

2018 Summer CSA Recipes
Week 8

Fire Roasted Corn and Tomato Salsa

Ingredients

2 ears of fresh corn
Drizzle of olive oil
Salt
Freshly ground black pepper
2 ripe tomatoes, peeled, seeded and diced
1/4 cup minced red onions
1 teaspoon minced Habanero peppers
2 tablespoons chopped fresh cilantro
1 tablespoon freshly squeezed lime juice
1 tablespoon freshly squeezed lemon juice

Directions

Season the corn with olive oil, salt and pepper. Place the corn over a stove's open flame and cook for about 1 to 2 minutes on all sides. Remove and cool. Remove the kernels from the cob. Combine the corn, tomatoes, onions, peppers, cilantro, lime juice and lemon juice. Mix well. Season the salsa with salt and pepper.

Sliced Tomatoes with Corn

Ingredients

3 c. fresh corn kernels
2 c. baby arugula
4 oz. feta crumbled
2 tbsp. Chopped fresh oregano
1/3 c. olive oil
3 tbsp. red wine vinegar
Kosher salt
Freshly ground black pepper
2 lb. tomatoes, sliced

Directions

Combine corn, arugula, feta, oregano, oil, and vinegar in a bowl. Season with salt and pepper. Serve tomatoes topped with corn mixture.

Mexican Grilled Corn with Cilantro

Ingredients

2 ears corn, shucked and each cut into 6 pieces
1 tablespoon olive oil
kosher salt and black pepper
1/4 cup chopped fresh cilantro

1 teaspoon fresh lime juice, plus lime wedges for serving

Directions

Heat grill to medium. In a medium bowl, toss the corn with the oil and ¼ teaspoon each salt and pepper. Grill, uncovered, turning occasionally, until tender, 10 to 12 minutes (reserve the bowl).

Transfer the cooked corn to the reserved bowl and toss with the cilantro and lime juice. Serve with lime wedges.

Sautéed Red Cabbage

Ingredients

2 tablespoons extra-virgin olive oil
1 small onion, sliced
1/2 red cabbage, shredded
1/3 cup white or apple cider vinegar, eyeball it
2 rounded tablespoons sugar
1 teaspoon mustard seed
Salt and pepper

Directions

Heat a skillet over medium high heat. Add oil and onion and sauté 2 minutes. Add cabbage and turn in pan, sautéing it until it wilts, 3 to 5 minutes. Add vinegar to the pan and turn the cabbage in it. Sprinkle sugar over the cabbage and turn again. Season with mustard seed, salt and pepper and reduce heat a bit. Let cabbage continue to cook 10 minutes or until ready to serve, stirring occasionally.

Red Cabbage Salad

Ingredients

1/2 pound bacon
1 large head red cabbage, shredded
1 small head cauliflower, chopped
1 (8 ounce) bottle Italian-style salad dressing
1 (6 ounce) can French-fried onions
1/4 teaspoon ground black pepper

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a mixing bowl, combine cabbage and dressing. Toss and refrigerate overnight. Before serving, toss together chilled cabbage and dressing with cauliflower, French fried onions, bacon and pepper.

Sunflower Coleslaw

Ingredients

1 head red cabbage, shredded
3 carrots, shredded
3/4 cup halved and thickly sliced celery stalks
2 tablespoons chopped white onion
1/3 cup sliced green onions
1/2 cup salted sunflower kernels
1/2 cup mayonnaise, or to taste
2 tablespoons white vinegar, or to taste
sea salt to taste
1/2 teaspoon ground black pepper, or to taste

Directions

Combine cabbage, carrots, celery, white and green onion, and sunflower kernels in a large salad bowl. Mix in mayonnaise; sprinkle salad generously with white vinegar, salt, and black pepper to desired consistency and flavor. Refrigerate overnight and adjust seasoning if desired.

Savory Swiss Chard and Portobellos

Ingredients

2 tablespoons olive oil
1 teaspoon crushed red pepper
1 clove garlic, crushed and chopped
1 (8 ounce) package portobello mushrooms, stemmed and cut into 1/2-inch wide by 2-inch long pieces

1 leek, chopped
1 cup chicken broth
1 bunch Swiss chard, trimmed and chopped
2 cups grated Parmesan cheese

Directions

Heat the olive oil in a large pot over medium-high heat. Stir in the red pepper, garlic, and portobello mushrooms. Cook and stir until the mushroom has softened and begun to release its liquid, 3 to 5 minutes. Stir in the leek, and

continue cooking until the leek has softened, about 5 minutes.

Stir in the chicken broth and Swiss chard. Bring to a boil, then reduce heat to medium-low. Cover, and simmer until the chard leaves have wilted, about 10 minutes. Remove the lid, and continue cooking until the chard is tender and most of the liquid has evaporated, about 5 minutes. Sprinkle with the Parmesan cheese; let stand until melted.

Sauteed Swiss Chard with Lime

Ingredients

1 bunch Swiss chard, stems and leaves separated
3 tablespoons extra-virgin olive oil, divided
1/2 teaspoon kosher salt
1/2 lime

Directions

Chop the chard stems into 1/2-inch pieces. Stack the chard leaves, roll them tightly into a cylinder, and chop into 1/2-inch strips; chop the strips into halves.

Heat about half the olive oil in a large non-stick skillet over medium heat. Cook chopped chard stems in hot oil until hot, about 1 minute. Stir the chard leaves with the stems; cook and stir together 1 minutes more. Drizzle remaining olive oil over the mixture and stir to coat.

Continue cooking and stirring until the leaves are nearly wilted, 4 to 5 minutes. Remove from heat and immediately sprinkle kosher salt and squeeze lime half over the chard. Stir to season evenly.

