5 ounce) can chicken broth
4 fresh tomatillos, chopped
2 tomatoes, diced
1 diced poblano chile pepper
1/2 teaspoon dried oregano
1/2 teaspoon ground coriander seed
1/4 teaspoon ground cumin
2 ears fresh corn
1 pound diced, cooked chicken meat
1 (15 ounce) can white beans
1 pinch salt and black pepper to taste

DIRECTIONS:

1. Heat oil, and cook onion and garlic until soft.
2. Stir in broth, tomatillos, tomatoes, chilies, and spices. Bring to a boil, then simmer for 10 minutes.
3. Add corn, chicken, and beans; simmer 5 minutes. Season with salt and pepper to taste. Garnish with sour cream, cilantro or shredded cheese!

Spiced Tilapia with Tomatillo Pepper Sauce

Sauce:

1 large red bell pepper
2 teaspoons canola oil
1 cup finely chopped tomatillo
1/4 teaspoon salt
1 garlic clove, minced
2 tablespoons chopped fresh cilantro
1 teaspoon rice vinegar
1 teaspoon honey

Fish:

2 tablespoons flour
2 teaspoons chili powder
1/2 teaspoon dried oregano
1/4 teaspoon ground cumin
4 (6-ounce) tilapia fillets
1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 teaspoons canola oil

Cilantro sprigs (optional)

Preparation

Preheat broiler.

To prepare sauce, cut bell pepper in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel and cut into chunks.

Heat 2 teaspoons canola oil in a large nonstick skillet over medium heat. Add tomatillo to pan; cook 6 minutes or until tender. Add 1/4 teaspoon salt and garlic to pan; cook 1 minute. Transfer mixture to a blender or food processor. Add bell pepper, chopped cilantro, vinegar, and honey. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth; set aside. Wipe pan with a paper towel.

To prepare fish, combine flour, chili powder, oregano, and cumin in a shallow dish; stir with a whisk. Sprinkle fish evenly with 1/4 teaspoon salt and pepper; dredge in flour mixture.

Heat 2 teaspoons canola oil in pan over medium-high heat. Add fish to pan, and cook 2 minutes or until lightly browned. Carefully turn fish over, and cook 4 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve fish with sauce. Garnish with cilantro sprigs, if desired.

Salsa Verde

Ingredients

8 ounces (5 to 6 medium) tomatillos, husked and rinsed
Fresh hot green chiles, to taste (roughly 2 serranos or 1 jalapeno), stemmed

5 or 6 sprigs fresh cilantro (thick stems removed), roughly chopped

Scant 1/4 cup finely chopped onion

Salt

Directions

For the All-Raw version: Roughly chop the tomatillos and the chiles. In a blender or food processor, combine the tomatillos, chiles, cilantro and 1/4 cup water. Process to a coarse puree, then scrape into a serving dish. Rinse the onion under cold water, then shake to remove excess moisture. Stir into the salsa and season with salt, usually a generous 1/4 teaspoon.

For the Roasted version: (Amanda's preferred)

Preheat a broiler.

Roast the tomatillos and chiles on a baking sheet 4 inches below a very hot broiler until darkly roasted, even blackened in spots, about 5 minutes. Flip them over and roast the other side, 4 to 5 minutes more will give you splotchy-black and blistered tomatillos and chiles. In a blender or food processor, combine the tomatillos and chiles, including all the delicious juice that has run onto the baking sheet. Add the cilantro and 1/4 cup water, blend to a coarse puree, and scrape into a serving dish. Rinse the onion under cold water, then shake to remove the excess moisture. Stir into the salsa and season with salt, usually a generous 1/4 teaspoon.

Stuffed Sunburst Squash

Ingredients:

- 4 medium Pattypan Squash
- 2 tablespoons Unsalted Butter
- 1 tablespoon Olive Oil (extra-virgin is best)
- 1 clove minced Garlic
- 1 teaspoon Soy Sauce
- 1 bunch Fresh Spinach, washed and finely chopped
- Salt and Pepper to taste
- 1 dash Cayenne Pepper (optional)
- 1 large Egg, lightly beaten

- 1/4 cup grated Swiss Cheese (or Gruyère Cheese for more flavor)

Steps:

1. Preheat oven to 375 degrees.
2. Fill a large pot 3/4 full of water and bring to a boil.
3. Place squash in boiling water and boil for 5 minutes.
4. Drain the water and allow squash to cool.
5. Cut a thin slice from the bottom of each squash so that they will stand on their own.
6. Cut about 1/2 inch from the tops of each squash and remove the insides to hollow the squash. Set squash insides aside.
7. Melt butter and oil in a skillet over medium heat.
8. Add garlic and sauté until soft.
9. Add the spinach and soy sauce and sauté until the spinach is tender and the liquid has mostly evaporated.
10. Move the spinach mixture to a bowl and allow to partially cool.
11. Season with salt, pepper, and optional cayenne pepper to taste.
12. Stir in the egg and 1/2 cup of the swiss or Gruyere cheese. Mix well.
13. Add a small amount of the squash insides and discard the rest of the insides.
14. Spoon the spinach/cheese mixture into the squash shells.
15. Place the stuffed squash in a single layer in a baking dish.
16. Sprinkle the remaining cheese on top.
17. Pour hot water into the pan to fill about 1/2 inch.
18. Bake for approximately 30 minutes or the squash is tender and the filling is no longer runny.

Serves 4.

Chillin' Summer Squash Soup

Ingredients:

- 4 medium Zucchini, washed and sliced in 1 inch pieces
- 1 large Yellow Crookneck Squash, washed and sliced in 1 inch pieces
- 1 Pattypan Squash, quartered

- 1 large Onion, thinly sliced
- 1 teaspoon minced Garlic
- 3 cups Chicken Broth, defatted
- Salt and Ground White Pepper to taste
- 2 Tablespoons Fresh Basil, finely chopped
- 2 Tablespoons Fresh Parsley, finely chopped
- 1 Tablespoon Lemon Juice
- 1 cup Plain Non-Fat Yogurt

Steps:

1. Place squash, onion, garlic, broth, salt, and white pepper in a large saucepan.
2. Bring to a boil.
3. Cover, reduce heat, and simmer 20-25 minutes or until vegetables are tender.
4. Remove from heat and allow to cool slightly.
5. Puree the squash mixture in a food processor or blender until smooth.
6. Set aside a small amount of the basil and parsley for garnishing.
7. Add the basil, parsley and lemon juice and puree again.
8. Stir in the yogurt.
9. Store soup in a covered container in the refrigerator for at least 6 hours or overnight.
10. Whisk the soup until smooth just before serving.
11. Add salt and pepper to taste.
12. Garnish with the remaining chopped basil and parsley.
13. Serve chilled.

Serves 6

Herb-Roasted Eggplant and Tomatoes

ingredients

- 1 1 3/4-pound eggplant, cut into 1-inch cubes
- 2 large tomatoes, cored, quartered lengthwise
- 3 tablespoons olive oil
- 2 tablespoons Sherry wine vinegar
- 2 tablespoons plus 2 teaspoons chopped fresh oregano
- 1/2 cup crumbled feta cheese

preparation

Preheat oven to 450°F. Place eggplant and tomatoes on rimmed baking sheet; toss with oil and vinegar. Sprinkle with 2 tablespoons oregano, salt, and pepper. Roast until eggplant is tender and golden brown, stirring occasionally, about 40 minutes. Transfer eggplant and tomatoes to platter. Sprinkle with feta and 2 teaspoons oregano and serve.