Garden Fresh Tomato Soup

INGREDIENTS:

4 cups chopped fresh tomatoes
1 slice onion
4 whole cloves
2 cups chicken broth
2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt
2 teaspoons white sugar, or to taste

DIRECTIONS:

1. In a stockpot, over medium heat, combine the tomatoes, onion, cloves and

chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill.

2. In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to taste.

Parmesan Tomatoes

Ingredients

4 ripe tomatoes, sliced
4 tablespoons mayonnaise
4 tablespoons Parmesan cheese
1 tablespoon Dijon mustard
1 tablespoon brown mustard
1 teaspoon dried oregano
salt and pepper to taste
1 teaspoon chopped fresh parsley
1/4 cup shredded mozzarella cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Arrange tomato slices in a single layer on a baking sheet. In a small bowl, mix together mayonnaise, parmesan, Dijon mustard, and brown mustard. Season with oregano, and salt and pepper to taste. Use a spoon to top each tomato slice with a small amount of the mayonnaise mixture. Sprinkle with mozzarella, and then top with parsley. Bake in preheated oven for approximately 15 minutes, or until golden brown. Serve immediately.

Fried Yellow Squash Slices

Ingredients

3/4 cup self-rising cornbread mix
salt and ground black pepper to taste
2 yellow squash, cut into 1/8-inch slices
1/4 cup olive oil, or more as needed

Directions

Place cornbread mix in a gallon-size resealable bag; season with salt and black pepper. Add

squash, seal bag, and shake to coat evenly. Remove squash from bag and shake off any excess cornmeal.

Heat about 1/4 inch of olive oil in a large skillet over medium heat. Fry squash in the hot oil, working in batches, until center is cooked and edges are crisp, 2 to 3 minutes per side. Remove with a slotted spoon and drain on a paper towel-lined plate.

Summer Squash Ribbons

1 1/2 pounds zucchini, yellow, squash
1 shallot, very thinly sliced (about 2 tablespoons)
2 tablespoons extra virgin olive oil
2 teaspoons white wine vinegar
Salt and freshly ground black pepper
1/4 cup chiffonade of basil
1/4 cup toasted pine nuts
2 ounces goat cheese

Trim the ends off the squash and, using a mandoline, vegetable peeler, or knife, cut the squash lengthwise into very thin strips.

Place in a large bowl with the sliced shallot, olive oil, and vinegar, and gently toss to combine. Let stand for 10 minutes.

Season to taste with salt and pepper. Then add the basil and pine nuts and gently toss to combine.

Transfer to a serving dish(es) and crumble goat cheese on top. Serve immediately.

Caramelized Onion, Gorgonzola and Rosemary Pizza

Ingredients

1/4 cup extra virgin olive oil
4 yellow onions, thinly sliced
1 -tablespoon fresh rosemary leaves
1/4 cup softened butter
Basic Pizza Dough, recipe follows
10 ounces Gorgonzola, crumbled
Salt
Freshly ground black pepper

Basic Pizza Dough:

1 cup warm tap water (100 to 115 degrees)
1 package active dry yeast
3 to 3 1/2 cups all purpose flour
1/2 teaspoon salt

Directions

In a large saute pan over high heat, warm the oil. Add the onions and rosemary, and cook until soft and translucent, about 5 minutes. Add butter and lower heat and continue to caramelize for about 15 minutes. Season with salt and pepper and set aside.

Spread the pizza dough with the onion mixture and scatter Gorgonzola over top. Bake in a pizza oven or a preheated 400 degree oven until lightly golden and the crust is browned, about 20 minutes. Cut into wedges and serve.

Basic Pizza Dough:

Pour the water onto a medium--sized mixing bowl and add the yeast, stirring with a fork until dissolved. The water should turn a light beige color. Add 1 cup of flour and the salt. Mix thoroughly with a wooden spoon. Add the second cup of flour and repeat. The dough should start coming away from the sides of the bowl, forming a soft, sticky mass. Take the last cup of flour and sprinkle over a clean, dry work surface and flour your hands well. Take the dough from the bowl and begin to work in the additional flour a little at a time. Use the heel of your hand to knead the dough and push across the work surface, clenching the dough with your fist and twisting it over. Use a dough scraper to help gather any wet dough that sticks to the surface while you are kneading. Also only add as much flour as it takes to keep the dough from sticking to your hands. When the dough no longer feels sticky, push the heel of your hand down into it and hold it there for 10 seconds. If the dough comes up clean, it's ready. If it sticks you will have to knead it a bit more.

Lightly oil a 2 quart bowl with vegetable oil, and roll the ball of dough around the bowl to coat it with a thin film of oil, then tightly seal the bowl

with plastic wrap. Keep in a warm place, and let the dough rise for 30 to 45 minutes. When dough doubles in size, remove from bowl and punch it down with your fist to deflate, then knead it again for about a minute. Dough is now ready to stretch into a round, or press into a pizza pan.

Note: If you have a food processor with a dough hook attachment, you can make the dough much faster. Start by adding the yeast and water first and mixing well. Then add all the flour and salt and mix into a ball. Then rise the dough.

Yield: 1 ball dough

Baked Onions

Ingredients

6 sweet onions
1/4 cup balsamic vinegar
1/4 cup honey
1/8 teaspoon fresh chopped tarragon

Directions

Preheat oven to 350 degrees F (175 degrees C). Peel onions and make two cross cuts on the top of the onion. Place in a clay cooker or casserole dish.

Mix together the Balsamic vinegar, honey and tarragon. Pour over onions and marinate for 1 hour.

Bake for 30 to 40 minutes or until onions are tender.