Eggplant-Pepper Tomato Sauce Recipe

INGREDIENTS

- 1 pound eggplant (about 1 medium eggplant)
- Kosher salt
- 2 medium red, yellow, or orange bell peppers
- 1 medium yellow onion
- 4 medium garlic cloves
- 8 tablespoons olive oil
- Freshly ground black pepper
- 2 pounds tomatoes, diced
- 2 cups low-sodium vegetable broth or water
- 2 tablespoons coarsely chopped fresh oregano leaves
- 1/3 cup coarsely chopped fresh basil leaves
- 1/4 cup coarsely chopped fresh Italian parsley leaves

INSTRUCTIONS

Trim and cut the eggplant into medium dice; place in a colander in the sink. Generously salt the eggplant and toss to coat. Weight it down with a bowl (the bowl should be pressing on the diced eggplant without crushing it) and let drain for 20 minutes.

Meanwhile, cut the remaining vegetables: Core and seed the bell peppers, then cut them into medium dice. Place in a large bowl. Cut the onion into medium dice and add it to the bowl. Finely chop the garlic cloves and add them to the bowl. Set the bowl aside.

When the eggplant is ready, lightly blot it with paper towels to remove any excess moisture. Heat 6 tablespoons of the olive oil in a large straight-sided skillet or frying pan over medium heat until shimmering. Add the eggplant in an even layer and let it sit, undisturbed, until it begins to soften, about 5 minutes. Stir and continue cooking, stirring occasionally, until the eggplant begins to brown, about 8 minutes

more. Remove the eggplant to a medium bowl and set aside.

Add the remaining 2 tablespoons of olive oil to the pan and heat until shimmering. Add the reserved bell peppers, onion, and garlic and season generously with salt and pepper. Cook, stirring occasionally, until softened, about 8 to 10 minutes.

Add the browned eggplant, tomatoes, vegetable broth or water, and oregano and stir to combine. Bring to a simmer and cook, stirring occasionally, until the sauce has thickened slightly and the vegetables are very soft, about 30 minutes.

Stir in the basil and parsley. Taste and season with additional salt and pepper as needed.

Grilled Eggplant Pizza

ingredients

1 cup The Farm's Honestly Heirloom marinara sauce

1 tablespoon minced peeled fresh ginger

2 large Japanese eggplants, cut on a diagonal into 1/3-inch-thick slices

Vegetable oil, for brushing

1 tablespoon garam masala, for sprinkling See below

Garam masala is an Indian spice consisting of:

1 tablespoon ground cumin

1 1/2 teaspoons ground coriander

1 1/2 teaspoons ground cardamom

1 1/2 teaspoons ground black pepper

1 teaspoon ground cinnamon

1/2 teaspoon ground cloves

1/2 teaspoon ground nutmeg

Salt and pepper

Pizza Dough

3 cups fresh baby spinach leaves

1 cup (about 4 oz.) crumbled feta

directions

Preheat a grill to 500 degrees. In a small bowl, mix together the marinara and ginger; set aside. Place the eggplant slices on a baking sheet; brush generously on both sides with oil. Season with garam masala, salt and pepper. Transfer the eggplant slices to the grill; cover and cook, turning occasionally with tongs, until tender

and charred in spots, about 5 minutes. Return the eggplant to the baking sheet.

Lower the heat on one side of the grill to low. Oil the grate on that side of the grill. Move the shaped dough to the grill. Lower the edge of the dough onto the oiled grill, draping the dough perpendicular to the grate. For 9-inch pizzas, grill 2 crusts at a time. For 3- to 4-inch pizzas, grill 8 crusts at a time.

Cover the grill and cook until the crusts begin to bubble and brown, about 3 minutes. Loosen the crusts with a metal spatula; cover and cook for 1 minute more. Flip the crusts over; cook until beginning to brown on the bottom, about 2 minutes.

Working in batches, invert the crusts flat side down onto a baking sheet. Spread with the marinara. Divide the spinach, eggplant (chopped for small pizzas) and feta among the crusts. Cover and cook until the cheese is golden and beginning to melt, 2 to 3 minutes.

Roasted Long Hot Peppers

Long hots, stem trimmed off

Olive oil – enough to thoroughly coat each pepper

Kosher salt

Garlic cloves, optional (unpeeled)

1. Preheat oven to 375 degrees.

2. In an 8 inch square or 9x13 inch baking pan (depending on how many peppers you have), toss peppers in olive oil and spread in an even layer in pan (no overlapping). If using garlic, simply give the papery cloves a good smash – they will be imparting their essence here, and you will remove them before serving/storing. I would use 4 garlic cloves per 10 peppers.

3. Sprinkle generously with kosher salt.

4. Roast peppers for 35-40 minutes, or until completely softened and starting to turn golden brown.

5. Cool for ten minutes before serving, or cool to room temperature and store in air tight container in the fridge, up to two weeks.

Fried Italian Peppers

Ingredients:

6 Italian Frying peppers

4 cloves of garlic

oil for frying

Preparation:

This fried peppers recipe is perfect for a side dish or as part of an antipasto. Firstly heat the olive oil in a heavy based pan and once heated, place the peppers in a single layer .

Fry the peppers for around 15 minutes, give them a flip every 2 minutes.

When you see the pepper skins starting to blister add the garlic and fry slowly.

Fry until golden brown and salt to taste.

You can serve these Italian peppers either hot or cold.

Italian Sweet Peppers With Balsamic Vinegar

Ingredients:

6 Large Sweet Peppers

1/3 Cup Extra Virgin Olive Oil

2 Garlic Cloves, Peeled & Minced

1/3 Cup Balsamic Vinegar

Salt & Pepper

1/3 Cup Fresh Chopped Parsley

Directions:

Wash and dry the peppers, then remove the seeds, stems, and membranes.

Cut the peppers into 1 inch strips.

Heat the oil in a large heavy bottomed skillet and add the peppers, stirring well to coat in the oil.

Cook the peppers over medium heat until they begin to soften and brown, stirring often, about 10 minutes.

Add the garlic and cook another minute or two until fragrant.

Add the balsamic vinegar, season with salt and pepper and mix well.

Cook another 3 to 4 minutes until the peppers have absorbed all of the vinegar.

Toss with the fresh chopped parsley and place on a platter to serve.

STUFFED ITALIAN FRYING PEPPERS

Try mini sized peppers with the lunchbox peppers!

1 1/2 to 2 lbs. Italian frying peppers

1 1/4 cup Italian bread crumbs

2-3 tablespoons Parmesan cheese

1/4 cup fresh parsley, minced

1/2 teaspoon paprika

1/4 teaspoon red pepper flakes

2 tablespoons olive oil

1 egg

1/2 tsp each oregano and basil (fresh is best - if using dry, reduce amount to 1/4 tsp)

2-3 cloves finely minced garlic.

pinch of rubbed sage

3-4 anchovies (or to taste)

1 green onion or shallot, minced (optional)

Sauté garlic and green onion or a minced shallot, if using, in olive oil, till

very lightly browned (a teaspoon of butter may also be added to speed the browning along). Mash the anchovies using a fork, stirring them into the olive oil.

Add parsley and other herbs, heat for 2 minutes. Add bread crumbs, then quickly mix in an egg which has been beaten (using a fork) with a few

tablespoons warm water. Another teaspoon of olive oil may be added, if needed, for a smooth mixture.

Add cheese and mix well; stir in enough warm water to make a mix that can be pressed into the center of the peppers which have had their stems

removed, and have been seeded and cored.

Saute the peppers in a skillet with 1/4" good olive oil with 3-5 peeled whole cloves garlic; turn the garlic to prevent browning. The garlic should just

take on a lightly toasted color and will become soft, at which point it can be mashed into the oil and removed (save for spreading this on Italian

bread - good before using for Bruschetta!)

The peppers should begin to blacken/brown on one side; turn them several times to distribute the coloring, keeping them always well coated in olive oil. When they appear to be somewhat tender and have streaks of

browning, cover pan for 2 minutes and remove from heat. Serve right away, sprinkled with coarse kosher or sea salt. Anchovy-stuffed peppers are even better on the grill, where grill marks will provide added appeal and color for an appetizing entree. Be sure to brush frequently with garlic infused olive oil.